

Healthy Connection to Overcome Addictions

Presentors: Yassine Diboun and Mike Grant

Yassine Diboun



- Columbia Sport's sponsored Ultra Runner
 - Co-owner of Wy'east Wolfpack
 - BS in Health Studies:Physical Activity/Exercise
 - Co-founder of RUN TRG
 - Long-term recovery
 - Board member of Alano Club NW
 - Family man
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Mike Grant



- LCSW, LICSW, CADAC II
 - Hospital-based Addicton's Therapist for KP
 - Owner of Aid Station Sports Performance Therapy and Coaching
 - Co-founder of RUN TRG
 - Long-term recovery
 - Family man
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Alano Clubs

(A discreet name for community centers where recovery meetings are held)



Alano mission:

- A source of information about the diseases of alcoholism and addiction.
- ● A meeting place for recovery groups to have meetings on a regular basis.
- A facility to provide social and recreational activities for the recovering addict/alcoholic and their families in a clean and sober environment.
- A contact point for individuals seeking assistance in the recovery process.
- A non-profit corporation owned solely by its members and funded entirely through dues, contributions and retail sales.

Traditional

Versus

Progressive



Progressive programming

- Recovery Toolkit Series
 - Artist in Recovery
 - PeerConnect
 - Plates for the People
 - Project Red
 - The Recovery Gym
 - Recovery Yoga
 - Sounds of Recovery
 - Meetings
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Holistic, multi-disciplinary service model is built on evidence-based practices that enable people with substance use disorders to create individualized recovery tool-kits according to their own needs.

Recovery Toolkit Series includes:

- Meetings
- Mindful-based Stress Reduction/Relapse Prevention/Self-Compassion
- Meditation
- Exercise-based Recovery
- Recovery and Nutrition
- Peer Support



Highlights the intersection between recovery and creative practices through free workshops, classes, and public events featuring nationally renowned artists in recovery, or connected to the recovery community. Artists include: Raphael Saadiq, Jason Isbell, BJ Barnum, Art Alexakis, and more.

PeerConnect

Support Services

Helps people realize their strengths and areas for opportunity and connects them with peers for support. Together, we can be each other's link to sustained recovery.



Sober-chef support group Ben's Friends has partnered with the Alano Club for a series of free cooking classes specifically designed for people in recovery, covering everything from grocery budgeting to meal planning. Chefs include: Gregory Gourdet, Gabriel Rucker, Gina Helvie, and more.



Project RED is an overdose prevention and harm reduction program dedicated to increasing the availability and accessibility of overdose prevention supplies, education and trainings. Project RED works across Oregon to distribute FREE naloxone, overdose prevention supplies, education and trainings to those facing barriers to access, including but not limited to mutual aid and community based organizations, businesses (bars, restaurants, strip clubs, music venues, and others), emergency responders, and individuals.



A program that has folks come together as artists in recovery to express creativity through the power of music, poetry, dance and more.



Recovery Yoga

In partnership with volunteer yoga instructors from the recovery community, recovery yoga classes provide trauma-informed services and resiliency training in order to ensure all individuals have the tools to heal from the impacts of trauma, prevent re-traumatization, and realize their full potential.



The Recovery Gym (TRG) is the Pacific Northwest's first fitness center dedicated to helping people on the path to recovery for substance use and mental health disorders, and the first of its kind—anywhere—to merge fitness, data and mentorship to do so.



RUN TRG welcomes and encourages runners of all levels – dreamers, beginners, as well as those with running experience, past or present. We'll run together, suffer together, celebrate together: supporting each other through the peaks and valleys of both running and recovery.

Mutual Aid Support

Meetings

- AA
 - NA
 - SMART Recovery
 - Recovery Dharma
 - Al-Anon
 - CoDA
 - Dual Diagnosis
Anonymous
 - Gamblers Anonymous
 - Wellbriety
 - Sex and Love Addicts
Anonymous
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ASAM Six Dimensions



Questions...

And hopefully answers