



# CFC Loud N Clear Foundation

Rebuilding Lives | Healing Families | Supporting Recovery

New Jersey 501c3 | EIN # 46-4187400

[www.HealingUS.org](http://www.HealingUS.org)

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Since 2012

# OUR HUMBLE BEGINNINGS

In 2012, after many outpatient and inpatient treatment centers, and years of an uphill battle with addiction, the Regan Family discovered the gaps in the current system and realized a need for diverse programs of extended aftercare. When Daniel Regan left the safety of his final 30 day rehabilitation center, he returned to his Monmouth County home as a timid 21 year old man, unsure of how to piece back together his life. He developed a recovery system for himself with the help of his mother, Lynn Regan. After successfully practicing this recovery system, others became interested and asked to get involved, so they too could sustain long term recovery. The Regan's quickly realized this system was working and that everyone deserves access to an aftercare program. In 2012, they created CFC Loud N Clear Foundation, a New Jersey 501c3.

## OUR MISSION

We are committed to helping individuals and families struggling with addiction find, maintain, and strengthen their recovery through peer-based support & programs.

## OUR VISION

Our vision is to build strong communities and save lives by providing services which prevent, intervene and recover people from substance abuse. We strive to bring awareness of substance abuse disorders and advocate for open-mindedness when addressing recovery from addiction. We strive to create an environment that provides many roads to recovery, without judgment of your choice, opinions or identity. The foundation to our philosophy is power with purpose, stand in your truth and give back, this we echo in all that we do.

ASSOCIATION OF  
**RECOVERY  
COMMUNITY  
ORGANIZATIONS**

FACES & VOICES OF RECOVERY



**CERTIFIED RESIDENCE**

# Stories of Hope



From rock climbing, to snowboarding, theme parks, and museums... it is hard to believe that every weekend I get to experience new things completely provided for by CFC. Without having any fun, recovery would only seem like work. I can honestly say that I love my new sober lifestyle. CFC saved my life.

**CFC Member, Randy**



I was introduced to CFC by a friend about 10 months ago. My spouse was, at that time, in active alcohol addiction. I was mentally and physically exhausted and overwhelmed with the mess my life had become. In the past 10 months, I have gained so much. I am empowered; I am encouraged. I am enthusiastic about the future. I have learned so much about this illness and about myself. CFC is a community of love and support, and I am grateful every day for all that they do.

**CFC Family Group Member, Angela**



I found CFC Loud n Clear at a time when I was losing hope in trying to help my daughter with her addiction. CFC provided me with resources to help her, but more importantly, CFC provided me with resources to help myself and teach me skills that I could use to help my daughter. By attending weekly Healing Tree Family Support meetings, I have learned more about addiction, learned how to deal with crisis situations, learned about self awareness and have developed essential coping skills needed at difficult times.

**CFC Family Group Member, Christine**



Prior to CFC, I was lost. Multiple rehabs and a stint in jail. I wasn't going anywhere fast. With no accomplishments under my belt I felt unstable and "washed up". I was lost, searching for anything. Upon finding CFC, I quickly found a newly discovered light. CFC has brought a sense of family and friendship. In the last, almost, 3 years I have had the same job, became the manager of a sober living, re-kindled family relationships, and most of all have found a sense of who I am, and became comfortable with myself and my past. On my path in life I foresee myself continuing to be successful and move ahead in life.

**CFC Member, Mike**

More than 8 people a day are dying from drug overdoses in N.J., In 2010, it was 2.

**NJ.COM 2018**

Drug overdoses kill more than 64,000 people per year, and the nation's life expectancy has fallen for two years in a row.

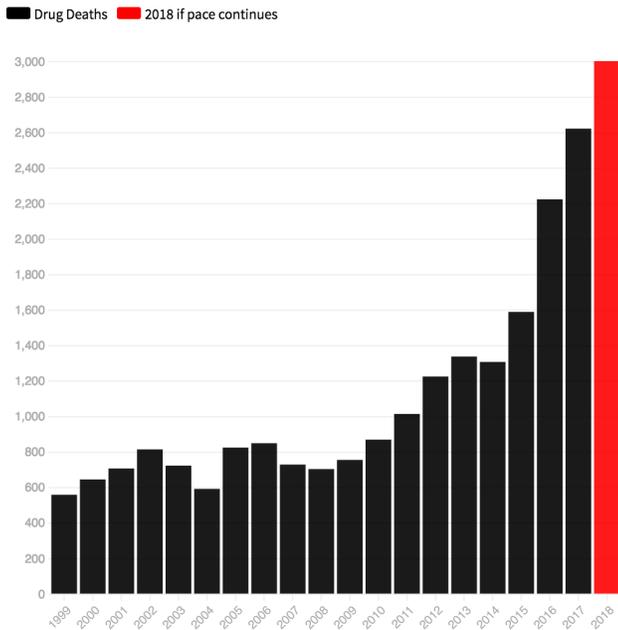
**TIME MAGAZINE 2017**

We are in the midst of the deadliest drug overdose epidemic in U.S. history.

**CBS NEWS 2018**

**New Jersey drug deaths since 1999**

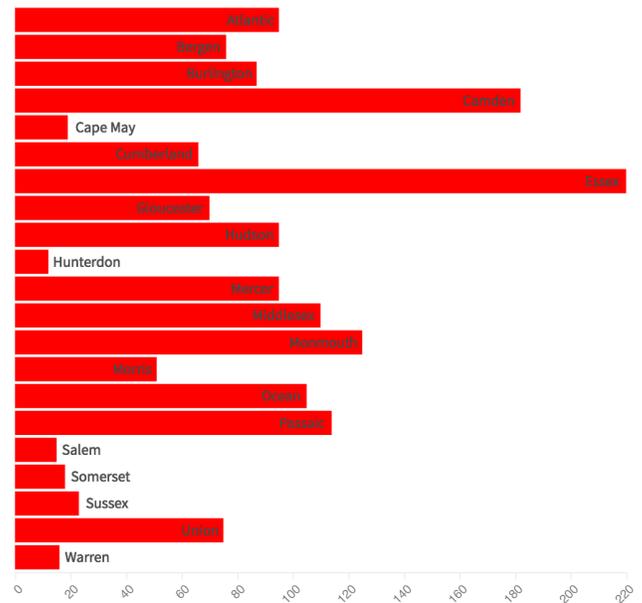
Data for 2017 and 2018 is preliminary



Graphs - NJ.com 2018

**Drug deaths by County (through July 22)**

Data is preliminary and is subject to change



**IMPACT ON FAMILIES IN OUR COMMUNITY**



**CHILDREN OF ADDICTS ARE 8X MORE LIKELY TO DEVELOP AN ADDICTION**

**SIBLINGS OF AN ADDICT ARE 4X MORE LIKELY TO DEVELOP AN ADDICTION**



**FAMILIES WITH ADDICTED SPOUSES HAVE OVER AN 80% CHANCE OF DIVORCE**

# WE BELIEVE IN MULTIPLE PATHWAYS.

## CFC stands for Coming Full Circle

'I always describe addiction as more of an infection than a disease. It starts off as a wound that isn't taken care of properly whether that is a chemical imbalance, a belief system that is irrational, unresolved trauma or the inability to cope with conditions. A person finds a substance or behavior that fixes the symptoms but not the problem and the wound becomes infected (addiction). Addiction Treatment is where one goes to clean that wound out of the infection and then recovery, community, and relapse prevention are the protocol in order to finally heal that wound. Once all our wounds are healed, we need to maintain these practices so that any new wounds do not become infected.'

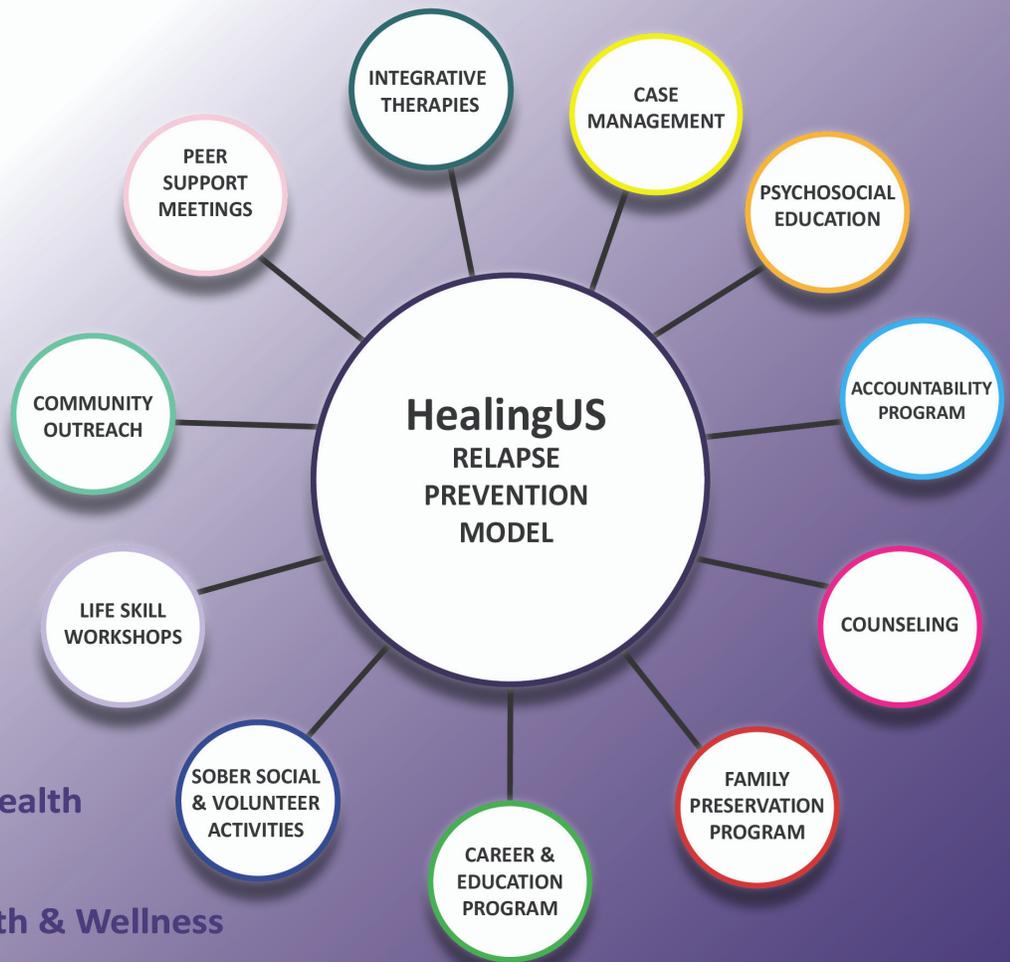
CFC offers weekly meetings that are free & open to the public.

- SMART Recovery**
- Refuge Recovery**
- Faith Based**
- 12 Step**
- Gender Specific**



## MEMBER STAGES

- STAGE 1: Awakening (1-3 months)
- STAGE 2: Fortification (3-6 months)
- STAGE 3: Broadening (6-12 months)
- STAGE 4: Emergent (12-18 months)
- STAGE 5: Team Leader (18 + months)



**B House Sober Living**



**Relevance Behavioral Health**



**Insight Integrative Health & Wellness**

# OUR PROGRAMS

Bridging the gap between clinical treatment & real life.

## CFC Relapse Prevention Program

### Evenings & Weekends

An all-encompassing, peer driven accountability program that offers multiple pathways to recovery and is designed to provide up to 18 months of support to an individual transitioning from the IRPR Day Program or a clinical treatment center. Developed in 2012, this program has a 90% success rate of members in longterm recovery. Each program is designed to provide every tool a person needs to rebuild their life.

This is a non-clinical program.

**We make recovery fun.**



# OUR PROGRAMS

Bridging the gap between clinical treatment & real life.

## Intensive Peer Recovery Program (IPRP)

Monday to Friday | 10am to 2pm

The Intensive Peer Recovery Program (IPRP) has been developed to bridge and transition individuals from clinical care into a recovery community organization by utilizing peer support groups and peer case management. The program will educate individuals not only about recovery but will help them develop the integral life skills needed in order to fully assimilate into a sober social environment.

### Key Components

- Affords individuals the opportunity to develop and maintain a structured lifestyle during their transition from formal treatment
- Relapse Prevention and Education before returning to the normalcy and often times rigorous demands of life which pose significant challenges in early recovery
- Pro-social component whereby new behaviors and life skills are used in real world situations with an opportunity to receive feedback regarding overall efficacy
- This atmosphere creates a sense of responsibility, accountability and self-management
- IPRP Clients are exposed to multiple pathways of recovery as well as intensive life skills, meditation / wellness workshops, and peer support.

#### Peer Groups & Individual Sessions



#### Equine Therapy



#### Life Skills Coaching



#### Nature & Adventure Therapy



# OUR PROGRAMS

Bridging the gap between clinical treatment & real life.

## Family Preservation Program (FPP)

*Funded by Impact 100 Jersey Coast Grant*

Our mission is to support each family battling addiction with kindness, care, compassion and empathy. This program strives to relieve stigma and shame commonly associated with addiction and mental health, while simultaneously educating, healing and strengthening the entire family unit.

**Updated Details & Schedule can be found online at [healingus.org/fpp](https://healingus.org/fpp)**



### Family Support Group

Where families come together. We will offer meditation, yoga, healing circles, self-reliance techniques, life skills, spiritual workshops and so much more. This group is peer-driven and facilitated by experienced parents, recovery coaches, & specialized guest speakers.



### Sibling Support Group

Where siblings come together to discuss “A sibling’s Journey; where are you right now?” Learning to deal with a brother or sister’s alcohol or drug problem tends to be a continual process, that can be seen as a series of stages which will be discussed and learned throughout these meetings.



### Raising The Bar for Teen Girls

This is a weekend workshop on the CFC Farm. This educational experience will be provided by numerous professionals, recovery coaches, and peer leaders. This program is surrounding gender specific, age related topics. Topics addressed include self empowerment, life goals, leaving an imprint, volunteering, positivity muscle, vanity and pain, communication, fitness, self care, friendship/ integrity/ loyalty, etiquette, meditation, yoga and a butterfly memory release



### Rock Solid for Teen Boys

This is a weekend camping workshop on the CFC Farm. This program is surrounding gender specific, age related topics. Topics addressed include peer team building, honoring yourself, gratitude, integrity, vanity, balance, communication, channeling the Inner Ninja, leadership, and etiquette.

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### Gender Specific Meetings

Where same gender individuals gather in support of one another. This meeting is peer driven, with a specific curriculum based on real life topics, relevant to the individuals participating. Educating, discussing, and guiding thought processes to empower individuals to better support goals, dreams and growth. This meeting is key for women and men who have experienced sexual trauma and do not feel comfortable healing in their recovery while surrounded by the opposite sex.



### Family Fun Days

This event will provide the opportunity for families to participate in games, challenging team building activities, yoga, meditation, and workshops surrounding the importance of preservation of family. We will provide entertainment, food and family fun.



### Couples Team Building

This event will provide the opportunity for couples only to participate in games, challenging team building activities, communication, goal building, yoga, meditation, and workshops surrounding the importance of preservation of the family unit.



### Grandparent Support Group

How did we get here? Where grandparents and others come together to discuss their specific concerns and needs. Learning to navigate finances, age related concerns, parenting in this new world, and disabling the enabling. A very warm exchange with open topics, encouraging positivity, growth and gratitude.

# OUR PROGRAMS

Bridging the gap between clinical treatment & real life.

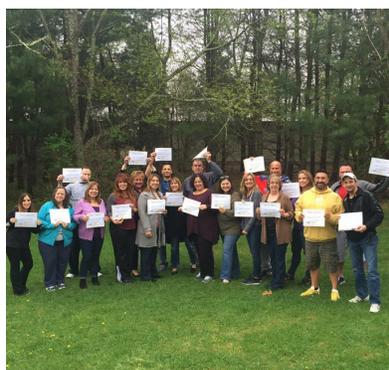
## CFC's Recovery Coach Academy

*Approved Training Facility by the New Jersey State Certification Board*

A Recovery Coach is someone who has been trained and certified to assist and mentor you throughout your Recovery. A Co-Pilot in your new life. Developed by the Connecticut Community for Addiction Recovery (CCAR), the CCAR Recovery Coach Academy at COA is a week-long training opportunity designed for those interested in serving as a recovery coach. It is the first peer-based recovery coaching and training program designed for people interested in guiding individuals into and through long-term recovery from alcohol and/or drug addiction.

It is invaluable for anyone – counselors, teachers, health care professionals, volunteers, group leaders, community activists, parents, spouses and other family members – working or living with addiction sufferers. This is a practical, results-oriented training that will provide participants a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The program will provide participants with the tools & resources most useful in providing recovery support services. It will also teach skills to access vital recovery resources within the community.

In 2018, CFC received multiple community grants and was able to host 4 free trainings to community members. **As of January 2019, CFC has 320 CCAR Recovery Coach Volunteers.**



**Upcoming Class Schedule & Registration:**

[healingus.org/recoverycoaches](https://healingus.org/recoverycoaches)

# OUR PROGRAMS

Bridging the gap between clinical treatment & real life.

## R.I.S.E. Community Program

*Providing substance abuse Recovery, Intervention, Support, and Education*

CFC Loud N Clear Foundation is committed to helping people and their families struggling with addiction find a positive, progressive life in recovery - making them assets to their community.

CFC is not only driving awareness to the disease of addiction but helping many people in crisis. By seamlessly integrating all aspects of R.I.S.E. the township, receives recovery support services through mentorship, peer support, community education and outreach (including naloxone training) programs that reduce stigma or discrimination against individuals with substance use disorders.

By bringing R.I.S.E. to your community the following is available, either the entire program or segments of the program.

**R.I.S.E. COMMUNITY**

**R.I.S.E SCHOOL**

**R.I.S.E. POLICE DEPARTMENT - Opioid Abuse Initiative**

**NARCAN Trainings:** CFC partners with TOPAC & GRASP to host community naloxone trainings.



**Upcoming Class Schedule & Registration:**

[healingus.org/recoverycoaches](https://healingus.org/recoverycoaches)

# OUR CONTINUUM OF CARE

## HealingUS Centers

### B HOUSE SUPERIOR SOBER LIVING

Superior & Affordable  
Relapse Prevention Program  
On-Site House Manager & Recovery Coaches  
Employment & Educational Programs  
House Meetings & Social Activities  
Seasonal Decorating Competitions  
Team Leader Roles  
NJARR Certified Homes



### RELEVANCE Behavioral Health for Substance Abuse Treatment

30-90 Day Intensive PHP & IOP  
Multiple Weekly Individual Counseling Sessions  
Personalized WRAP Plans  
Multiple Pathways  
Multidisciplinary Clinical Team  
Intensive Family Program  
Infusion of Peer Recovery Support Services  
Trauma & PTSD Services  
Co-Occurring Services



### INSIGHT Integrative Health & Wellness

Vitamin Fusion Therapy  
NAD+ Detoxifying Fusion Therapy  
Cold Laser/Red Light therapy (Pain Management)  
Biofeedback/ Sound Therapy  
Bridge Device used for a natural medication free detox  
Float/Deprivation Tanks  
Meditation & Yoga Classes  
Massage Therapy  
Acupuncture



### CFC RELAPSE PREVENTION PROGRAM

Award Winning Relapse Prevention Program  
Accountability Program  
ARCO Certified Recovery Community Organization  
Educational Scholarships & Help  
T+K=GO Career Program  
Recovery Coach Academy  
Community Education & Outreach  
Volunteering & Giveback  
Sober Social Activities & Retreats



# CFC LOUD N CLEAR FOUNDATION

2012 - 2018 STATISTICS

Rebuilding Lives | Healing Families | Supporting Recovery

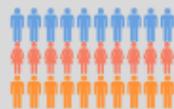
Founded in 2012, CFC Loud n Clear Foundation 501c3 is a grassroots New Jersey registered nonprofit Recovery Community Organization (RCO) providing a model relapse prevention program that supports all pathways to recovery through peer driven and operated programs.



**12,500** FAMILIES SERVED  
SINCE 2012

from programs to outreach to crisis interventions, the ripple effect of CFC's services are immeasurable. Our CRM

Data calculates that an astonishing 12,500 families have been served since 2012.



**480** PEOPLE ADMITTED  
TO CLINICAL  
TREATMENT IN  
2018

CFC Staff & Recovery Coaches assisted 480 families with & without insurance, helping them navigate the treatment system. CFC secured 11 full scholarships to 30 day programs.

**SOBER LIVING  
RESIDENTS** **43**



B Houses offer safe, affordable, and superior sober living in Monmouth & Ocean County.

**CERTIFIED CCAR  
RECOVERY COACHES** **320**



CFC offers four Recovery Coach Academy Trainings every year. In 2018, CFC proudly scholarshiped 120 community members thanks to local grant funding.



2018 - Impact 100 Jersey Coast  
Grant Recipient



CCAR Multiple Pathways Conference  
Key Note Speakers



- ARCO Certified - Faces & Voices of Recovery - National Recognition
- NJARR Certified Homes
- The NJ Certification Board - Approved Provider



**\*NEW\* Intensive Peer Recovery Program ©**

- 3 to 5 days a week - 10am to 2pm
- Individual & Group Lectures
- Equine, Nature, & Adventure Therapy



**MULTIPLE PATHWAYS TO RECOVERY**

WEEKLY - FREE & OPEN TO THE PUBLIC

- REFUGE RECOVERY
- SMART RECOVERY
- FAITH BASED RECOVERY
- GENDER SPECIFIC
- GRIEF SUPPORT GROUP



**\*NEW\* FAMILY PRESERVATION PROGRAM ©**  
FUNDED BY IMPACT 100 JERSEY COAST  
NEW SUPPORT GROUPS - FREE & OPEN TO THE PUBLIC

- SIBLINGS
- COUPLES
- AT RISK YOUTH
- GRANDPARENTS
- FAMILY FUN DAYS

HIGHLIGHTED ACCOMPLISHMENTS

# CFC LOUD N CLEAR FOUNDATION

2012

Founded in 2012 by Lynn & Daniel Regan as the **1st Recovery Community Organization in New Jersey**



2013

Opened the **1st SMART Recovery Meeting in New Jersey** & hosted our **First Recovery Coach Academy**

2015

Howell Chamber of Commerce **'Organization of the Year Award'**



2015

Partnered with the Howell Police Department to launch the **CIT Program** which deploys **Recovery Coaches** to drug & alcohol related crisis situations.

2016

Opened **2 Sober Living Homes** in Monmouth & Ocean County

2016

Mental Health Association **Honoree for Excellence in Addiction Services**

2017

CFC Executive Director, Lynn Regan, named **Jackson Township's 'Woman of the Year'**



2017

Association of Fundraising Professionals **NJ's Excellence in Philanthropy Award Winner**

2018

**New Jersey Joint Legislative Proclamation** from Senator O'Scanlon, Assemblywoman Serena DiMaso & Assemblywoman Handlin

2018

**Impact 100 Jersey Coast Grant Recipients** of \$112,000

2018

Opened **2 more sober living homes** in Monmouth & Ocean County

2018

Partnered with **Freehold Raceway Mall** to create **Paint The Mall Purple**®, Mental Health & Substance Abuse Awareness Day



2019

Launched the **IPRP Day Program**®

2019

Launched **Family Preservation Program** © to support children, couples, siblings, grandparents, and parents impacted by addiction.

2019

Opened the **1st MAR Recovery Home** in New Jersey



**WAIT TILL YOU SEE WHAT WE DO NEXT.**

# HEALINGUS.ORG

# IN THE PRESS

Proudly Featured



"Untimely overdose deaths happen across racial lines, across economic lines and no one has come up with a comprehensive solution. One organization in New Jersey is ahead of the trend however, and fighting hard with outstanding results." - **New Jersey 101.5**

"The family party vibe of this festival is probably no surprise as Rock the Farm, which took place in Seaside Heights on Saturday, is the musical version of a Mom and Pop store. The idea was conceived and realized by Lynn and Marc Regan, who oversee every aspect of this fundraiser festival and ensure that every dollar raised goes to help those battling addiction through their CFC Loud N Clear Foundation – created by Lynn Regan and her son Daniel. Their story is riveting, heartbreaking and inspiring, and they have created a wonderful event in order to use the power of music to heal hurts and save lives."

- Helen O'Shea, NJArts.Net

"Daniel is an inspiring person for sure. Only in his mid-20s, but has had a lifetime of struggle, suffering and success...Daniel's message is one based on finding your inner strength to fight off the demons of addiction. Choosing to live and be positive."

- Bill Spadea, New Jersey 101.5



# GET INVOLVED

**Become a Recovery Coach**

[healingus.org/recoverycoaches/](http://healingus.org/recoverycoaches/)

**Make a Donation**

[healingus.org/donate/](http://healingus.org/donate/)

**Support Our Fundraisers**

[healingus.org/fundraisers](http://healingus.org/fundraisers)

**Follow Us on Social Media**



@CFCLOUD



@CFCLOUD



/CFCLOUDNCLEAR



100%

Our goal is always to operate on a 100% model.

## WHAT DOES THAT MEAN?

Private donors will cover our operating costs so 100% of public donations made can go directly to our programs. These donors will be committing multi-year support for operations funding, this allows us to plan for the future, creating efficiency and stability.

**Become a Partner Today: 1-833-300-4673 x2**