

## Sailing for Recovery

Rebuilding life after addiction is a critical step in long-term recovery. Establishing new routines, activities, and relationships isn't easy. Evolve Life Centers and the Baltimore County Sailing Center (BCSC) have partnered to create an avenue to launch a new chapter in life for those who have battled addiction.

The innovative program will host 25 Evolve Life Center residents at the BCSC at Rocky Point Park in Essex, MD. Participants will learn fundamental sailing skills as part of their recovery process in weekly sessions between Memorial Day and Labor Day.

"Each Wednesday evening next summer, five or six BCSC instructors will teach our basic learn-to-sail program on FJs to those enrolled in the program," says BCSC executive director Rob Deane. "Along with their counselors and therapists, at the end of each sailing lesson the participants will hold a group session on our beach. We hope that those who

complete our level one class will continue to more advanced sailing courses and join all our other recreation activities."

"Learning to sail is just a part of the BCSC experience," says Deane. "Sailing provides a feeling of freedom, and sailors learn teamwork, communication, decision-making, and resilience. These are the skills that we are teaching in all of our programs. And on top of that, new sailors gain self-confidence and improved self-esteem. We hope to build this program so that it can be replicated elsewhere and possibly with other sports," he adds.

Chris Peterson, senior vice president at Evolve Life Centers, says, "Sailing is an opportunity for growth and broadening horizons. We hope the experience will put things into perspective and empower the participants.

We can't think of a better way for people to get reconnected with the beauty of life than by getting out there as a team, working together, and seeing how amazing the world is."

The program is funded by the generosity of donations and grants. To learn more or make a donation, contact Deane at [director@bcsailing.org](mailto:director@bcsailing.org) or Peterson at [chris@evolvelifecenters.com](mailto:chris@evolvelifecenters.com), or visit [bcsailing.org](http://bcsailing.org) and [evolvelifecenters.com](http://evolvelifecenters.com).



Photo courtesy Baltimore County Sailing Center

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