



RecoveryCafé

Fact Sheet

recoverycafe.org

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Our Mission

We are a community of individuals who have been traumatized by homelessness, addiction and other mental health challenges coming to know we are loved and that we have gifts to share.

Recovery Circles

Small loving accountability groups create supportive communities where people are known, lifted up, and held to their best selves.

School for Recovery

Daily classes address the mental, emotional, spiritual, and physical dimensions of recovery through classes like Relapse Prevention, Grief and Loss, Art, Yoga, and more.

Loving Community

Each week over 300 individuals experience the benefits of community, recovery support, nutritious meals, access to a computer lab, and daily encouragement.

On-Site Health

Volunteer nurses and doctors provide routine basic health checks, a mobile dental van visits regularly, and community partners walk and run with Members through our Sole Train Club. The SODO location will also have a medical clinic on site.

Referral Services

Staff help Members gain and maintain housing, healthcare, mental health services, and provide a base of support as they navigate the complex social services system.

Why Recovery Café?

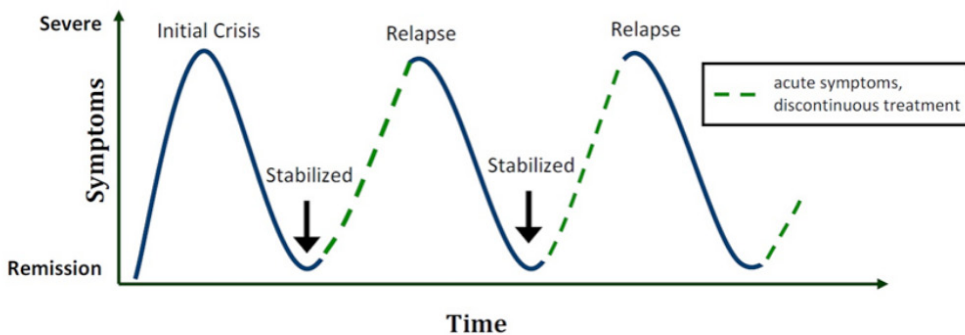
**11,000+ facing
homelessness**

**64% report living with one or
more health condition**

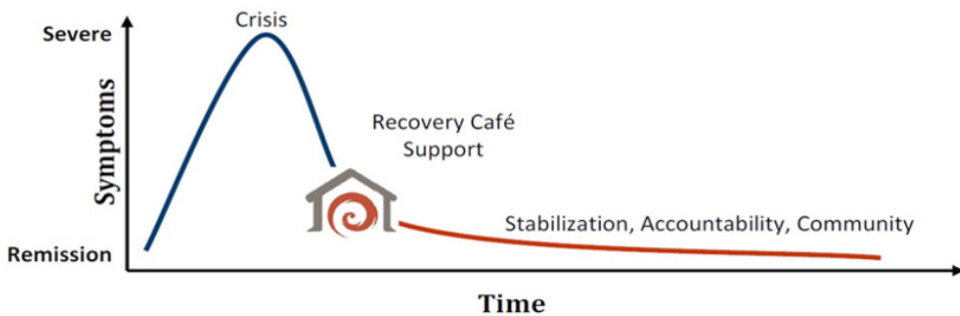
Recovery Café anchors Members in the loving supportive community necessary to find sobriety, improve their physical and mental health, and work towards fulfilling the potential inherent in all our Members. Our program is designed to help people maintain recovery, reduce relapse and fulfill their potential.

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Typical Treatment Journey



Recovery Café Support Journey



In the typical treatment journey, someone enters a treatment program and leaves when they are stable. But as everyday challenges and crises arise, those with precarious sobriety have a high potential for relapse. After a relapse, the cycle repeats itself if the individual is lucky enough to be reconnected with services.

Recovery Café's model interrupts the cycle by providing long-term recovery support. During times of crises, we step in to avert relapse and in cases where relapse does occur, individuals can more quickly get re-entered into a treatment system.

According to the National Institute of Health, recovering addicts need a foundation of **at least two years** of sobriety to ensure long-term recovery. Recovery Café's structures provide this crucial support to individuals who want to rebuild their lives.



9 out of 10 Members:

- Have experienced homelessness at some point
- Have experienced some adverse childhood trauma



4 out of 5 Members say the Café:

- Helped stabilize their housing
- Prevented a drug relapse



3 out of 4 Members say the Café:

- Helped stabilize their Mental Health
- Helped prevent an alcohol relapse.

97%

Members who report that Recovery Café increased their desire to be sober

92%

Members who report that Recovery Café increased the amount of hope in their lives

Every \$1 Invested in Recovery Support Services saves WA State \$7 in criminal justice expenses.

It saves money, and more importantly, it saves lives.

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