



PHOENIX MULTISPORT SOBER ACTIVE COMMUNITY

Mission

Phoenix Multisport is dedicated to fostering a supportive, physically active community for individuals who are recovering from alcohol and substance use disorder and those who choose to live a sober life. Through pursuits such as climbing, hiking, running, strength training, CrossFit, 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.

Since its founding in 2006, Phoenix Multisport has served over 20,000 individuals. Phoenix offers over 50 events per week through 6 chapters located in Boulder, Denver, and Colorado Springs, CO; Orange County, CA; Boston, MA; and Boise, ID.

Phoenix provides specialty programs targeting active duty military members and veterans, treatment organizations, and college students.

Impact and Outcomes

The impacts and outcomes reported here provide an overview of the benefits and sentiments individuals attribute to their participation in Phoenix programming.

- Participants strongly believe that their participation in Phoenix Multisport helps them stay sober and avoid relapse (88%), and that it contributes to improvements in their physical health (93%), mental health (91%), and quality of life (91%).
- Relapse rates for those who are active with Phoenix Multisport are low (23%).
- Of those who have relapsed, 93% believe they can return to Phoenix programming without being judged.
- Participation in Phoenix helps people make new friends and expand their network of sober supports (85%)
- Of those who had concern about legal involvement, 77% reported participation in Phoenix Multisport helped them to stay out of legal trouble

Source: Program Wide Web-Base Survey. October-November 2012.

Participant's Characteristics at Program Entry

Phoenix serves a wide range of individuals whose lives have been derailed by addiction.

- Phoenix serves individuals of any age - Average age is 36 years (range: 16-93).
- Like others struggling with addiction, a large percentage of Phoenix participants are unemployed - 35% unemployment rate.
- The majority of our participants are unable to earn a living wage with 77% earning less than \$25,000/year.
- Substance abuse is a huge problem for active duty military and veterans. Phoenix' presence in the military community is growing with 11% of current membership made up of individuals who have served in the U.S. Military.
- Substance abuse careers of Phoenix participants are long. Most participants initiated abuse of substances between 12 and 16 years of age and reported abusing substances on average for 13 years (ranging from 1 to 40 years).
- Substances most commonly used before coming to Phoenix Multisport were: Alcohol (83%), marijuana (46%), crack or cocaine (29%), methamphetamine (27%), prescription drugs (26%), and heroin (19%).
- The majority of Phoenix participants (61%) have participated in formal treatment.
- Poly-substance abuse is the norm with 64% of participants indicating they struggled with abuse of 3 or more substances.
- The majority of Phoenix participants have criminal histories. More than two-thirds of members (67%) had been charged with a crime at some point, 7% had been arrested in the previous 30 days before joining Phoenix Multisport - 24% are Currently on parole/probation and 26% had been in the past.

Source: Phoenix Multisport New Member Enrollment

Supplemental Information to Fact Sheet

Our programming aims to improve Team Members' personal recovery capital, particularly with respect to improvements in attitudes towards sober activities, coping skills, self-efficacy, self-esteem and sense of purpose. Collectively, improvements in these areas increases members' hope that they can recover, results in sustained recovery and, thus, improves members' quality of life, physical and emotional health (Moos & Moos, 2006; Smyth, Fan, & Hser, 2006.)

Scales to measure participants' perceptions of each of these constructs are included in our evaluation survey administered to all members, three-months after participating. The scales used in the survey have been pilot-tested and validated in a sample of Team Members and are derived from widely used, validated instruments, such as the General Self-Efficacy Scale (Chen, Gully & Eden, 2001), the Coping Strategies Inventory Short-Form (Addison, et al., 2007), the Rosenberg Self-Esteem Scale (Rosenberg, 1965) and the World Health Organization's Quality of Life scale (WHO, 1995).

Data from the evaluation survey was last analyzed in December 2015. As a result of their participation, more than two-thirds (64%) of Team Members reported that their attitudes towards activities that do not involve drugs or alcohol have improved, 73% reported that their self-efficacy – or confidence in themselves – has improved and 73% reported that their self-esteem has improved. Moreover, roughly half (49%) reported having more motivation to stay sober, 55% reported that their physical health had improved, 41% reported that their mental health has improved and 60% reported improvements in their overall health.