

S.A. Lifeline Impact Report

2020

Recovering Individuals, Healing Families



S. A. LIFELINE FOUNDATION
Recovering Individuals, Healing Families



A Note From S.A. Lifeline Co-founders, Steven & Rhyl Croshaw

As for all of us, the year 2020 confronted us with many challenges. However, we have found that the work of recovering individuals and healing families moved ahead at a faster rate than we could have ever imagined.

The in-person meetings closed and all meetings for addiction recovery and betrayal trauma recovery went on-line with Zoom. Because we had already been using Zoom for many on-line meetings previously, we were able - with the help of several members of our working board - to transfer all meetings on-line overnight. What a gift!

Then the "silver lining" of the pandemic started to unfold. Many individuals who did not have recovery resources in their communities started attending meetings. The number of people attending from across the nation and even around the world grew quickly - so quickly, in fact, that we added more meetings to meet the demand. We soon exceeded 50 weekly meetings.

As we have discovered while working our own recovery and serving beside thousands of others in their efforts to find healing, challenges and difficulties are often the catalyst for change, greater courage, gratitude, and a new perspective on life.

So here's to 2020! Thank you for the many gifts!

Steven & Rhyl Croshaw
Co-founders
S.A. Lifeline Foundation

At a glance

2020 NUMBERS



14,750
Volunteer
Hours

Between our Service Council,
Key 3 SAL Moderators, and SA
Lifeline Team - we
accumulated thousands of
volunteer hours to keep SAL
and SA Lifeline functioning.



270,499
Total Page Views
salifeline.org
sal12step.org

S.A. Lifeline
173,881 page views

SAL 12-Step
96,618 page views



5,597
Active Email Subscribers

Our email subscribers
continued to grow as people
signed up for our Free Intro
Course, Meeting Schedule, &
Email List



2,394
Books & On-line
Curriculum Purchases

On-line Curriculum Purchases:
512

Book Purchases:
1882

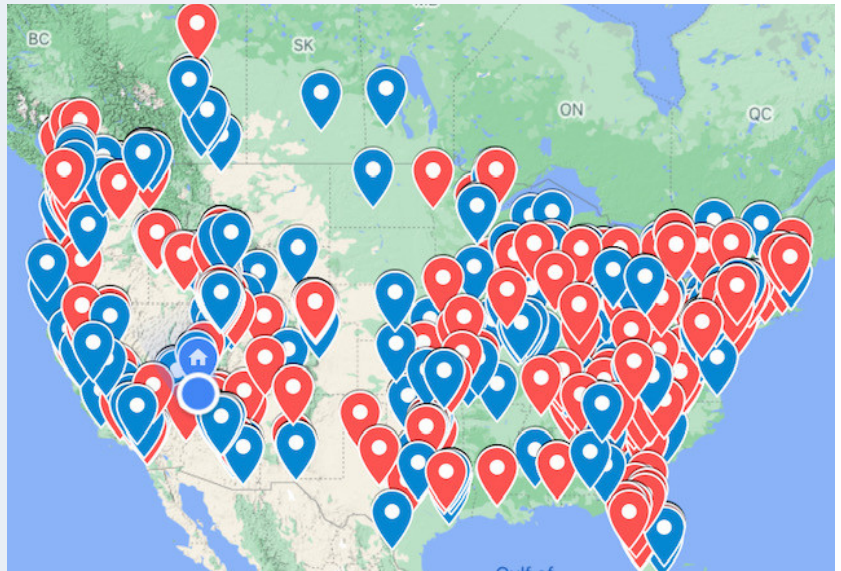
Growing **OUTREACH**

Our reach continued to expand as people from across the country and around the globe found SAL. In a time when many were housebound due to the COVID-19 pandemic, we seamlessly transitioned several in-person SAL meetings to on-line meetings and even added 7 SAL on-line meetings over the course of the year.

Men's Meetings = 37

Women's Meetings = 20

Total Meetings = 57



28 Countries  **48 States**

Personal Stories

Healing Individuals



"I cannot begin to describe the level of empathy I have experienced during those traumatic times in my recovery. I am now proud to report 18 months of real recovery. I no longer feel uncertain about my future. I feel confident now that I can gratefully live a life of recovery and love it. SAL has truly taught me that it works when I work it."



"I'd been trying to work on recovery with my husband since 2008. I supported him and was there when he needed to talk. But until I found SAL and began working on my own recovery from the trauma and pain the addiction caused, I was fighting a battle I was never going to win. S.A. Lifeline has helped me find real recovery."



"I have been attempting to find my own recovery for three and a half years now since I found out about my husband's addiction. I tried various programs but still would often find myself back in the same place acting like someone I am not. Finally I found S.A. Lifeline through Rhyll's book. I've been attending meetings now for 10 weeks and the changes in my life are amazing. I feel like I now have the strategies I need to daily get myself out of trauma mode. I love this program!"



"Although I hid my addictions for years, I wanted to be open and honest and not hide my recovery. There's so much peace that comes by getting out of the shadows and dark corners and into the light. Shame and guilt no longer have power over me as I come out of isolation."

Personal Stories

Healing Families



"What a difference recovery and sobriety can make! My children love who I am becoming. They have commented on how much calmer I am, how much more present I am, and how much more responsive and less reactive I am. I am not perfect, but I am progressing. I am very blessed because my children and my wife see me for who I am. It was somewhat harder for my wife, though, since she saw so much of the acting-out me, so I appreciate that there is still some caution there.

As I sponsor young men today, I am so proud - and envious - of them for working on sobriety and recovery when their families are still young. What an incredible gift this will turn out to be for themselves and to their families, as well as to their God. It will be a priceless payback for them all."



"The biggest way the 12-Steps and recovery principles have affected my parenting is by providing me with serenity. During the first few years of being a parent, I was not emotionally well. I was trying to be all the good things, juggling newborns and toddlers. But no matter how hard I tried, I just wasn't enough. I felt like a bad mom and a bad person for not being able to figure it out. The negative feedback due to my husband's addiction only deepened my feelings of personal failure. I started to feel like succeeding at life was impossible.

As I worked the Steps, however, something changed. I learned how to let go of the shame and anger. I learned how to give my unmanageable life to God. I learned how to healthily interact with my defects. For a time, my husband's addiction worsened, yet my own serenity increased.

My children had suffered, losing much of their father to addiction, and they lost most of me as well to raging and constant unmanageability. But because of recovery, I began to be capable of maintaining serenity, which meant I could be emotionally available to them. Even though I still make all kinds of mistakes, I now know what to do to get my serenity back. A healthy me is the greatest gift I can give to the people I love."

Mission & Vision

S.A. Lifeline



Mission Statement:

The mission of S.A. Lifeline Foundation is to provide individuals, couples and families hope for recovery from sexual addiction and betrayal trauma through:

- *providing educational resources
- *encouraging spiritual connection supported by quality 12-Step recovery groups
- *emphasizing appropriate boundaries and bottom lines
- *recommending qualified therapy

Vision Statement & Values:

S.A. Lifeline envisions a world with greater awareness and understanding of the reality of sexual addiction and betrayal trauma, as well as effective community, tools, and support that will assist struggling individuals in living fulfilling lives of long-term recovery and emotional health.

-SALF values humility, honesty, & accountability in the way we work & interact with one another.

-SALF values *God as the foundation* of our work & our personal spiritual connection with Him as our highest priority.

-SALF values *betrayal trauma as its own unique condition* with its own path to healing, separate & apart from the addict.

-SALF values the contributions of others who are making a difference in the world to bring attention to the problem of sexual addiction & betrayal trauma & works to create relationships & collaborate our efforts as far as we can.

-SALF values sound educational materials & seeks to produce these materials as well as refer our clients to them to benefit their individual recoveries.

-SALF values *the role of qualified therapy in the recovery process* and works to educate both our members & therapists on the symbiotic nature of 12-Step work and therapy.

-SALF believes in the *importance of the entire family system* in regards to healing from the effects of sexual addiction & betrayal trauma & seeks to offer support and guidance that will benefit & include the entire family unit.

-SALF values connection & works to create a sense of community through offering affordable annual events, facilitating quality 12-Step recovery groups, and providing supplemental resources to increase networks of support & a feeling of belonging.

Mission & Vision

SAL 12-Step



Mission Statement:

The mission of SAL 12-Step is to provide *spiritually-based, gender-specific, trauma-sensitive, sponsor essential*, traditional 12-Step to a non-denominational, international audience.

Vision Statement:

SAL 12-Step envisions a world where individuals struggling with sexual addiction or betrayal trauma can experience true connection, miraculous spiritual growth, and familial healing through working the 12-steps with a sponsor regardless of their race, religion, or location.

SAL 12-Step Meeting 12 Tenets:

1. SAL 12-Step recognizes compulsive, destructive sexual behaviors to be a behavioral or natural addiction.
2. SAL 12-Step recognizes that a spouse who is sexually betrayed by their partner experiences symptoms associated with Post-Traumatic Stress Syndrome (PTSD) which we identify as Betrayal Trauma.
3. SAL-12 Step recognizes living in recovery from both sexual addiction and betrayal trauma requires strenuous work which cannot be accomplished in isolation. Thus, our members are encouraged to work the 12-Steps with a sponsor and attend SAL 12-Step meetings at least weekly.
4. SAL-12 Step recognizes that living in recovery from sexual addiction and betrayal trauma is possible for all who actively follow certain steps. We subscribe to the bold statement made by Alcoholics Anonymous: "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest." AA p.58
5. SAL 12-Step defines sexual sobriety: Sexual sobriety means having no form of sex with self; not pursuing actions of lust, such as using pornography; and having no form of sex with anyone other than the spouse*. Our goal is to live in recovery, to practice "positive sobriety" and to choose to actively surrender lust in all its forms to the God of our understanding.
*The term "spouse" refers to one's partner in a marriage between a man and a woman.
6. SAL 12-Step offers a similar pathway to recovery and healing for both sexually addicted persons and betrayed partners, though having a partner is not a requirement for participation.

Mission & Vision

SAL 12-Step



SAL 12-Step Meeting Tenets (cont.)

7. SAL 12-Step recognizes the importance of a multi-faceted approach to working recovery, as identified in the S.A. Lifeline Recovery Puzzle which are Education, Qualified Therapy, Spiritual Connection supported by SAL 12-Step and Boundaries. The puzzle illustrates the importance of addressing the mental, emotional, physical and spiritual aspects of sexual addiction and betrayal trauma. Members are encouraged to participate in a comprehensive approach of working recovery to facilitate long-term healing in all aspects of their lives.
8. SAL 12-Step groups are male and female gender-specific. Due to the nature of sexual addiction, our members find more safety and healing in a same-gender setting.
9. SAL 12-Step applies a trauma-informed lens to working recovery from sexual addiction and betrayal trauma.
10. SAL 12-Step meetings are God-centered and non-denominational. While we begin and end our meetings with a prayer from the heart, we are careful not to proselytize, promote, or criticize any religion or belief system. Working the 12-Steps is a personal spiritual process, universally applicable regardless of our religion or culture.
11. SAL 12-Step meetings follow a standard 90-minute format. Scripts are used to guide members through four essential meeting segments: Meeting Opening, Step-Study, Member Shares, Meeting Closing, and the optional "Meeting After The Meeting". Groups study only SAL's approved material. These policies help to ensure consistent, recovery based meetings regardless of location or channel (in-person or on-line).
12. SAL 12-Step Groups function autonomously while adhering to SAL procedural structure and organizational guidelines. In addition, all groups maintain a connection to SA Lifeline Foundation through the SAL Service Counsel. SAL 12-Step adheres to Tradition 1 of Alcoholics Anonymous which is: "Our common welfare should come first; personal recovery depends upon AA unity" p. 178 Alcoholics Anonymous.



Finances

S.A. Lifeline & SAL

Revenue	2020
Total Sales	\$55,689.75
Corporate Grants	\$36,800.00
Individual Donations	\$12,790.00
Corporate Donations	\$6,227.12
Total Revenue	\$111,506.87

Assets	2020
Inventory	\$24,730.36
Liquid Assets	\$125,000.00
Real Estate	\$650,000.00

Expenses	2020
Programs	\$45,971.88
Admin	\$31,753.14
Fundraising	\$1,625.10
Other Expenses	\$6,227.12
Total Expenses	\$85,577.24