



THE SOBER LIFE



## Our Theory of Change

### Connection

The most basic human need is to feel connected to others and addiction destroys connection. When people want to get sober, they often have alienated friends and family, have no job and no money, and are packing around loads of guilt and shame from the things they did in their addiction. They face a Catch-22, remain isolated and lonely, or seek connection with the people they drank and used with and likely relapse.

The Sober Life prevents people from having to make this choice, by providing a healthy outlet where people in recovery can build lasting friendships in a safe, welcoming and drug, alcohol and judgement free environment.

### Purpose

Society often views alcoholics and addicts as a burden to be managed, but The Sober Life views people in recovery as underinvested in assets. By organizing volunteer opportunities, The Sober Life serves as a catalyst for unleashing the latent potential of people in recovery and gives them a sense of mission and purpose, while simultaneously reducing the stigma around addiction by showing the public that people in recovery are contributing members of the community.

### Agency

Many people in recovery have suffered trauma and abuse and been involved in the criminal justice system, and these experiences have led many of them to have an internalized sense of powerlessness. The Sober Life is an organization “by people in recovery for people in recovery” and by relying on our members to manage the organization and coordinate and implement all activities and events, we show people that whether it is simply preparing food or organizing a large event, they have agency and their actions can create positive change in their lives and in their families and communities.



# What We Do...



## EVENTS/ACTIVITIES

- Brush Crazy
- Escape the Falls
- GF Americans Hockey Game
- Supaman
- Bowling
- St. Patrick's Day Party
- Night on The Peak Courts
- Swimming at GFHS
- Woodworking
- Voyagers Sober Night
- Electric City Water Park
- Recovery Run
- Harvest Fest
- Trivia Night
- NARCAN & ASIST Trainings
- Sisters in Recovery Luncheon
- Financial Literacy Seminar
- Kick-Off to Summer BBQ
- Art Club
- Parenting Support Classes

## FITNESS

- Basketball
- Volleyball
- Tai Chi
- Recovery Yoga
- Flag Football
- IFHC Gym Membership
- Beach Volleyball
- Water Aerobics
- Dodgeball
- Moving Meditation & Breathwork Class
- Softball
- Morning Wellness Walks
- Hiking



## VOLUNTEERING

- CMR Art Auction
- Rescue Mission
- Adopt a Park
- Spring Fling Hoop Thing
- Knuckle Buster
- Rock the Town in HOPE
- Paint Youth Resource Center
- Holiday Cookies for the Homeless
- Wrap Gifts for Toys for Tots
- Sending Love to Seniors for Valentine's Day
- Chalk the Walk
- Easter Egg Hunt



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## ...and How We Do It

- Free - Membership and all events and activities are free to participants
- Family-Friendly – Most events open to all ages, daycare provided at adult-only events
- Leadership/Management, Staff and Volunteers All in Recovery - Enhances credibility with members and promotes organic growth
- Not a Treatment Program - Builds bonds of trust with members by fostering “we’re all in this together” ethos
- Collaborative – Leveraging community partners reduces costs and increases buy-in

## Why Invest in The Sober Life?

- Organic by Design
- Low Overhead/Cost Per Participant
- Adaptable to Any Community, Large or Small, Urban or Rural
- Appeals to All Age Groups and Something for Everyone
- Targeted Toward Vulnerable Populations, e.g., Native Americans, Single Parents and Veterans



### The Sober Life By the Numbers

Members: 523

Event Participants: 2,500+ attended

Fitness Activities: 3,800+ attended

Volunteers: 200+ (more than 2,500 hours volunteered)

Budget: Approximately \$200,000

\*As of July 2021

## How does The Sober Life fit in the existing recovery ecosystem?

- The Sober Life is a **supplement to NOT a replacement** for treatment, counseling and/or 12-Step or alternative recovery programs.
- Although The Sober Life **targets people in early recovery** as they are the most in need of connection and purpose and the most vulnerable to relapse, the program has **no end date**, and everyone in recovery is encouraged to participate whether they are two days sober or 20 years.
- Current approaches to addressing substance abuse through the criminal justice system, acute medical care (detox and ER visits), MAT and treatment/counseling are **extremely expensive and relapse rates are quite high**, so even if The Sober Life programming only produces a **marginal reduction in relapse rates**, the savings for government and communities could be substantial.