

## **Endorphin Power Company** **Annual Report 2005**

EPC is approaching it's third birthday. Progress made by our relatively small group of dedicated volunteers has been immense. 2003-5 were focused on infrastructure development. But now that we have the ability to deliver real services, our next greatest hurdle will be to establish reliable and impactful programs with set hours of operation. To achieve such a feat it is high time for us to have a paid staff. And this is our primary goal for 2006.

We have many volunteers to thank for our progress as a company. But perhaps most important in helping us to realize our mission has been our relationship with Bernalillo County. Because we spend much more time talking about the EPC community center, I continuously have to remind people that our primary mission is to assure the success of Bernalillo County's new detox center, MATS. The County's eagerness to develop MATS has made it possible for us to spend far more time refining our creativity within our headquarters. But we shouldn't forget that our freedom and ability to spend time concentrating on our headquarters is a luxury. If it wasn't for the County, we'd still be driving around like muppets in our big yellow bus.

In 2003, our development 'phases' took shape. Basically, they were a way to chip away at a distant concept. But the time has come to replace 'phases' with 'focus areas', because each of our phases are now under way. We leave 'phases' on the website simply to help other towns to understand how they may develop EPCs of their own one day.

The rest of this report include 6 status reports on our 6 focus areas followed by our year end financial statements.

### **1. Outreach**

The idea to provide outreach services was not in our original plan. But when United Blood Services donated a retired blood mobile to EPC in January 2004, the idea was born. A few months were spent renovating the vehicle. Then in March 2004, EPC volunteers began distributing socks, underwear and other items to folks on the streets and in various Albuquerque shelters. In addition, a needs assessment survey was conducted to help guide our future services. Today the outreach team is lead by our secretary, Kitty Juul.

Ms. Juul reports that since outreach services commenced, we have delivered clothing to approximately 600 people in need, provided foot care to approximately 130 people, and wound care (blisters, minor lacerations) to approximately 100 people. In addition, we have been able to assist homeless people with prescription drug information and behavioral health referrals. Initially outreach activities took place on the streets and in parks. However, we eventually concluded that we could have far more impact with greater safety for our volunteers by visiting shelters, such as the Albuquerque Opportunity Center.

EPC volunteers have collected approximately 150 surveys from local homeless people to determine which types of services they need most. The most commonly cited needs were for clothing, wound care, foot care, eye care, and mental health services. Exercise facilities and regular meals were also described as important.

Funding from the Daniels Fund provided gas, insurance, and supplies for the mobile medical unit. Medical supplies came almost entirely through donations. Our service expanded in scope throughout 2004. However, over that time we came to realize that van operations were impractical and extremely inefficient. Very few of the volunteers felt comfortable driving the vehicle, and it used excessive amounts of gasoline. In addition, the van became overfilled with various bulky donations. As a result, we concluded that a base of operations was needed and in May 2004 we purchased a facility located at 509 Cardenas which could serve as our headquarters, a location to receive donations and a base for our outreach efforts. Finally, in September 2005, the van was sold for \$5000.

The primary objective of outreach was to educate us about the needs of our future clients. This objective has been met. Now outreach continues to offer our new and veteran volunteers an opportunity to provide direct client services.

## **2. MATS (Metropolitan Assessment and Treatment Services)**

To report about MATS is difficult for 2 reasons. First, very much is in the works. Second, EPC does not run MATS. But because assuring MATS' success is such a key part of our mission, some paragraphs must be spent to update about its progress.

### **a. Grand opening**

Sobering Services relocated to MATS and doors opened on October 21, 2005. The number of beds available nearly doubled to 42. And no longer are the numbers of female and male beds set in stone due to a mobile partition between the male and female recovery zones.

### **b. Basic medical services or "medically monitored detox"**

When EPC was founded one of the primary objectives was to decompress emergency departments by providing basic medical services outside of local emergency departments. Rather than bounce patients back and forth from ERs to detox centers, our objective has been to help MATS provide a simple medical service staffed by a nurse, tech, part time pharmacist and an on-call physician. Mental health services may also be incorporated depending on available funding.

Nearly 3 years later since our incorporation, this goal has still not been achieved. Sobering Services has relocated to MATS and their bed count has roughly doubled. But inebriates with minor injuries as well as those suffering withdrawals, or other simple medical problems, are still sent to emergency departments for care. It is possible that in 2006 local hospitals will contribute monetarily to such a medical service within MATS. However, the timeline for development is not clear. Discussions with hospital administrators and the Hospital Association are under way currently to help gather

sufficient funds for such a service. Once in place, the decompressive impact on all local emergency departments will be profound.

c. 28-30 day program

Additional rooms will eventually be utilized for individuals who are serious about maintaining their sobriety. But by the end of 2005, MATS still offers only social model short term 3-5 day detox.

d. Turquoise Lodge

Discussions are under way between State and County governments focused on relocating their full medical model detox to MATS. But no decisions have yet been made.

e. Transitional Housing

In January 2005, EPC hired lobbyist Ed Mazel for \$7500 to gather capital outlay funds from the New Mexico legislature supporting construction of transitional housing on MATS' property, which resulted in \$865,000 in capital outlay. Ted Waterman subsequently donated 48 modular prefab units to Bernalillo County and thus far he has relocated 30 of them to MATS' property. Architectural design drawings are currently in production and it is hoped that the 4-6 month transitional housing program will be a reality by mid 2007.

f. Programs such as Crisis Stabilization and UNM forensic case management as well as other outreach service providers are now located within MATS. While certainly useful and welcome additions, their activities are not within EPC's primary focus and I'll defer reports on their activities to their directors.

### **3. EPC Community Center/Headquarters**

a. Grand Opening

As hoped, our EPC community center held its grand opening on October 29<sup>th</sup>, 2005, one week after the MATS opening. This did not mean that EPC doors opened with set hours of operation. Rather, we could now offer programs such as AA meetings free from code compliance anxieties. This means that exit signs are now in place, fire extinguishers charged, smoke alarms installed, holes in floors and ceilings patched and hanging wires concealed. The building will always be a work in progress and many areas of fine tuning are still required. But the grand opening step is now behind us.

b. Endorphin Power Fitness Center

see section 5 below

c. Endorphin Power Fine Arts

While not in our original business plan, the concept of fund raising through development of an art gallery was generated from the energy of our volunteers. By end of 2005, a February 3<sup>rd</sup> opening day was set for showing the works of Joseph Paul Eads. Whether or not the gallery is a viable source of funds for EPC, it certainly will create a buzz within the center.

#### d. Clinic

In 2005, new flooring was installed throughout our 2<sup>nd</sup> floor clinic space. Arminster Kaur utilized the space to treat her clients and half of her proceeds went to EPC. Unfortunately, by end of 2005 revenue from the clinic and hours of use has been disappointing. We now are seeking additional practitioners to utilize the space with a goal to one day gather at least \$1000 in revenue per month. It is hoped that grant funded acupuncture will be utilized within the clinic space to help newly sober individuals to remain sober one day. But similar to the fitness center, for now we intend for the clinic space to serve as a revenue generator.

#### e. Café

By end of 2005, the café still remains dormant. The space is used for gatherings on occasions such as Thanksgiving. But we continue to seek an individual or group capable of bringing the café to life.

#### f. Community room

Our upstairs meeting space continues to improve. Many meetings now take place within this space including weekly AA meetings, our general meetings, monthly South San Pedro neighborhood association meetings as well as Bernalillo County Health Collaborative meetings. In 2006 we will continue to seek groups such as AA, NA, CA meetings who will utilize the space and help us to achieve our mission.

#### g. Computing center

Thanks to many donations of computers and related equipment as well as the technical savvy of Richard Golsch, we now have a functional computing center. In 2006 and 7 we will seek more up to date equipment. We hope to eventually develop actual computing classes. But the latter step will require funding for instructors and marketing to find interested participants. Collaboration with Habitat for Humanity or other social service providers may be the mechanism whereby we bring our computing center to life.

#### g. Other spaces

The art studio, music studio, library, tool room, and courtyard have all made immense strides in 2005.

The primary lesson learned in 2005 is that owned spaces thrive, public spaces whither.

### **4. Housing**

The 48 unit Waterman transitional housing project is well under way as discussed in section 2 above. Perhaps EPC's greatest challenge for 2006 will be the launching of our 20 unit construction project.

Sufficient funds are currently being sought to help us break ground this year. The McCune Charitable Foundation in Santa Fe has awarded \$100,000 and McCune Pittsburgh has matched that award. We are currently seeking additional funds from United Way of Central New Mexico. Remaining funds to launch the project may come from a bank loan in 2006. But how to leap the funding hurdle is not yet clear.

Architectural plans, surveys, grading and drainage are now complete. Approval is granted by City zoning. EPC neighbors have expressed their support. Sufficient funding is the only step in the way.

Once the structure is complete we believe it will be a magnificent source of revenue for EPC. 3-5 of the units will be rented to medical students or residents interested in studying substance dependence. We also intend to rent office space for dentistry, legal aid and counseling services. Remaining units will be rented to individuals who volunteer within the center but lack stable housing. We will accept payment of minimal nightly fees or in-kind assistance such as cleaning or other building work.

### **5. Exercise center**

Exercise as a means of therapy is really the core of our company. Thanks to a \$20,000 grant in 2005 from United Way of Central New Mexico as well as numerous donations from Mike Hayes of the Home Fitness Warehouse, and smaller donations from other individuals, we now have a well equipped gym. Staffing remains a challenge, but our supervisor/client system is serving us well in the initial steps toward bringing our gym to life. The addition of Southwest Youth Services to our facility has also brought more life and stability. By end of 2005 we could not claim to have served any MATS graduates, our target clients. But then again, we had no staff, and only half of the United Way funds were received.

In addition, the MATS 28-30 day program as well as their future transitional housing program do not yet exist. Until these programs exist as well as graduates from these programs, the focus within our fitness center will be on revenue generation, staffing and aesthetics improvement.

### **6. Alternative energies**

Not a single joule of electricity was generated using exercise equipment, solar panels, wind mills in 2005. But the prognosis is good for 2006. As major demolition/construction projects become less of a priority we will soon be able to spend more of our time on creativity. Compared to hurdles we've left in the past 3 years, generating electricity will be a mere hop. Once funds for staffing and our Waterman proposal are secured, we will have much more time to focus on alternative energies development.

**ENDORPHIN POWER COMPANY**  
**STATEMENT OF REVENUES, EXPENSES AND OTHER CHANGES IN NET ASSETS**  
**ARISING FROM CASH TRANSACTIONS**  
**FOR THE TWELVE MONTHS ENDED DECEMBER 31, 2005**

	<u>QTD</u>	<u>YTD</u>
<b>Revenues</b>		
Contributions	9,817.83	31,297.07
Gain on Sale of Van	0.00	1,000.00
Interest Income	17.22	92.35
<b>Total Revenues</b>	<u>9,835.05</u>	<u>32,389.42</u>
<b>Expenses</b>		
Interest - Mortgage	-1,825.97	21,269.11
Repairs & Maintenance	4,084.40	20,926.59
Depreciation Expense	6,685.00	6,685.00
Lobby Expense	0.00	7,500.00
Utilities Expense	1,177.65	6,446.00
License & Permits	0.00	2,218.94
Property Taxes	0.00	1,812.28
Insurance	0.00	4,312.00
Accounting	266.88	1,014.14
Telephone Expense	221.19	841.21
Internet Expense	0.00	322.31
Meals Expense	17.00	269.16
Office Supplies Expense	7.47	137.47
Automobile Expense	15.03	137.54
Database Expense	0.00	50.00
Miscellaneous	0.00	38.53
<b>Total Expenses</b>	<u>10,648.65</u>	<u>73,980.28</u>
<b>Change in Net Assets</b>	-813.60	-41,590.86
<b>Net Assets at Beginning of Period</b>	<u>50,754.26</u>	<u>91,531.52</u>
<b>Net Assets at End of Period</b>	<u><u>49,940.66</u></u>	<u><u>49,940.66</u></u>

**ENDORPHIN POWER COMPANY**  
**STATEMENT OF ASSETS, LIABILITIES AND NET ASSETS**  
**ARISING FROM CASH TRANSACTIONS**  
**DECEMBER 31, 2005**

<b>ASSETS</b>	Current
<b>Current Assets</b>	
NMEFCU-Checking	6,908.60
NMEFCU-Savings	109.92
<b>Total Checking/Savings</b>	<b>7,018.52</b>
 <b>Fixed Assets</b>	
Building - 509 Cardenas	340,000.00
Accumulated Depreciation - Bldg	-12,370.00
Exercise Equipment	7,937.55
<b>Total Fixed Assets</b>	<b>335,567.55</b>
 <b>TOTAL ASSETS</b>	 <b>342,586.07</b>
 <b>LIABILITIES &amp; NET ASSETS</b>	
<b>Long Term Liabilities</b>	
Building Loan - 509 Cardenas	292,645.41
<b>Total Current Liabilities</b>	<b>292,645.41</b>
<b>Total Liabilities</b>	<b>292,645.41</b>
 <b>Net Assets</b>	
Unrestricted	49,940.66
<b>Total Equity</b>	<b>49,940.66</b>
 <b>TOTAL LIABILITIES &amp; EQUITY</b>	 <b>342,586.07</b>