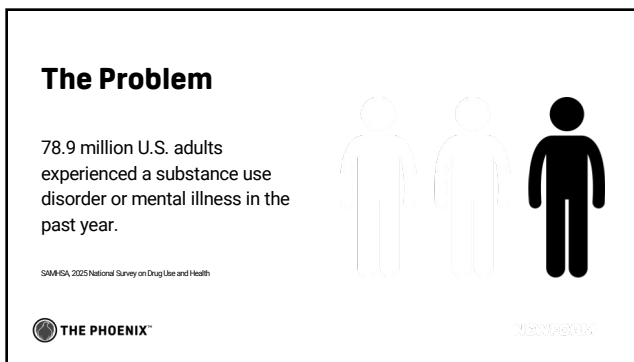
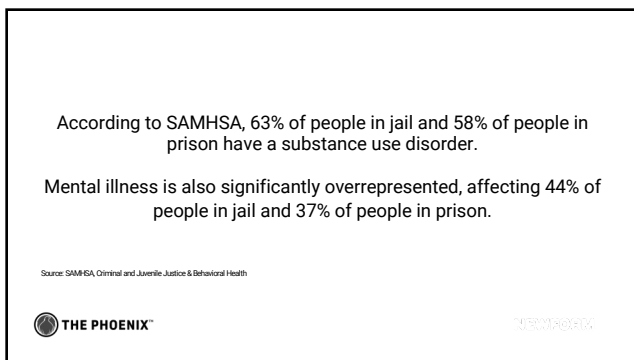




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Why this matters

"By combining access to treatment with court oversight and accountability, problem-solving court participants can achieve and maintain recovery, become contributing members of their communities, and dramatically decrease their risks of recidivism."

— ILAPSC

Source: ILAPSC, "Problem Solving Courts"

4

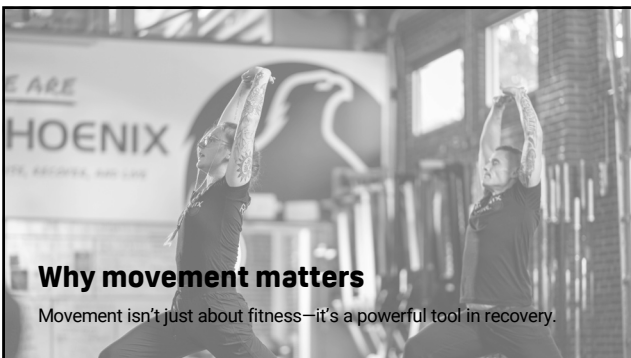
My Story



5

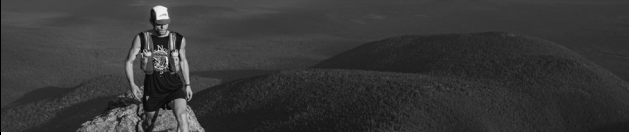
Why movement matters

Movement isn't just about fitness—it's a powerful tool in recovery.



6

Recovery through Movement



Physical activity can support reduced cravings, improved mental health, and overall well-being in recovery.

Source: Carlson et al., 2020; Li et al., 2020

7

The Power of Connection



 THE PHOENIX

THE PHOENIX

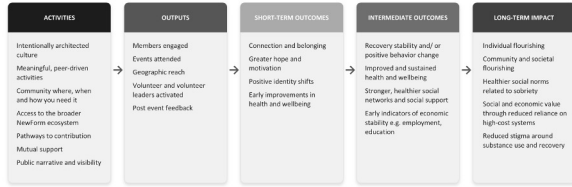
8

Maggie's Story



9

The Phoenix's logic model



Continuously tested and refined as the evidence grows.



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Why Connection Matters



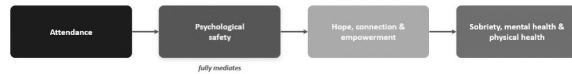
Psychological safety and supportive relationships can strengthen connection, hope, empowerment, and recovery.

Sources: Heinrich et al., 2025; Patterson et al., 2025

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THE PROOF - R1 PSYCHOLOGICAL SAFETY

Psychological safety: The magic in the middle



Psychological safety fully mediated the link between attendance and recovery outcomes.

Feeling valued, accepted, free from judgment, and able to try new things is critical for people impacted by substance use. We tested its role within the model and found it's a key driver of outcomes. So, we doubled down on it - in our community ethos, our activities and events, and our volunteer training.

- Heinrich, K., Wyler, B., Collinson, B., & Hillis, J. (2025). Evaluating the role of psychological safety in recovery from substance use within The Phoenix: A sober-active community. *Community Mental Health Journal*
- Velle, G., Kestelock, M., Jacobson, L., & Kelly, J. (2026). A qualitative study of The Phoenix Activity and Exercise-Based Mutual Help Program. *Addiction Science & Clinical Practice*



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Multiple Pathways



"Recovery is not one-size-fits-all." - SAMHSA

Treatment • Medication • Mutual Aid • Peer Support • Movement • Faith • Community • Recovery Housing

The pathway—or combination of pathways—will look different for each person.

Source: SAMHSA, 2024–2026 Recovery Support & Multiple Pathways guidance



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OUR IMPACT NATIONWIDE



1.3 Million people reached



Activities in all 50 states with in-person and digital options



Inside 1,900 + jails and prisons nationwide

14



OUR IMPACT IN ILLINOIS



More than 45,000 people reached



150 volunteers activated



Inside 70 jails and prisons across the state

15

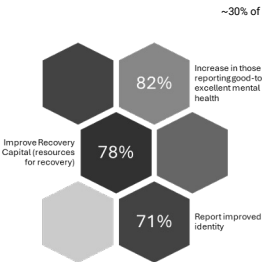
The Transformation



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Outcomes for Justice-Involved Members

After just 3 months:



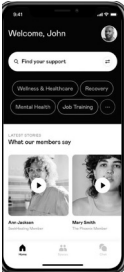
~30% of our members are justice involved
~90% are in recovery

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Recovery Connection Beyond the Courtroom



Connection doesn't have to end when an event, meeting, or court session ends.



Recovery Connection

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Putting It Into Practice

- ✔ Build movement and community into recovery plans
Connect participants with accessible, pro-social activities that fit their interests.
- ✔ Make multiple pathways easy to find
Help participants connect with treatment, peer support, mutual aid, recovery community, movement, and other resources.
- ✔ Create opportunities for connection and belonging
Partner with community organizations for events, classes, groups, and activities.
- ✔ Give participants opportunities to give back
Encourage pathways from participant → community member → volunteer → mentor/leader.



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