

Summary of Intended Use of the Funds:

Iron Wolf Recovery respectfully requests funding to expand our recovery-focused wellness community to connect individuals struggling with substance use disorder through physical activity and social support. Iron Wolf provides free, ongoing support for all stages of recovery from introducing families to sober activities to serving as a bridge for individuals following treatment.

Justification of Request/Public Benefit

More than 378,000 South Carolinians are living in recovery. Support will directly benefit individuals and families in recovery by expanding access to our free, recovery-focused wellness community. Through our classes, individuals and families engage in peer-recovery meetings and regular physical activity. They have the opportunity to discover recovery as an enjoyable choice for themselves and their families by achieving their health and wellness goals alongside a supportive community of peers.

The primary gap Iron Wolf Recovery intends to address with the funding will be the limited availability of peer-led mutual aid groups that are supportive of multiple pathways to recovery, including medication assisted treatment. With the support of funding, Iron Wolf Recovery intends to increase the number of available classes and class locations, as well as include family-centric meetings for parents and children, all while providing safe, on-location childcare. By incorporating children into the recovery journey, youth will be able to see healthy pathways to recovery, engage in family-centric meetings where parents and children can heal together and engage in youth-designed physical activities. Iron Wolf Recovery also intends to will sustain existing partnerships with in-patient and intensive outpatient treatment centers to offer continuum of group-support after treatment.

Taking part in an activity-based community changes the people, places and things associated with SUD and creates a new, healthier support system. We have been successful in assisting member's lifestyle change through the establishment of community-based health and wellness routines. Benefits of this project include removing barriers to access for individuals and families to participate in recovery-oriented health and wellness activities. The high cost of services is often a barrier to accessing wellness resources, particularly in recovery. Thus, an essential part of our program is ensuring that our classes are free to our members. Established classes are sustained by donations, however, it takes time to develop a regular attendance for each new class. This project is a mission-motivated expansion of our services and will require support beyond our annual fundraising. Personnel needed to sustain an additional 3-5 more classes include Executive Director, Director of Operations and a Program Coordinator. Our organization is currently sustained by in-kind donations, fundraising and grant funding. Additional operational and programmatic support would ensure that this resource remain accessible and consistent the target population during the early stages of new class start-up. Funding will be leveraged as seed funding for this expansion project. Our Executive Director, Maggie Talucci, is supported by the Board of Directors and a contract fundraising consultant to identify sustainable revenue sources to fully support and maintain the growth of this program.

Budget Narrative**Funding Amount: \$248,400****Personnel**

Project Role	Percent FTE	Annual Salary	Requested Salary	Fringe
Director of Operations	70%	75,000	52,500	21,300
Program Manager	100%	60,000	60,000	24,300
Volunteer Coordinator	100%	50,000	50,000	20,300

Director of Operations (.7 FTE): Director of Operations will oversee the planning and implementation of strategic goals and expansion. Responsibilities include support of program growth and development, maintaining budget and records pertaining to the program expenditures, implementing policies and procedures, oversee fund raising operations for programs as well as community outreach

Program Manager (1 FTE): The program coordinator will organize the activities and agenda for the program, including coordination of all class activities at the project sites and monitoring program standards. Responsibilities also include supervising staff, manage marketing and communications (media relations, social media), as well as facilitate the interactions program team, contractors and all other program stakeholders.

Volunteer Coordinator (1 FTE): The volunteer coordinator will build and maintain a strong volunteer program including recruiting, training, and retaining volunteers. Additional responsibilities will include providing group fitness and social programming, as well as outreach to local organizations to create and maintain partnerships

PERSONNEL COSTS: \$228,400.00**Other Direct Costs****Contractual Services**

Iron Wolf Recovery has contracted with recovery and fitness professionals that have the comprehensive skills to support all strategies outlined above. The contracted professional is also supported by experts in recovery that sit on the Board of Directors of Iron Wolf Recovery. These professionals are paid \$25.00 per hour. The additional experts on the Board of Directors work for free and are not paid.

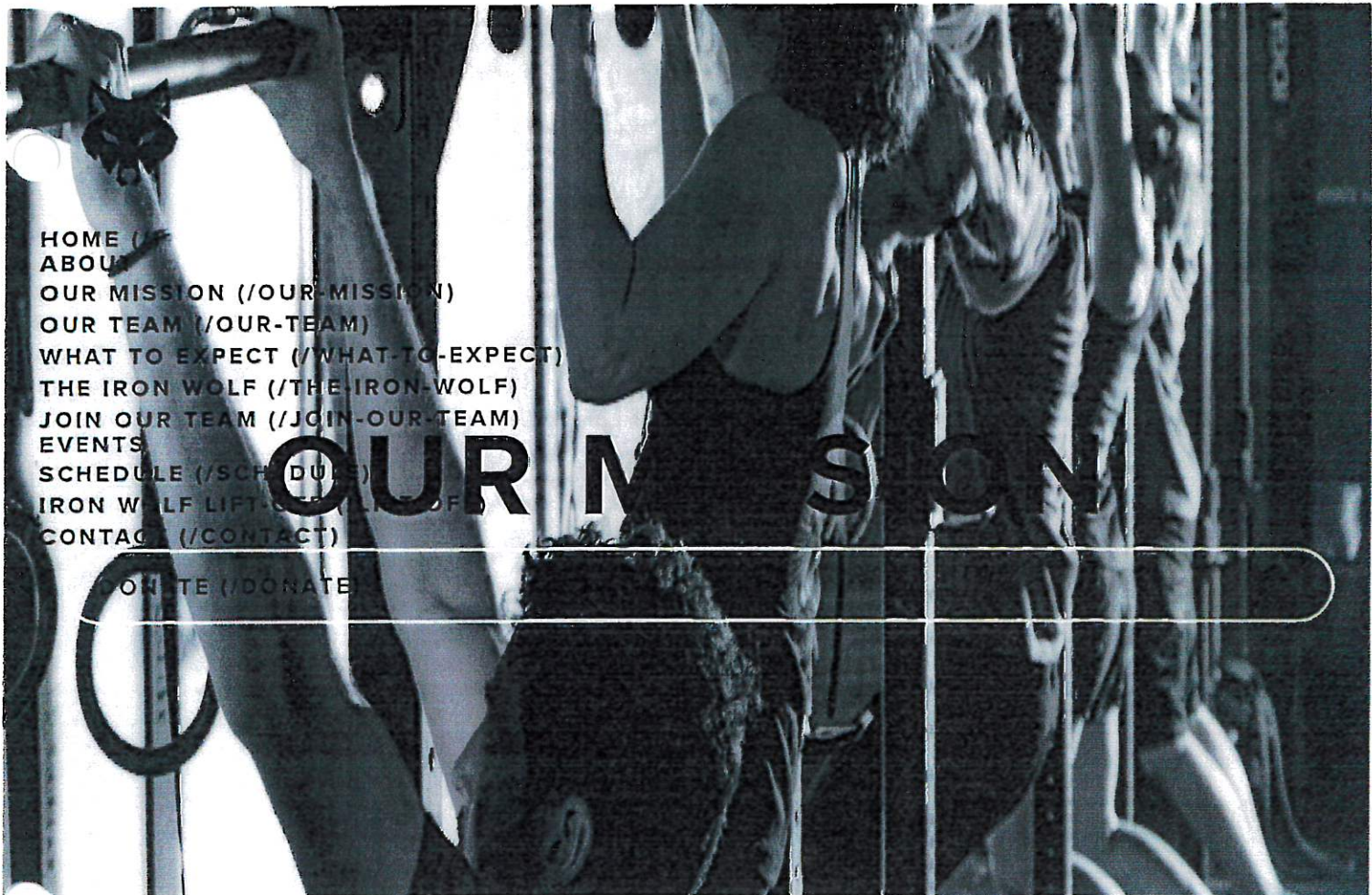
The resources necessary to begin a new class include funds to pay two contractors (meeting facilitator and fitness instructor) for 90 minutes and space to hold the class. To reduce the costs, our organization develops partnerships with local gyms and wellness spaces that allow our program to use their space for free. The cost of two staff member's time is \$50 per class (\$25/person). To support the start-up costs of 5 new classes, we are requesting a total of \$20,000 (5 x \$50 x 52 weeks = \$13,000) to support each new weekly class for one year. Remaining funds (\$7,000) will be allocated to cover the cost of childcare at the meetings.

TOTAL REQUESTED: \$248,400.00

Budgeted FY23

Expenses		
Director of Operations (0.7 FTE)	\$	73,800.00
Program Manager (1 FTE)	\$	84,300.00
Volunteer Coordinator	\$	70,300.00
TOTAL PERSONNEL	\$	228,400.00
Contractual Services	\$	20,000.00
TOTAL NON-PERSONNEL	\$	20,000.00
Total Expenses	\$	248,400.00





HOME (/)
ABOUT (/)
OUR MISSION (/OUR MISSION)
OUR TEAM (/OUR-TEAM)
WHAT TO EXPECT (/WHAT-TO-EXPECT)
THE IRON WOLF (/THE-IRON-WOLF)
JOIN OUR TEAM (/JOIN-OUR-TEAM)
EVENTS (/EVENTS)
SCHEDULE (/SCHEDULE)
IRON WOLF LIFT-UP (/IRON WOLF LIFT-UP)
CONTACT (/CONTACT)
DONATE (/DONATE)

OUR MISSION



About

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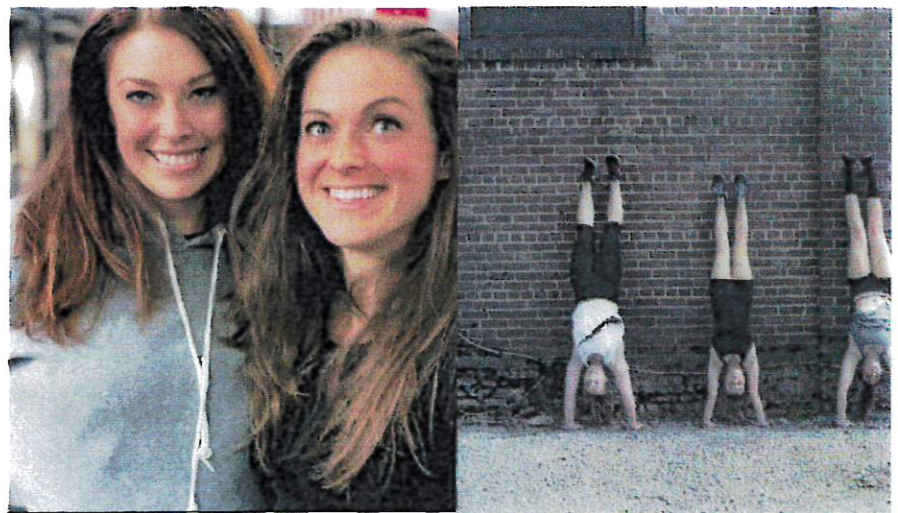
JOIN OUR TEAM (/JOIN-OUR-TEAM)

We aim to help our members develop physical strength and mental fortitude through activity, community and nonjudgmental support

WHAT DRIVES US?

At Iron Wolf Recovery (IWR) we understand that addiction does not simply end when you stop using drugs/alcohol and that we must cultivate a lifestyle which nurtures our mind, body and spirit.

The IRW model is based on a mixture of personal experience and scientific evidence. Not only has physical activity been shown to be effective in supporting mental health and recovery, exercise as means to reduce the vulnerability to return to use has a scientific backing.



About

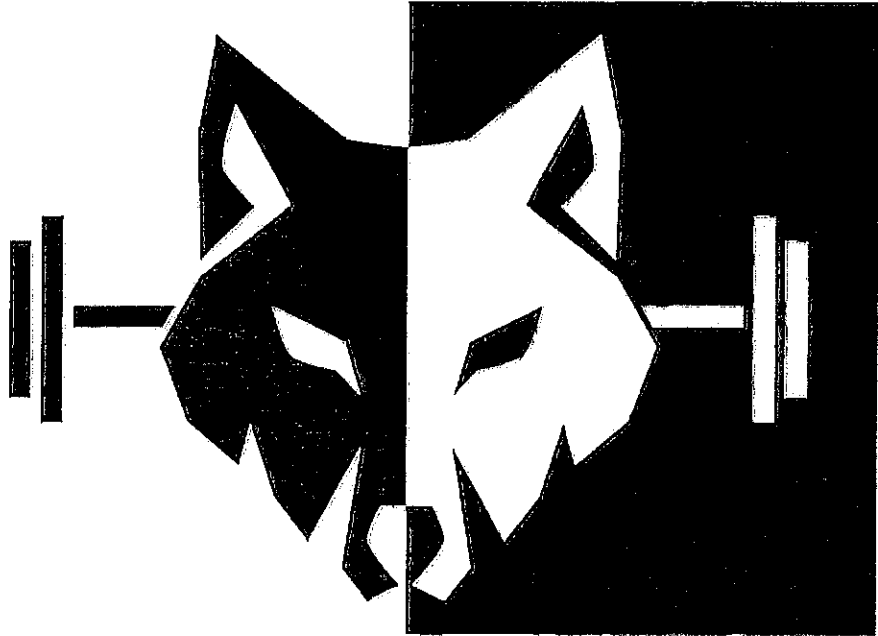
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JOIN OUR TEAM
(/JOIN-OUR-TEAM)



An old Cherokee is teaching his grandson about life:

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather:
"Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

The wolf has been an important symbol in both of our personal stories. We now share the **Iron Wolf** with our community - the Iron Wolf often conveys strength and courage. (S)he values loyalty, communication and community. The Iron Wolf is an invitation to live more freely, with tenacity and balance.

FEED THE IRON WOLF IN YOU.

About

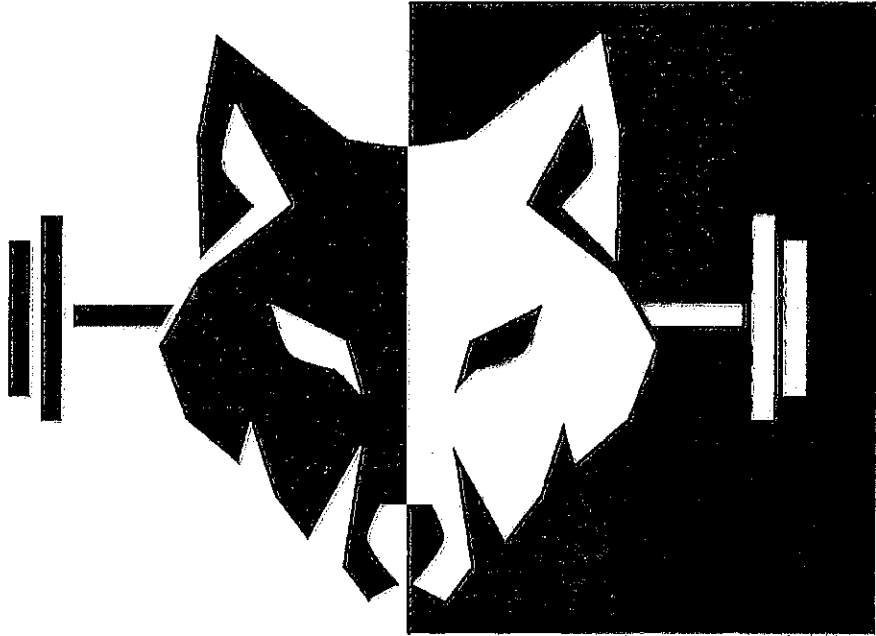
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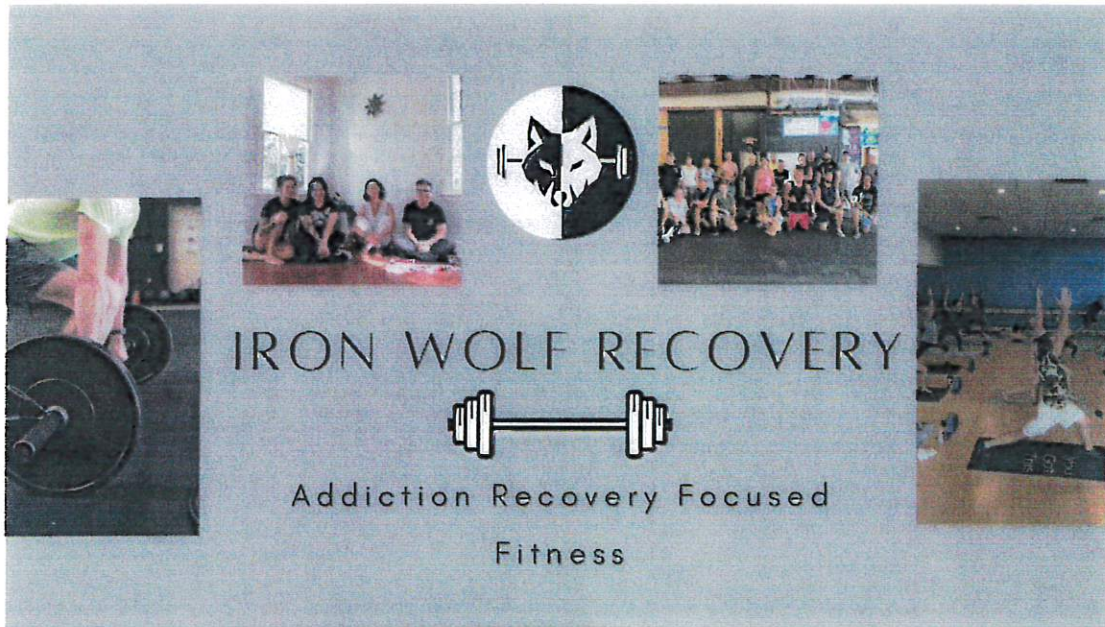
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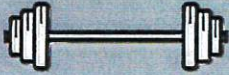
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IRON WOLF RECOVERY



Addiction Recovery Focused
Fitness

