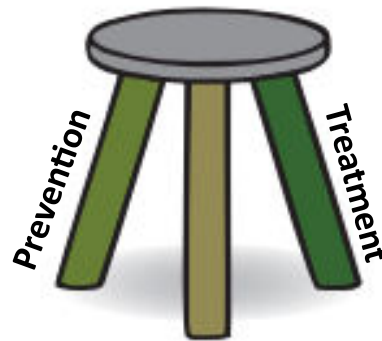


What is the Recovery Café Network?

Started in 2016, the Recovery Café Network (RCN) grew out of an increasing number of requests for guidance in creating communities of recovery support based on the Recovery Café model across Washington State and beyond. Through a cohort learning model, groups and organizations are provided mentorship, materials, expertise, and facilitated learning experiences to create a Recovery Café community in their area. Over two years, Network Members build a foundation of long-term recovery support using the Core Commitments consistent across all cafés in the Network. Currently, there are **18** cafés in the Network across **10** states and the District of Columbia.

Three-Legged Stool of Recovery

Places of long-term healing in community are needed as the third, stabilizing leg on the stool of recovery to address loneliness, trauma, addiction, and other mental health challenges. This important third leg recognizes connection is central to sustaining wellbeing beyond treatment and preventing relapse. The Recovery Café Network supports the creation of long-term recovery communities to bring this much-needed resource to multiple cities.



**Long-term Recovery
Communities**

Core Commitments

1. Create a community space that is drug and alcohol free, embracing, and healing
2. Nurture structures of loving accountability called Recovery Circles
3. Empower every Member to be a contributor
4. Raise up Member leaders
5. Ensure responsible stewardship

OUR CAFÉS

RC Seattle • RC San Jose • Everett RC • RC Spokane • RC Clark County • Dayton RC • Reclaiming Lives Recovery Communities of North Carolina • RC DC • RC Orting Valley • RC Jefferson County • RC Longmont RC Lowell • RC Kitsap • RC Indy • RC Lexington • RC Lafayette • Brighter Behavior Choices

Are Supported at Many Levels

“Your innovative, recovery, community model is powerful in helping individuals establish a foundation in recovery, and build on that foundation to become active citizens again.”

-Michael Boticelli, former Director of National Drug Control Policy

Are informed by Substance Abuse and Mental Health Services Administration's



Provide Four Dimensions of Recovery Support

<i>Emotional</i>	communicate care & concern
<i>Informational</i>	provide knowledge, resource information & life skills
<i>Instrumental</i>	concrete assistance toward task ac-
<i>Affiliational</i>	facilitate interpersonal connection with others

Our community of radical hospitality and holistic services responds to: the SUD and mental health epidemic that touches almost every American family, the homeless crisis in our community, the struggle for mental health support many face, and the tragedy of people in our great nation who suffer on the margins- forgotten or ignored.

1 in 3 families are directly impacted by SUD.



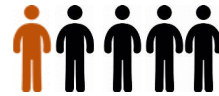
-National Council on Alcoholism and Drug Dependence

A 2017 Point-in-Time count identified **553,742 people** experiencing homelessness.

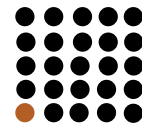


34% of those individuals lived in a place not meant for human habitation, such as the street or an abandoned building.

-National Alliance to End Homelessness



1 in 5 adults in the U.S. experience mental illness, and



1 in 25 adults live with a serious mental illness.

-USA Today

What is the Recovery Café Model?

The Recovery Café Model utilizes peer-to-peer service delivery in which people traumatized by homelessness, SUD, and other mental health challenges come to know ourselves as loved with gifts to share. We are committed to providing a beautiful, safe, warm, drug-and-alcohol free space, and a loving community to anchor Members in the sustained recovery needed to gain and maintain access to housing, social and health services, healthy relationships, education, and employment. Our *healing centered care* focuses on identifying, encouraging, and developing the strengths each Member possesses to continue on the recovery journey.

The Recovery Café Model is not only inclusive, compassionate and healing, but also effective.

Every **\$1** spent on recovery support services in Washington State saves tax payers **\$7** in return.

-Jim Mayfield, DSHS-RDA

For Recovery Café Seattle Members who identify as having SUD, **42%** reported total abstinence from drug use in the last 30 days when they first came to Recovery Café, but after 3 months at the Café, **83%** reported total abstinence from drug use in the last 30 days.

93% of Recovery Café Seattle's Members reported that Recovery Café increased their desire to be drug and alcohol free.

"It takes a village to heal the wounded—and we have all been wounded; healing and wholeness require resources and relationships beyond the self and beyond closed social silos. "

-Bill White, Author of *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*