



THE PHOENIX

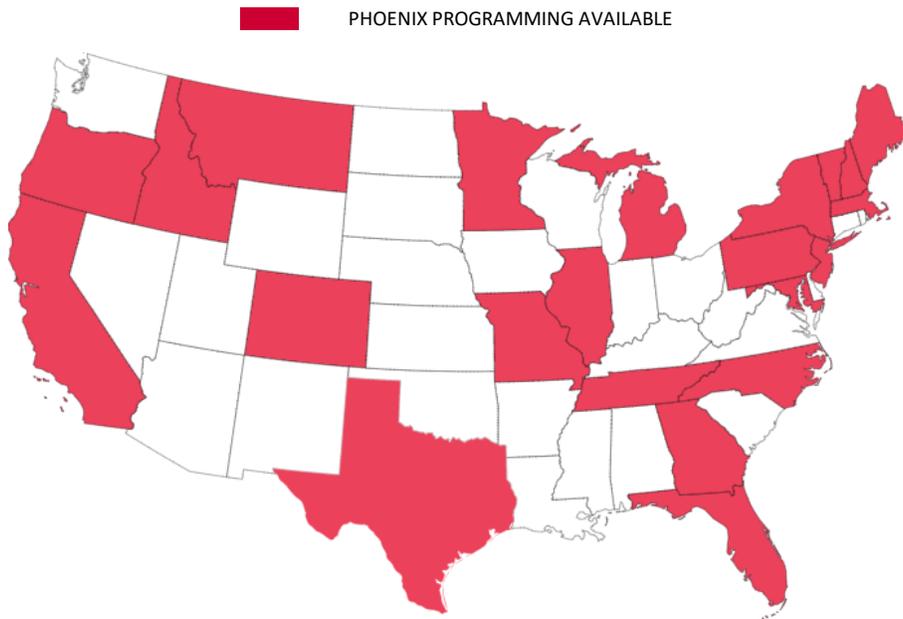
RISE | RECOVER | LIVE

IMPACT STATEMENT

The Phoenix is an innovative nonprofit organization that helps people recover from substance use disorders and heal from related adverse experiences by leveraging the intrinsic transformative power of social connection and physical activity. Through yoga, running, climbing, hiking, CrossFit and other active pursuits, Phoenix combats the isolation, shame and hopelessness that leads people into addiction and perpetuates relapse. Phoenix events are **FREE** to anyone with at least 48 hours of continuous sobriety and the disciplines facilitated by Phoenix instructors are easily scalable and individualized, ensuring anyone can participate. Phoenix's Peer to Peer Model relies on instructors, volunteers and team members sharing their stories and modeling strategies they use in their daily lives to successfully sustain their recovery. By meeting each person where they are and believing in them until they can believe in themselves, Phoenix peers create an environment where healing happens and recovery flourishes. Critical to creating a healing community culture is an intentional focus on safety, inclusivity and being of service to others in need. Phoenix helps thousands of individuals every day rise from the ashes of addiction and find the hope and support they need to build amazing lives in recovery.

REACH OF THE PHOENIX

Over the past 11 years, Phoenix has grown from a small organization serving a few dozen people in Boulder, CO to a national movement that has **served over 27,000 individuals**. Phoenix programming is now available in more than 40 cities across 22 states.



In addition to its core community programs, Phoenix provides programming through partnerships with treatment centers, criminal justice agencies, schools and other recovery support organizations. These events introduce individuals at risk for relapse and/or recidivism to Phoenix as they transition out of these programs or institutions.

Nationwide, Phoenix facilitates over 3,600 free events and serves over 5,000 individuals each year.

THE PHOENIX OUTCOMES

By offering inherently transformative activities in a supportive community of peers, Phoenix helps members become more confident that they can do whatever they put their minds to, feel better about themselves and are better able to cope with stress. They also find greater sense of purpose in life and recognize that life in sobriety can be fun and fulfilling. As their lives improve, their motivation to keep fighting for recovery increases and they are more likely to achieve sustained recovery.

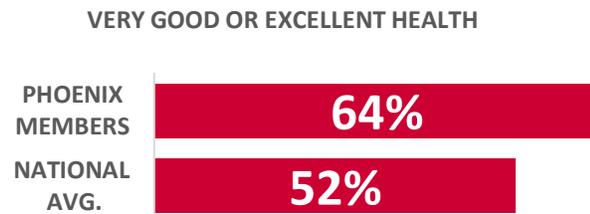
Phoenix assesses its impact and outcomes by administering a three and a six-month evaluation survey to all members. Results show that more than 80% of members make significant improvements after just three months of participation.



Survey results also demonstrate the long-term impact of participation with **8 out of 10 active members remaining sober** at 6 months and more than two-thirds of those who relapsed stating that The Phoenix helped them return to sobriety.



Phoenix Team Members also report better overall health than the general public (CDC, 2015).



The Phoenix helps thousands of individuals rise above addiction together and harness the power of self-transformation to fundamentally change their lives.

