



Colorado Artists in Recovery

2023 Impact Report



CAiR provides a safe, encouraging, and inclusive environment for people affected by substance use and mental health. Through art, music, and community collaborations, we foster healing, resilience, and a sense of belonging. We currently offer programming in the Denver Metro area and have just begun serving Northern Colorado in Loveland and Fort Collins.

2023 Impact Report

Over the past year, CAiR has experienced exceptional growth and impact. With a surge in demand for our unique brand of recovery support, we have expanded our workshop offerings, increased our staff, doubled our reach, increased our funding for new initiatives, and begun partnerships with several organizations reaching diverse communities in need of recovery support. We are now a vital resource for holistic recovery through creative expression and are so excited to see what is possible in the new year!

In a year of remarkable growth, CAiR surpassed expectations, bringing the healing power of creative expression to communities and inspiring transformative journeys of recovery.

External Growth	3
Internal Growth	5
Financial Growth	7
Impact	8

External Growth



We increased Program Participation to 2,600 individuals, up from 1,400 in 2022.



We hosted over 350 creative workshops and sober fellowship events in 2023.



We enhanced our Workshop offerings to include many forms of creative expression.

Events

We have witnessed incredible progress in our events, particularly evident in the success of our Bi-Annual Art Shows and Monthly Sober Open Mic Nights. The increased demand for these recovery fellowship events is a testament to their popularity and effectiveness in creating a supportive and inclusive space for individuals in recovery. The Bi-Annual Art Shows have become cornerstone events, attracting a diverse audience and providing a platform for our artists to share their transformative journeys through creative expression. Additionally, the Monthly Sober Open Mic Nights have experienced a surge in participation, reflecting the growing need for sober-friendly social events that foster a sense of community and connection. These developments underscore our commitment to providing dynamic and impactful events that resonate with the recovery community we serve.

We increased our program offerings to over 35 workshops and events per month, including several workshops serving individuals experiencing homelessness.

Partnerships

This year we have seen significant developments in forging partnerships with over 28 organizations serving individuals in recovery. We have expanded collaborations with community organizations, cultural institutions, and recovery programs. This has enhanced our ability to reach diverse audiences and create a more inclusive and supportive space for individuals on their recovery journey. This includes several monthly workshops serving BIPOC, LGBTQIA+ community members, individuals who are Justice Involved, and individuals experiencing homelessness. By advocating for the integration of recovery-oriented creativity workshops within established underserved communities, we contribute to a more equitable distribution of mental health and recovery support resources.

Sharing About Our Work

Our commitment to advancing health equity is exemplified by our Executive Director's speaking appearances at several recovery conferences this year. For many of these appearances, Darin shared a powerful message to Peer Recovery Support Specialists throughout our state, emphasizing the essential nature of recognizing and respecting all pathways to recovery. This advocacy effort is rooted in the belief that health equity begins with acknowledging the diverse needs and choices of individuals in recovery. In addition to these speaking events, we also engaged with many outreach events - including PRIDE and other recovery rallies.

By advocating for the acceptance of multiple pathways, we challenge the stigma associated with certain recovery methods and foster an environment that values and supports each person's unique journey to wellness.



At CAiR, we believe these advocacy efforts collectively advance health equity by recognizing the value of diverse pathways to recovery, providing essential resources, addressing trauma, and fostering a supportive community. These initiatives are aligned with our mission to empower individuals on their recovery journeys and reduce disparities in access to care and support.

Program Expansion

We have undergone significant progress and developments with regard to program expansion over the past year. We've witnessed regional growth by extending our reach to rural communities in Northern Colorado (Weld and Larimer Counties), and locally we are providing transformative workshops and events to a more diverse audience that is traditionally underserved in our community - examples of these are Servicios de la Raza, The Center on Colfax, and Colorado Coalition for the Homeless. We have also expanded our current programming - including weekly Open Art Studio and bi-weekly Trauma-Informed Yoga classes.

These new collaborations and program offerings have ensured accessibility to our holistic recovery programs. These expansions align with our commitment to making the healing power of creative expression accessible to a broader spectrum of individuals on their recovery journey.



Internal Growth

New Program
Coordinator



We hired a New Program Coordinator for Northern Colorado.

New CAiR
Training Manual



We created a "CAiR Training Manual" and hosted trainings for staff and facilitators.

Embracing growth from within, we've cultivated a richer tapestry of support for those on the recovery journey.

New & Expanded Capacity

Over this last year, CAiR has undergone transformative growth in our organizational capacity. We've welcomed new members to our board, expanded our dedicated staff, and engaged passionate volunteers. This surge in human capital enhances our ability to reach more individuals on their recovery journey and strengthens the foundation of our creative healing community.

Staff Development

This year we actively pursued staff development through strategic initiatives, including our annual Board retreat, staff trauma-informed and JEDI (Justice, Equity, Diversity, and Inclusion) principles training, and Darin's participation in the Non-Profit Leadership Boot Camp with HadaNōu Collective.

The annual Board retreat stands as a cornerstone for aligning our leadership on organizational goals and refining our strategic direction. This collaborative effort enhances the effectiveness of our

governance, fostering a unified approach to steering CAiR toward its mission.

Our commitment to staff development is further demonstrated through the annual staff trauma-informed and JEDI principles training. These sessions empower our team with the latest insights in trauma-informed care and principles of justice, equity, diversity, and inclusion. By cultivating a knowledgeable and sensitive staff, we ensure that CAiR remains a welcoming space for individuals on their recovery journey.

Additionally, Darin's participation in the Non-Profit Leadership Boot Camp with HadaNōu Collective reflects our dedication to enhancing our leadership skills. This experience equips our leadership with tools and perspectives to navigate the complex landscape of non-profit management, fostering growth and sustainability for CAiR.

These deliberate efforts in staff development contribute to the ongoing success and resilience of CAiR, ensuring that our team is well-equipped to serve the recovery community with excellence and empathy.

Infrastructure

We've made significant strides in enhancing our infrastructure to better support our mission and serve the recovery community. One notable development is the implementation of a comprehensive data dashboard. This innovative tool allows us to track and analyze key metrics related to our programs, participant engagement, and overall organizational performance. The data dashboard provides valuable insights that inform decision-making, helping us refine and optimize our initiatives for greater impact.

This improvement aligns with our commitment to transparency, efficiency, and adaptability and represents a proactive approach to organizational development - ensuring that CAiR remains at the forefront of utilizing technology to enhance our operations and better meet the needs of our community.

Continuous Growth

This year we have witnessed noteworthy advancements in our internal processes, fostering continuous growth and efficiency. One significant development is the adoption of a new donor platform. This platform not only modernizes our fundraising efforts but also enhances our ability to connect with donors seamlessly. The streamlined donation process has resulted in increased donor engagement and financial support, contributing to the overall sustainability of our organization.

In tandem with the new donor platform, CAiR has implemented an innovative marketing strategy. This approach leverages social media and community outreach to amplify our message and reach a broader audience. By embracing contemporary marketing techniques, we've seen a huge increase in awareness about our programs and a heightened interest in our mission. This strategic shift reflects our commitment to staying dynamic and responsive to the evolving needs of our community.

Financial Growth



\$35k+

In private
Donations

We raised over \$35,000 in private donations.

\$300k

In New
Financial Support

We were awarded \$300,000 in grants.

Increased
Annual Budget

+54%

We've increased our 2024 annual budget to \$340,000, up from \$220,000 in 2023.

Funder Relationships

This year, we've cultivated three invaluable partnerships with funders. We secured renewed grants from Caring for Denver and Signal Behavioral Health and established a new two-year collaboration with the Colorado Health Foundation, securing crucial financial support for our organization over the next two years.

Increased Revenue

This year, our organization has raised over \$335,000, comprising \$300,000 secured through grants and an additional \$35,000 from individual donations. These funds have been strategically utilized to expand our program offerings, enhance outreach initiatives, and ensure the sustainability of our mission to support individuals in recovery through creative expression.

Grant Applications

Our organization has experienced significant progress in the realm of grant applications. In the year 2023, we achieved a remarkable 100% success

Transforming generosity into impact, our robust financial growth has become the cornerstone of expanding our reach and deepening our commitment to fostering recovery through the arts.

rate for grants applied, a testament to the effectiveness of our proposals and the value our programs bring to the community. This success has not only provided essential funding for our ongoing initiatives but has also propelled us to actively seek new grants. In 2024, we are focusing on expanding our programming to reach underserved rural communities, aiming to make a broader and more inclusive impact.



100% of participants reported our programming was helpful to their overall sense of well-being.



We saw 85% growth in number of people served from 2022 to 2023.

People Served

We have witnessed substantial changes and progress in the number of people served. Over the past year, our reach has expanded significantly, serving 2,600 individuals compared to 1,400 the previous year (85% increase). This growth can be attributed to our commitment to providing a diverse range of offerings, with over 35 workshops and events each month. By diversifying the types of creative experiences we offer, we've been able to attract a broader audience, making our programs more accessible and impactful for a larger community. This surge in participation underscores the growing demand for our unique approach to recovery through creative expression.

Demographic Changes

CAiR has undergone significant changes in the demographics of people served. Through strategic partnerships with organizations dedicated to BIPOC, LGBTQIA+ community members, individuals who are

Overall Impact in our 6-week workshops...

97% of participants reported **increased connections for recovery help and support.**

96% of participants reported **increased skills or awareness for addressing mental health and substance misuse issues.**

100% of participants reported **increased resilience and ability to cope with challenges.**

Participants rated the statement **4.52 out of 5**, "*As a result of this workshop I feel more empowered and hopeful in my ability to maintain long term recovery.*"

95% of participants reported **reduced substance misuse.**

Justice Involved, and individuals experiencing homelessness, we've broadened our reach and created a more inclusive and diverse community. This deliberate effort has not only expanded our participant base but has also enriched the variety of perspectives, experiences, and voices within our programs. We are committed to fostering a space that is welcoming and accessible to everyone on their journey to recovery, ensuring that our creative expression workshops resonate with and uplift individuals from various backgrounds and life experiences.

New / Improved Programming

We have seen significant progress in terms of new and improved programming. To enhance the quality and consistency of our offerings, we've developed the "CAiR Training Manual," a comprehensive guide that equips our workshop facilitators with the necessary skills and confidence to lead our unique style of recovery-oriented creativity workshops. Additionally, we've welcomed Quana Madison as our Trauma-Informed Curriculum Coach, ensuring that our programs are not only creative and engaging but also sensitive and responsive to the unique needs of individuals in recovery.

These strategic initiatives represent our commitment to expanding the variety of our programs and ensuring that they remain impactful and relevant. By investing in the professional development of our facilitators and incorporating trauma-informed approaches, we aim to provide a supportive and transformative experience for participants. This commitment aligns with our mission to empower recovery through creativity, fostering an environment that nurtures the holistic well-being of individuals on their journey to sustained recovery.

Community Outcomes

Here are some testimonials from our participants that show the personal impact from our programs:

"I have found that this group of people has just been so supportive in my early sobriety. Being able to express my fears and doubts creatively in a safe space has helped me grow to a new level of self-realization that is helping me stay sober."

"I'm in my first year of sobriety, and I don't know where I would be without trauma-informed Yoga at CAiR. Each week it provides a space for me to connect to my body and process emotions I've neglected for 10 years in active addiction, in a way I can't at meetings. Maggie and Darin create an environment that is safe and supportive for everyone. My recovery is deeply supported by this free offering, and I think everyone in recovery could benefit by being involved in this beautiful practice."

"I can't believe this exists! This is exactly what I needed for my recovery, I feel safe to be myself here. Thank you!"

Thank you.

