

Date: 03/24/2025
Time: 10 AM until 12 PM
Location: 1750 West 103rd Street Chicago IL 60643
Virtual info:
Meeting ID: 83457129193
Password: 553998
Phone Number: 312-626-6799

Community Topic: My Journey – The 4 Pillars of Recovery – The Phoenix Presentation
Presenter: Joshua Holliday

Welcome:

Robert Buford, RC, CPRS, NCRS, welcomed everyone and provided an overview of what a Recovery-Oriented System of Care (ROSC) is. He emphasized the importance of community voices and participation in assisting FSSRI with building a stronger, more supportive community.

Introduction of Audience:

Frederick Buford, RC, CPRS, introduced the audience and those on zoom.

Recap of FSSRI/TEECH 2024: Dr. White

Community Update: Dr. White provided an update on the progress of FSSRI, emphasizing the importance of community voices and participation in ongoing efforts. The discussion highlighted the need for community assistance and the importance of gathering information to better serve Persons with Lived Experience (PLEs) and the broader community. Specific areas such as Dolton were addressed, after going out to host a training for the congregations (this community needs assistance). Noting the alarming crime rate in Chicago. The crime rate in Chicago is 28.17 per 1,000 residents in the typical year. In 2025, crime will cost \$1,217 per household. The communities in these areas continue struggling with addiction and overdoses, primarily involving prescription medications and intravenous substance use with young adults. Despite the severity of the issue, the numbers are often underreported. According to the CDC, prescription opioids, such as hydrocodone, oxycodone, and morphine, are commonly prescribed for pain management but carry serious risks of addiction, overdose, and even death. In 2023, nearly 8.6 million Americans aged 12 years and older reported misusing prescription opioids. Additionally, intravenous drug use, particularly involving synthetic opioids like fentanyl, has been a growing public health issue. Studies have shown that fentanyl test strips can help users identify fentanyl-laced drugs, potentially preventing overdoses. However, the use of these test

strips is not widespread, and many users continue to inject tainted drugs. The underreporting of addiction and overdose cases further complicates efforts to address this crisis effectively. The Far South Side of Chicago has been significantly impacted by the opioid crisis, with addiction and overdoses being prevalent issues. To combat this, FSSRI have taken proactive measures to place Narcan kits in strategic locations throughout the community. Narcan, also known as Naloxone, is a life-saving medication that can reverse the effects of an opioid overdose when administered promptly. It is imperative to ensure consistent follow-through with Persons with Lived Experience (PLEs) and community stabilization efforts. This involves not only providing initial support but also maintaining ongoing engagement and monitoring to ensure that individuals and communities are progressing towards stability and recovery.

TEECH, FSSRI, and Cox Consulting will be hosting a convention on May 30, 2025, focused on the retention of Persons with Lived Experience (PLEs). This event will include comprehensive training and workshops designed to enhance community engagement and support for PLEs.

Community Topic: My Journey- The 4 Pillars of Recovery- The Phoenix Presentation

Presenter: Joshua Holliday

My Journey:

The presenter shared that he is a musician and DJ by trade, and it was through this profession that his addiction began. He disclosed that he had substance use and mental health issues that went unaddressed until he entered recovery. He recounted how his addiction led him to places and actions he never imagined, such as eating from dumpsters, sleeping outside, and experiencing isolation. This is why the plight of unhoused individuals deeply resonates with him. He noted that society has become increasingly disheartened when it comes to addiction, unhoused and mental health. The presenter also spoke about his time in prison and how, upon release, he immediately resumed his addiction, leading to further isolation. He shared that he struggled to enter recovery because he lacked purpose and community. He emphasized that community and sober activities were crucial in helping him get back on track. He also disclosed that he relapsed 18 months ago with alcohol, which was not his drug of choice, but quickly realized that it led him to repeat the same behaviors and isolation. The presenter highlighted The Phoenix, a program that is entirely volunteer-driven. The Phoenix provides a supportive community for individuals in recovery, offering various activities and events to help them stay sober and connected.

The Phoenix Presentation:

The Phoenix is a national non-profit organization with over 3,000 volunteers, driven entirely by volunteer efforts. They are committed to hosting free sober events and are actively seeking to expand their activities on the South Side of Chicago. The Phoenix will fund these events ensuring accessibility for all participants. Their mission is to build a sober, active community that fosters connection, health, and fun. This mission aligns seamlessly with the goals of Recovery-Oriented Systems of Care (ROSC) organizations, which aim to create environments that promote sustained recovery and community reintegration. The Phoenix is currently working with several partners, although they are not officially part of ROSC. However, their approach and objectives complement and enhance the work of ROSC organizations.

How The Phoenix Can Complement and Enhance Your Work:

- 1. **Free Accessible Programs:** The Phoenix offers free programs that are easily accessible to all individuals, ensuring that everyone can participate in sober activities.

2. **Flexible Engagement:** Their flexible engagement model allows participants and volunteers to be involved in a way that suits their schedules and needs
3. **Partnership with ROSC:** By partnering with ROSC organizations, The Phoenix can reach more people and provide additional support to those in recovery
4. **Holistic Approach to Wellness:** The Phoenix adopts a holistic approach to wellness, addressing not only sobriety but also physical, mental, and emotional health

Next Steps:

To explore partnership opportunities with The Phoenix, please contact Jamen Spitzer, Volunteer Manager, at [jspitzer@thephoenix.org] or (818) 942-4255.

During the Q&A session, many participants shared their personal experiences and found striking similarities to Joshua Holliday's story. This resonated deeply with Persons with Lived Experience (PLEs) and other audience members, fostering a sense of connection and understanding. There was significant interest in learning more about how to become involved with The Phoenix. Attendees were eager to explore opportunities to join this supportive community and participate in its various activities and events, which are designed to promote recovery, health, and fun.

The March ROSC meeting concluded with expressions of gratitude to all attendees. The next meeting is scheduled for April 28, 2025.



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A SOBER ACTIVE COMMUNITY

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NATIONAL NON-PROFIT

FOUNDED IN 2006

**SERVED OVER 500,000 PEOPLE ACROSS
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VOLUNTEER-DRIVEN ORGANIZATION

3,000+ VOLUNTEERS

FREE SOBER EVENTS



RECOVERY-ORIENTED PARTNERS



- LifeHouse Group
- Above & Beyond Recovery Center
- Restoration Ministries
- FreshStart Sober Homes
- Brighter Behavior & Choices
- Path to Recovery Foundation
- SHE RECOVERS Foundation
- Phoenix Recovery Support Services
- Dixon Family YMCA
- The Other Side
- Ben's Friends

COMMUNITY PARTNERS

- Vertical Endeavors
- Movement Climbing Gym
- Namaskar Yoga
- Bender Martial Arts
- The Lincoln Lodge
- The Other Side – Crystal Lake
- Above & Beyond Recovery Center
- Restoration Ministries
- FreshStart Sober Homes
- Big Mini Putt Club
- Sluggers Game Room





THE PHOENIX IS CONNECTION

78%

Self-reported
connection

87%

Self-reported
satisfaction

83%

Self-reported sense of
well-being

83%

Self-reported life
satisfaction

82%

Self-reported
happiness

*After three months of Phoenix
programming*



PHOENIX™



How The Phoenix Can Support ROSC Organizations in Illinois

At The Phoenix, our mission is to build a sober active community that fosters connection, health, and fun. Our approach aligns seamlessly with the goals of ROSC organizations: creating environments that promote sustained recovery and community reintegration. Here's how The Phoenix can complement and enhance your work:



1. Free, Accessible Programming

All of The Phoenix's events and activities are 100% free for participants. The only requirement? A minimum of 48 hours of continuous sobriety. This ensures that financial barriers, which often hinder engagement in recovery-focused activities, are eliminated.

By partnering with ROSC organizations, we can extend free access to recovery-based fitness classes, yoga, hiking, music nights, and other activities directly to the individuals you serve. Whether someone is leaving sober living, finishing IOP, or stepping down from a treatment program, they will find a welcoming and active community at The Phoenix.



THE PHOENIX™



2. Fostering Long-Term Recovery Through Community

We know that recovery is about more than just stopping substance use—it's about building a life worth staying sober for. The Phoenix creates opportunities for individuals to form genuine, lasting relationships with peers who understand their journey.

When people leave structured environments like IOP or sober living, they can feel isolated and vulnerable to relapse. The Phoenix bridges that gap by offering a sense of belonging and a built-in sober community. For ROSC organizations, this can mean better outcomes for clients as they reintegrate into their daily lives.





3. Flexible Engagement for Participants and Volunteers

The Phoenix thrives on the energy of its participants and volunteers. People can start by attending events and, when they're ready, take on leadership roles by becoming volunteers. This model is incredibly empowering for individuals in recovery—they aren't just passive recipients; they're active contributors.

Volunteering provides purpose, confidence, and accountability, which can be transformative. ROSC organizations can encourage their clients to connect with The Phoenix as participants or as volunteers—helping them develop leadership skills and deepen their commitment to recovery.



4. Partnering With ROSC to Reach More People

The Phoenix can support your recovery-focused events or even co-host them! For example, we could offer fitness classes, sober social events, or active group outings as part of your programming. This collaboration can:

- Bring new energy to your existing offerings.
- Introduce clients to a broader recovery network.
- Help clients explore new passions or hobbies that support their sobriety.

We also provide training and resources to help you set up your own Phoenix-style events.





5. A Holistic Approach to Wellness

The Phoenix promotes not just sobriety but an overall healthy lifestyle. Many of our events focus on physical activity, mindfulness, and creative expression. These activities directly support mental health, reduce stress, and help people manage the challenges of recovery.

By introducing your clients to The Phoenix, you're giving them tools for sustained wellness and encouraging habits that promote resilience and joy.



What's Next?

We'd love to partner with your organization to expand The Phoenix's impact in Chicago and greater Illinois. Together, we can provide individuals in recovery with the tools, community, and inspiration they need to thrive.

Let's set up a meeting to discuss how we can integrate The Phoenix into your ROSC initiatives.



GET INVOLVED

HOST PROGRAMMING AT YOUR ORGANIZATION

HOSTING EVENTS FOR YOUR ALUMNI

MEETING WITH YOUR IOP GROUPS

DOWNLOAD THE PHOENIX APP



APPLE APP
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GOOGLE PLAY
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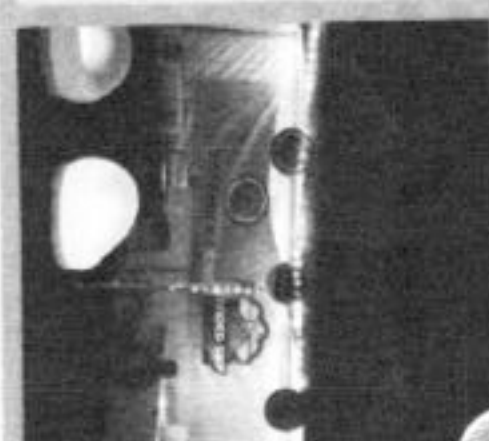
GET INVOLVED

ORGANIZING OUTSIDE EVENTS
FOR YOUR CLIENTS

ATTEND A PHOENIX EVENT ONLINE OR IN PERSON

BECOME A PHOENIX VOLUNTEER









STAY IN TOUCH

Jamen Spitzer

Volunteer Manager

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(818) 942-4255