



THE PHOENIX

RISE | RECOVER | LIVE

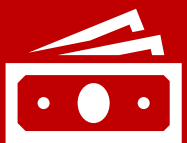
THEPHOENIX.ORG

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THE PROBLEM IS IMPACTING OUR COMMUNITIES AND LOVED ONES.

In America today, a loved one dies from alcohol or drugs every four minutes. That's equivalent to a 747 airliner crashing everyday with all lives lost. While access to treatment is improving and medications are keeping people from dying, not enough is being done to help people stay sober and build new lives in recovery.



\$1 trillion

**Opioid crisis cost to
the economy: 2001-17**



88k

**Alcohol related
Deaths in 2016**



64k

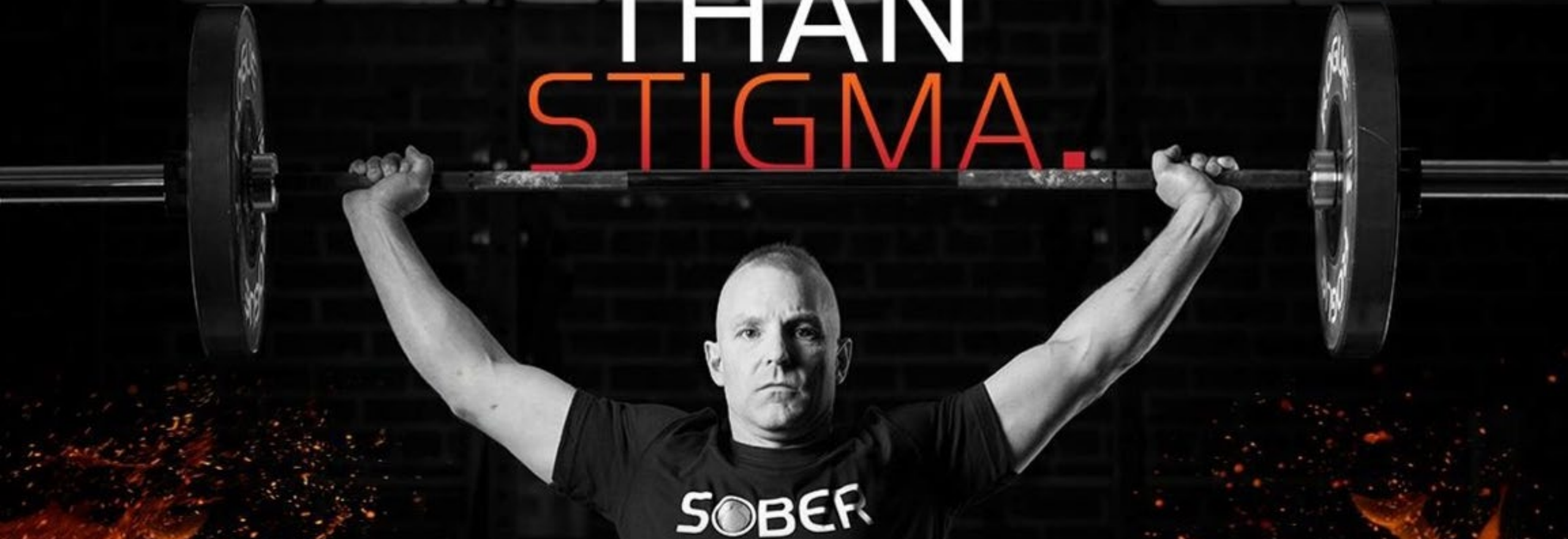
**Drug related
Deaths in 2016**

STRONGER THAN STIGMA.



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Mission: The Phoenix is a *free sober active community* for individuals who have suffered from a substance use disorder and to those who choose to live sober. Using a *peer model*, Phoenix helps members *heal and rebuild* their lives in recovery.

STRONGER THAN HOPELESSNESS.



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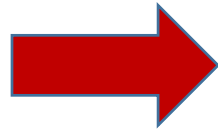
<https://youtu.be/Pd9GIJYGKIM?list=FLAA8E7g6R2KILwvwk6gT5-w>



The Phoenix Model – How it Works

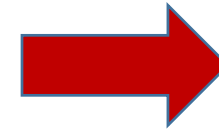
MODEL

Peer to Peer
+
Physical, Social &
Adventure Activities
+
Experiential
+
Healing Community
Culture



BENEFITS

- Sustained Abstinence
- Physical Health
- Mental Health
- Quality of Life
- Social Connectedness
- Sense of Purpose
- Self Esteem
- Increase Self Efficacy
- Positive Identity Transformation



LONG TERM IMPACTS

- Recovery
- Stigma Elimination
- Cost Reduction for
Individuals, Families &
Society

Programs, Disciplines, and Special Events

PROGRAMS

- ✓ Free Sober Active Community Programming
- ✓ Targeted Partnership Programing & Outreach for at Risk Populations (e.g. treatment, youth & young adult, veterans, homeless, justice involved, LGBT, etc.)
- ✓ Volunteer Program
- ✓ Workforce Development
- ✓ Enhanced Bridging
- ✓ Social Enterprise
 - Contracted Partnerships
 - Per Ignem Gym

DISCIPLINES

- ✓ Boxing
- ✓ Yoga & Taiichi
- ✓ CrossFit & Group Fitness
- ✓ Cycling & Mountain Biking
- ✓ Rock & Ice Climbing
- ✓ Running & Walking
- ✓ Hiking
- ✓ Zumba

SPECIAL EVENTS

- ✓ Ski Trip
- ✓ Backpacking Trips
- ✓ Camping
- ✓ Moab Multisport Trip
- ✓ BBQs
- ✓ Presentations/Trainings
- ✓ Socials
- ✓ Art Night



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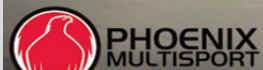
Catalyst of a Movement



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Brick and Mortar



Remote Programming





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Our Impact



Currently in *20 communities*
across *14 states*



Over *26,000* people
served since *2007*



3,671 Phoenix
events held in
2017 across all
chapters





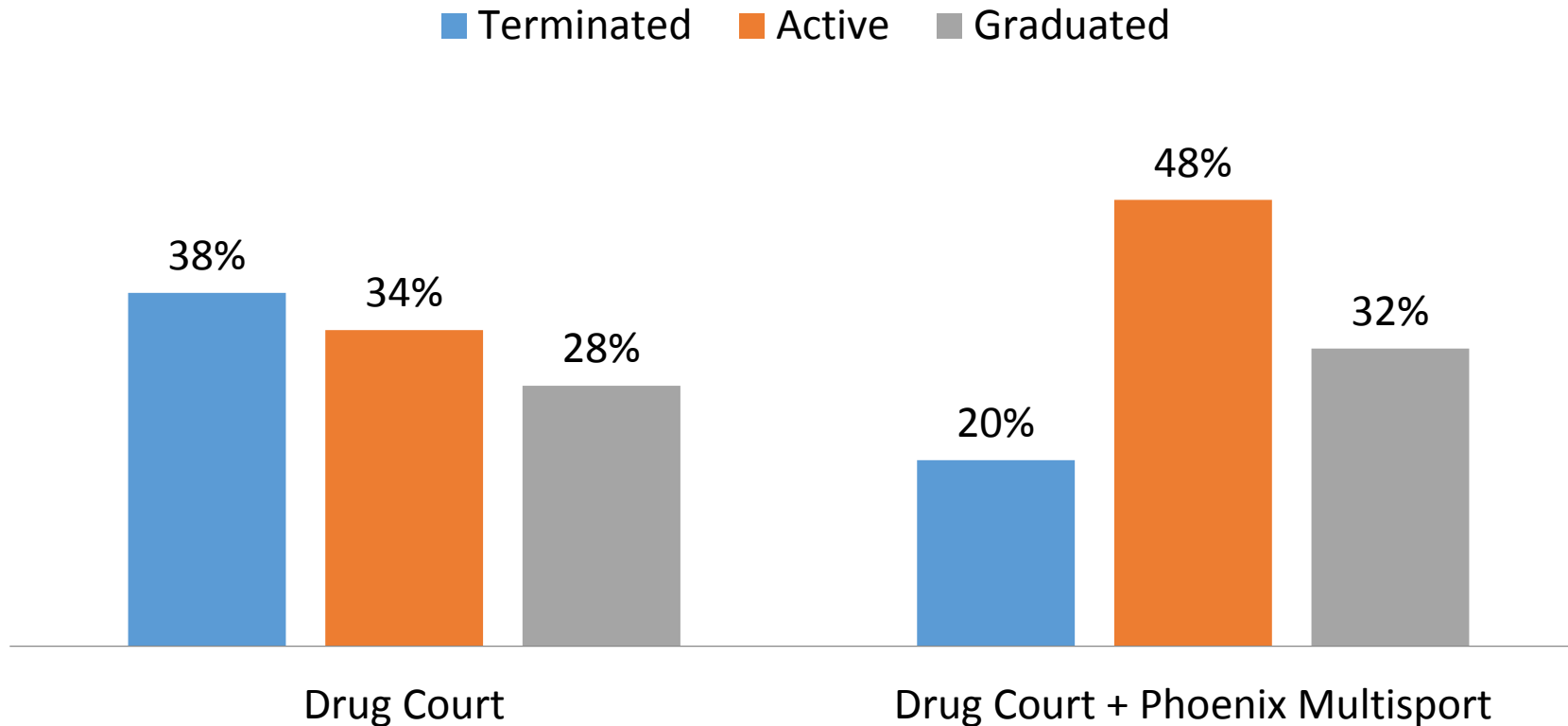
Phoenix Inside & Out



- Colorado
 - Boulder ITC
 - Denver Drug Court
 - Colorado Springs Veterans Drug Court
 - Adult Probation (PHASE)
 - Specialized Drug Offender Program
- Montana
 - Drug Court
- Massachusetts
 - Middlesex Sherriff Department



Success



Clients who participated in Phoenix were shown to have statistically significant lower rates of termination or withdraw, and higher rates of graduation when compared to non Phoenix Multisport participants ($T = -1.7189, p = 0.043$).

A silhouette of a person in a squatting position over a barbell in a dark gym setting. The person is centered, with their head down and arms hanging by their sides. The barbell is on the floor in front of them. The background is black, and the floor is a dark grey. The text "RISE. RECOVER. LIVE." is overlaid on the image, with "RISE." and "RECOVER." in white and "LIVE." in red.

RISE. RECOVER. LIVE.



Substance use among offenders

- 2.3 million offenders in prison or jail in the U.S.
- 1.5 million meet the DSM-IV criteria for substance abuse or addiction
- 458,000 do not meet the criteria but had a history of substance use, were under the influence at the time of the offense, committed the offense to get money for drugs, were incarcerated for an alcohol or drug related arrest, or shared some combination of these characteristics