First-of-its-Kind Utah Program Combines Physical Wellness with Substance Use Recovery

Seven Nonprofits to Offer Supportive Services Statewide

STATEWIDE UTAH—Seven nonprofits throughout Utah will use state and federal grant funding to provide physical health services that improve an individual’s progress and success in recovery from substance use disorder. A first of its kind in the state, the Health, Exercise, and Addiction Recovery (HEAR) Program grants, will infuse $4 million over four years in exercise and physical fitness, nutrition and meal planning, general wellness, and stress management techniques supporting individuals in recovery.

“Although grants have been awarded in the past to support recovery from substance use disorders, this opportunity is unique in focusing specifically on physical health and wellness with treatment,” said Shanel Long, substance abuse treatment administrator, with the Utah Department of Human Services. “We selected organizations currently offering or hoping to include physical wellness services who could quickly engage and recruit those in recovery.”

Funded agencies are located throughout the state, and serve populations in Salt Lake, Utah, Ogden, Weber, and Summit Counties, with the ability to serve rural communities virtually. With this funding, grants recipients will expand to new locations, serve more individuals, and develop evidence-based physical health services to help individuals remain in sobriety.

Applicants competed for funding grants through a procurement process. The HEAR Program grants are investing a total of $1 million per year for four years from the State General Fund ($250,000) combined with the federal Substance Abuse and Mental Health Services Administration Block Grant ($750,000) into Utah communities.

ABOUT THE AWARDED PROGRAMS
ADDICT II ATHLETE (https://www.addicttoathlete.com/)
Service Area: Statewide via virtual
Total Award: $491,866.33
Addict II Athlete holds in-person and virtual support meetings and personal training. Their weekly training culminates in an annual Recovery Run 5K, with plans to expand to a Half Marathon, and cycle races.

FIT TO RECOVER (https://fit2recover.org/)
Service Area: Salt Lake, Summit, Utah Counties
Total Award: $768,365.00
Fit to Recover, a brick-and-mortar gym, serves over 800 individuals a week through their 70+ classes. Their weekly class schedule includes fitness, nutrition education, community meal prep, and creative arts.

FLOURISH ADVENTURES (https://flourishslc.org/)
Service Area: Salt Lake County
Total Award: $800,000.00
Flourish Adventures is a paid internship program teaching professional baking to those recovering from substance use disorders with a history of incarceration. Participants receive health and wellness coaching, with a focus on stress management techniques, meal preparation, and holistic health interventions.

PAPILION HOUSE (http://www.papilionirc.com/)
Service Area: Salt Lake and Utah Counties
Total Award: $756,036.00
Papilion House assists individuals who have been incarcerated to integrate back into the community. In addition to receiving free membership to a local gym, participants engage in a curriculum to learn nutrition, meal planning, and medication management.

RECOVERING ADDICT (https://recoveringaddict.org/)
Service Area: Weber County, Northern Utah, and statewide via virtual
Total Award: $491,866.33
Recovering Addict is both a physical gym and a community space that holds substance use recovery meetings available virtually. Their physical wellness plan includes hiking, biking, and even laser tag as they explore both traditional and non-traditional movement.
SCHOOL OF ADDITIONAL RECOVERY (SOAR) (https://schoolofaddiction.org/)
Service Area: Ogden and Weber Counties
Total Award: $491,866.33
Focusing on youth and adolescents aged 10-18, SOAR hosts both group classes and an open gym facility. Their curriculum includes substance use prevention and recovery coupled with physical fitness activities like weight lifting, skiing, rock climbing, and mountain biking.

WARRIOR STRENGTH (https://warriorstrengthgym.com/)
Service Area: Salt Lake, Utah, Weber, and Summit Counties
Total Award: $200,000.00
Warrior Strength focuses on the community aspect of substance use disorder recovery through their online classes. Once a week, a family-focused fitness class integrates the member’s family and friends, allies, and other social supports.

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Please contact the PIO or the awardees directly for interviews about the grants.