



The McShin Foundation – Destiny House

The goal of this initiative is to prevent pregnant and mothering women seeking recovery from addiction from

becoming homeless, incarcerated, or overdosing. With Virginia reporting 2,238 overdose deaths in 2023 and

5,156 children in foster care as of April 2024, of which 30% are linked to parental drug misuse, the need for focused support for these women is urgent. Substance Use Disorder (SUD) contributes significantly to the growing foster care crisis, with 51% of foster children in Virginia placed in non-relative homes. Many women in recovery face unstable housing options after incarceration or homelessness. McShin is committed to addressing this by providing housing, peer support, and essential services to mothers, keeping families together. McShin has established a robust system offering housing and peer recovery support, food, family support, and various pathways to recovery for individuals with mental health and SUD challenges.

Women in McShin's program receive safe housing, access to clinical services, and intensive recovery education, all overseen by Certified Peer Recovery Specialists, who are in recovery themselves. This evidence-based approach includes ongoing data collection through Rec-Cap, a tool that tracks progress in recovery, relationships, employment, and more. Destiny House (women and children recovery home) includes additional relapse prevention groups, parenting classes, peer internship opportunities, wellness activities, and family-focused programming. McShin's approach ensures that women have access to not only housing but also the recovery resources necessary to rebuild their lives. McShin offers pregnant women and mothers a certified recovery home, education on the impact of addiction and recovery on their families, and services to reduce the risk of overdose or reincarceration. Additionally, McShin provides financial assistance, daycare support, transportation, workforce development, and tele-recovery services. The goal is to prevent mothers from overdosing, reduce recidivism, and keep children out of foster care. By providing safe housing and comprehensive support, McShin aims to serve at least eight mothers and their children annually, ensuring they have the resources to stay in recovery and care for their children. McShin's peer-led model has proven successful in helping underserved populations, and with this



expanded focus on mothers and children, it will continue to make a critical impact in reducing the long-term effects of addiction on families.