

*Breaking the Cycle of
Addiction By Fostering
Connection, Purpose and a
Sense of Individual Agency*



Alliance for Youth





THANK YOU
LAW ENFORCEMENT



- <https://www.youtube.com/watch?v=PY9DcIMGxMs>

The Irrationality of Focusing on Acute Care to Treat a Chronic Disease

Acute Disease	Chronic Disease
Sudden onset	Gradual onset
Cure usual	Cure rare
Course short	Course lengthy
Patient passive	Patient active, caregiver
Physician dominant	Team care, patient included
Return to normal likely	Return to normal unlikely
Future uncertainty rare	Future uncertainty common

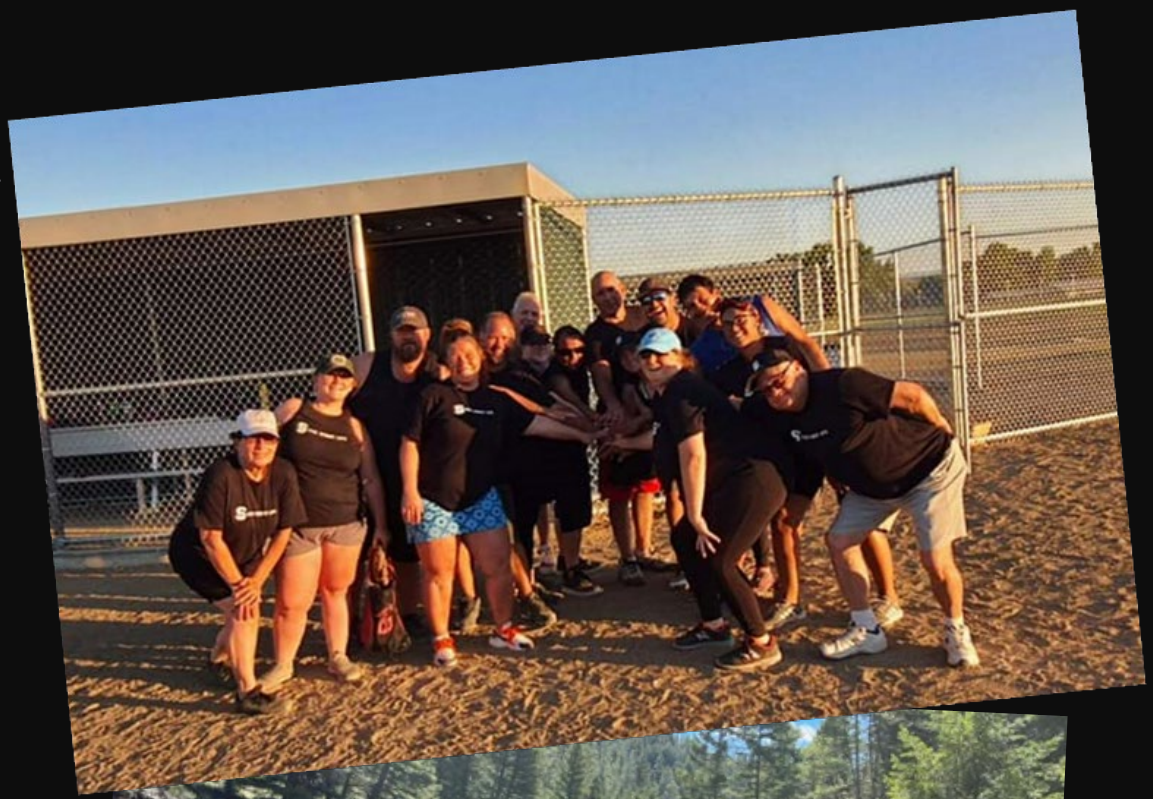
What is the Sober Life?

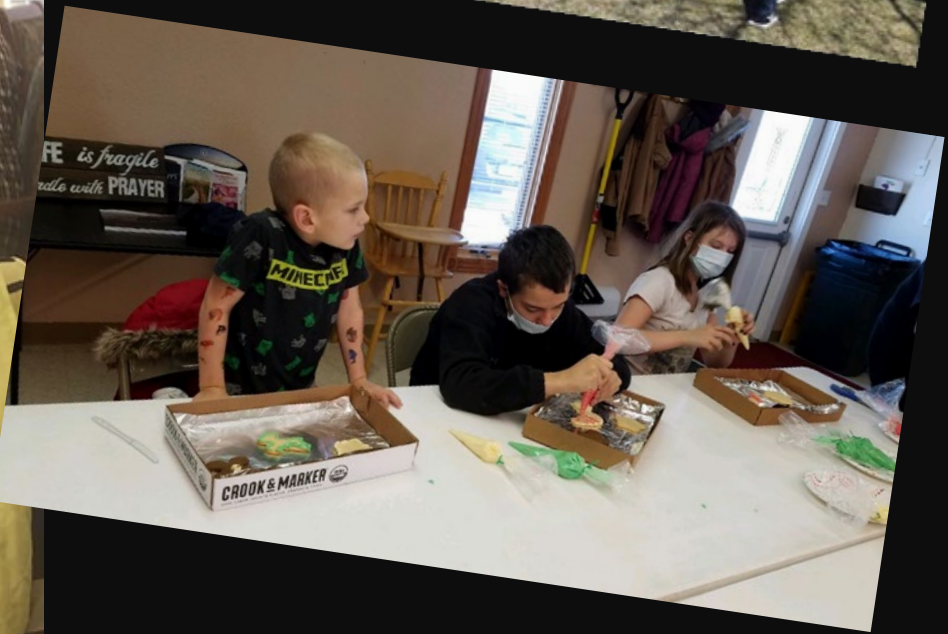
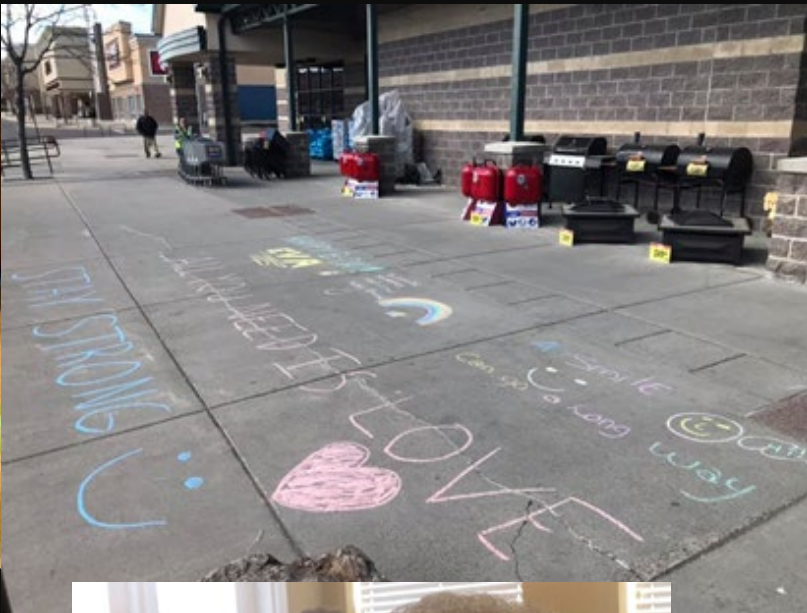
- Three Pillars:

1. Fitness Activities

2. Family Friendly Events

3. Volunteer Opportunities







Native American Culturally Relevant Activities

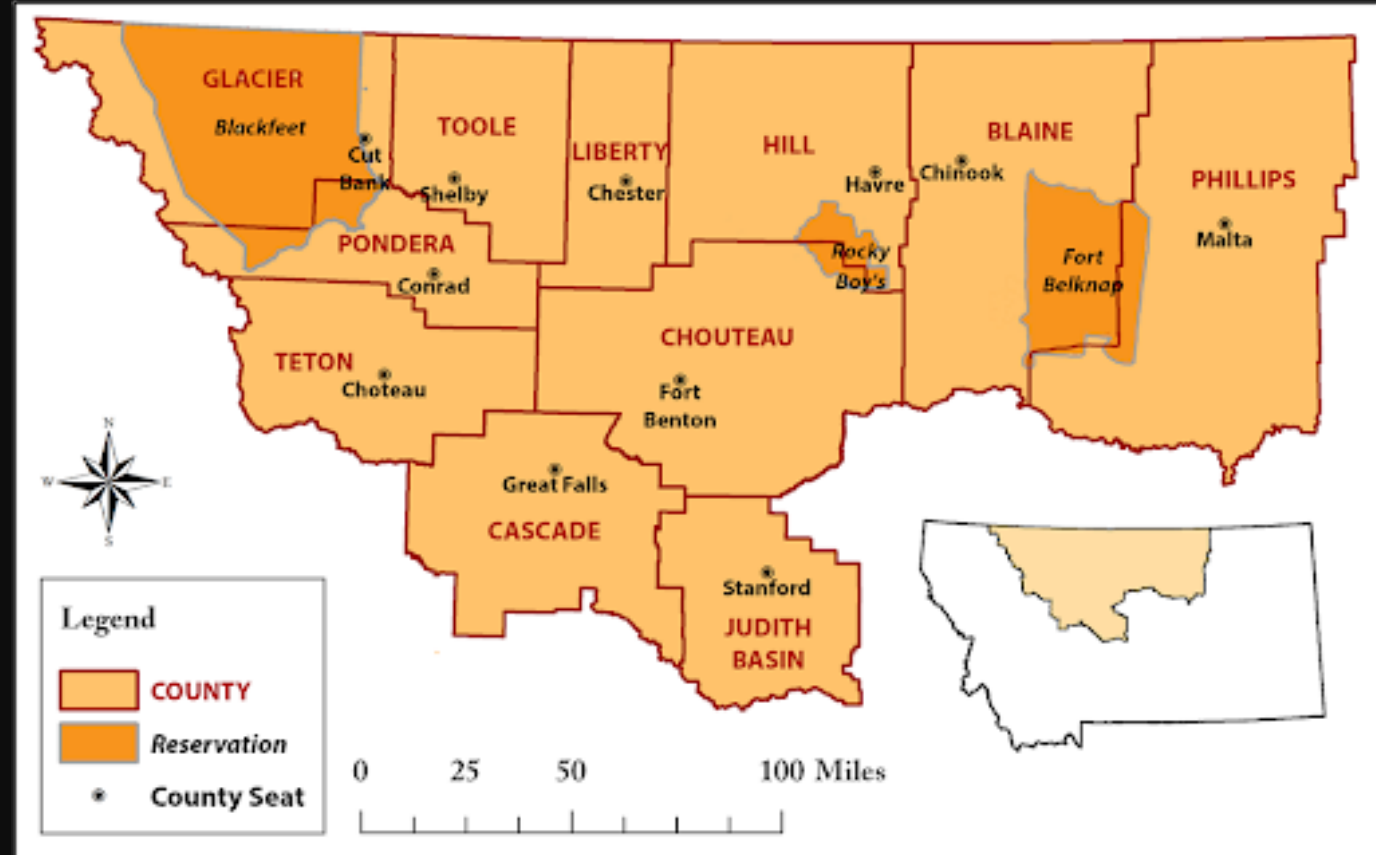


Building Communities of Recovery Grant



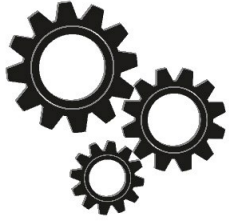
SAMHSA

Substance Abuse and Mental Health
Services Administration



Peer Recovery Coaching and Care Coordination





Logic Model

Theory of Change

Providing people in early recovery with connection, purpose and a sense of agency will lead to reduced relapses and thus reductions in overdoses as well as drug related criminal justice and medical spending.



Target Population

People in Early Recovery (0-2 years Sobriety) from Active Alcoholism and/or Addiction with an Emphasis on:

- Native Americans
- Veterans
- Youth
- Parents
- Treatment Court Participants

Inputs

- BCOR Funding
- United Way and Private Funding
- Existing Sober Life Membership of 500+
- Sober Life Leadership Council
- Dedicated Community Partners and Volunteers
- Alliance for Youth Staff
- Native American Cultural Practitioners and Military Veteran Trauma Informed Experts
- Law Enforcement and Public Health Agency Support and Expertise

Program Activities

- 8 Weekly Fitness Activities
- 24 Family Friendly Events
- 4 Educational Classes/Seminars (Childcare Provided)
- 10 Volunteer Opportunities
- Native American and Veteran Oriented Supports
- Peer Recovery Coaching and Care Coordination
- Three DEC Trainings for Service Sector Employees
- Three DEC Public Awareness Events
- Expansion to Havre and Shelby
- 3 Year-Long Evaluation of Sober Life

Outputs

- Increase Sober Life Membership to 500
- Produce Data to Support Expansion of Program in Montana
- Reduce Relapse Rates. Drug Overdoses & Drug-Related ER Visits
- Improve Mental Health/Wellbeing
- Increase Adult and Veterans Treatment Court Graduation Rates
- Reduce Child Protective Services Removals
- Reduce the Negative Effects of Addiction on Children by Fostering Collaboration Between Law Enforcement, Public Health Agencies and the Community.

Long-Term Outcomes

- Prevent Substance Abuse Among Youth
- Reduce Substance Abuse Rates Among Adults
- Reduce Drug Related Medical and Criminal Justice Spending
- Lessen the Societal Stigma Around Addiction and Mental Illness
- Stimulate Increased Community Support for Combating Substance Abuse
- Improve the Relationship Between the Target Population and Law Enforcement and Public Health Agencies

Jimmy Hendon's Story



How the Sober Life Operates

- Completely FREE to participants
 - Transportation
- Family-Friendly
 - Childcare
- By people in recovery for people in recovery
 - Role of Leadership Council and community partners.

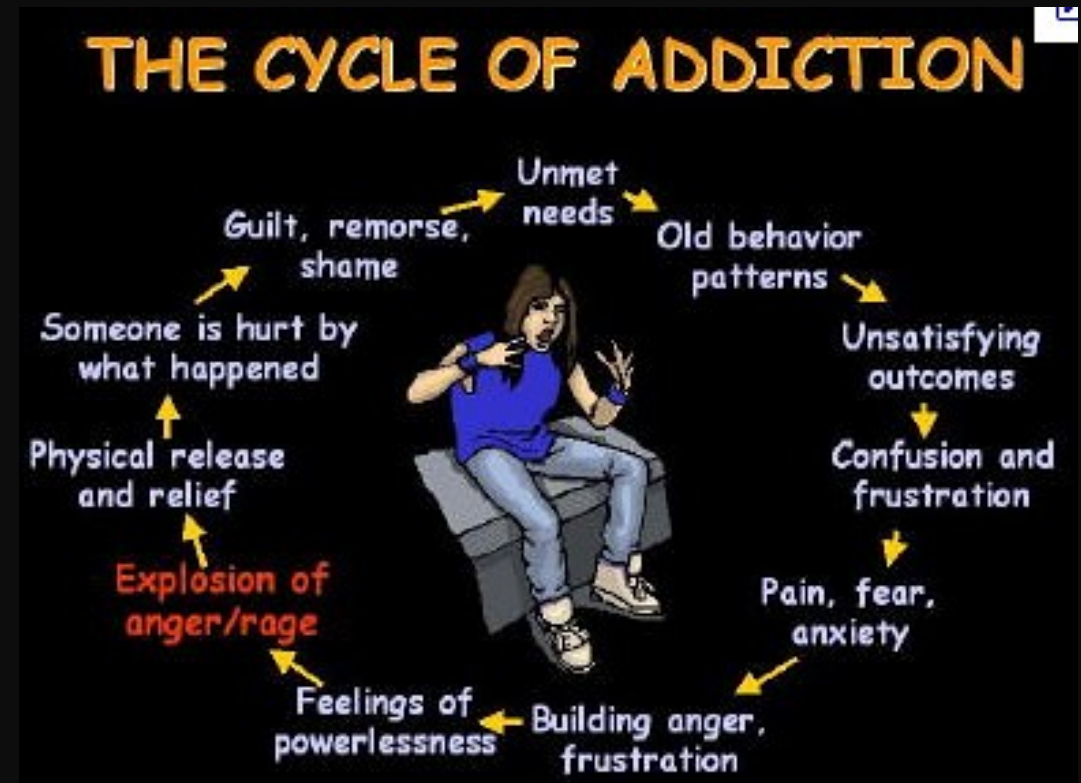


Recovery is a Beautiful Thing!



How Does the Sober Life Fit in the Existing Recovery Ecosystem?

- Triggering Event (Arrest, Family Intervention, Overdose etc.)
- Detox/Medical Care
- Inpatient Treatment/Incarceration
- Medication Assisted Treatment
- Outpatient Treatment/Drug Court/Probation/DFS
- **Recovery Support Services**
 - Organic and Peer Led
 - Virtuous Cycle
 - Community-Based
 - No End Date



How Can You Implement the “Sober Life Model” in Your Community?

