



Champions Recovery- Hannah’s House and Samuel’s House Vape-Free Campuses Promoting Overall Wellness

Champions Recovery Alternative Programs’ mission is *“Putting Into Order, Disordered Lives.”* Champions accomplishes this mission by providing safe and supportive environments where recovery from substance abuse, mental health issues, violence, and other traumatic experiences are possible.

About 16 months ago, Champions received a grant to reduce tobacco use in both residential facilities located in Hanford, CA. The project supports Champions goal of increasing overall wellness for both men and women in Hannah’s House and Samuel’s House residential programs. As a result, the men and women have been working together to support and motivate each other to live a healthier life.

As of January 1, 2020, Champions is officially an electronic smoking device (ESD)-free facility. Although there were barriers that clients and staff had to conquer along the way, we conquered them together.

Hannah’s House and Samuel’s House clients are now living an overall *“wellness first”* life by working together. Both residential programs have been playing sports together such as softball and volleyball, incorporating art therapy into their daily lives, attending nutrition education groups, and will start gardening at Champions’ Victory Garden within the next month.

Although the Wellness Quality Improvement Project is coming to a close, Champions will continue our journey of providing a safe, supportive and healthy environment for all staff and clients.