



2019

ANNUAL REPORT

PREPARED BY

**S.A. LIFELINE
FOUNDATION**

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salifeline.org
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2019

ANNUAL REPORT

The mission of SA 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
- *recommending qualified therapy

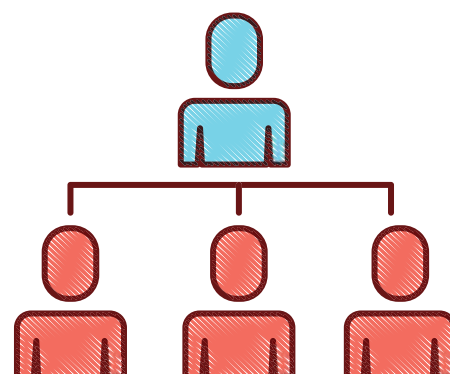
2018 was a landmark year for S.A.Lifeline. The Foundation's focus was on fine-tuning our structure, programs, and policies in preparation for growth. We spent considerable time and capital on the development of online tools capable of reaching a worldwide audience in need. As we approach a new year, we are poised and ready to carry the message of hope for recovery to a much larger audience.



In May 2018, S.A.Lifeline officially hired an Executive Director. This led to a more functional structure, and the development of a fully functioning Executive Board and Advisory Board. Job roles and responsibilities were clarified, and measurable goals were outlined under the direction of the Executive Director with guidance from Advisory Board Member Dr. Gerald Nebeker, non-profit specialist. Staff members and committees now work with clear guidelines to develop varied programs. Weekly staff and committee meetings with the Executive Director are increasing efficiency and productivity overall.

LAYING THE GROUNDWORK

Organizational Structure



Year in Review

GROWING OUTREACH

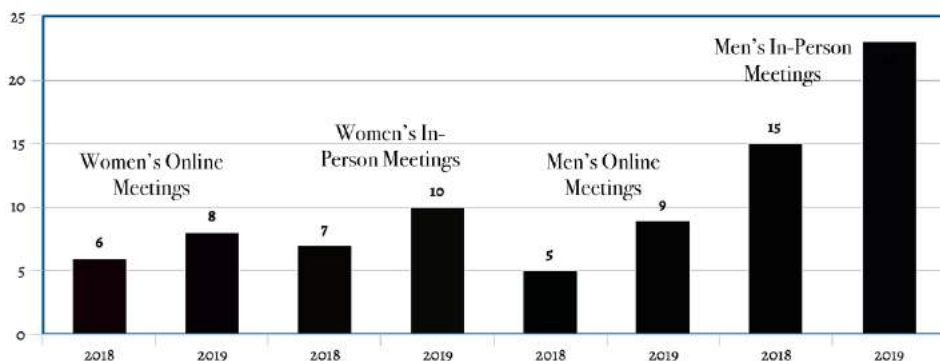
In the past 12 months, we have significantly increased the number of 12 step meetings for both men and women. Fifty 12-step meetings are now held each week. We have also improved the structure and clarified procedures for our 12-step groups, developing a Service Council of volunteers who represent individual groups and connect them back to the Foundation. This oversight ensures consistency in SAL meetings, and differentiates us from other 12-step programs. As a whole, our 12-step meetings represent over 150 individuals volunteering their time to moderate and run individual meetings, with hundreds of individuals volunteering untold hours as sponsors to others in the program working recovery.

Online Tools

SAL12-STEP COURSES

In November 2018 S.A.Lifeline Foundation unveiled a member website, sal12step.org, devoted entirely to offering tangible tools to help members all over the world effectively work the steps. Today, more than 150 students are implementing these tools to work their recovery one day at a time. This is just the beginning. With planned marketing, these Courses are capable of reaching thousands seeking direction in their recovery from sexual addiction and betrayal trauma.

SAL 12 Step Meeting Outreach



4,098

of hours volunteered each year to run SAL 12 Step meetings

- 17 Men's Intro to Recovery
- 46 Men's Curriculum
- 11 Men's Step Zero
- 22 Guided Meditations
- 19 Women's Curriculum
- 20 Women's Intro to Recovery
- 12 How to Set Boundaries
- 154 Total Students Enrolled (New Program early 2019)

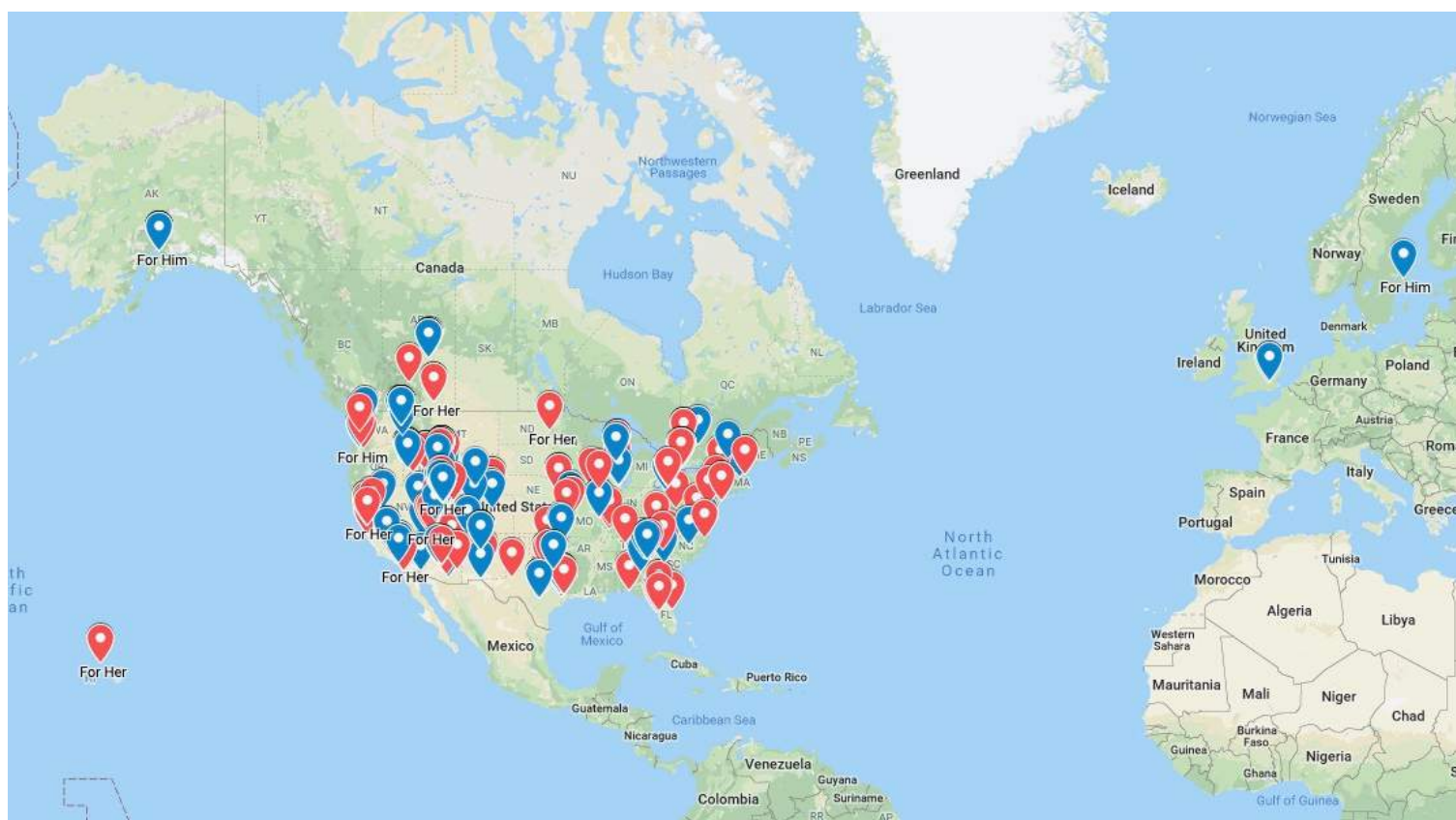
4,522

of sign-ups for our mailing lists and online resources

Year in Review

GROWING OUTREACH

As we continue to add more online resources and optimize our websites, we are excited to see people finding us from across the country and all around the globe. Many of these areas have virtually no local resources to find help for sexual addiction and betrayal trauma.



People are signing up for SAL 12-Step resources from:

**. Hawaii . Sweden . Japan . Canada .
. Alaska . Australia . UK .
& 39 States**

Inspiring EVENTS

July 28th, 2018

S.A.Lifeline Men's Social

Attendance: Approx. 35 people

Location: Hobbles Creek Golf Course, Mapleton, UT

Focus: Responding to your wife in trauma

October 13th, 2018

S.A Lifeline Family Fun Run

Attendance: Approx. 60 people

Location: Mapleton

Focus: Build connection & family support within SAL community

November 17th, 2018

S.A.Lifeline Annual Conference

Attendance: Approx. 150 people

Location: Provo City Library

Focus: Build SAL community, increase support for S.A.Lifeline Foundation, introduce sal12step.org

February 23rd, 2019

UCAP Convention

Attendance: Approx. 1500

Location: Salt Lake City

Focus: Rhyll Croshaw & Becky Moller speak on Understanding Betrayal Trauma & Finding Your Path to Healing.

May 2-4th, 2019

Women's Betrayal Trauma Retreat

Attendance: 25

Location: Peaceful Creek Ranch, Fairview, UT

Focus: "It Works When I Work It"

SAL12STEP
LIFELONG RECOVERY, ONE DAY AT A TIME.



OUR MISSION, VISION & VALUES



S.A. LIFELINE FOUNDATION

S.A.Lifeline Foundation

Mission Statement:

The mission of SA 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:

SA Lifeline Foundation 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.

Values Statements:

S.A .Lifeline values humility, honesty, and accountability in the way we work and interact with one another.

SALF values God as the foundation of our work and 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 and apart from the addict.

SALF values the strength, hope, and experience of the entire community, from newcomers to long-time members, and knows that there is much that we do not understand.

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

SALF values sound educational materials and 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 and 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 and betrayal trauma and seeks to offer support and guidance that will benefit and include the entire family unit.

SALF values connection and 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 and a feeling of belonging.

OUR MISSION, VISION & VALUES



SAL12Step.org

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.

Values Statements:

SAL 12 Step values God as the center of recovery and prayer as an essential element to our meetings and our personal recovery.

SAL 12 Step values consistency, organization, clarity and purpose in the structure of our 12Step program.

SAL 12 Step values the original 12 steps of AA, and strives to adhere to the AA traditions.

SAL 12 Step values a safe, gender-specific, anonymous environment where all people will feel welcome regardless of their race, religion or location.

SAL 12 Step values the ever-expanding outreach available through online meetings and worldwide membership.

SAL 12 Step values and utilizes volunteer and service opportunities as a way to improve our members' individual recoveries through working their 12th step, and to help fulfill our mission of providing quality 12 Step to an ever-expanding audience.

SAL 12 Step values the principles of humility, honesty, and accountability in the way we work together and aims to establish policies and procedures consistent with these recovery ideals.

SAL 12 Step is not concerned with the number of people we serve so much as that we serve the people who come to us with real spiritual tools: the information and support that has led us to find lasting recovery and healing in all aspects of our lives.

SAL 12 Step values the role of qualified therapy and works to educate both our members and therapists on the symbiotic role of 12-Step and therapy work.

SAL 12 Step values a Higher Power as the foundation of this work and we find our greatest fulfillment from the miracle of seeing God working in the lives of those who have made the decision to turn their will and their lives over to His care.

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

SAL 12 Step values working the 12 steps with a sponsor as the heart of personal recovery.

SAL 12 Step values the definition of sobriety as found on page 197 of the White Book.

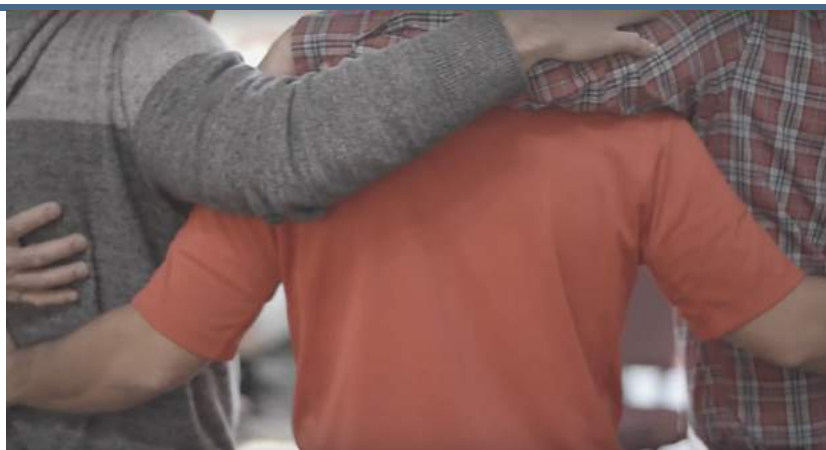
SAL 12 Step values the principles of Surrender and Healthy Boundaries as foundational to recovery from Sexual Addiction and Betrayal Trauma.

SAL 12 Step values betrayal trauma as its own unique condition with its own path to healing, separate and apart from the addict.

SAL 12 Step rejects the codependent model for partners of sex addicts, and works the 12 steps from a trauma perspective.

Personal Stories

RECOVERING INDIVIDUALS



"It is a program that works, because its fundamental message is that change only comes through working the steps, not just showing up to meetings, saying prayers, going to church, and then hoping for the best."

-Man working SAL 12 Step

"For me, what's helped the most has been the comradery of just being with the group, the group meetings themselves, the friendship of the men. I had counselors on and off, half-heartedly to appease my wife and I have never really worked recovery for me. I think the change really started to happen when I could be outside of myself, get outside of the shame, being able to talk about my addiction with other men that I could really relate to."

-Man working SAL 12 Step



"Anytime you have someone who can help men along with those steps it's crucial. I found that as I work the steps, and I am serious about it, then my recovery and the strength to overcome increased. It's like working out at the gym, it's conditioning. Conditioning your mind to stop lusting--that's the hardest thing to overcome. Once you understand those things that drive you to lust...that's powerful."

-Man working SAL 12 Step

"We have very limited recovery resources in our area for spouses suffering from betrayal trauma We do have an S-Anon group, but it is very young and there are no women who have worked through the steps with a sponsor. The SAL online groups have been one of the greatest keys to the peace and freedom and recovery I have experienced up to this point."

-Woman working SAL12 Step

"My husband and I had exhausted all resources trying to work through his addiction and my trauma. We were at the point of completely losing hope until S.A.Lifeline was introduced to us. Attending the meetings and working the steps has restored that hope, and we finally have the real tools we need to recover individually, our marriage, and our family."

-Woman working SAL12 Step

"I wish more people knew about S.A.Lifeline. It has changed my life, and I do not say that with exaggeration. It helped me find peace and learn how to find that peace daily. It helped me process what happened to me and attain closure. I have attended other recovery groups, and what I love about SAL is that here I focus 100% on changing what I really can change--myself."

-Woman working SAL12Step

Personal Stories

HEALING FAMILIES



"My "children" are 35 and 37. I wouldn't have guessed how much my recovery would improve my relationship with my grown children. When I talk to them now I use principles that I have learned in SAL recovery. Things like knowing when it's time to surrender and when there is something that can be done about a problem. The skills I am gaining in recovery have helped me to hang in there with my kids when things are going rough between us because I now have the strength and confidence in myself that I've gained through recovery to stay calm and centered in my Heavenly Father rather than in panic mode when things are tough. Recovery is helping me in every relationship I have. Overall, when there are difficulties in relationships-- my children or my husband or my sister or anyone-- I look at it as a way to improve the relationship instead of looking at it in a despairing kind of way." -Jana, Bountiful, UT

"As I worked the steps, I learned how to let go of the shame and anger. I learned how to give my unmanageability to God. I learned how to healthily interact with my defects. For a time my husband's addiction worsened, but my serenity increased. I am so grateful for the steps and recovery. My children had already suffered losing much of their father to addiction. They had mostly lost me too, to raging constant unmanageability. But because of recovery and the steps, I began to be capable of maintaining serenity, which meant I could be available to them. I still make all kinds of mistakes and lose my serenity all the time, but I know what to do to get it back. A healthy me is the greatest gift I can give to the people I love." -Michelle, Dallas, TX

"I am grateful for SAL recovery because I feel it's one more tool that I have that helps me to calm down, and not freak out the way I used to. To let go of things/people that I can't control...I can only control me. To take it a day at a time, to remember my worth, to see others' worth, to keep God and Christ at my center....and that definitely helps me to be a better Mom!"

-Beverly, Spanish Fork, UT

"I think working recovery has helped me continue to learn over and over how to "let go and let God." I have a crazy obsession with trying to control everything around me. This is really not the way for a life of serenity. So, as I continue to learn how to "let go and let God" I begin to see life in the eyes of a child--pure trust and enjoyment in each moment. I'm a better mother now than I ever was before because I can laugh with my daughter in the seemingly ugly moments, relax in the undesired chaos, and smile through the pain."

-Joanna, Provo, UT

WHERE DO WE GO FROM HERE?

REACHING A GREATER AUDIENCE

MOVING THE WORK FORWARD



ONE DAY AT A TIME

In the coming year, SALF hopes to receive additional funding to accelerate our work and expand our outreach.

On Sept 21st, 2019, SALF will be hosting

Dr. Barbara Steffens

(Author of *Your Sexually Addicted Spouse*, former president of APSATS and pioneer of Betrayal Trauma research)

Dr. Don Hilton

(Author of *He Restoreth My Soul*, Neurosurgeon, and member of the Board of Directors for the National Center on Sexual Exploitation)

Dr. Adam Moore

Director of Utah Valley Counseling

Our Fall Conference represents just one of the ways SALF is expanding our outreach of Trauma-Sensitive 12-Step recovery for those who struggle with sexual addiction and/or betrayal trauma. We also hope to be able to fund:

- education for therapists on the benefits of SAL 12-step meetings & resources
- publications to advance awareness of trauma and 12 step recovery
- manual to define trauma-sensitive specifics and consistent structure to SAL 12-step program
- SALF podcast to increase knowledge about trauma-sensitive 12 step principles