



PHOENIX MULTISPORT SOBER ACTIVE COMMUNITY



*Real life solutions
for
every day.*



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Who is Phoenix Multisport?

Started in 2006, Phoenix Multisport is a 501(c)3 nonprofit that fosters a supportive, physically active community for individuals who are recovering from alcohol and substance abuse and those who choose to live a sober life. Through pursuits such as climbing, hiking, running, CrossFit, strength training, yoga, road/mountain biking, socials and other activities, we seek to help our members develop and maintain the emotional strength they need to stay sober.

Phoenix currently has chapters in Boulder, Denver, and Colorado Springs, CO; Orange County, CA; Boston, MA; and Boise, ID. Phoenix offers specialty programs serving active duty military and veterans, treatment organizations, and college students. Phoenix has been given a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to expand its work by adding special programs specifically designed for families impacted by addiction.

Scott Strobe, Founder & Executive Director, received the distinction as a “Top 10 CNN Hero” in 2012 and received the “Advocate for Action” award from The White House Office of National Drug Control Policy, in 2014. Numerous other awards have been received since Phoenix Multisport’s inception. Scott was also a TEDx Mile High speaker in 2016.

Phoenix’s programs provide real life solutions for the everyday, allowing individuals to redefine themselves in an environment free from the stigma of addiction.

Why Phoenix is different?

Phoenix picks up where others have traditionally left off by facilitating physical and social activities within a sober community. Through relationships and first hand experiences real and sustainable change is possible for individuals.

Why that matters?

Phoenix is not a replacement for formal treatment, 12-step, or other recovery support services. Instead, Phoenix offers opportunities to build friendships and learn skills in the safety of a substance and stigma free environment. While choosing to live sober is a common denominator for all Phoenix participants, it is not all of who they are. Instead they are athletes, friends, volunteers, and instructors.

The Phoenix Model creates:

Unique Recovery Pathways. People at any stage in recovery are able to individualize their participation in Phoenix Multisport in order to ensure they get what they need to enhance their personal program of recovery. When participants attend events there are opportunities to make new friends, learn new ways to cope with stress, and find the motivation they need to get and stay sober.

Access to Experiential Opportunities. By eliminating financial barriers and creating a nurturing environment, Phoenix ensures individuals have access to a variety of social and physical opportunities believed to intrinsically have the power to effect real and sustainable change.

Community. Together Phoenix participants are creating new possibilities and finding the strength they need to recover. By choosing to live openly about their sobriety, the Phoenix community is also reframing the social norms and values that have perpetuated the stigma so often associated with addiction and derailed the process of healing.