



AWAKENING RECOVERY
SPRING/SUMMER 2019

Board of Directors

Robert A. Daly, Jr.
President

Jim Murphy
Treasurer

Ken Mariash, Jr.
Secretary

Jonathon Aubry
Development Chair

Bill Resnick
Member

Joelene Knight
Member

David van der Velde
Executive Director

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, bring them for a tour!

Peggy Albrecht
(In Memoriam)

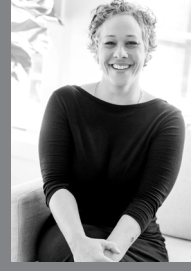
Ken Seeley

Linda Daly

Jennifer Perry

David Goldberg

Anthony Agolia



Please join us in welcoming **Joeline Knight** to our Board of Directors! We are excited to have Joeline's decades of experience as a leader and innovator in the recovery treatment community, and we look forward to working with her to drive the vision for a woman's house.

Dear Supporter,

We've now been open almost 3 years due to your generous support, helping 70+ men recover through our life-saving process, and now have over a dozen graduates!

Rehabs focus on feelings, we save lives.

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

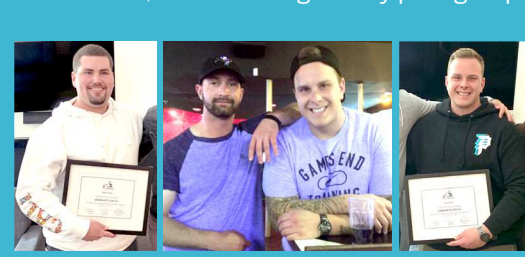
- Helped over 70 residents

- Graduated 14, with 2 more on track to graduate
- 85% of our grads have at least a year sober, and our second graduate will turn 3 in July.
- Our 18 beds remain consistently full with a waiting list

Our model is producing unprecedented results. That is why we are now planning to expand by adding a women's house, and potentially another men's house. Along with that, we will be expanding our offering to include more integrated referral clinical triage support. While we don't provide treatment at Awakening, we want to make sure our residents have access to the best clinical support network possible.

Graduate Update

Since our last Newsletter, four more residents graduated: Josh. F., Tony D., Eli L., and Joey P! 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.



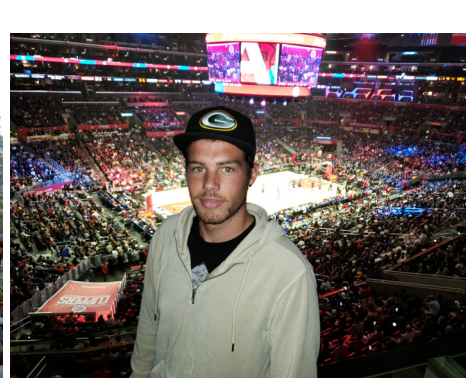
"I was a broken shell of a man before I came into this house. Having time sober before, I thought I knew what I needed to do and all I really wanted was my old life back before I relapsed. But Awakening Recovery gave me something better, a brand new life. They taught me to actually implement the spiritual principles into my everyday living. My life today is immeasurable from who I used to be. I am eternally grateful for my entire process in the house. Thank you for literally everything!" - **Joey P.**

"I was hopeless and homeless, with nothing to live for and by the grace of my higher power and Awakening Recovery I have been given a life beyond my wildest dreams, the ability to give back to this community and have a second chance at life as a graduate." - **Eli L.**

"Before I got to Awakening Recovery, my life was chaotic, miserable, and hopeless. I was going nowhere and had no other options. When I got into the program, I immediately started learning skills I'd never had before like effective communication and time management. I also learned how to have healthy relationships with my friends and family. Overall, Awakening Recovery helped me achieve sobriety as well as gave me the tools necessary to live my life as a self supporting, sober man." - **Josh F.**

House Activities

In addition to our rigorous daily routine, it is important that our residents fellowship outside the house with alumni and others in our support community, learning to practice new skills in fun and safe environments:



- **House Outings:** Our residents attended two Laker's games courtesy of our friend of the house, Joe. There have also been outings to movies, hiking, beach, bowling, and volunteering including an AA General Service fundraiser, and feeding the homeless on skid row. Thank you to those in our community who supported these and other events for our guys!

- **Thank you to our donors funding our annual Big Bear trip** in August! We anticipate having a great mix of over 40 grads and residents. This retreat weekend offers an opportunity for fun & fellowship, as well as in-depth peer groups going into the early morning hours.
- Our residents plan to attend the annual **LACYPAA trip**

to **Magic Mountain** in July through the generous contribution of one of our donors.

- For the third year in a row, we are honored to be chosen as one of 10 non-profit LA recovery homes benefitting from the **Yukaholics Comedy Show**. Our residents will return to volunteer to help with event setup and strike. Thank you Yukaholics!

Plans For The Future:

- **Women's House:** A women's version of our non-profit men's house is desperately needed in Los Angeles, leaving many broken-yet-willing women without a highly-structured option. Our vision is to leverage our proven model to create LA's most structured program for women. But we need your help to make this a reality: Please consider giving to help women who so clearly need our life-saving, long-term 12-step process!
- **Clinical Triage:** We are in the process of developing a non-profit integrated referral clinical component to our recovery home to more holistically address the co-occurring mental health issues of our residents. Licensed clinicians, on a referral basis, will use their practices to take on our residents as clients to be assessed for co-occurring mental health issues that may necessitate

clinical services to help them succeed in our recovery home. We are actively seeking funding for providing a scholarship fund to support these efforts.

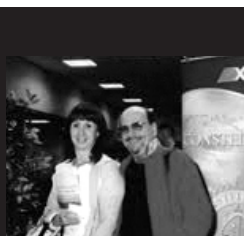
- **Second Men's House:** As a supporter of Awakening, you know how few houses hold the line to such a rigorous model of integrity, accountability, willingness, and honesty. There are so many fancy flophouses in LA that do nothing to address the underlying behavioral component of addiction. As evidence of this need, we consistently have a long waiting list of desperate-yet-willing men who we unfortunately must turn away for lack of space. Therefore a second pillar of our strategy is to secure a second men's house, potentially serving a slightly different demographic. If you would like to help us drive this vision to reality, please contact us!

Spring and Summer Will Be A Busy Time For Awakening Recovery!

Thank you in advance to our donors for again hosting dinners at their homes in the next few months. These annual dinners are a cornerstone of our fundraising and on mission with the connections and community we build with our residents and alumni.

Our 3-year anniversary party will be on **Sunday, July 14 from 2-5pm**, which is also our graduate Austin's 3-year sobriety birthday! Please come help us celebrate these milestones at the house.

We have had a record year so far with Grants and Foundations. We are thrilled to announce AR was awarded already so far this year a **\$50,000 grant from the David Geffen Foundation** and a **\$42,000 grant from the McMillen Family Foundation**. A huge thank you to our supporters who have helped us establish these relationships and continue to build them over time. Grants and Foundations are an essential part of our fundraising efforts.



Why We Give

This quarter we acknowledge the generosity of Jill and Bernie, the grandparents of two AR graduates, Tyler and Austin, who each have over two years sober. Jill and Bernie are Founding members of our AR family, regularly attending our peer family house meetings and consistently giving back to the house since we opened. Thank you for your continued love and support of our mission!

"We have two grandchildren Austin and Tyler who are sober because of Awakening Recovery (AR). We believe in the structured program provided by AR, and the staff and the entire process to be the best sober living program available. We continue to be a part of AR even though our grandchildren have graduated, moved out on their own, stayed sober and are living productive lives. Our continued support of AR is our belief in the program, and the hope of helping others obtain sobriety and maintain sobriety." - **Jill Kolstedt and Bernie Karp**



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 those 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 us if you want to help us carry the message!

Opioid Crisis Update

"In 2017, a record 28,869 people died from synthetic-opioid-related overdoses, a **46.4 percent increase** from the year before. Most were from fentanyl, which is 50 times more powerful than heroin. Estimates for the first eight months of 2018, the most recent available, show that an additional 20,537 Americans died — a toll on pace to exceed the previous year's...In 2017, fentanyl for the first time became the leading cause of overdose deaths in America." - **May 22, 2019 Washington Post Article.**

Additionally, there has been a dramatic increase in the past year of overdose deaths from Cocaine and Methamphetamine having been cut with Fentanyl. 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 at the house.

Peer To Peer Giving

Peer to peer fundraising events have become a trend in social media portals such as Facebook who has made it as simple as a few clicks to setup fundraising campaigns like giving on your birthday. **We have raised over \$10,000 in the last year through Facebook fundraising**

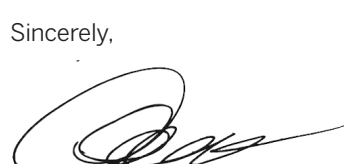
events. Thank you to our graduate support community for your invaluable support in this area. If you are interested in doing a social media driven fundraising campaign for Awakening Recovery, please contact me at 310-990-2235 for additional details.

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, participate in this way. If you want join our monthly support team, **please visit our website at 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.**

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