



Real Recovery Podcast Inc.

Real Recovery Podcast Sponsorship Proposal

Date: 10/30/2024

1. Executive Summary

The Real Recovery Podcast is a nonprofit initiative dedicated to empowering individuals on their path of recovery. Our platform shares inspiring, real-life recovery stories, insights, and resources that help individuals build resilience, hope, and a sense of community. We seek sponsorship and donor support not only to continue this impactful work but also to broaden our reach and engage more individuals on their journey. Your partnership with Real Recovery Podcast will help amplify recovery voices and contribute to a compassionate and informed public dialogue on recovery.

2. Mission and Vision

Our Mission: To provide an inclusive platform for individuals on their path of recovery, fostering hope and breaking down the stigma around addiction recovery.

Our Vision: To expand access to real recovery stories and resources for individuals worldwide, helping them feel supported, understood, and empowered.

3. Current Impact and Initiatives

The Real Recovery Podcast currently releases new episodes every Friday, featuring lived life stories of recovery. Each episode highlights guests from diverse recovery backgrounds who share their experiences, strengths, and hopes. With an average episode length of 45 minutes to 1.5 hours, the podcast reaches listeners seeking inspiration, support, and practical perspectives. We also produce extra shows that cover special events and timely topics, resonating deeply with our audience.

Event Coverage

Our team has actively participated in various recovery-focused events, including:

- 4D Recovery Recover Out Loud
- True Colors Recovery Conference
- GTD's Go the Distance 5K Annual Run

www.realrecoverypodcast.com info@realrecoverypodcast.com (503) 810-8851

Real Recovery Podcast Inc. is a registered 501(c)(3) non-profit organization. EIN: 99-1347297

- Oregon Recovers Walk Portland
- Coverage for the For a Health Recovery 2024 Gala and 4D Recovery Gala and Fundraiser through blog posts

Your sponsorship will help us expand our coverage to more events, bringing greater awareness to recovery initiatives and allowing us to capture essential stories from the heart of the recovery community.

4. Goals and New Initiatives

Our ongoing and upcoming initiatives include:

- **Roundtable Discussions:** We are planning themed discussions on impactful topics such as:
 - Surviving the Holidays in Recovery
 - Dealing with Grief
 - Rebuilding Relationships
 - Entering the Workforce
 - Attending Social Functions as a Person in Recovery
 - **Video Podcasting:** We aim to introduce video podcasts for a more immersive experience, contingent on guest preferences to remain anonymous. Video capabilities will enhance engagement, allowing us to reach broader audiences across multiple platforms.
 - **Extra Shows and Interviews:** Special episodes featuring notable figures and extra interviews will continue to resonate with our audience, covering relevant, timely topics and deepening the connection with our community.
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5. Sponsorship Benefits

As a sponsor, you will be directly contributing to impactful, community-centered content that resonates with those in and outside of the recovery space. Sponsorship benefits include:

- **Sponsorship Recognition:** Sponsors receive acknowledgment in show credits, blog posts, and the Real Recovery Podcast website.
- **Branded Show Sponsorship:** With a contribution of \$1,000, sponsors can support a specific episode, with branding included across various media channels.

- **Exclusive Sponsorship Opportunities:** Real Recovery Champions receive branded merchandise as recognition.
- **Sponsored Event Coverage:** For \$1,500–\$2,000 per event, sponsors can support our team’s live event attendance and coverage.

6. How Your Support Will Make a Difference

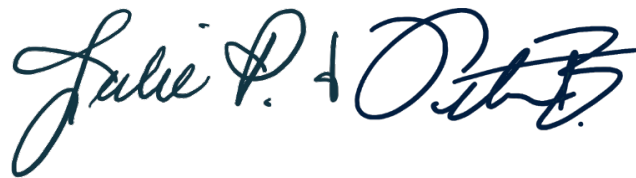
Your sponsorship will fund essential production activities and growth initiatives, including:

- Weekly production costs, totaling approximately \$4,420 monthly.
- Expanded event coverage for greater community impact.
- New video capabilities to enhance our podcast reach and audience engagement.

7. Next Steps and Contact Information

We invite you to join us on this journey by becoming a sponsor of the Real Recovery Podcast. Together, we can make a meaningful impact in the recovery community and beyond.

For more details or to discuss potential partnership opportunities, please contact us:



Julie P. Lewis & Peter B. Dowell

Co-Founders, Real Recovery Podcast

Phone: [503-810-8851](tel:503-810-8851) Julie Direct Line: [503-572-7774](tel:503-572-7774)

Email: champions@realrecoverypodcast.com

Website: <https://www.realrecoverypodcast.com>

Thank you for considering partnership opportunities with the Real Recovery Podcast. Together, we can amplify voices of recovery and foster positive change in countless lives.

Addendum: Estimated Real Recovery Podcast Costs

This addendum provides a detailed breakdown of the estimated costs associated with producing the Real Recovery Podcast on a monthly and per-episode basis. These figures outline the resources required to continue delivering impactful content weekly and expanding our reach through additional episodes, event coverage, and production enhancements.

Estimated Monthly Costs

Estimated Monthly Real Recovery Podcast Costs				
Production	Hours	Cost	Total Per Month	
Preproduction	8	\$ 65.00	\$	520.00
Interviews Host 1	14	\$ 65.00	\$	910.00
Interviews Host 2	14	\$ 65.00	\$	910.00
Show edits and posting	32	\$ 65.00	\$	2,080.00
Post production	8	\$ 65.00	\$	520.00
Services				
Descript	1	\$ 30.00	\$	30.00
Hosting	1	\$ 35.00	\$	35.00
ChatGPT	1	\$ 20.00	\$	20.00
DLVR.IT	1	\$ 10.75	\$	10.75
Supplies	1	\$ 500.00	\$	500.00
Total Monthly Costs			\$	5,015.75
Total Annual Costs			\$	60,189.00

Per-Episode Costs

Estimated Real Recovery Podcast Individual show Costs				
Production	Hours	Cost	Total Per Show	
Preproduction	2	\$ 65.00	\$	130.00
Interviews Host 1	3.5	\$ 65.00	\$	227.50
Interviews Host 2	3.5	\$ 65.00	\$	227.50
Show edits and posting	8	\$ 65.00	\$	520.00
Post production	2	\$ 65.00	\$	130.00
Services				
Descript	1	\$ 7.50	\$	7.50
Hosting	1	\$ 8.75	\$	8.75
ChatGPT	1	\$ 5.00	\$	5.00

DLVR.IT	1	\$	2.69	\$	2.69
Supplies	1	\$	10.00	\$	10.00
Total Individual Show Costs				\$	1,138.94

These projections reflect the production, editing, and hosting costs necessary to maintain and grow the Real Recovery Podcast. Your sponsorship can make a significant impact by supporting these foundational aspects, ensuring the continuity and growth of our work in the recovery community.

Addendum: Episode List and Synopses

This addendum provides a snapshot of each Real Recovery Podcast episode from 1 through 26, our first 6 months of production, showcasing a variety of lived recovery experiences and insights into overcoming challenges. The complete listing to date can be found here: <https://podcasters.spotify.com/pod/show/realrecoverypodcast>

1. **Episode 1**

Title: Launch and Vision

Synopsis: Introduction to the Real Recovery Podcast and its mission to provide a platform for authentic recovery stories.

2. **Episode 2**

Title: Embracing Community Support

Synopsis: Guests discuss the essential role of community in sustaining recovery and building meaningful connections.

3. **Episode 3**

Title: Julie's Story

Synopsis: Co-host Julie shares her path from addiction and incarceration to 30 years of sobriety, focusing on resilience and transformation.

4. **Episode 4**

Title: Colette's Journey

Synopsis: Colette shares her path from addiction to recovery, emphasizing the role of resilience and the importance of community.

5. **Episode 5**

Title: The Healing Process

Synopsis: An exploration of the steps in healing and moving past trauma within the recovery journey.

6. **Episode 6**

Title: Family Support in Recovery

Synopsis: Guests discuss the dynamics of family support and its critical role in recovery.

7. **Episode 7**

Title: Ben's Path from Addiction to the Courtroom

Synopsis: Ben details his transformative journey from addiction to becoming a lawyer, focusing on resilience and second chances.

8. **Episode 8**

Title: Community Bonds

Synopsis: Highlighting how community relationships bolster individuals throughout their recovery journey.

9. **Episode 9**

Title: Mentorship in Recovery

Synopsis: Examining the impact of mentorship and sponsorship on sustaining recovery.

10. Episode 10

Title: Rediscovering Self-Identity

Synopsis: Conversations around finding and redefining one's identity after addiction.

11. Episode 11

Title: Finding Meaning Beyond Addiction

Synopsis: Guests share their insights on creating meaningful lives beyond substance dependence.

12. Episode 12

Title: Overcoming Guilt and Shame

Synopsis: An episode focused on addressing the emotions of guilt and shame during recovery.

13. Episode 13

Title: Journey to Forgiveness

Synopsis: Exploring forgiveness in the context of personal healing and recovery.

14. Episode 14

Title: Kiki S.'s Remarkable Journey from Venice Beach

Synopsis: Kiki S. recounts her journey from addiction to recovery, discussing the challenges she faced and how she rebuilt her life.

15. Episode 15

Title: Spiritual Healing in Recovery

Synopsis: Discussing the role of spirituality and inner peace as components of the recovery journey.

16. Episode 16

Title: Embracing a New Life

Synopsis: Stories of guests who have transitioned into fulfilling lives through recovery.

17. Episode 17

Title: Michael Hovey's Journey with Fora Health

Synopsis: Michael Hovey shares insights into his role with Fora Health, supporting individuals through addiction recovery.

18. Episode 18

Title: Becca's Recovery Journey

Synopsis: Becca recounts her personal experiences with addiction, highlighting key turning points in her recovery.

19. Episode 19

Title: Tony Vezina and the Power of 4D Recovery

Synopsis: Tony Vezina discusses his journey and the transformative work of 4D Recovery.

20. Episode 20

Title: Resilience and Rebuilding

Synopsis: Stories of resilience as individuals navigate the process of rebuilding their lives post-addiction.

21. Episode 21

Title: Amanda's Story with True Colors Recovery

Synopsis: Amanda shares her path to sobriety and her work founding True Colors Recovery.

22. Episode 22

Title: Reflections on Progress

Synopsis: Guests share reflections on progress, growth, and lessons learned along the way.

23. Episode 23

Title: Jack T.'s Journey from Homelessness to Hope

Synopsis: Jack T. shares his story of overcoming homelessness and finding a renewed purpose through recovery.

24. Episode 24

Title: Robert Sanders' Journey

Synopsis: Robert Sanders, grandson of former Oregon Governor Barbara Roberts, speaks on overcoming addiction while honoring his family's legacy.

25. Episode 25

Title: Jesse D.'s Journey

Synopsis: Jesse D. reflects on his early struggles with alcoholism, family trauma, and finding resilience in recovery.

26. Episode 26

Title: Elton Frice's Transformation

Synopsis: Elton Frice shares his inspiring journey from homelessness to leadership at 4D Recovery, showing the power of resilience and community support.

Each episode in this list emphasizes unique perspectives within the recovery journey. For full episode descriptions and details, you can refer to [Spotify](#) or the [Real Recovery Podcast's](#) website