

THREE20

RECOVERY COMMUNITY



A YEAR IN REVIEW 2022

YOU HELPED US DO SO MUCH THIS YEAR.

MEMBER STORIES

There are many ways to measure effectiveness. We could count the number of community meals served to date, the 130+ members that have enrolled with us, or the 1,600+ Harm Reduction Backpacks we've distributed this year. But how do we articulate the measure of impact that takes place on a single day, in a single life?



It's the artist or musician that proudly displays their talent for the first time in years. It's the husband and wife who exercise together and push each other to lift just a little more. It's the person who leaves a voicemail in the middle of the night just to tell us thank you for the encouraging video they just watched.

It's the woman who was terrified on her first visit, who required a promise she wouldn't be seated next to any males, that now leads a weekly group largely attended by men. These are the accomplishments that cannot be fully weighed or measured. Check out all the great things you helped us accomplish this year.

I really appreciate you keeping in touch with me. It makes me feel like I have someone rooting for my sobriety.

It's nice to see someone with the same uses and background as me doing all the things you do. It gives me hope.

Starting your program was the best thing that has happened to me. I finally feel like I've found a place where I fit in.



PROGRAM GROWTH

36



Completed art classes.

15



Completed music classes.

39



Completed fitness sessions.

37



Completed cooking classes.

52



Faith nights hosted.

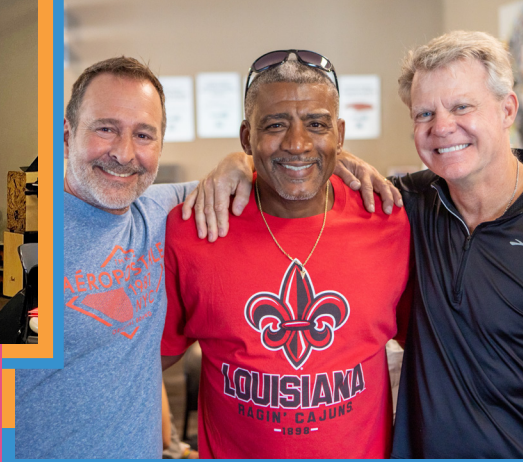
EXPANDED SERVICES

57

Enrollment sessions were facilitated.

194

Individual recovery coach sessions were facilitated.



PARTNERSHIPS & COLLABORATIONS

Ride Share

Thanks to Indiana Recovery Network and the Department of Mental Health & Addiction, we've been able to provide over 200 Lyft rides to our members in need of transportation to our services and other legal and medical appointments.

BrainPaint

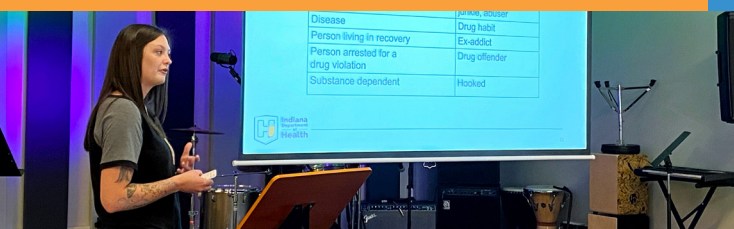
Thanks to Porter County Community Foundation, we launched our pilot BrainPaint program, an evidence-based neurofeedback program that creates custom sessions after an initial evaluation.

Naloxboxes

Thanks to Overdose Lifeline, we have been able to provide more than 6,500 doses of Naloxone directly into the community. At an average of \$38 per dose, that's roughly \$247,000!

Harm Reduction Backpacks

Thanks to the Family Social Services Administration, and the Department of Mental Health & Addiction, we have been able to hand out over 1,600 harm reduction backpacks to our community. Backpacks include life-saving tools, first aid kits, hygiene tools, and treatment and recovery resources.



Community Partners

- Division of Mental Health & Addiction
- Family Social Services Administration
- Hub Coalition
- Indiana Addiction Issues Coalition
- Indiana Department of Health
- Indiana Recovery Network
- LaPorte County Health Department
- LaPorte Drug Free Partnership Coalition
- Mental Health America of Indiana
- Overdose Lifeline
- Starke Taskforce for Overdose Prevention

COMMUNITY EDUCATION

Tipping the Pain Scale

We were selected to host a premiere of *Tipping the Pain Scale*, a documentary about our nation's systematic failure dealing with addiction.

64

Community members attended *Tipping the Pain Scale*.

Naloxone Training

We hosted eight community trainings on harm reduction and naloxone use.

142

Community members trained on naloxone.



R4R RELAY FOR RECOVERY

OUR INAUGURAL RELAY FOR RECOVERY WAS A HUGE SUCCESS.



What a day! A huge thank you goes out to all who volunteered, participated, and cheered on our first new community awareness and fundraising event. You helped show what a real healthy, sober event looks like in our community.

94

People ran & biked for recovery.

420

Total volunteer hours donated.

1.6k

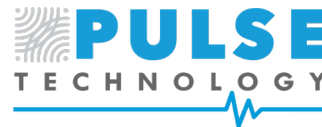
Total miles traveled for recovery.



3

THREE20 RECOVERY COMMUNITY

A SPECIAL THANK YOU TO ALL OF THIS YEAR'S SPONSORS.



Garrett Shanta
Memorial Scholarship



In-Kind Sponsors

- Acme Print
- Artistic Recovery
- Blue Sky Financial
- Biggby Coffee
- Classic Body Works
- Evexia Salt Cave
- Family Express
- Fitbody Bootcamp
- Float Sixty
- LanCam
- Natural Solutions
- Nutrition Place
- Serenity Salon
- Stride

Sponsor Highlight **CIRCLES IN THE WIND**

"Circles in the Wind is honored to support Three20 Recovery. Their secular approach to helping people cope and work on their own personal recovery journey is innovative and novel. They challenge their members to look inward and to focus on The Arts, to develop inner strength. Their facility is a testament to the arts --utilizing music, faith, art, cooking, personal fitness-- as well as fellowship to build strong relationships with their members. The

work they do within Porter County is truly amazing and works under the radar of most mainstream methods. We are proud to have them in Chesterton and glad we can help them serve God and our community, to enrich and save lives."

Steven J. Beigle

President - Artisan Woodcrafts LLC & Circles in the Wind Amish Furniture

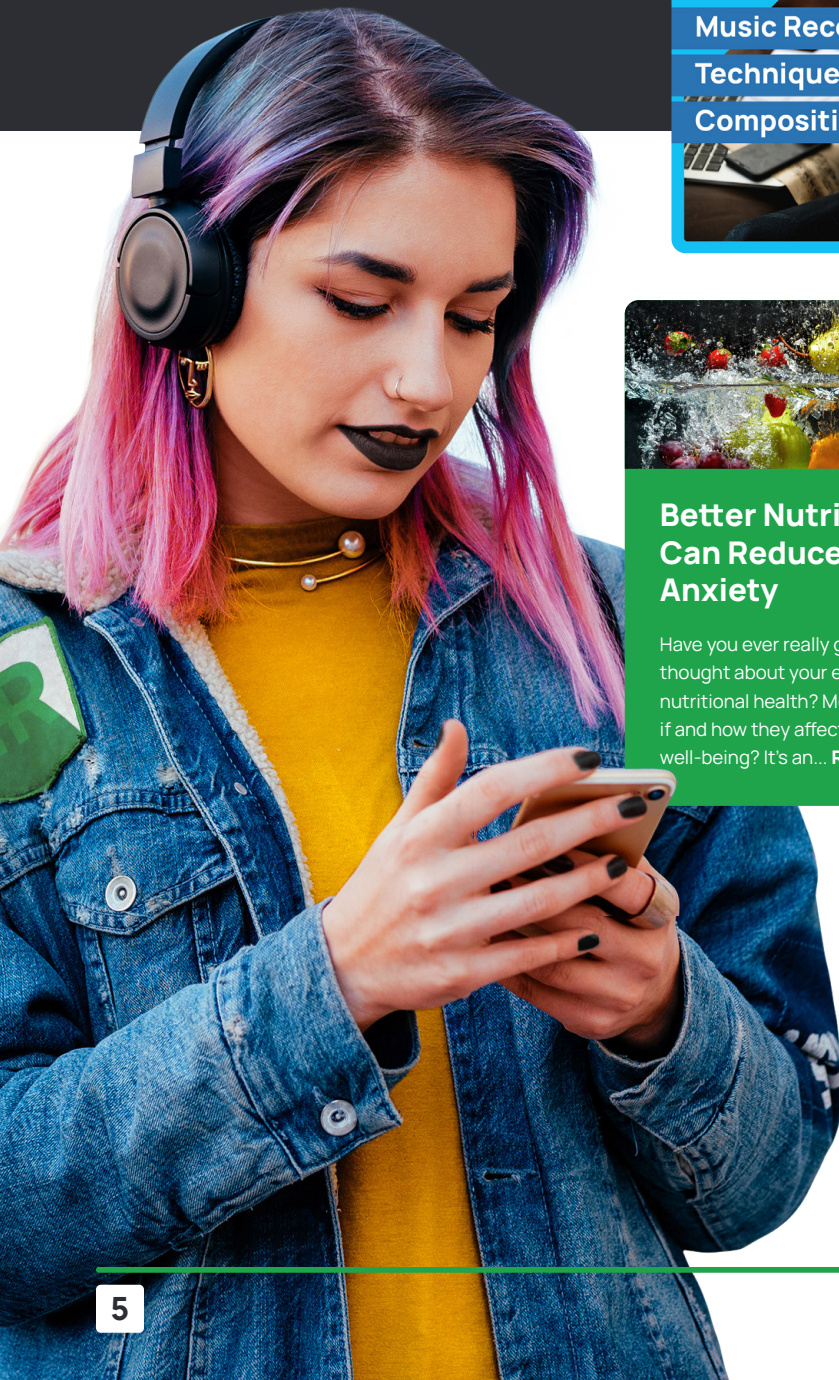
We're making authentic recovery accessible to... **Anyone. Anytime. Anywhere.**

This year was a big year for us and people in recovery all over the nation. A six-year-old vision and dream came to fruition. We launched a national online platform of free recovery resources.

Whether they're a member here at Three20 or states away, a person in need of encouragement can find it through a regularly updated library of podcast episodes, videos, and articles, as well as virtual recovery coaching.

1.9k

Total initial resource engagements.



Music Recovery
Techniques:
Composition



Episode 1

**Recovery 101:
What Is
Recovery?**



**Eight Questions
The Bible Answers
About Recovery**

Faith is a hard sell in our days. With so many tangents and desires being met, very little time on superficial life in recovery. Well, if you're here... Read More



**Better Nutrition
Can Reduce Your
Anxiety**

Have you ever really given serious thought about your eating habits and how they affect your mental well-being? It's an... [Read More](#)

Art Recovery

Techniques:
Self-Portraits



Episode 5

**Setting Fitness
Goals & Getting
Started**



Artistic Recovery
artisticrecovery.org

Three20 Recovery Community

GOALS FOR 2023

NEXT YEAR, WE CAN DO EVEN MORE.

1 Provide more free recovery resources.

The awaited launch of artisticrecovery.org is finally here. Now, we want to create even more resources that encourage recovery through art, health, and faith.

2 Increase awareness in our community.

We want to further equip and educate our community on the hard facts, gear, and actions it takes to fight addiction through more trainings and resources.

3 Provide more ride share opportunities.

The benefits ride share offers our members is beyond immeasurable, but it is limited. We hope to expand its capabilities until there is no transportation barrier.

4 Expand Relay for Recovery's reach.

Next year, we want to double down on what made Relay for Recovery so great and improve on what's needed. We want to make Relay for Recovery a staple sober event in northwest Indiana.



THERE ARE MANY WAYS YOU CAN MAKE A DIFFERENCE.

Donate or sponsor.

Make a one-time or recurring donation or sponsor next year's Relay for Recovery.

Become a volunteer.

Become a board advisor, event coordinator, or class instructor.

Buy a gift.

Shop at artisticrecovery.org or smile.amazon.com.

Spread the word.

Follow or share us on social media and help spread the word about all that we're doing.

Partner with us.

Help us build up our community via collaborations and referrals.

HELP MAKE A DIFFERENCE AT
320RECOVERY.COM/SUPPORT



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