

Coffee Cup

A Valley Hope Publication

FALL 2023



Valley Hope

ADDICTION TREATMENT AND RECOVERY

"Autumn teaches us the beauty of letting go.
Growth requires release — it's what the trees do"

//// Ka'Ala



» SUCCESS STORIES

"An unbelievable, life changing experience. All staff members at this beautiful location have completely opened my eyes again and changed my life. I live now because these beautiful people teaching and guiding me to live and love everything life has to offer. I cannot say enough for how grateful I am for Valley Hope to help save me!!!"

- Daniel, ALUMNUS

VOICES OF HOPE

Stronger Together

Each year during National Recovery Month in September, Valley Hope Alumni share personal recovery journeys to inspire others impacted by addiction through the Voices of Hope project.

In 2023, Valley Hope staff living in recovery are joining the effort to share their Voices of Hope. This story collection project shows that we truly are STRONGER TOGETHER.

By sharing recovery stories, we can all help educate communities about the disease of addiction, effective treatment and the power of recovery, as well as celebrate the millions of Americans living in recovery, while aiming to reduce the stigma of addiction.

Voices of Hope: Stronger Together proves that healing and recovery from addiction is possible. By shining a light on the potential of recovery, together we can eliminate stigma and help more individuals, families and communities find healing.

If you would like to share your Voice of Hope, visit valleyhope.org/my-story. To view Voices of Hope and additional resources to support your recovery, visit ValleyHope.org/recovery.





FALL
EVENT
SNEAK
PEEK



- /// Halloween Parties
- /// Mini-Golf/Putt Putt
- /// 5K Runs/Walks

+MORE@

[VALLEYHOPE.ORG/EVENTS](https://valleyhope.org/events)



RENEWAL DAYS!

**THIRD FRIDAY
OF EVERY MONTH:**

- ///September 15
- ///October 20
- ///November 17

Working Towards Recovery: Returning to Work After Treatment

There are resources and strategies that you can use to make your journey back to work after treatment as smooth as possible. These tools can help you focus on your recovery and long-term well-being. Remember, you've already come so far and should be proud of yourself for taking this step toward a brighter future.

To help you during this transitional period, consider the following tips:



Establishing a Supportive Network of Resources

Some people do not understand the disease of addiction and the healing power of effective treatment, resulting in unintended stigma. However, fostering relationships with colleagues who offer support and encouragement can help you stay focused on both your job and recovery. If your employer offers an Employee Assistance Program (EAP), they can provide counsel and ongoing support.

Taking Care of Yourself at Work

At this point of your journey, you may be very familiar with your triggers. The workplace may also be a trigger, especially if you have previously used drugs or alcohol in that environment or experienced work-related stressors. It's important to have a plan in place for how to manage these triggers and avoid relapse. Having a plan in place if you are triggered can help you move past it. For instance, reaching out to a sponsor, supportive family member, or friend. Another strategy is to take a break and practice self-care through journaling, meditation, or going for a brief walk. Remember to take things one step at a time and celebrate the small victories along the way.

Ensuring Consistent Aftercare Support

Your aftercare plan is designed to help you stay on track with your recovery and minimize the risk of relapse. It's important to rely on the resources available, such as outpatient treatment, support groups and alumni gatherings, which can provide ongoing support and help you stay accountable in your recovery journey.

Remember, recovery is an ongoing process where you continue to work on a program outside of treatment, such as attending Twelve Step meetings, outpatient therapy, or other continuing care programs. Ongoing participation in a recovery program is essential to long-term sobriety.

LEARN MORE: Explore [ValleyHope.org/blog](https://valleyhope.org/blog) for extensive resources to help manage your recovery.



Each September, in celebration of National Recovery Month 2023, Valley Hope shares Alumni Voices of Hope with the community, with a mission to inspire people and families living in sobriety and to remove barriers for those seeking healing in recovery. View the full collection at ValleyHope.org/Recovery.

Gaila R., In recovery since 11/28/2020

"I am an active mother to my two children now, I run a salon, I adopted a dog, and I have a very spiritual relationship with my higher power. I attend AA meetings, sponsor women, work with my sponsor, and engaged in the sober community. Be open minded, willing to change. And surround yourself with like-minded individuals. Take directions — lose your pride and ego."

Stacy W., In recovery since 11/11/2019

"I'm coming up on four years and I'm living a life I didn't think I could live. I finished school and have a career and my family in my life. Not just staying sober but also working on all the traumas that led me to addiction are what help my recovery. Get therapy and surround yourself with people in recovery. Work on the issues that kept you in addiction and find something you're passionate about."

Jack F., In recovery since 11/11/2014

"I am a very lucky man because of my recovery. Today, my kids and grandkids all love me. Now I get to hold and play with my baby great grandkids. My kids wouldn't let my grands near me when I was drinking. I love seeing people finding happiness in recovery. I give back what was gladly given to me — I sponsor ... even to two great nephews who are staying sober."

Tonya T., In recovery since 11/11/2017

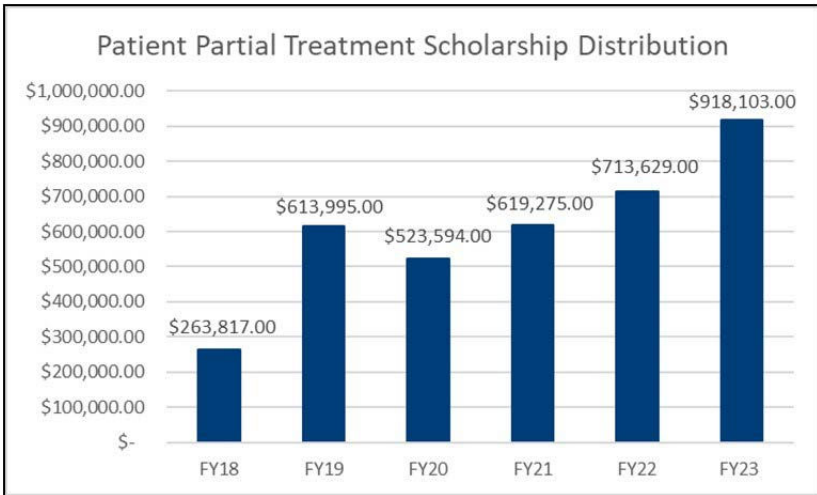
"My past doesn't define me. I choose today to not drink or use. I keep my spiritual life in tact and I do the next right thing.....one day at a time! It's not always easy, sometimes I have to take it minute by minute. But I know what to do. I have my family, that support and love me! I have a God that has opened doors for me that never would've been possible while I was in my addiction. I know how to live life sober!"



BUILDING HOPE

Thank you Valley Hope Supporters

Fiscal Year ending 6/30/2023 set records! More patients have received financial assistance than ever before. This is a direct result of the generosity of Valley Hope supporters.



Scholarships provided

400 patients received a partial scholarship to continue their stay in treatment. \$918,000 was utilized to help patients with partial treatment scholarships thanks to donors.

Patient Essentials provided

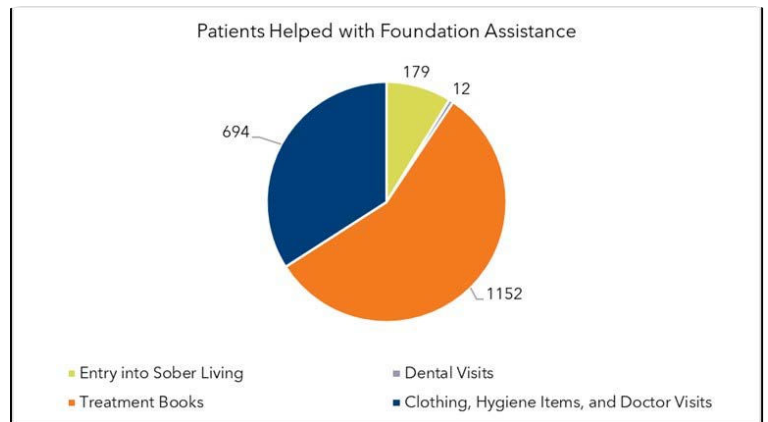
Fiscal Year ending 6/30/23 \$114,000 was distributed to help patients with entry into sober living environments, dental services, clothing, hygiene items, and treatment books.

2,037 patients were helped with immediate needs and essentials thanks to donations!

A reader and friend of Valley Hope shares...

A Story About My Grandfather

Somewhere between a grocery store owner and a new car lot owner, my grandfather, Papaw, became an alcoholic. He lost most of his hard-earned money because of his disease. Times were hard for him, but my grandmother, mother, aunt, and uncle never let him forget they were there for him. He overcame his alcoholism, bought a motel, and made all of his money back. Papaw has taught me many things about life and people. I only hope Papaw knows how much I care, love, and respect him. -Rodney



Dear Grandson - Thank you for the tribute; It was beautiful. There are parts of my life I am not proud of; I hope those I hurt will forgive and love me the rest of my life. I think God has forgiven me. Please don't do what I did. Thanks again. I love you very much. -Papaw

With gratitude for your support,

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