

# WHY, WHAT, HOW – A VISION FOR LONG TERM RECOVERY

---



## OUR VISION

Through the creation of a robust and growing network of sober, active communities, we have established a model system of long-term peer support that *transforms recovery, reduces costs for individuals and society, and changes stigma and social norms*. We offer free programs to individuals who want to live a clean and sober life. We are located in Boulder, Denver, and Colorado Springs, Colorado; Newport Beach, California; Boston, Massachusetts; and Boise, Idaho.

## WHY WE DO WHAT WE DO

**As a peer to peer organization, we know first-hand:**

1. The pain caused by addiction, and that individuals can lead successful, meaningful and vibrant lives in recovery from substance use disorder.
2. That a sober and supportive peer community is key to that success.
3. That the physical activities we offer benefit the individual physically, mentally and emotionally.
4. That through uniting people with a shared experience in addiction and by encouraging a positive recovery experience together, they receive the support needed to help maintain their recovery.
5. We must change the current approach to recovery that provides the individual with more short-term solutions to abstinence and begin to offer more support for long-term recovery that will last a lifetime.

## WHAT WE DO

1. We offer daily peer-to-peer facilitated free programs, events and opportunities for individuals to build connections with others in a sober community.
2. We offer activities that provide a physical AND social experience including yoga, boxing, CrossFit, rock climbing, mountain biking, cycling, running, hikes and walks.
3. We bridge people from short-term treatment settings to a long-term recovery community.
4. We enforce a culture and set of values in our community that promotes health, ensures physical and emotional safety, respects diversity, reduces stigma and is welcoming to all.
5. We engage and participate in key conversations: through workgroups, and various committees at the local, state and federal level that are addressing the inadequacies of current addiction recovery services and are looking for new, innovative, peer-support approaches to recovery.
6. Since beginning our free programs in 2007, we have served over 19,000 individuals.
7. We collect data and pursue research opportunities to evaluate our effectiveness.
8. Our relapse rate is (23%) compared to formal treatment of (50-60%).
9. 88% of participants strongly believe that their participation in Phoenix helps them stay sober and avoid relapse.
10. Our door is open to anyone with 48 hours of continuous sobriety.
11. We provide over 60 events/week across the chapters for all levels, beginner to advanced.

# WHY, WHAT, HOW – A VISION FOR LONG TERM RECOVERY

---

## HOW WE DO IT

1. We employ instructors who are in recovery themselves and who are also certified and highly qualified to instruct in the disciplines we offer. This provides participants in our programs support from peers and creates a special bonding experience.
2. We remove financial barriers by providing at no-cost to the participant, the programs, equipment and facilities required for people to begin the healing process in recovery.
3. Our peer instructors conduct programs in treatment centers which helps build relationships with inpatients while in short-term treatment to “bridge” them to our community programs once they leave treatment.
4. We define our culture through a written Team Member Agreement that we ask all participants to sign which states our core values and expectations on conduct while participating in Phoenix programs.
5. We have been invited to speak at national conferences such as: The White House Office of National Drug Control Policy (ONDCP), the National Conference on Addiction Disorders, the Annual Georgia Summit on Youth Issues, the Transforming Youth Recovery conference, the Connecticut Community for Addiction Recovery “Multiple Pathways to Recovery” conference and many others.
6. We employ surveys, focus groups and are engaging outside research partners to broaden and deepen our collection of evidence of our effectiveness.

## HOW WE FUND OUR WORK

1. Financial support for Free Community Programs comes from:
  - Individuals donations
  - Foundation grants
  - Corporate sponsorship
  - Federal and State grants
2. Financial support from Formal Treatment Center Programs:
  - Paid partnerships where we provide health and wellness programs
3. Financial support for Research and Evaluation:
  - Foundation grants
  - Federal grant

For information contact:

Scott Strode, National Executive Director and Founder

[Scott@phoenixmultisport.org](mailto:Scott@phoenixmultisport.org)

Cell: 617 877 3690

2239 Champa Street

Denver, CO 80205