



Support 4 Recovery Updates Newsletter



LETTER FROM THE BOARD PRESIDENT

Dear friends & family,

Greetings from Support 4 Recovery.

First, let me say thank you for your past and continued support. Our mission is to help people in recovery STAY in recovery and we could not do this important work without you.

We have news! And it's all good.

I'm very excited to share with you what we have been up to this past year. 2019 has been an important year for S4R—a year of big changes and new direction. After 12 years of tireless toiling on the front lines, our two co-founders, Amy

Alanes and Tom Aswad, are taking a step back from day-to-day operations. Tom will remain on the board to continue to oversee the S4Housing Committee and will fill the role of Chief Financial Officer. Amy, although not on the board, will continue to provide guidance and encouragement from her new position on the Fund Development Committee.

It is the result of their unwavering commitment and diligent work through the years that Support 4 Recovery is now a leading grassroots movement in the recovery community. And we are truly grateful to both of them.

In January we elected a new board of directors. Many directors continued on with the new board and we added several new directors who brought a variety of needed skills. [Click here to meet the new board.](#) And now begins a new era.

This past year, although busy with the reorganization, our committed board has continued to forge ahead with further developing and growing our programs.

Keep reading to learn more about what we've been doing in 2019...

Support 4 Housing Program Update

Getting clean and sober is hard. And sustaining long-term recovery is hard. Without a clean and sober place to live, the future for the recovering addict is bleak. Homeless shelters are seldom clean and sober. **The relapse rate in these shelters is a staggering 90%.** And the street is no option.

Since 2015, we have been providing housing grants to help those coming out of treatment find safe and affordable places to live. In 2015 we gave just 4 grants. The following year, we gave 9 grants. Then 35 the next. In 2018, we gave an astounding 69 grants, effectively doubling the year before.

Then, last year an exciting thing happened. [Contra](#)



[Learn more about S4Housing](#)

Housing Grants Growth:

Costa County Alcohol and Other Drug Services

contracted Support 4 Recovery to provide financial assistance for sober living housing to those individuals continuing treatment that would otherwise have been homeless.

This was huge for us and came about as a direct result of the Sober Living Task Force Tom formed in 2004. The Task Force surveyed all of the residential treatment programs that contracted with the county. Those findings along with data from ongoing assessments from 2007-2015 were brought to the Contra Costa County Board of Supervisors. As a result, the Alcohol and Other Drug Advisory Board adopted the use and expansion of sober living residences as one of their annual goals.

In 2018 Support 4 Recovery was awarded the first ever contract by Contra Costa County Alcohol and Other Drug Services to provide sober living homes to individuals in treatment. With the county funding, our donors and help from supporters like you, as of September this year we have made **150 sober living grants**.

2015 - 4 grants

2016 - 9 grants

2017 - 35 grants

2018 - 69 grants

2019 (as of September) -

150 grants



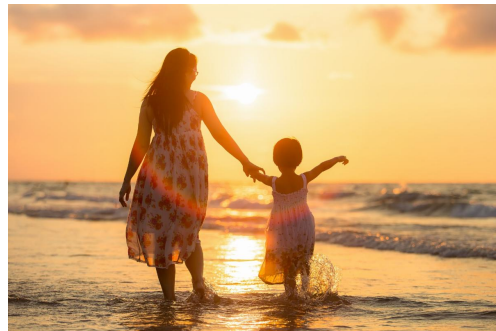
Support 4 Families Program Update

Addiction hurts everyone. Often families are fractured as a result of a parent's long-term alcohol and other drug abuse. Sometimes the children have been in foster care and the families are newly reunited. Support 4 Families helps these families find activities they can do together.

So far this year we have received generous donations from:

- **St. Francis CYO basketball program for two children.**
- **Liberty Gymnastics for three months of gymnastics class**
- **Sports Basement for \$75 in "basement bucks"**
- **Fightkore Boxing Club**
- **Tomizaki's Kung Fu Institute**

Many of these families have had little to no positive interaction before this. With the new funding we hope to serve at least 50 families in 2020.



Learn more about our
S4Families

Support 4 Kids Program

We provide grants for diapers and baby food to foster parents who are caring for children while their parents are in treatment.

Alumni Outreach Program Update

We stay connected to our mission by supporting recovery in big and small ways.

- This year, we brought cakes to six treatment program celebrations. This is a big thing for those taking their first steps into a world of recovery.
- S4R sponsored a proclamation declaring September National Recovery Month at the August Contra Costa County Board of Supervisors meeting.

More to do...



While we've had a productive year, there is still much to be done. Housing is and will remain a critical issue. We will continue to seek out affordable, sober options for those in recovery.

A bright future is on the horizon for S4R. We are excited to have you join us on this journey.

In November, look for our End of Year Appeal and consider a donation to Support 4 Recovery. This Appeal will be sent out via email. If you would like to receive an envelope in the mail, please [click here to give us an updated mailing address](#). This information will only be used for S4R purposes and we will not share it with anyone.

Or, you can conveniently [donate online](#) from our website at any time.

Thank you again for your past and current support. We are eager to do more for our community. We hope you are, too.

Yours in service,

Anastasia Stephanopoulos
President of the Board of Directors

[Donate Now](#)

*We are proud to honor our funding partners John Muir Health, Bella Vista League and the Clayton Business and Community Association for their generous support. But, these funds do not cover all the costs of our programs. **That is why your continued support really makes a difference.***



S4R & Advocacy



Treatment for the Incarcerated?

What sometimes seems like a no-brainer, often isn't. Surprisingly, there is no treatment available to incarcerated individuals. This is a glaring lack in the system. So, last month the S4R board voted unanimously to advocate for the establishment of treatment programs in the Contra Costa County Jail system, and we asked the CCC Alcohol and Other Drug Advisory Board to make this a 2020 goal.

Dealing with Stigma

In September Tom Aswad represented Support 4 Recovery on an important panel discussing stigma and recovery at the Brendan Theater in Concord.

New Website Update

More great news – we have a brand-new website to share with you. **Please take a look.** It's still a work in progress, but we will be adding more

content in the future.

On this website, you can contact us, apply for grants, learn about our board, our mission and history and apply to become a volunteer or board member. You can also donate from the website.

www.support4recovery.org

