

# 2026 Vision Cast

## State of the Foundation Report

S.A. Lifeline recently hosted its 2026 Vision Cast, a special online event where leadership shared updates about the organization, celebrated milestones from 2025, and outlined priorities for the coming year. The meeting highlighted the growth of the foundation, the impact of its volunteers and recovery community, and the continued mission to offer hope and healing to individuals and families affected by sexual addiction and betrayal trauma.

### Who We Are

S.A. Lifeline Foundation was established as a 501(c)(3) nonprofit in 2009 with the goal of providing education, resources, and hope for those navigating sexual addiction and betrayal trauma.

Over time, the organization has developed two complementary branches under the foundation:

- **S.A. Lifeline** – focuses on education, outreach, resources, and public awareness.
- **SAL 12 Step** – an anonymous recovery program offering gender-specific meetings where individuals work the 12 steps in a safe and supportive community.

Together, these branches serve individuals and families by combining education, professional guidance, and peer recovery support.

The foundation is supported by a dedicated board of directors, advisory board, executive staff, and hundreds of volunteers, all working toward the same mission: helping people find a path to recovery and healing.

## The S.A. Lifeline Recovery Approach

Central to S.A. Lifeline’s philosophy is what the organization calls the **Recovery Puzzle**—a holistic approach to healing that recognizes recovery requires both internal change and external support.

At the center of recovery are heart and mind commitments, including:

- Humility and accountability
- Rigorous honesty
- Willingness to engage in the recovery process
- Spiritual connection and surrender

These inner commitments are supported by key action steps, including:

- Education about addiction and trauma
- Qualified therapy with trained professionals
- Working the 12 steps
- Establishing boundaries and safety practices
- Community support

S.A. Lifeline emphasizes that lasting recovery often comes when therapy and 12-step work are combined, creating a powerful path toward healing.

## 2025 Highlights

The past year brought meaningful progress across multiple areas of the organization.

### The Updated SAL Book

One of the most significant accomplishments was the release of the second edition of the SAL recovery book. The updated version includes:

- The revised Recovery Puzzle framework
- Expanded guidance on top lines, bottom lines, and boundaries
- New sections on healing couples and families
- A glossary and index to improve usability

Three thousand copies were printed, and distribution began in 2025.

### **New Resources for Finding Qualified Therapy**

Rather than creating a training program for therapists, S.A. Lifeline developed a new online resource page to help individuals find qualified professionals. The page includes a downloadable guide with 10 questions individuals can ask when selecting a therapist, helping people better navigate treatment options.

### **Pathway to Recovery Podcast**

The Pathway to Recovery Podcast continues to grow as a global resource for education and hope.

Key milestones include:

- 90+ episodes released
- 68,000+ downloads
- Listeners in 93 countries and over 3,000 cities

Episodes feature both individuals in recovery and clinicians who specialize in addiction and betrayal trauma.

### **Ambassador Program**

Now in its second year, the S.A. Lifeline Ambassador Program empowers volunteers to share recovery resources in their local communities. Ambassadors connect with therapists, church leaders, and community organizations to help others discover available support.

Currently, the program includes 10 ambassadors across multiple states, and the organization hopes to continue expanding its reach.

## **Workshops, Conferences, and Scholarships**

S.A. Lifeline also hosted several impactful events in 2025:

- The **annual Women’s Workshop**, attended by 50 women
- The **virtual S.A. Lifeline Conference**, featuring eight expert therapists and offering CEU credits
- **33 scholarships** awarded for events, workshops, and resources

These scholarships helped individuals access education and community support who might not otherwise have been able to attend.

## **Volunteer Contributions**

Across the organization, volunteers contributed thousands of hours to support the mission.

- **1,100 volunteer hours** supporting S.A. Lifeline programs and events
- **6,700 hours** supporting women’s SAL 12 Step meetings
- **6,000 hours** supporting men’s SAL 12 Step meetings

This volunteer effort makes it possible for the organization to continue expanding its impact.

## **SAL 12 Step Growth**

SAL 12 Step meetings continue to grow both locally and internationally.

Highlights from the past year include:

- **36 men’s meetings** and **17 women’s meetings**
- Average weekly attendance of over 420 men

- The addition of **new in-person meetings in St. George and Seattle**
- Launch of a **Spanish-speaking meeting**
- A **new monthly newcomers meeting** to help individuals explore recovery with less apprehension

The first SAL 12 Step conference was also held in 2025, providing additional education and support for those working the steps.

## **Goals for 2026**

Looking ahead, S.A. Lifeline shared several priorities for the coming year.

### **Expanding Online Reach**

A major focus for 2026 is improving the organization's online presence so more individuals searching for help can find resources. Plans include professional support for:

- Search engine optimization (SEO)
- Website visibility improvements
- Expanded social media outreach

### **New Educational Resources**

S.A. Lifeline is also developing new materials, including:

- A condensed digital guide on pornography addiction and betrayal trauma for faith leaders and community organizations
- Continued expansion of Spanish-language resources, including a digital Spanish version of the SAL book and translated podcast transcripts

### **Strengthening the Ambassador Program**

The organization hopes to expand the ambassador program to **at least 15 active volunteers** while providing more structured support and collaboration opportunities.

## **SAL 12 Step Initiatives**

Several new initiatives are also underway for the SAL 12 Step program.

Plans include:

- Expanding the number of meetings
- Updating online recovery curriculum
- Building a new SAL 12 Step website
- Developing the **first official SAL 12 Step book**, designed to help individuals work the steps from both the addiction and trauma perspectives simultaneously

## **A New Initiative: Let God Prevail**

The foundation also announced the launch of a new initiative called **Let God Prevail**.

This program is designed to support youth and young single adults (ages 16–22) who are struggling with compulsive sexual behaviors but may not yet have access to recovery resources.

The program will combine:

- Education about addiction and recovery
- Faith-centered principles
- Accountability tools
- Mentorship support

S.A. Lifeline is partnering with the company **Tyfoom**, which has developed an accountability app that will support the program.

Importantly, the initiative will be provided at no cost to participants, with the foundation building the framework and training mentors who will implement it in their communities.

## **A Mission Rooted in Hope**

The Vision Cast concluded with a reminder of why S.A. Lifeline exists.

The organization began after founders Steven and Rhyll Croshaw experienced their own journey through sexual addiction recovery and betrayal trauma. What started as a small effort to share hope with others has grown into a global network of meetings, resources, and support.

Today, people from around the world participate in SAL 12 Step meetings, listen to the podcast, and access S.A. Lifeline resources.

As Executive Director Tara McCausland shared during the event:

“There is hope. Recovery is possible. And when people embrace the process, individuals heal and families flourish.”

## **Looking Ahead**

As S.A. Lifeline enters another year of service, the organization invites individuals and supporters to get involved by:

- Attending upcoming workshops and conferences
- Volunteering as ambassadors
- Supporting resource development
- Helping spread the message of recovery

Because every effort—large or small—creates ripples of healing.