

The Barbell Saves Project



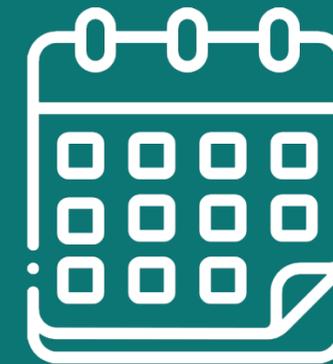
Over 1000 individual people served since 2021 with over 12,000 sign-ins to class.



26 people have attended over 100 classes.



Three members transitioned into staff roles and two more shadowing to be coaches.



Open 7 days a week
36 classes a week
Over 150 hours of classes a month

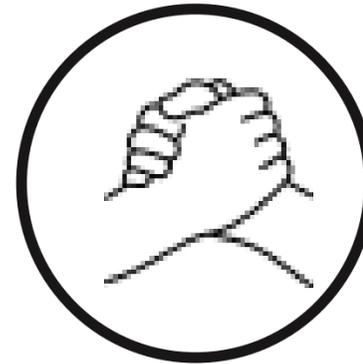
M I S S I O N

Support the physical and mental well-being of people in recovery from substance use with community based exercise.



Population

Adults in recovery from drug and/or alcohol use. We also have a program for youth age 12-17.



Community

We focus on building a supportive, honest, encouraging environment for everyone that attends.



Peer Run

All staff and coaches are certified as Peer Recovery Support Specialists - meaning they have lived experience with substance use.

VALUES



Health of the Whole Person

Physical and mental wellness,
person centered & sustainable
recovery



Inclusivity

Non-judgmental, compassionate
and loving



Connectivity & Community

Support members, grow and build
community,

Community Service Agency

PEER RECOVERY SUPPORT SPECIALISTS

The Barbell Saves Project is credentialed as a Community Service Agency and follows the peer-run model. Coaches and staff of TBSP are certified as Peer Recovery Support Specialists, meaning they have "lived experience" with substance use. More than 51% of the Board Of Directors also have lived experience. TBSP is an organization created by people in recovery for people in recovery.



Impact

85%

Of people attending believe their quality of life has improved since attending classes.

83%

Of people attending believe their overall physical health has improved since attending classes.

80%

Believe they are an important member of TBSP

CURRENT PARTNERSHIPS



TBSP DRUG PREVENTION COALITION & YOUTH PROGRAM

Youth intervention program

Integration of evidenced based curriculum, Seeking Safety, and provided to students who are at high risk of or known to have engaged in substance use. The program pairs mental health topics with exercise.

Delivered to 9 students in Spring 2023 and currently 13 students participating.

Students are from Hope High School.

Ages: 15 - 19

68% Latino/a/x

57% White, 28% African American, 9% Indigenous, 19% decline to answer

56% female, 44% male

85% heterosexual, 10% gay, 5% unsure

DEFY: Drug Education For Youth

This is a prevention focused program intended to be implemented at high schools across the Valley. The focus is on using topics, known mediators of youth substance use, in combination with physical activity, to change perceptions of using substances and decrease the likelihood of youth using substances.

Pilot program running at Imagine Prep High school. Program is 6 weeks long with 12 lessons delivered, 2 each week. The program is designed to use no or minimal equipment on site.

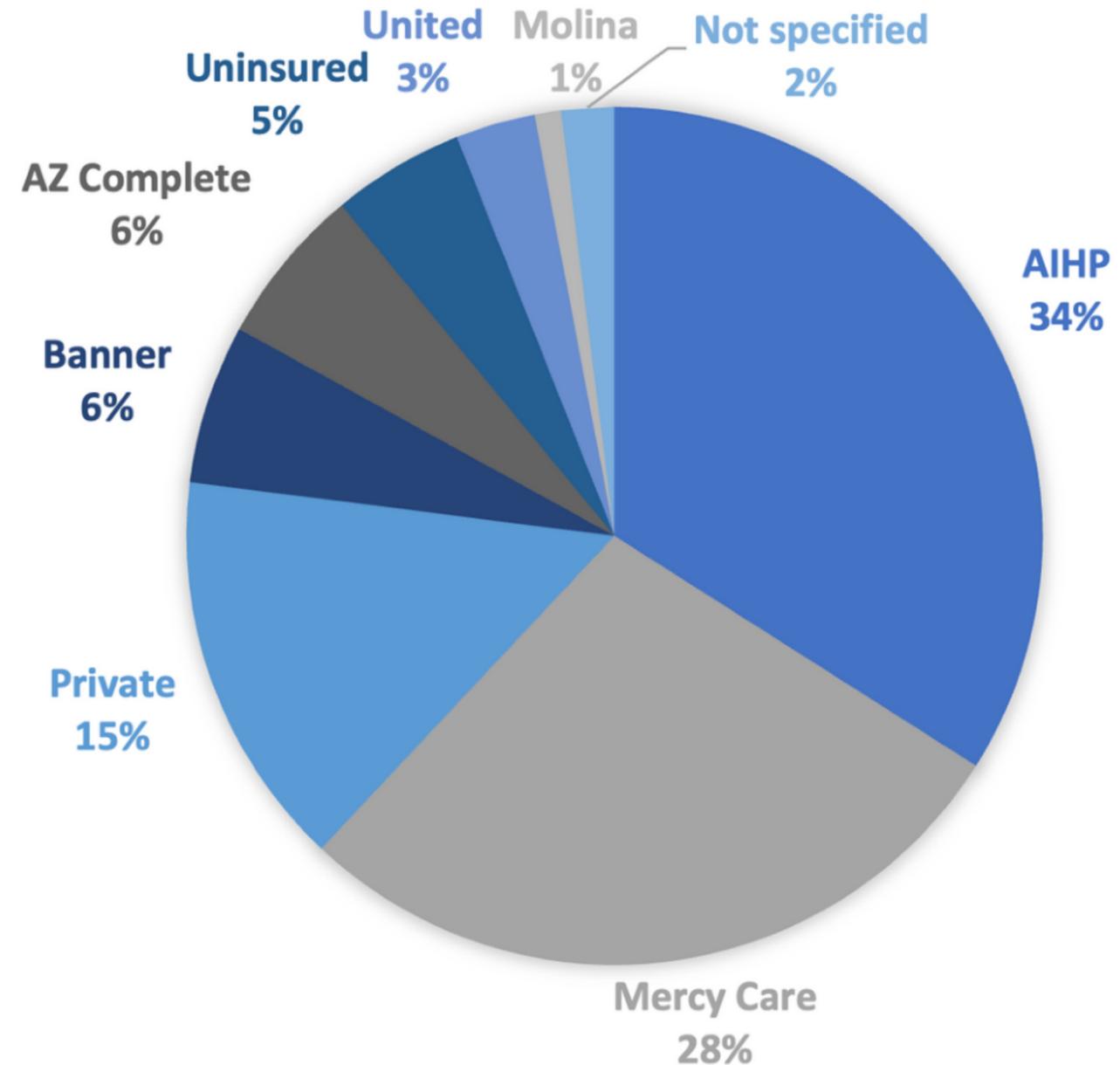
CREATION OF TBSP DRUG PREVENTION COALITION

In partnership with Arizona Counter Drug Task Force National Guard Drug Demand Reduction Office, TBSP has created a coalition to bring together stakeholders to build a youth prevention program.



HEALTH PROVIDERS FOR MEMBERS

- Mery Care - 28%
- American Indian Health Plan - 34%
- Private - 15%
- Banner - 6%
- AZ Complete Care - 6%
- Uninsured - 5%
- United - 3%
- Molina - 1%
- Not Specified - 2%



Gender

Female - 49%

Male - 51%

Race

White - 65%

American Indian - 18%

Black, African American - 6%

Asian - 3%

Hawaiian, Pacific Islander - 3%

Multiracial - 3%

Decline to Answer - 3%

Income

20 - 40k - 30%

40 - 60k - 28%

Less than 20k - 18%

60 - 80k - 8%

Over 80k - 8%

10 -20% - 6%

Problem With

Both alcohol and drugs - 51%

Alcohol only - 30%

Drugs only - 28%

Age

35 - 44 - 44%

24 - 34 - 36%

45 - 54 - 12%

55 - 64% - 4%

18 - 24% - 2%

Latin / Hispanic

No - 90%

Yes - 10%

Employment

full time - 60%

Unemployed seeking - 17%

Unemployed not seeking - 12%

Part-time - 9%

Disabled - 1%

Education

HS / GED - 33%

Some college - 26%

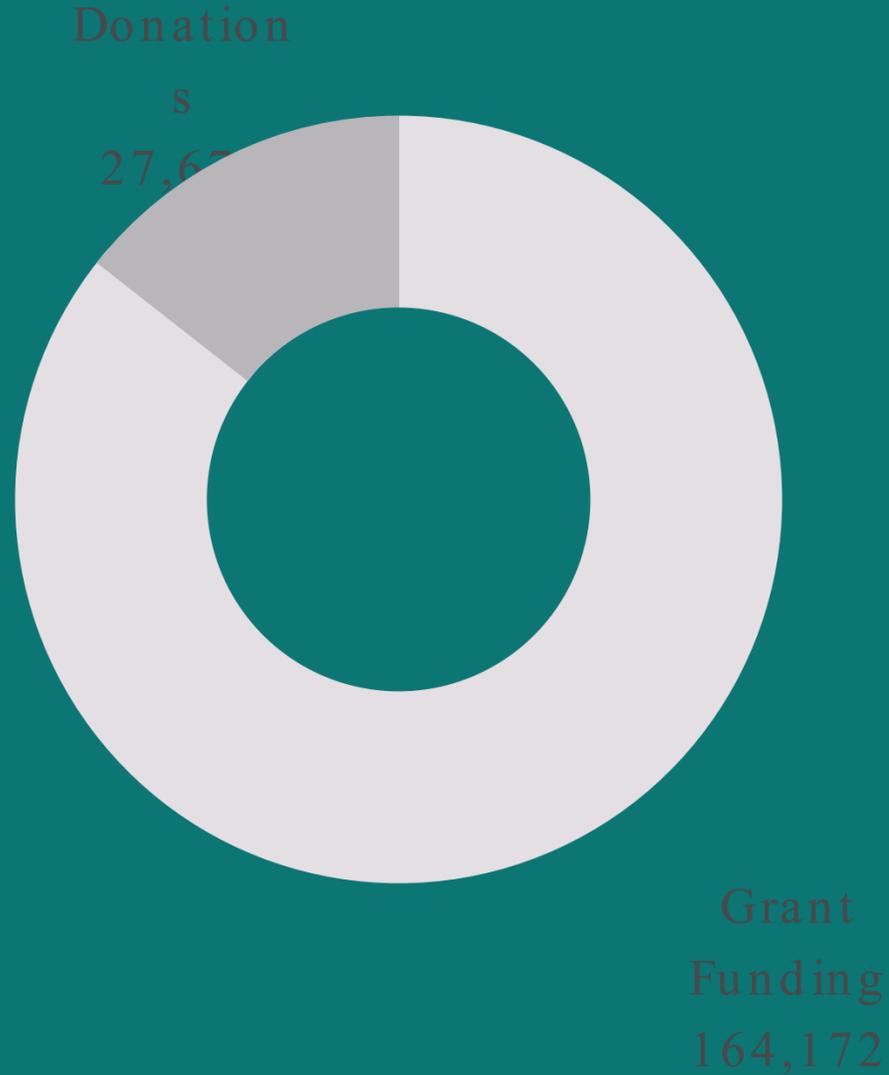
Bachelor's Degree - 14%

Graduate / Master's - 10%

Associate Degree - 7%

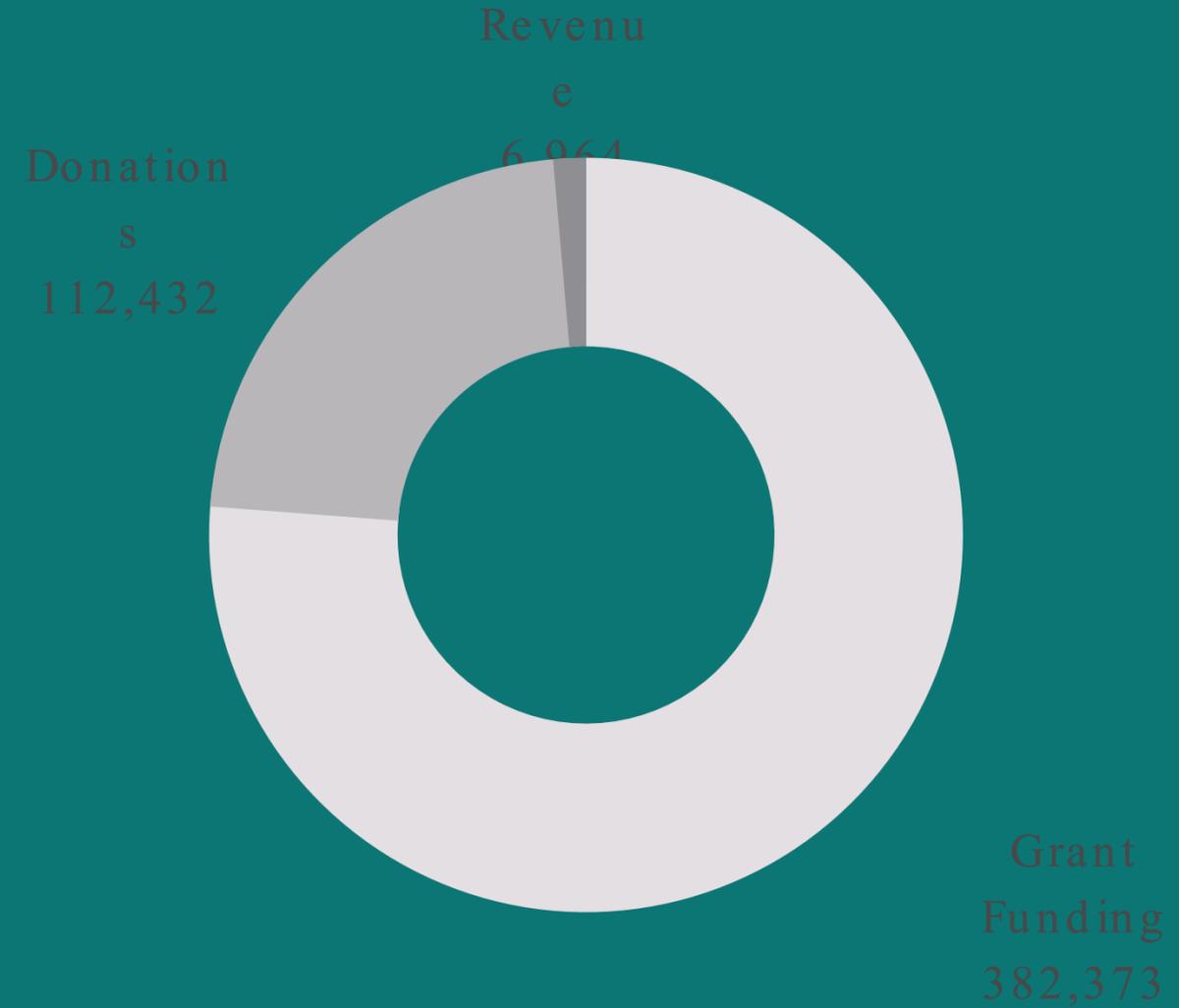
Trade School - 5%

2021



\$ 1,918,444
TOTAL INCOME

2022

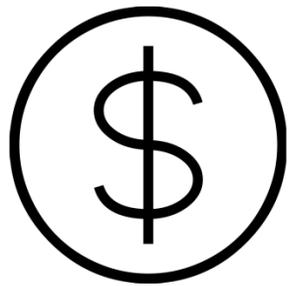


\$ 5,017,769
TOTAL INCOME

Exercise Substance Use



Financial



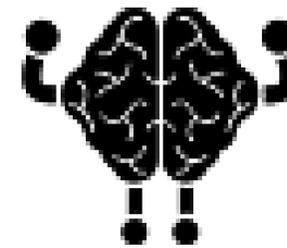
For every dollar invested in treatment of SUD, there is a return between \$4 and \$7 related to reducing justice system and criminalization costs. When savings related to healthcare are included, the savings surpass the costs of treatment by a ratio of 12 to 1.

Mental Health



Exercise has repeatedly been shown to reduce symptoms and feelings of depression and anxiety - both of which often co-occur with SUD.

Cravings



Engaging in physical exercise, especially in early recovery, is shown to reduce feelings of cravings.

Abstinence



Participating in an exercise program is shown to increase numbers of days abstinent.