

NO ONE HEALS ALONE



ALANO CLUB
OF PORTLAND



IN MEMORY OF BRENT CANODE

Alano Club Executive Director

February 3, 1973 – March 20, 2025

Earlier this year, the Alano Club and the recovery community lost an innovative leader and tireless advocate when our Executive Director, Brent Canode, tragically passed away.

For more than two decades of dedicated work with the Alano Club of Portland, Brent Canode brought such abundant love, courage, and spirit to everything he did. As a tireless and fearless advocate for those suffering from addiction, Brent's inspiring leadership shines through in thousands of lives touched—and thousands of lives saved.

We've said this many times over the last several months, and we'll be saying it for years to come: every bit of the work we do going forward will be in honor of Brent's legacy and in memory of the incredible impact he made.

To honor Brent's life, work, and memory the Club has established The Brent Canode Legacy Fund to support the operational costs of the remarkable recovery services like PeerConnect, The Recovery Gym, Plates for the People, the Recovery Toolkit Series, Artists in Recovery, and more that Brent was so instrumental in shaping.

[Learn more at **PortlandAlano.org**](http://PortlandAlano.org)



**ALANO CLUB
OF PORTLAND**

7/1/24 - 6/30/25

TABLE OF CONTENTS

Letter from Our Executive Director	4
Our Mission	6
Our Programs	8
OUR YEAR OF IMPACT	10
ACCESS	12
CONNECTION	14
EDUCATION	16
INNOVATION	18
The Recovery Gym Coach Spotlight	20
Financials	22
About Us	23
Thank You	24

LETTER FROM OUR EXECUTIVE DIRECTOR

There is a line in the Tom Petty song “Walls” I return to often:

Some days are diamonds, some days are rocks

Petty lifted the line from a conversation with Johnny Cash, who, incidentally, was in recovery. The line was Cash's answer to Tom's question, “How you doing, John?” It's a simple statement—maybe even a little trite—but it's true, isn't it? How any of us might be doing changes, from one day to the next. (Or, to borrow a parlance often heard around the Club, one day at a time.)

Never has Petty's line felt more true to me than it did over the last year. In the 365 days between July 1, 2024 and June 30, 2025, the Alano Club — and the recovery community — felt the peaks and valleys of life in ways that were, at least to me, unexpected and unprecedented. I know we've all grown tired of the phrase “now more than ever.” We've heard it so many times over the last several years, especially in regard to the need for community support, be it

emotional, financial, or otherwise. Tired as it may be, it's true. Oregon remains in the throes of the worst addiction and overdose crisis in the country; our state is second in the nation in substance use rates among adults and adolescents and dead last in the nation in availability of treatment and services. Concurrent to that ongoing crisis is a renewed crisis in funding. Between July 2024 and June 2025 the Alano Club lost 15% of its operational income due to reductions in funding at the municipal, state and federal levels. In the coming year, we will lose an additional 15% of our remaining funding.

These losses were, and remain, significant and impactful, but they were overshadowed by an even greater loss. In March of 2025 our Executive Director, Brent Canode, passed away suddenly and unexpectedly, leaving an immense hole not just in our organization, but in the local and national recovery communities as well. However, Brent also left behind an unforgettable legacy. He was a tireless and fearless advocate

for everyone in or seeking recovery; his vision for a better world was built on community and compassion, and that vision has shaped the work of the Alano Club for the last two decades. It is in Brent's memory that we'll continue working to build safer, stronger, more supportive communities for anyone who wants to find their own pathway to recovery.

It's also in Brent's memory that we have created the Brent Canode Legacy Fund, to ensure the programs he was foundational in creating—the Recovery Toolkit Series, Artists in Recovery, Plates for the People, and the Recovery Gym—can continue to provide people with unique points of connection to new recovery communities, even in the face of drastic funding cuts.

Brent was irreplaceable, and the mark he made on thousands of lives, including mine, proves that. Brent was not just a mentor to me, he was one of my dearest friends. While my stepping into the Executive Director role eventually was

planned, doing so under such tragic circumstances is, at best, bittersweet. The Alano Club was Brent's life's work, and over the last decade working alongside him, it has become mine. It's an honor and a privilege to be in this position. It's also a responsibility I take very seriously. I am committed—as are all of us at Alano—to carrying Brent's legacy, and his vision for a broad and diverse recovery community, forward into our next chapter.

While the year was in many ways tragic and tumultuous, it was not without its diamonds. Our programs—PeerConnect, The Recovery Gym, the Recovery Toolkit Series, and Project RED—served more individuals than ever before, meeting the urgent needs of people throughout the state and, in many cases, nationally. We represented the Club at CommUNITY (a national conference highlighting peer-delivered services in the behavioral health field) in Pittsburgh, Pennsylvania, presenting at and co-sponsoring the event. We toured again with Pearl Jam, helping to distribute thousands of doses of the life-saving overdose reversal medication naloxone, and raising awareness about the need for recovery

and overdose prevention services across the country. We also laid the groundwork to host and present another conference, Recovery in Practice, which pulls together nationally-recognized artists, activists and advocates in recovery from all over the United States for two days of workshops and panels. As I write this, the conference kickoff is just a week away, and I can't wait to share our work, and the work of others, with new members of our growing community. I am so, so proud of what we do at the Alano Club, and so grateful for the support of our community.

That support has been the biggest, brightest diamond of them all. In the wake of overwhelming grief, our community has rallied around us in an outpouring of individual and collective support and care the likes of which I have never before experienced in my life. Grateful does not even begin to express the way we at the Club feel for the grace and kindness we have been shown by our community—surrounded daily by friends, colleagues, and community members, lifting us up, reminding us that the work we do is bigger than any one person.

A community is only as strong as its most vulnerable members, and we've been reminded time and time again that our community at the Alano Club is vibrant, compassionate, and incredibly strong. To trot out that same phrase, but perhaps with renewed meaning: Now, more than ever before, we need each other. We need your support. We're in this together, each and all of us, one day at a time.

In hope and gratitude,



Kasey Anderson



OUR MISSION

To provide a welcoming, compassionate and accessible recovery support environment for individuals and families in or seeking recovery from alcoholism, drug addiction, and other addictive disorders.





WHO WE HELP

365 days a year, we help thousands of community members in or seeking recovery find their individualized pathways to healing and hope through cost-free programs and resources.



EXPLORE OUR PROGRAMS



MORE THAN
JUST A MEETING.

Through innovative programming and community-based partnerships with organizations like Ben's Friends, Brown Hope, Reimagining Recovery, Wellbriety and many others, the Alano Club offers free, trauma-informed programming and mutual-aid support to anyone in or seeking recovery from substance use and mental health disorders, serving more than 10,000 people monthly.



THE RECOVERY GYM

The Recovery Gym (TRG) is the Pacific Northwest's first fitness center dedicated to helping people on the path to recovery for substance use and mental health disorders. We're a community of people showing up, working hard, and fighting the stigma of substance use disorders—one rep at a time.



ARTISTS IN RECOVERY

Artists in Recovery is a program designed to highlight the intersection between recovery and creative practices through free workshops, classes, and public events featuring nationally renowned artists in recovery, or connected to the recovery community.



PROJECT RED

An overdose prevention and harm reduction program dedicated to increasing the availability and accessibility of overdose prevention supplies, education, and trainings.



PLATES FOR THE PEOPLE

The Alano Club of Portland and Ben's Friends, along with Cookshop, are partnering with some of Portland's best, award-winning chefs to give people in or seeking recovery an opportunity to learn more about nutrition, meal planning, and meal preparation using fresh, healthy ingredients.



RECOVERY TOOLKIT SERIES

This holistic, multi-disciplinary service model is built on evidence-based practices that enable people with substance use disorders to create individualized recovery toolkits according to their own needs.



PeerConnect

Alano PeerConnect helps people realize their strengths and areas for opportunity and connects them with peers for support. Together, we can be each other's link to sustained recovery.



OUR YEAR OF IMPACT

58

Local community partners that collaborate with our programs to deliver cost-free events and critical resources to those in or seeking recovery

987

Community members who developed individualized plans to support their recovery through one-on-one mentoring via our PeerConnect Program

2,631

Individuals across all 36 counties in Oregon who received free life-saving naloxone through Project RED's mail-order program in partnership with NEXT Distro

6,500+

Weekly mutual-aid meetings offered to more than 10,000 monthly visitors to the Alano Club

500+

Felonies and evictions expunged through our free legal services clinics in partnership with Clear Clinic

12,000

Individuals who integrated movement-based exercise, running, yoga, meditation and wellness into their recovery through Run TRG, The Recovery Gym, and The Recovery Toolkit Series

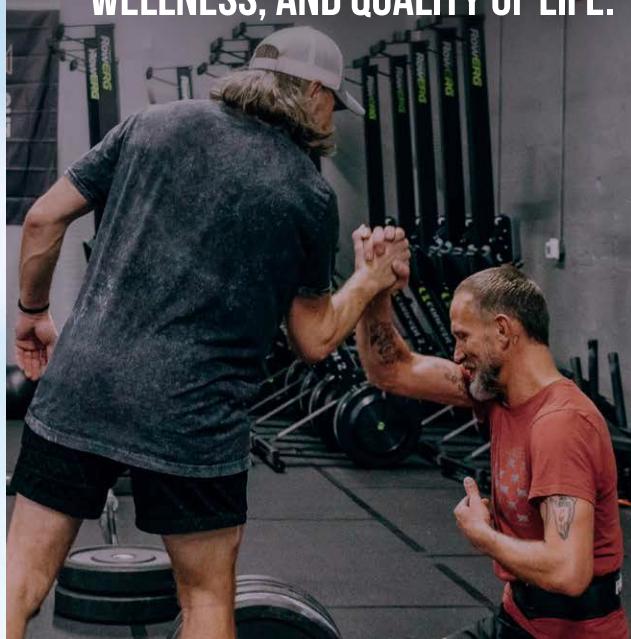
163

Individuals without healthcare who received free biometric and epigenetic testing, chronic disease risk assessments, and long-term health planning with a licensed physician through our PEERS program

350+

Individuals who received treatment housing, food, clothing, transportation, and other vital resources through referrals from our PeerConnect program

OUR PHILOSOPHY IS BASED ON DATA THAT OVERWHELMINGLY SUGGESTS A PERSON-CENTERED, COMMUNITY-DRIVEN APPROACH IS MUCH MORE LIKELY TO HELP INDIVIDUALS ACHIEVE AND SUSTAIN LONG-TERM RECOVERY, INCLUDING IMPROVED HEALTH, WELLNESS, AND QUALITY OF LIFE.



ACCESS

We prioritize inclusivity and accessibility in recovery which is why all our programming is low barrier and cost-free. At Alano, having ACCESS means our programs and staff meet individuals where they're at because everyone deserves a supportive and compassionate community.



Flip to page 20 to read more about The Recovery Gym's dedication to access and community-building



For the third year in a row, Project RED joined Pearl Jam for all of the US dates on their Dark Matter 2024 World Tour! As partners, we continued the vital work of advocacy for overdose prevention and once again reduced barriers to access by providing FREE life-saving supplies, overdose reversal trainings, and educational materials at every US show.

“ Project RED’s work to increase the availability of naloxone and access to training for communities saves lives in Oregon and nationally.”

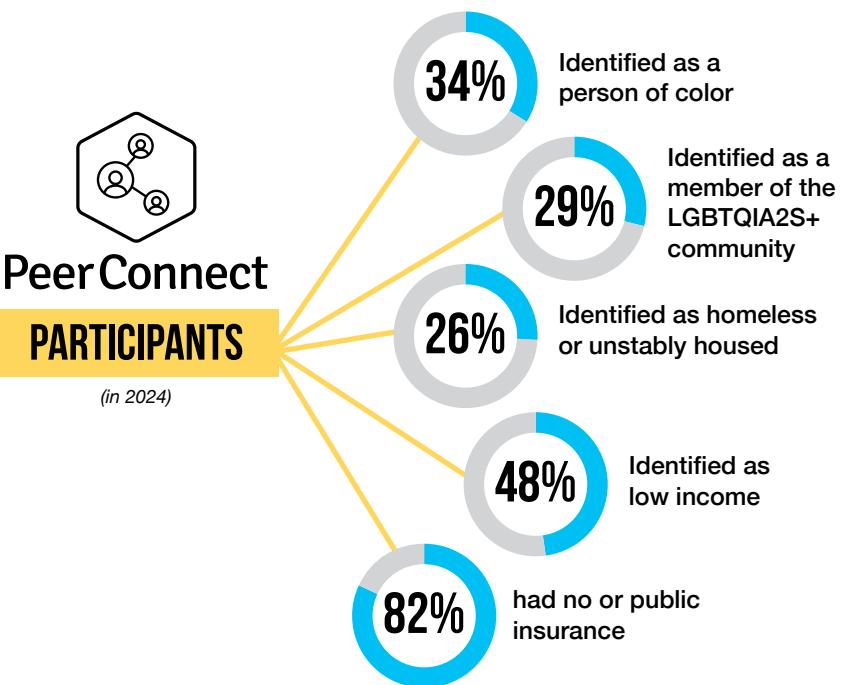
– Charles, Portland Street Medicine and Community Partner



CONNECTION

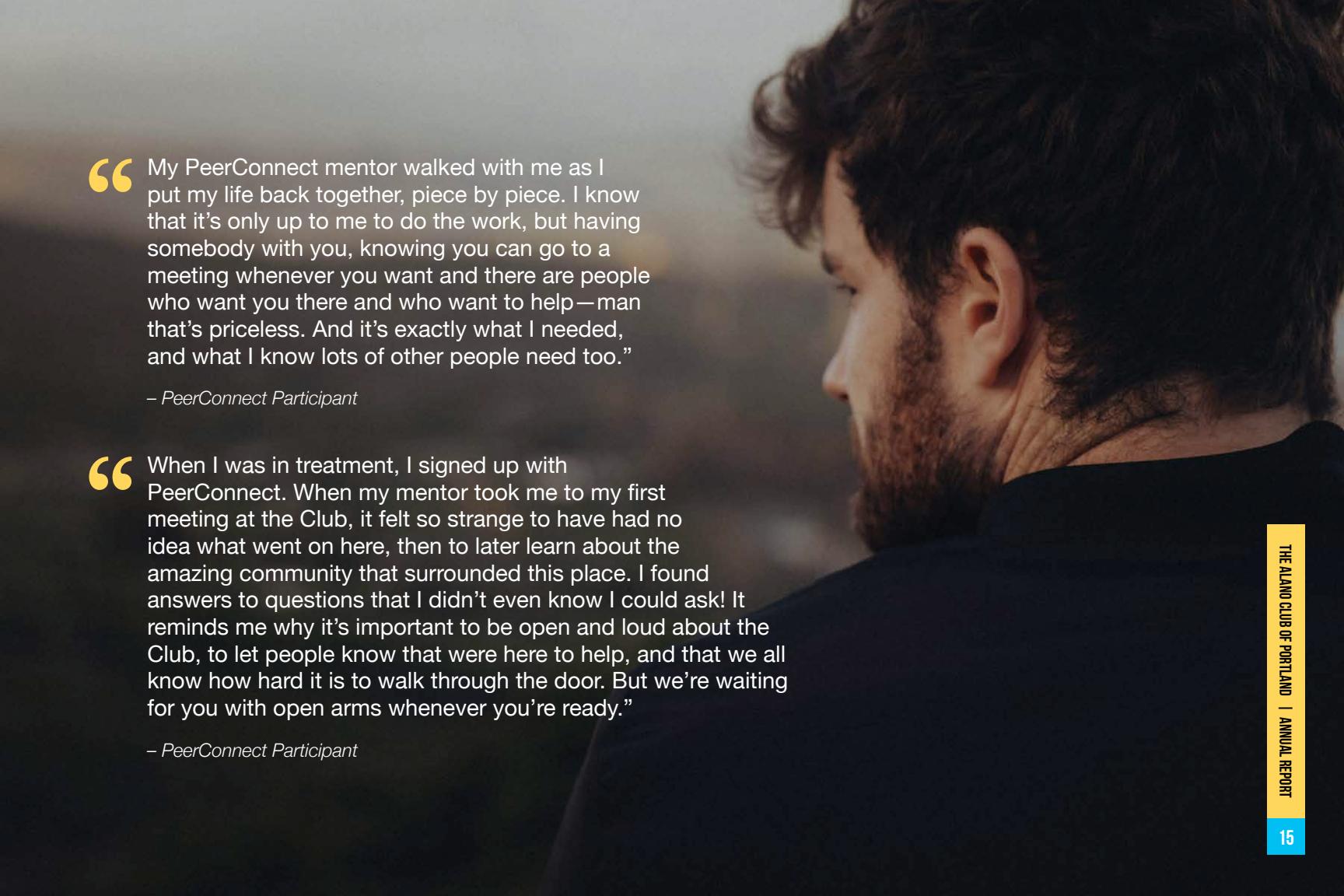
CONNECTION IS THE OPPOSITE ADDICTION.

This simple principle informs everything we do at Alano, whether it's the expansion of an existing program or the introduction of new supports and services. No one heals alone.



In April 2024, with Third Eye Books and Bodecker Foundation, we welcomed award-winning essayist, poet, and MacArthur Fellow Hanif Abdurraqib for a free event as part of Alano's Artists in Recovery. What unfolded was a moving conversation about grief and openness in mental health and how community can teach us how to be the best version of ourselves.





“ My PeerConnect mentor walked with me as I put my life back together, piece by piece. I know that it's only up to me to do the work, but having somebody with you, knowing you can go to a meeting whenever you want and there are people who want you there and who want to help—man that's priceless. And it's exactly what I needed, and what I know lots of other people need too.”

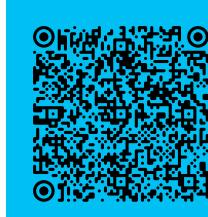
– PeerConnect Participant

“ When I was in treatment, I signed up with PeerConnect. When my mentor took me to my first meeting at the Club, it felt so strange to have had no idea what went on here, then to later learn about the amazing community that surrounded this place. I found answers to questions that I didn't even know I could ask! It reminds me why it's important to be open and loud about the Club, to let people know that were here to help, and that we all know how hard it is to walk through the door. But we're waiting for you with open arms whenever you're ready.”

– PeerConnect Participant

EDUCATION

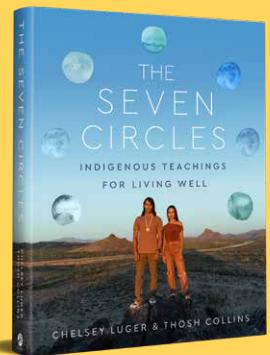
Recovery often means learning, un-learning, and re-learning, from changing behavioral habits to acquiring new life skills such as managing finances or cooking nutritious meals. Information and resources that help guide someone through their personal recovery journey shouldn't be hard to reach or understand. Alano's programming educates community members in a variety of ways. Whether it's recognizing and responding to an overdose or integrating daily movement into one's lifestyle as a recovery tool, we know that our community benefits when we freely share knowledge.



WANT TO TRY CHEF
MCKEE'S PORK SUGO?
[DOWNLOAD THE RECIPE HERE!](#)



Led by a roster of award-winning chefs in recovery, Plates for the People returned for another season of free cooking classes for those in or seeking recovery. These aren't your average cooking classes though! Led by Chef Patrick McKee (Estes), classes teach participants not just how to plan and prepare nutritious meals, but how to do so within a budget that fits their lifestyle and needs. For the first time, Alano also partnered with Blanchet Farm and Chef Sarah Schafer for a special Plates for the People pop-up in Yamhill County that combined fresh farm and in-season ingredients grown right on the farm to make homemade pizzas.



Earlier this year, in partnership with Painted Horse Recovery, we were honored to host Indigenous Community Health Educator Thosh Collins for a half-day retreat at The Recovery Gym. Collins taught community members how to use ancient Indigenous health wisdoms and physical practices to foster their own recovery. Participants left with new insights and tools to explore and strengthen their spiritual, physical, and emotional well-being.



INNOVATION

At Alano, innovation means adapting and responding to the needs of the community. Over the years Alano has received numerous national awards and recognition for our data-driven, evidenced-based programming that combines science and holistic health, advances in technology, and cultural trends with community responsiveness and stakeholder feedback to better meet the needs of those in or seeking recovery.



ALANO IS EXCITED TO CO-PRESENT THE 2025 COMMUNITY CONFERENCE IN SAN ANTONIO, TEXAS



COMMUNITY CONFERENCE

In fall of 2024, Alano staff traveled to Pittsburgh to participate in Community, an annual conference focused on the nation's innovative and impactful peer-designed and peer-led programs and services. The three-day gathering, jointly hosted by Unity Recovery (PA) and the Alano Club of Portland, brought together community members in recovery from coast to coast. Alano staff were part of several panels and presentations including "Systems of Care: Transitional Housing & Recovery," a retrospective on housing as a public health challenge and Alano's involvement in the nation's first Medicaid housing voucher program from 2021-2024.

Alano was honored to be among the primary community-based organizations awarded a Housing Navigation contract as part of Oregon Health Plan's Medicaid housing program to advance health equity.

During the program period, Alano staff helped 88 community members at risk of homelessness throughout the Portland metro find stable housing and pay their bills for up to 12 months, so each could better focus on thriving in recovery. Additionally, Alano housing navigators provided one-on-one coaching and critical supports including transportation, nutrition, employment assistance, and referrals during each program participant's transition from incarceration or in-patient SUD treatment.

P.E.E.R.S

In September 2024, we launched P.E.E.R.S (Preventative Evaluation to Extend HealthSpan in Recovery from Substance Use Disorder), in partnership with Dr. Mike Stone, an integrative medicine physician, and OHSU Health. This pilot program exemplifies Alano's efforts to close care gaps and health inequities for persons with SUD or behavioral health disorders. Since its launch last fall, P.E.E.R.S has served 163 people and provided cost-free biomarker and epigenetic testing, biometric analysis, chronic disease risk assessment, and personalized preventative health care planning. Above all, P.E.E.R.S meets participants where they are at to reduce the risk of chronic disease and health conditions.

This program helped people from historically under-resourced communities/priority populations, most of whom had limited or no access to healthcare prior, identify previously undetected/undiagnosed conditions and work with a physician to develop long-term health plans.

22% of program participants discovered they had hyperlipidemia (high cholesterol); 48% discovered low Vitamin D levels; and one participant received a new diagnosis of hypothyroidism. All were able to develop plans and showed improvement upon repeated follow-up testing.

“The Alano Club is the heart of my recovery—connecting me to various 12-step programs and giving me space to grow myself and skills through things like the Recovery Gym, meditation, arts, and outdoor adventures.”

– Margaux





A PATH FOR RECOVERY,

A FOUNDATION FOR LIFE.



- *Jerilyn Tso,
TRG member and Trainer*

“ My journey with The Recovery Gym started in December of 2022. I was newly sober from alcohol and drugs, looking for an additional outlet to help strengthen my recovery. When I made the decision to get sober, I grew more interested in physical activity. I was in search of developing healthy coping skills to help deal with the stress and anxiety that came with early sobriety. In the recovery community in Portland, The Recovery Gym was brought up as a free resource for people in recovery. With fear and apprehension in my heart, I got myself signed up and showed up. After the first class, I was immediately hooked. It was just what I was looking for. A place to challenge me in the right

way. A place that I did not realize in the beginning; to find support, to build community and a foundation for my life. A place where I have and continue to experience willingness, determination, and humility. That was at the start of this, now I have found The Recovery Gym to be a second home to me, meaning so much more than I could have ever imagined when I first walked through the front door.

As I started consistently going to TRG, I was able to rebuild confidence in myself, who I was, and what I was capable of. Speaking from personal experience, active addiction caused me to isolate myself from my family, friends and loved ones. The Recovery Gym staff and fellow athletes showed me extreme kindness and understanding; they were warm, welcoming, and very supportive. Before I started going to TRG, I had never picked up a barbell in my life. I give so much thanks and respect to the trainers who were patient with me, who display dedication and compassion to the community that TRG serves. It is because of the environment that is built

here that I continued to show up and put in the work. As time went on, I saw much improvement in other areas of my life. Physically, mentally, emotionally, and spiritually. The physical aspect is great, but the others require more diligence; they are the ones that create real change.

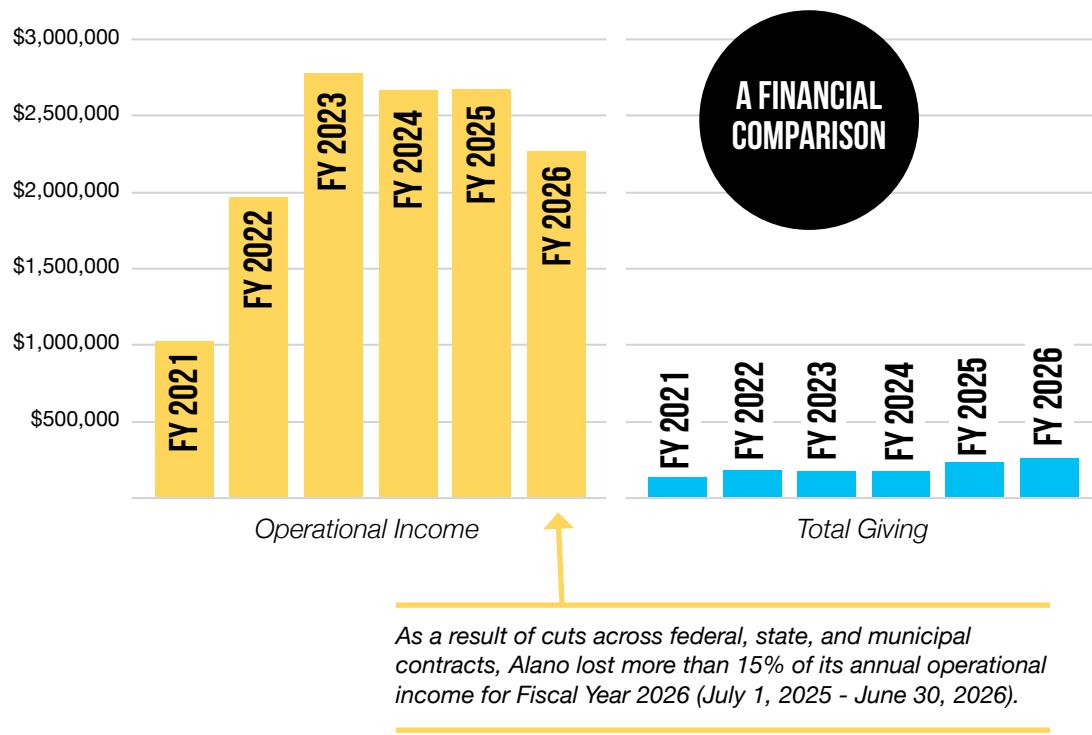
About a year into my sobriety journey, I was given the opportunity to apply and be accepted into an internship to become a trainer at The Recovery Gym! It had crossed my mind before, but that little voice inside me told me I wasn't good enough, that I wasn't capable. I am so blessed to be put in a position to help others in the same way that was given to me. All of this is owed to the ones who had faith in me and who continue to support and guide me in this endeavor. And to all the athletes who show up to put in the work, I am proud and humbled to be their coach.

THROUGHOUT THIS JOURNEY, I HAVE GAINED PERSEVERANCE, RESILIENCE, AND FORTITUDE.



FINANCIALS

As Oregon and the nation continue to face the ongoing addiction and overdose epidemics, the need for our services increases while the resources available for organizations like ours become scarcer.



To ensure that our programs remain fully staffed and **FREE** to anyone who needs them, please consider supporting our work with a monthly sustaining contribution.

We are the nation's oldest and largest non-clinical recovery support center, but none of it would be possible without regular donations from Alano's Sustaining Circle, our most dedicated supporters.

GIVE TODAY!



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THANK YOU

Alano Club of Portland is grateful for the continued support of the many individuals, community partners, and foundations who stand with us to answer our state's urgent need for recovery services. **Your compassion and support make our work possible!**

WANT TO SEE YOUR NAME ON THIS LIST?

Join our community of invaluable supporters!



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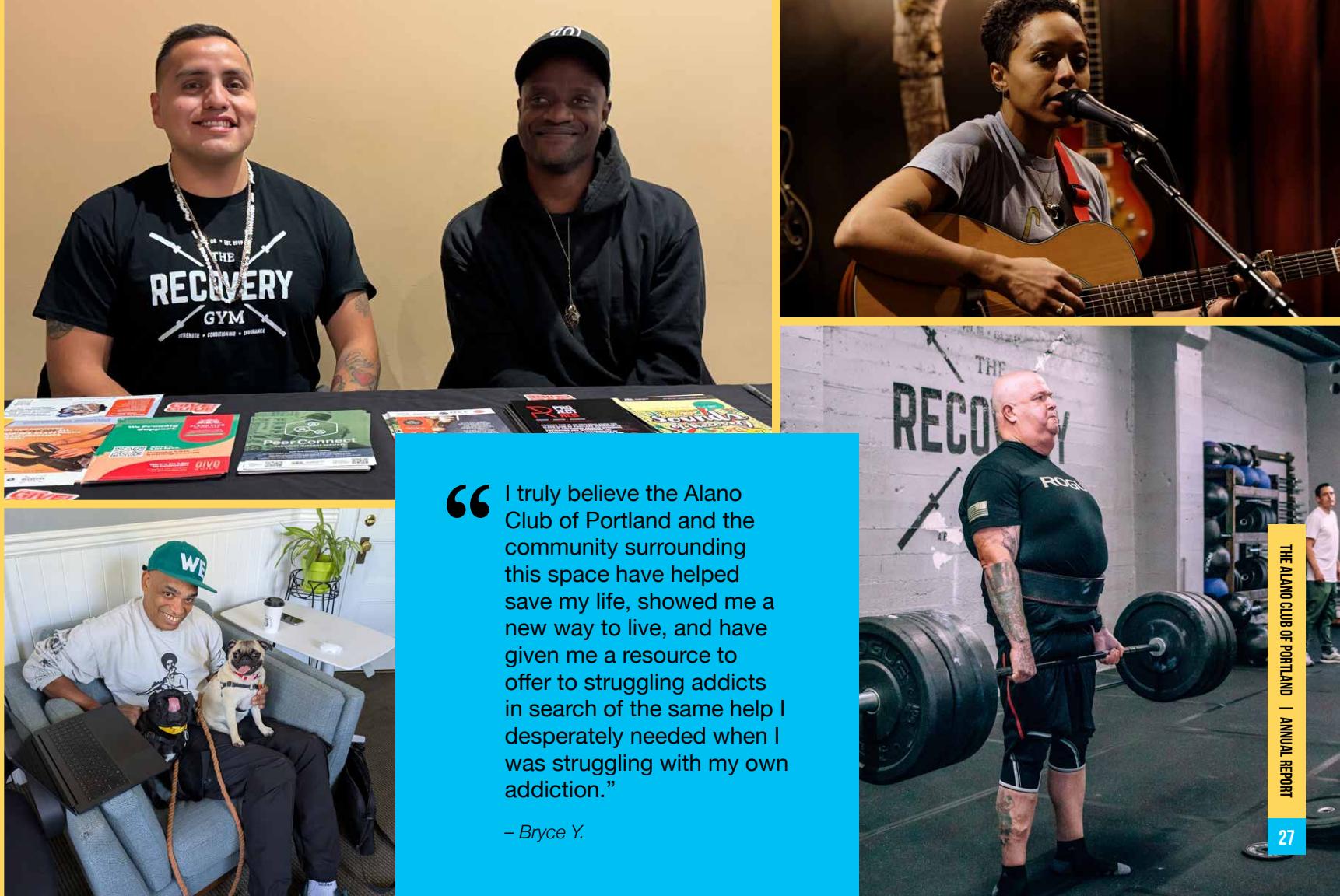


WHY I SUPPORT ALANO:

“ For nearly two decades of my life, the Alano Club of Portland has been a second home to me. It's particularly important to me that I personally donate to the club, as I recognize how fortunate we are to have such a beautiful space to find and sustain recovery in our community. Our rock bottoms may take us to some of the darker and dirtiest environments, but the clean and beautiful house on the hill is emblematic of what we find when we choose to seek recovery.”

– Buster R.





“ I truly believe the Alano Club of Portland and the community surrounding this space have helped save my life, showed me a new way to live, and have given me a resource to offer to struggling addicts in search of the same help I desperately needed when I was struggling with my own addiction.”

– Bryce Y.



ALANO CLUB
OF PORTLAND

WANT TO MAKE A DIFFERENCE?

There are so many ways to get involved with the Alano Club of Portland. Learn about volunteering, donating, or participating in one of our community events!

www.portlandalano.org

