



THE

RECOVERY

GYM

THE

# The Recovery Gym

A project of The Alano Club of Portland

GYM



Who we are



ALANO CLUB  
OF PORTLAND

Sober AF

## Who we are

- Started in 2018 as the Recovery CrossFit Initiative, a program of the Alano Club of Portland's Recovery Toolkit Series
  - Established partnerships with local treatment providers and engaged over 250 clients in regular weekly classes
- In 2019, Alano received seed funding through the Oregon State Opioid Response grants to open "The Recovery Gym" – a stand alone recovery-centric CrossFit gym and fitness community
- TRG is co-located in a 12,000 square foot box with X-Factor CrossFit, where we can provide over 25 classes weekly to more than 350 individuals in or seeking recovery
- TRG staff are L1/L2 CrossFit certified and cross-credentialed as addiction peer support specialists

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XFACTOR  
PDX  
CORE  
CROSSFIT





CROSSFIT  
-FACTOR

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CROSSFIT • STRENGTH • ENDURANCE

[www.therecoverygym.org](http://www.therecoverygym.org)



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A PROJECT OF:



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OF PORTLAND

[www.recoverygym.org](http://www.recoverygym.org)

PARTNERS OF THE RECOVERY GYM:



**WY'EAST**  
WOLFPACK

**YAKIMA**



**XFACTOR**  
CROSSFIT

**Territory**  
RUN CO.

PDX 736





X FACTOR  
CROSSFIT

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## What we do

- **Recovery CrossFit Classes**
  - Beginners and advanced CrossFit classes for individuals currently in treatment or living in recovery in the tri-county region
  - Currently offering 11 classes a week with expansion to 25 classes in the next quarter
  - CrossFit Kids classes for at-risk youth impacted by SUDs. Initial partnership with Harmony Academy, Oregon's first RHS
- **Special Series and Activities**
  - Trail Running Series
  - Road Running Team
  - Triathlon Team
  - CrossFit Competitions
  - Yoga and Mindfulness
  - Peer Recovery Support Services



# TRAIL RUNNING SERIES

TUESDAYS 6PM

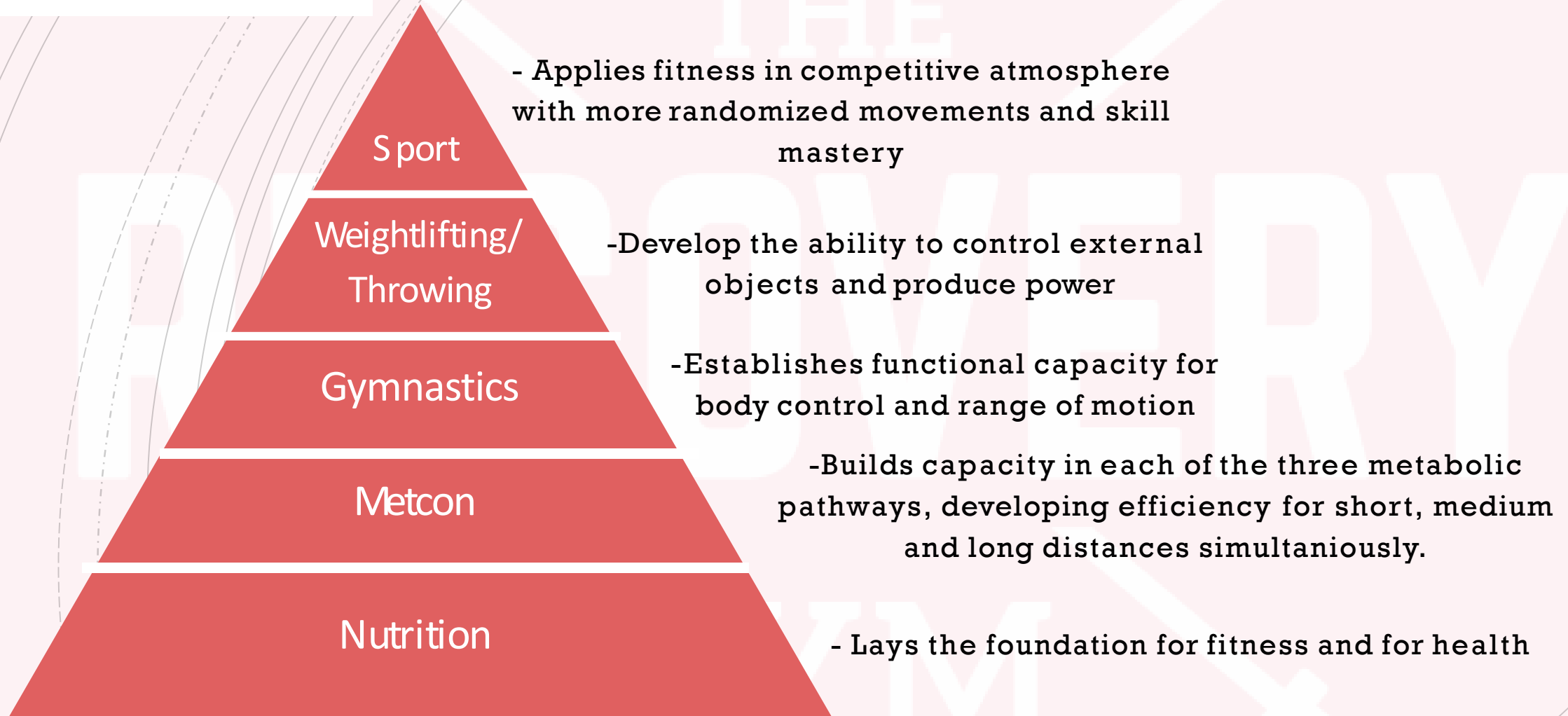
STARTING JULY 16 • THROUGH SEPTEMBER



WY'EAST  
WOLFPACK

Territory  
RUN CO.

# Pyramid of CrossFit



# Pyramid of Recovery

# THE

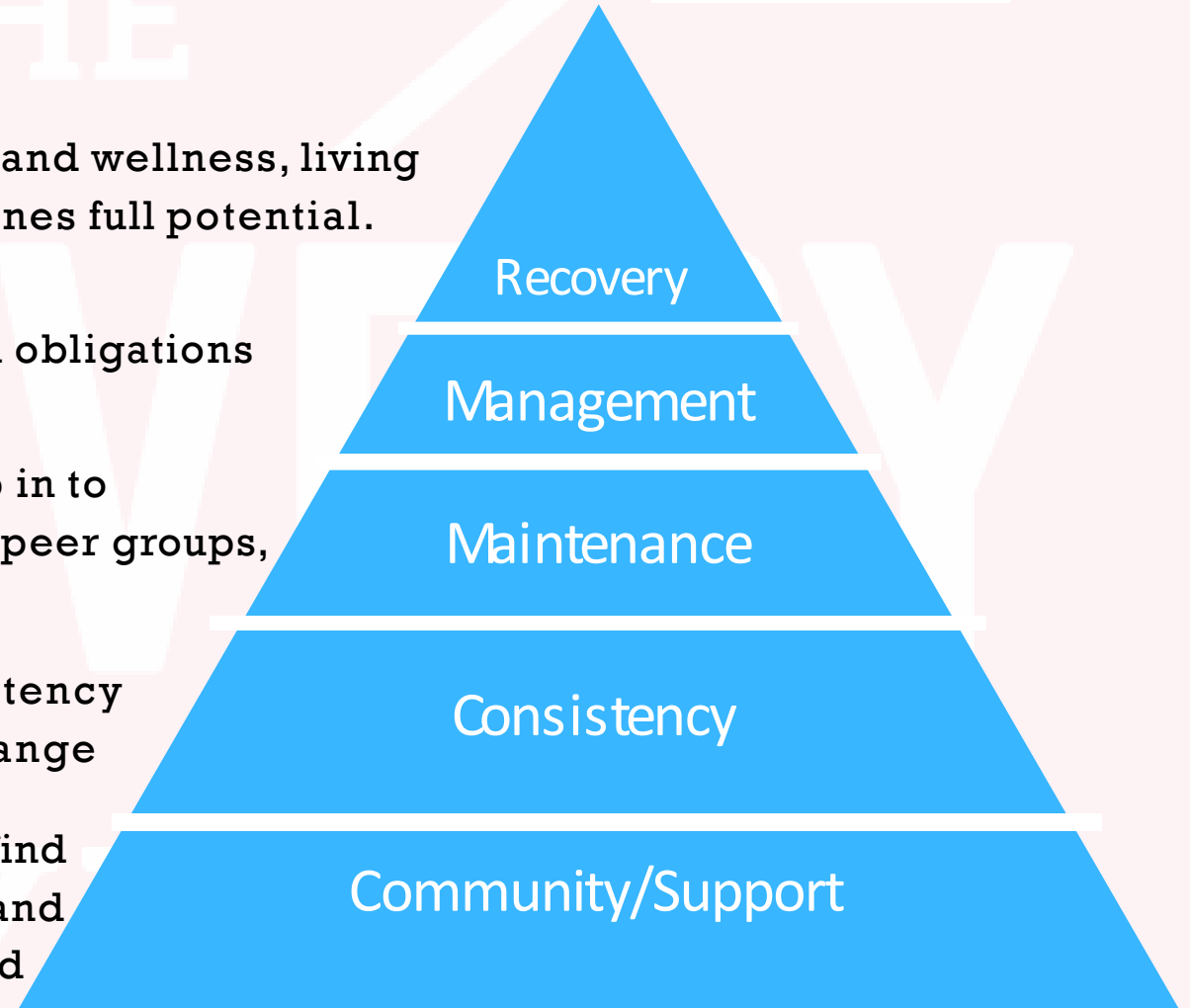
A continual precess of improvement of health and wellness, living a self-directed life, and striving to meet ones full potential.

Managing and appropriate coping with stressors and obligations in order to prioritizerecovery.

When maintaining recovery we need to constantly tap in to systems and support like step programs, therapy, peer groups, fitness disciplines etc.,

When we're addressing the importance of consistency in recovery, we're talking about incremental change

For people to succeed in recovery long-term, they must find purpose, meaning and joy in life through positive habits and healthy lifestyles. One of the best ways to develop and maintain healthy habits is through community.

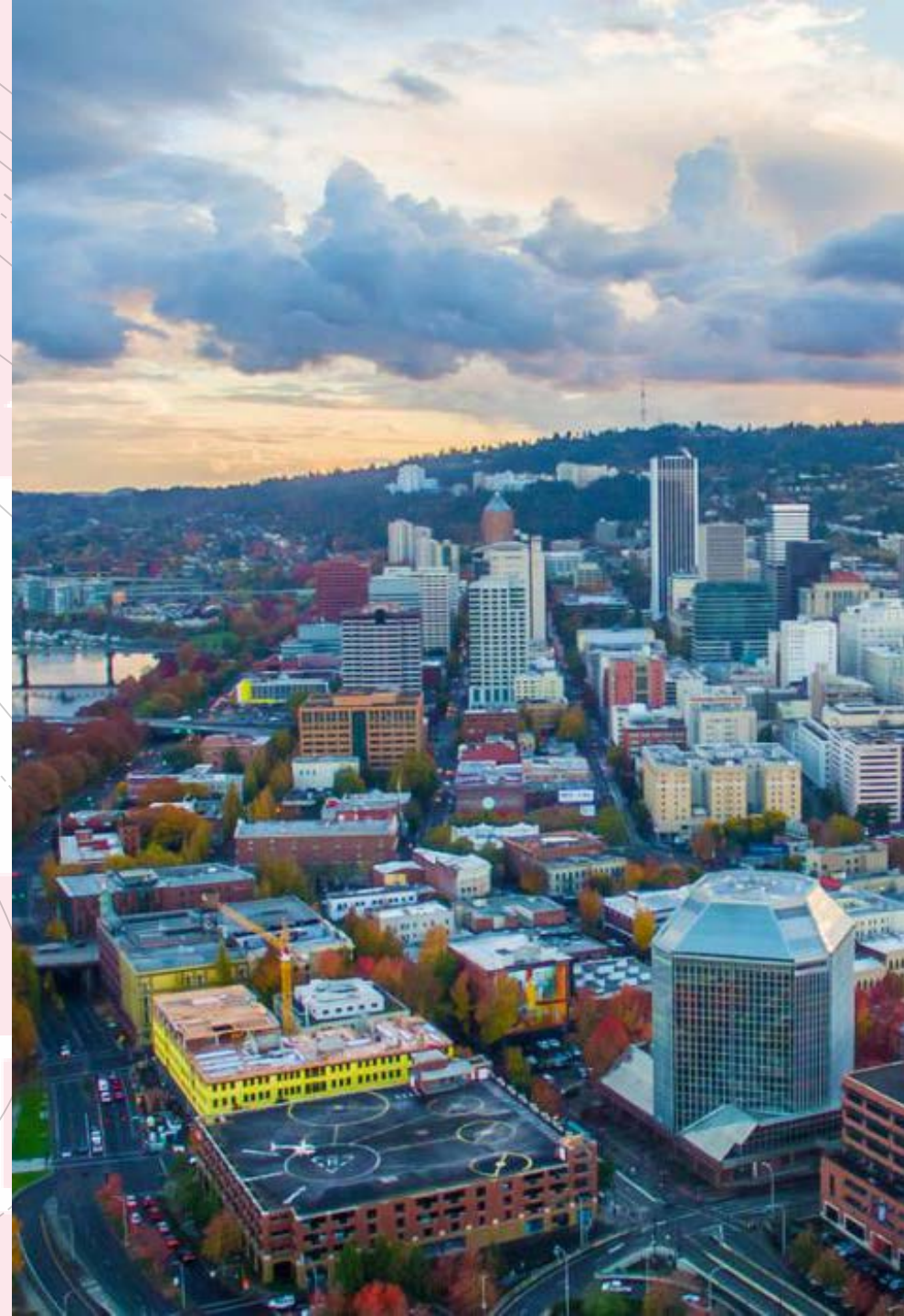


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# Statement of Need

Populations Served

GYM



## Statement of Need

### Populations Served

- According to the Oregon Substance Use Disorder Research Committee 2017 report, 1 in 10 Oregonians live with a substance use disorder.
- Additionally, an estimated 130,000 Portlandians are living in recovery and need access to community-based recovery supports and physical health services
- The Recovery Gym bridges this gap and provides both recovery support and physical activities to both populations – those with substance use disorders and living in recovery
- TRG currently holds contracts with local treatment centers to pickup clients and train them weekly at TRG, as well as local recovery centers and recovery residences

# Cost Benefit Analysis

The Value of The Recovery Gym



# Cost Benefit Analysis

**ESTIMATED SAVINGS PER INDIVIDUAL**

**+ \$10,756.69**

**ESTIMATED SAVINGS PER YEAR**

**+ \$2,689,172.50**

## COST ESTIMATE ASSUMPTIONS

- Inpatient Care per day: \$275.00
- Outpatient Care per day: \$79.32
- TRG cost per person per day: \$29.60
- Illegal activity per activity: \$754.95
- Incarceration per incident: \$23,384.00
- Income per day: \$86.00

## TRG Brand Ambassadors

- TRG is as much a stigma busting project as a health promotion initiative.
- We sponsor recovering athletes who compete in regional events across athletic disciplines.
- TRG's CrossFit team placed 1<sup>st</sup> in their first competition ever this spring
- A TRG athlete recently qualified for the United States Triathlon Nationals in Ohio.
- In the coming year, TRG plans to sponsor a triathlon team, a cycling team, individual road and trail runners, relay running teams and multiple CrossFit teams.

# The life-changing POWER of SPORT

*He was addicted to heroin, dealing and facing a potential jail term. Now, Michael Nicholas is set to compete at AGNC*

By Stuart Lieberman

When Michael Nicholas made the podium for the first time in an endurance sporting event — finishing third in the 30-34 age group at the Heart Breaker Half Marathon in Oregon — he wasn't able to attend the awards ceremony. He was instructed to leave the race immediately to return to his inpatient treatment center.

Nine months earlier, a homeless Nicholas could be found under a steel bridge in Portland injecting heroine. He had been dealing, arrested and was facing a potential jail term. He had started running to help with his recovery, and it was the Heart Breaker Half result that ultimately gave him the idea to sign up for a triathlon.

Now 40, Nicholas will be competing at the 2019 Toyota USA Triathlon Age Group National Championships in both the Olympic-distance triathlon on August 10 and sprint on August 11.

"Triathlon has taught me self efficacy," Nicholas said. "It's taught me self-confidence. It's taught me to work through adversity. It's taught me that failure is okay, as long as I learn from my mistakes and how to work through problems and be real with myself."

Nicholas has been training on the "Dirty 30" highway outside Portland, named for its notorious debris on the road left behind by trucks.

It has been a grueling and dark journey to the Dirty 30 for Nicholas to get to this point in his triathlon career, decades after running away from home as a teenager.

"I've always struggled with addiction and a substance-abuse disorder," Nicholas said. "When I was 16, I had run away from home, and that was an introduction to the streets and harder drugs. At that time, my drug of choice was meth. Eventually, I got myself off the streets and weed became my drug of choice, and it was easier to maintain a job and stable housing at that time. But no matter how hard I tried to maintain it, my disease would always resurface. I've had periods of stability in my life, but I would always find myself back at the bottom trying to crawl my way out of a hole. It wasn't until I got involved with heroin that it took me to a place that I had never gone before."

It wasn't until he was 24 that Nicholas enrolled in his first 12-step meeting, and 32 that he finally recovered.

"That first half marathon was a big deal," Nicholas said, reflecting back on the race that would ultimately change his life. He ran that half marathon in 1:38.12. That's an average mile place of 7:29, and it happened just four days after he had quit smoking half a pack a day.

From there, AA Sports, the organizers of the race, helped put him in touch with triathlon coach Dean Hinchcliff, who became his mentor. Hinchcliff agreed to coach him for a reduced fee during his recovery and helped transform Nicholas "from a 33-year-old boy into a 37-year-old man."

Now, when not training or competing, Nicholas works for a local nonprofit organization, mentoring those in recovery from drug and alcohol addiction. He's also back in school part-time, working toward a bachelor's degree in social work.

His outlook these days has been to take life in small chunks and set attainable goals for himself.

"I've become stronger out of failure because I was willing to learn from it and not make excuses," Nicholas said. "Life happens, and it wasn't until I got offered the chance to do these triathlon events that I got involved in them. And they truly changed my life."



Courtesy of Mike Nicholas

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ROGUE



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CROSSFIT STUMPTOWN

STANCE

|| GETRX'D ||

|| GETRX'D ||

## Evaluation

- Partnering with Visions for Recovery (VFR) Consultants to provide a robust annual evaluation
  - Completing GPRA on eligible individuals with an opioid use disorder or opioid use history
  - Regular follow up at intake, 30-60-90-180 days, and 1 year
  - Process Outcomes
    - Engagement
    - Attrition
    - Referrals
  - Individual Outcomes:
    - Recovery Capital
    - Quality of Life (Physical + Psychological)
    - Self-esteem
    - Self-efficacy

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Thank You

The Recovery Gym - Portland

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