



# AWAKENING RECOVERY

SAVING LIVES, 12 STEPS AT A TIME

FALL/WINTER 2019-2020



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### Board of Advisors

We continue to build our Board of Advisors, who help get the word out about Awakening Recovery. This group advocates in fundraising, lending their names to our cause and participating in events. If you or someone you know wants to help in this capacity, please reach out to our Board Development Chair, Jonathon Aubry at [jonathon.aubry@awakeningrecovery.org](mailto:jonathon.aubry@awakeningrecovery.org) and we can set up a tour.

**Peggy Albrecht** (In Memoriam)  
**Ken Seely**  
**Linda Daly**  
**Jennifer Perry**  
**David Goldberg**  
**Anthony Agolia**

### Dear Supporter,

We've now been open for over 3 years due to your generous support, helping 100+ men that have walked through our doors to become residents and begin their journey to recover through our long-term recovery solution that works!

Rehabs focus on feelings, at Awakening Recovery (AR) we change core beliefs and behaviors.

Costly 30-day treatment tends to focus on the medical aspects of addiction. Our year+ long process embeds 12-Step principles into daily living, transforming lives. As the most structured non-profit in Los Angeles, we are delivering a

highly needed service in the treatment continuum. To date AR has:

- Helped over 100 residents
- Graduated 17, with 2 more on track to graduate by the end of 2019
- 90% success rate with graduates! Over 85% of our grads have at least a year sober, over 1/2 are over 2 years sober and 4 graduates will be over 3 years sober by the end of 2019.
- Our 18 beds remain consistently full with a waiting list

### Graduate Update

Since our last Newsletter, 3 more residents graduated: Pat P., Dane T. and Julius S. We are so proud of them, and look forward to having them as a part of our alumni support community. Graduates continue to give back by sponsoring new residents, being of service to the house, and attending weekly peer groups.



"When I came into AR I had no hope for the future at all. I had been trying to get sober for years and could never stay sober for any length of time. I kept overdosing and went to jail. By going through the house and graduating I have been given the tools to not only stay sober long-term, but to be a man that tries to live by spiritual principals on a daily basis. I have relationships with my parents and family like I've never had before, my word holds value to those around me, and I am a productive member of society today. I wouldn't have anything in my life today if it wasn't for AR and the way of life that it taught me." - **Pat P.**

"When I got to the house I was a broken man. I had no idea how to live life and I had no hope that I would ever be happy. AR changed my life and I owe my life to the house and everyone in it. I now have hope that I can do anything I want with my life and more important I can be happy doing it! It gave me the life skills I needed to be able to live a clean and sober life." - **Dane T.**

"When I got to AR I didn't know what to expect. All I knew at that time was I was desperate for a change. I was dying with my using and mental bondage on how I perceived others and how they viewed me. Through the house I learned that drugs were not my only problem nor others. It was me and my off perceptions. I had a psychic change where the obsession to use and to be in my defects was lifted. With the help of the house, I gained the tools from practicing the principles of the 12-Steps on a daily basis. A spiritual awakening took place where I'm not the same person I was a year ago. I'm so grateful for AR." - **Julius S.**

### Resident Outings

**Our residents require high demand recovery. Integrating resident wellness activities outside the house with our graduate support community helps to create balance and connection. Thank you to our generous Board, graduates, donors and staff for taking our residents hiking, to the beach, to LA Kings and Dodgers games along with the following additional activities:**



**Meals On Wheels:** Our residents this Fall and Winter will go downtown and volunteer to help Meals On Wheels pack lunches at their warehouse to deliver meals to their clients in need. Being of service to the community is a core philosophy at AR.

**Surf Therapy and Standup Paddle Boarding:** A huge thank you to Oceans Global for donating their services over the Summer and this Fall to our residents. It is a great

experience for our residents to commune with the sea as a healing and mindful activity in recovery.

**Strides In Recovery:** For the third year in a row is training our residents to run/walk in a 5k/10k run in December. SIR offers a valuable relapse prevention program through a goal oriented group running/walking curriculum. Here is what a couple of our resident team members have said about their experience:

**"Physical exercise has been a huge part of my mental health and being able to get out of the house on Sundays to exercise has helped my sobriety a lot."** - **Dane T.**

**"It helped me to try new things and I actually started to work out a lot due to training. It got me to want to get healthy."** - **Jerry H.**

Thank you to those in our community who supported these and other events for our residents.

### Responding To The Needs Of Our Recovery Community

**In being responsive to the needs in our LA recovery community, and as a part of our strategic planning, we are actively pursuing expanding our proven model of long-term recovery to include the following:**

#### WOMEN'S HOUSE

What is missing and desperately needed in LA right now is a highly structured and supportive, non-profit, year+ long recovery home for women. We are developing a women's version of our existing men's house to optimize issues unique to women, have received some generous initial pledges to help us get started and hope to fully fund and open this new women's house in the Spring/Summer of 2020. The need is great, with less than 10% of women seeking any type of recovery support receiving it (National Survey on Drug Use and Health). Also, women with drug addiction/alcoholism are significantly stigmatized due to societal attitudes.

#### CLINICAL TRIAGE AND WELLNESS

We believe in healing the whole person in recovery and need integrated referral clinical triage and wellness services to holistically provide that support for both our existing men's house and future women's house. Our residents have severe profiles, complex issues that need to be addressed concurrently and will benefit from a consistent inclusion of coordinated referral clinical services with like-minded clinicians. The need is great, with less than 10% of women seeking any type of recovery support receiving it (National Survey on Drug Use and Health). Also, women with drug addiction / alcoholism are significantly stigmatized due to societal attitudes.

#### SECOND MEN'S HOUSE

Our proven model that works has created a situation where our existing men's house is consistently full with a waiting list. Additionally, we anticipate an increase in demand now that we have a grant from the City of West Hollywood to scholarship WeHo constituents. Therefore, to afford the opportunity for our desperate-yet-willing men that we can't accommodate due to lack of available beds, we must secure a second men's house, potentially serving expanded demographics through location and outreach.

**Please consider giving to help those who so clearly need our life-saving, long-term 12-Step based recovery. If you are able to help us, please contact me at [david.vandervelde@awakeningrecovery.org](mailto:david.vandervelde@awakeningrecovery.org).**

### Fall and Winter Will Be A Busy Time For Awakening Recovery!

**Facebook Birthday Fundraisers:** We have raised over \$6,300 this year through supporters, graduates and their families doing this for us as it is a great way to raise much needed funding and to increase awareness to new donors about our mission. Should you need assistance setting up a Facebook Birthday Fundraiser on our behalf please contact me at [david.vandervelde@awakeningrecovery.org](mailto:david.vandervelde@awakeningrecovery.org).

**Keep an eye out** later in November for our **End Of Year Appeal** to help us meet our year end goals so we can continue to fulfill our life saving mission.

**Our Holiday Party** will be on Saturday, December 7 from 2-5pm. Please come to the house to help us celebrate the Holidays! If there is someone you would like to invite to this family and community event, please contact me at [david.vandervelde@awakeningrecovery.org](mailto:david.vandervelde@awakeningrecovery.org).



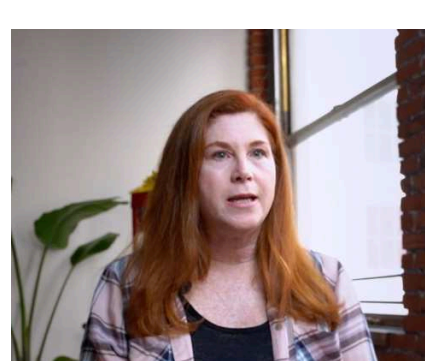
### Grants and Foundations Update

**City of West Hollywood:** We are grateful to have been awarded a grant from the City of West Hollywood this year, renewable for two years after the first year, which includes funding for outreach and marketing AR to the WeHo community and \$65 per resident per day scholarships for WeHo constituents willing to become a member of our recovery home family. This grant is a great way for AR to expand its reach into the WeHo community. Thank you to all involved in making this happen.

We also received a Certificate of Recognition at our July 3 Year Anniversary Party acknowledging our "unique, life-saving addiction recovery solution for the community." We greatly appreciate West Hollywood Mayor Pro Tempore Lindsey Horvath for attending our party to present this to us!

**Yukaholics Comedy Show:** Yukaholics for the third year in a row designated AR as one of the beneficiaries of the proceeds from their amazing comedy show in September. Our residents volunteered to help setup and strike the show and assisted in selling tickets.

**McMillen Foundation Grantee Conference:** We were grateful to have been invited to the McMillen Family Foundation Grantee Conference as first time grantees and were able to meet and get to know a host of recovery community non-profits (including Miriam's House, House of Hope and the Midnight Mission, among others) that do great work and have given us several valuable ideas to help AR. From this event were connected to **Bob's Discount Furniture Charitable Foundation** where we received a grant that enabled us to get new furniture for the office and common areas of the house. Additionally, we were introduced to and have now contracted with **Impact Canine Solutions**. They will bring a contraband detection canine to perform substance awareness and detection services to the house monthly to help keep the house safe and augment our random weekly urinalysis of residents.



It's also more behavior modification. It's not just sobriety.

### Why We Give

**This quarter we acknowledge the generosity of Claudine Andrews, the mother of Pat P, one of our recent graduates listed above. Claudine has been a vital part of our parent support group, has regularly attended our weekly peer mentoring house meeting to help her family heal, and is now a mentor to families of existing residents. Claudine has also hired residents to do production work through her business, hosted residents for TV set tours, filmed a testimonial video with her and Pat to promote for our mission through their experience, and once Pat graduated and moved out she became a monthly donor. Thanks for your vital contributions to our community and the love you bring to our mission.**

life skills. I find the men who have spent only a few months at the house have much more accountability, honesty and integrity than a lot of people. Because of that, I regularly employ residents of the house for various jobs in my business. They have always been responsible, hard working and honest. I feel good giving these men opportunities for employment and they feel good being employed, so it's a win-win.

Whether you can donate \$5 a month or \$5 million, if you've ever had addiction impact your life in any way, please donate to AR! This time they saved our son, next time it might be yours.

We'll never be able to repay AR for what they've given back to us, but we owe it to them to never stop trying." - **Claudine Andrews**

"AR literally saved our son's life. Patrick was in a really desperate place and had overdosed twice. We had resigned ourselves to acknowledging that we would most likely lose our son to his addiction, but we constantly searched for ways to help him. We are so grateful that we found AR for him and it only 18 months later Patrick is a graduate of the house and a completely different person. You often hear that non-profit organizations are "lifesavers" or "life changing" but with AR it's true and it actually happens right before your eyes. We know that every dollar we give could (and does) mean the difference between life and death for one of these men.

AR doesn't only provide a life saving space to live though. The program is highly structured and so focused on behavior modification that the residents graduate with a completely new set of values and

### Tours

Tours are an integral step introducing new supporters to our process. When someone visits, they see first-hand how we incorporate 12-step principles into daily living. It's a great way to spread the word and build our support. Please think of them in your life who have been touched by addiction and want to do something about it, and invite them for a tour! We are also seeking to "deputize" tour leaders, so contact me at [david.vandervelde@awakeningrecovery.org](mailto:david.vandervelde@awakeningrecovery.org) if you want to help us carry the message.

### SAMHSA NSDUH 2018 Update

(National Survey on Drug Use and Health, released in August)

**We have a lot of work to do! The long-term recovery solution Awakening Recovery provides has never been more needed. The following are alarming but not surprising highlights from this update:**

- Substance Use**
  - 89.8% of Substance Use Disorders (SUD) receive NO Treatment
  - Significant decrease in prescription opioid use overall
  - Buprenorphine continues to have a high rate of misuse relative to other prescribed opioids
  - Marijuana use in adults 12+ had a significant increase (+15%) from 2017, especially in adults 18-25 and is the most used illicit drug.
  - Methamphetamine use had a significant increase in adults
- +26 and decrease in adults 18-25, and prescription stimulant abuse in 18-25 year olds saw a significant decline.
  - Hallucinogen use had a significant increase in adults 26+ and decrease in adults 18-25
- Mental Health**
  - 90.4% of Co-Occurring AMIs (any mental illness) and SUDs receive NO Treatment
  - Significant increases in suicidality in young adults 18-25
  - Co-occurring substance use and mental disorders are common.
- Use of one substance - alcohol or other illicit substance is STRONGLY correlated with polysubstance use and with major depression and serious mental illness.
  - Substance use disorders increase risk for suicidality
  - The large gap in treatment need continues.

**More than half of AR's current residents are opioid and stimulant addicts that have been in the hospital for overdoses in the past and now have a chance at life in the house.**

### Monthly Giving

We recognize that monthly giving is a convenient way to help and we have been fortunate to have a group of donors, many of which are family of alumni (like graduate parent Claudine highlighted above), participate in this way. If you want join our monthly support team, please visit our website at [www.awakeningrecovery.org/donate/](http://www.awakeningrecovery.org/donate/) and click the recurring donation box. Any amount is welcome.

Let's make sure willing addicts and alcoholics seeking long-term recovery continue to get the chance they need to awaken to a new life of sobriety! **Visit our website to help at: [awakeningrecovery.org/donate](http://awakeningrecovery.org/donate).**

Sincerely,

**David van der Velde, Executive Director**

Awakening Recovery is an exempt organization as described in Section 501(c)(3) of the Internal Revenue Code; EIN: 47-4819990