

# SAMAD'S HOUSE NEWSLETTER

2023 Impact



**SAMAD'S  
HOUSE**



## HIGHLIGHTS

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## JOIN US FOR OUR UPCOMING EVENTS

- Coping Through Movement - 12/29/23, 5pm-6pm, Iron Fist Fitness
- Harm Reduction Drive February 24, 2024  
(TBD)
- Black Ballon Day March 6, 2024  
(TBD)



# NEWS & UPDATES

## Impact 2023



This year Samad's House impacted over 1,100 people through our ambassadorship initiative powered by Vital Strategies. We hosted over 24 pop-up events throughout Milwaukee county, providing resources such as naran, hygiene products, and food to our community. Samad's House finds innovative approaches to bring vital information to targeted neighborhoods. We do this through events such as Cope 'N' Trunk which kicks off our Coping Through The Holidays series.



## Impact 2023

Creating these fun filled events shows our community that although sobriety is a serious topic, we can still enjoy ourselves while maintaining sobriety. Samad's House continues to create healthy environments for our community to thrive in. Samad's House thanks our volunteers, participant, and staff for their continuous support.



## Better Ways To Cope:

Samad's House is proud to be part of Milwaukee County Behavioral Health Services "Better Ways To Cope" campaign. Better Ways to Cope is a community-centered mental health and substance use prevention campaign powered by Community Access to Recovery Services. This multifaceted movement is designed to increase access to information and resources for reducing overdose deaths, preventing substance use disorder and increasing healthy coping choices. Samad's House initiative is to disseminate life-saving information in targeted neighborhoods in Milwaukee County. We collaborate with community partners to bring a series of "Coping Through the Holidays" events. We kicked off the series with our second annual "Cope'N'Trunk. This interactive event brings life-saving training and awareness on the crisis of drug overdose. Samad's House staff and volunteers put Narcan, fentanyl testing strips, hygiene products, candy, medicine lock boxes, gun locks, medication deactivation kits, and a host of other resources geared to save lives in the trunk of their cars. This family fun event boasted a tik tok bounce house, cotton candy machine, popcorn, games such as ice hockey, tic-tac-toe, bean toss, and many more competitive games.





# LATEST EVENTS



## Cope 'N' Trunk

We collaborated with community partners to bring a series of "Coping Through the Holidays" events. We kicked off the series with our second annual "Cope'N'Trunk. This interactive event brings life-saving training and awareness on the crisis of drug overdose. Samad's House staff and volunteers put Narcan, fentanyl testing strips, hygiene products, candy, medicine lock boxes, gun locks, medication deactivation kits, and a host of other resources geared to save lives in the trunk of our cars. This family fun event boasted a tik tok bounce house, cotton candy machine, popcorn, games such as ice hockey, tic-tac-toe, bean toss, and many more competitive games.

## Coping Through The Holidays

Samad's House served our community this November providing thanksgiving dinner boxes along with bag lunches and hygiene products. We had 3 set locations and was able to serve over 75 families.



## Survivor Coalition



Samad's House survivor's coalition is now in its second year of operation. Our survivor's coalition supports individuals who have lost a loved one due to addiction. Samad's House community partner one9Trauma provides counseling to residents of Samad's House and participants of our Survivor's Coalition. We hosted our First "Paint, Process, and Release" event on November 18, 2023, (20) individuals identified the source of their trauma, paint their emotions attached to the trauma, and our licensed counselors guided them through exercises to help release the pain attached to the feelings of trauma.

# FOUNDER'S MESSAGE

Thank you for supporting Samad's House vision of empowering women after addiction. Samad's House provides a safe living environment for women while holistically recovering from substance use. Our mission is to create an environment that provides individuals who have a history of substance use with tools necessary to manage sobriety, restore families and comfortably re-acclimate into society.

Through my personal journey in recovery, I've learned the importance of rebuilding life after addiction. It takes empathy, patience, and understanding to empower individuals to know that they have the ability to rebuild, and restore their families.

Samad's House understands the importance of rebuilding communities that have been impacted by the destruction of drug use. Samad's House Leaders created an ambassadorship initiative for women with lived experience to provide awareness and guidance on how to rebuild life holistically.

Samad's House ambassadorship initiative provides education, awareness, and harm reduction resources to targeted neighborhoods in Milwaukee County. Our Ambassadors create, activate, and host targeted outreach events to disseminate vital information on harm reduction resources, thereby achieving an equitable and sustainable reduction in overdose deaths in our communities.

Samad's House is PROUD to say our AMBASSADORS have reached over 1,100 people in Milwaukee County by educating on the warning signs of a drug overdose. We are empowering communities to be proactive in reversing a drug overdose by using Narcan. Samad's House Ambassadors pride themselves on normalizing the conversation of addiction by meeting individuals where they are in life, and providing them resources to healthy living.



"Creating an environment that provides individuals who have a history of substance use with tools necessary to manage sobriety, restore families and comfortably re-acclimate into society."

- Ms. Tahira Malik

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## PHOTO HIGHLIGHTS

