



# WholeLife Community

Wellness • Music • Counseling • Recovery Support

## Executive Summary

### Introduction

The **WholeLife Community Philippines** was initially formed, as a Recovery Community, WholeLife Community has expanded its vista, to be a self-sustainable, holistic, integrated therapeutic organization, purposed to form a full purpose Community Center by providing and supporting:

- (1) A Community Center and Clubhouse Activities, Classes, Events and Resources;
- (2) Holistic and Integrated health practices; Behavioral Health Services; Recovery Community;
- (3) Arts and Recreation activities, including a Music and Music Technology Institute;
- (4) A Co-op Business Incubator, that would foster interns and apprentices;

The concept of the **WholeLife Community Center** (WCC) was derived from our core philosophy and paradigms on our approaches to Recovery....which is easily extrapolated to the community and general population. These include:

1. The importance of addressing our multiple domains of function: Physical, Mental/Emotional, Spiritual, Educational/Vocational, Passion Development, Family and Community;
2. The influence and importance of utilizing Peers—those individuals with learned experience;
3. Harm Reduction: initially describes reducing harm to IV users—WholeLife expands the meaning of harm reduction to refer to any activities which reduce harm to our domains of function.

Following is a short summary of the components of a WholeLife Community Center, followed by the addenda.

### Community Center and Clubhouse Activities, Classes, Events and Resources

WholeLife Community center will offer a host of therapeutic, artistic/creative, recreational, and vocational resources to the community-at-large. Designed as a worker owned co-operative, most of the activities would be operated by individuals and community members who would be responsible for programming, and have a stake in outcomes. Within our space we predict a beehive of activities of interest to the community at large:

- A robust schedule of community activities, classes and workshops for vocation, literacy, the arts, recreation, holistic health and spirituality;
- Therapeutic Groups, Peer Recovery, and Behavioral Health Groups;

- Music and Video Studios;
- Multimedia performance and large group teaching space;
- A complete commercial kitchen;
- Apothecary and growing spaces;
- Offices and workspaces for a variety of Co-op owned businesses, w/shared admin resources.

## **Holistic and Integrated Health Practices**

WholeLife Community has from its inception, understood the importance of harm reduction and addressing our multiple domains of function as the main tools for Recovery. These include domains of physical, mental-emotional, spiritual, educational, resilience, community/social, vocational and passion development/fun/recreation. We know from experience that we are all unique—some individuals are driven by knowledge, some by fun and recreation, some by GOD and spirituality, some by material wealth, and some by love, family and community. For all of our members and the community, through our co-op partners, and through our resident Peers, we can provide an environment where multiple pathways of recovery are respected, and simultaneously, train and utilize the learned experience of Peers.

It is estimated that that in the U.S, there are over 27 Million individuals that have SUD/COD (Substance Use Disorder/Co-Occurring Disorders). We are also in the midst of a global pandemic. The value and need for organizations that utilize holistic pathways, and peer run resources should be obvious now. We know painstakingly, that pricey, unilateral approaches to Recovery have dismal success rates. As each person's problems have different origins and symptoms, so must addressing mental health be approached from multiple pathways. Over time we expect that the WholeLife Community will create a Recovery Network and invaluable community resource, that can help transform lives of people struggling with behavioral challenges. WholeLife will be re-licensed as a counseling/recovery agency.

In the addenda, please find some of the programs that we plan to offer in the WCC.

## **The Arts and Recreation**

We believe in the vitality and importance of Passion Development. In our previous space that was located in the MetroCenter Mall, WholeLife operated a Flex-Space, designed for Music Production and Performance, and small groups up to 25 for purposes including discussion groups, recording, production, performances, counseling, recovery activities including a coffee house, and music classes. There was abundant space available for expansion, but Covid happened, and the Mall eventually closed. The WCC shall recreate even better such resources.

Technology abounds in an atmosphere that demands training and education---in Computers, Digital Audio Workstations, Advanced MIDI, Softsynths, Music Sequencing and Programming, Social Media, and other advanced areas within the arts, and in learning and production. Our new Community Center space will house a full teaching and production studio--a music and music technology institute, capable

of traditional music classes, music technology classes, video, social media production and music therapy, and music/video production/performances. We also do not want to spare the technology—interested students for example can build their own computers in one of our classes. Please find our current catalog in the addenda.

### **A Co-op Business Incubator; Foster Interns and Apprentices**

In my early training in the field of Substance Abuse Recovery, I was involved in Faces and Voices of Recovery's 2013-2015 Executive Leadership Conferences. *William White*, a guru of the Recovery movement, spoke of the need for folks in recovery to address challenges in vocation.

Go forward 6 years and we now see the increase of overwhelming inequality within huge swaths of our country and society, (certain with folks in recovery), but within the rest of society as well. Two of the most powerful tools we have as a society to combat inequality are experiential education and the creation of worker owned businesses and enterprises. Realistic possibilities for *Co-oping* WholeLife Community include the classes and activities of our Community Center, WholeLife Counseling, WholeLife Peer Academy, WholeLife Music, the Organic Herbal and Vegetable gardens, and a Business Incubator fostering enterprises in construction, real estate/housing, technology, etc. Also, our Business Incubators can foster partnerships, internships and apprenticeships with unions, training organizations, schools and neighborhood businesses big and small. A more substantive list of possibilities is provided in the Addenda

### **Contact Information:**

Alan Kavin, M.S, LASAC  
968 876 2231  
[alankovinms@gmail.com](mailto:alankovinms@gmail.com)