



Katherine Russell

Creating Pathways to Recovery: How Foundations to Freedom Is Changing Lives in West Volusia

the key to breaking cycles of addiction and building lasting stability.

The impact is measurable. Russell shared, “Over the past year, 62 clients were successfully discharged, 100% of those clients were employed at the time of their discharge, and 7,472 meetings were held, resulting in a 93% graduation success rate and 28,939 days of sobriety across our programs.”

But the work goes far beyond recovery housing. According to Russell, “Most people don’t realize that Foundations to Freedom is more than a recovery housing provider — we offer a full spectrum of wraparound services, including legal assistance, educational support, healthcare access, transportation, and a domestic violence program for survivors and their children.”

Partnerships strengthen this work. FTF collaborates with organizations such as the Volusia Recovery Alliance, SMA Healthcare, The Neighborhood Center of West Volusia, Boys & Girls Clubs, Family Renew Community, and many more to ensure clients receive the best possible network of support.

Still, sustaining this mission requires community involvement. Russell emphasized, “The community can support Foundations to Freedom by making financial or in-kind donations, such as household items, clothing, or educational materials, to help clients and their families. Community members can also participate in fundraising events, awareness campaigns, and outreach initiatives.”

Donations make an immediate difference. As Russell explained, “Donations to Foundations to Freedom directly support individuals and families in recovery by funding safe, structured housing, peer support, education, healthcare access, legal assistance, and other wrap-around services. These contributions help remove barriers to long-term recovery and independence, ensuring clients can rebuild their lives, achieve stability, and break cycles of addiction, trauma, and domestic violence.”

The inspiration behind the work is simple but profound. “What inspires us at Foundations to Freedom is seeing individuals and families transform their lives through recovery and support,” Russell said. “Every success — whether a client achieving sobriety, securing stable housing, reuniting with family, or gaining employment — reinforces the importance of our mission.”

West Volusia residents have a powerful opportunity to join in this life-changing work. Russell urges the community: “Your support, through donations or participation in community initiatives, helps provide safe housing, counseling, education, and essential services that empower lasting recovery and independence. Together, we can create a stronger, healthier, and more resilient community for everyone.”

To learn more or get involved, visit www.foundationtofreedom.org

COMMUNITY SUPPORT

In West Volusia, the toll of substance use disorder and its ripple effects on families and communities is impossible to ignore. Last year alone, there were 4,444 emergency medical service responses to suspected overdoses in Volusia County, alongside 322 opioid-related deaths. These statistics are more than numbers — they represent lives lost, families torn apart, and futures left uncertain.

Amid this crisis, **Foundations to Freedom (FTF)** is offering hope. **Katherine Russell**, who leads the organization, explains their mission: “Our mission is to provide individuals seeking recovery from substance use disorders with a safe, structured,

and supportive home-like environment that fosters recovery, personal growth, and civic responsibility. Our goal is to help each client reclaim their dignity and acquire the knowledge, skills, support, and resources they need to maintain a drug free, purposeful, and productive life.”

What makes Foundations to Freedom unique is the depth of care it provides. As a certified 501(c)(3) nonprofit, FTF combines safe recovery housing with what Russell calls wraparound support services. These include “assistance with employment, job retention, housing, legal issues, healthcare access, educational goals, and transportation to appointments and recovery meetings.” For many, that holistic approach is

