

# Coffee Cup

A Valley Hope Publication

SUMMER 2024



Valley Hope

ADDICTION TREATMENT AND RECOVERY

**"Summer afternoon — summer afternoon; to me those have always been the two most beautiful words in the English language."**

*Henry James*



## »» SUCCESS STORIES

I'm free from the obsession with alcohol and drugs. I have grown strong friendships and a fellowship with people I attended residential and outpatient with and met outside in meetings. Life is truly amazing, and I'm grateful for the opportunity to reflect on myself and change the course of my life.

*//// Jorden, ALUMNUS*

## THE VALLEY HOPE EXPERIENCE



Over more than five decades, Valley Hope has established a legacy of recovery, helping more than 350,000 people reclaim their lives.

You are a part of that legacy.

We invite you to visit [ValleyHope.org](http://ValleyHope.org) and enjoy a recent video production that highlights the Valley Hope mission through the voices of our alumni and staff members.

Have a healthy and Happy Summer!





## SUMMER EVENTS

**BUILD YOUR RECOVERY  
COMMUNITY!**

### **RECENT EVENTS:**



## **RENEWAL DAYS!**

**THIRD FRIDAY  
OF EVERY MONTH:**

**/// June 21**

**/// July 19**

**/// August 16**

**CONNECT WITH US!**

**EVENT SCHEDULES:**

**VALLEYHOPE.ORG/EVENTS**

## **THRIVING IN SOBRIETY**

### *Fourth of July Recovery Tips*



For people new to recovery from drug and alcohol addiction, celebrating your first Fourth of July holiday can be a challenge.

Try these 10 tips for staying sober on Independence Day:

#### **1. Do Your Research**

It's essential to avoid and manage triggers as you strengthen your sobriety. Don't be afraid to say no to invitations to gatherings that you know likely involve triggers.

#### **2. Stick with Sober Buddies**

Bring a sober friend in long-term recovery along if you attend any gatherings.

#### **3. Have an Exit Strategy**

If you find yourself in a situation that has potential triggers, have a plan ready to leave and call your sponsor or a friend in recovery. Drive your own car so that you will be able to exit immediately.

#### **4. Phone a Friend**

If you attend an event without a sober friend, be sure to have the contacts of a few people in recovery with you and call them if you need help.

#### **5. Host a Sober Cookout**

Host a sober cookout at your home or local park. Invite family and friends, as well as friends in recovery.

#### **6. Get Creative**

Many communities offer fun alcohol-free events and healthy activities designed to commemorate our Independence Day. Explore your local event calendars for a complete guide to what is going on in your community and find a sober activity that you enjoy.

Whether you are new to recovery or firmly in long-term sobriety, explore July Fourth experiences and activities that set you up to engage in the best that the holiday has to offer while staying focused on your recovery journey and avoiding relapse.



# Voices of Hope

ALUMNI RECOVERY STORIES

## NICK B., In Recovery Since 2022



When I showed up to Valley Hope, I was scared, nervous and reserved about what treatment would look like. I had never talked to anyone who had been to “rehab” and the stigma of it had me feeling like a complete failure. This was until the first AA meeting I attended the night I arrived.

The biggest thing I took away from attending Valley Hope was that I was not alone. There are people like me who have been in my shoes and the weight of feeling alone in my addiction was lifted as soon as I let myself listen to the others in my first meeting. The most influential thing I could say I took away, was the understanding the science of why my brain was holding onto alcohol even when it was killing me.

In all reality every single staff member had their own role to play in my treatment. My counselor was there to listen, and help. The cooking staff was there to make me smile everyday. And the nursing staff was there to make sure I was safe. Combined, I felt like I could truly focus on being present in the program and be completely in the moment for my education.

The first day for my 3 week stay at Valley Hope, I received news that my mother had terminal cancer. From her diagnosis, to her passing was 6 weeks to the day. So for the entirety of my stay, I was balancing my emotions of gaining the knowledge I needed to stay sober from alcohol while trying to come to terms of my mother's diagnosis. The day I was out, I went back to to spend the remaining time by my mothers side, sober and clear minded. She got to see that from me and what I could do moving forward in my life.

When I was in treatment, I made goals. Goals that I knew were impossible to obtain if I were to continue to drink. Get married, become a loan officer, and buy a house. Now, I am proud to say I have achieved each one of those goals. All of this and knowing my mom would be proud of where I stood today. This is all in credit to the tools I learned while I was in treatment.

[Explore Voices of Hope and Access Recovery Resources at ValleyHope.org/Recovery.](https://valleyhope.org/Recovery)



## BUILDING HOPE

### My gratitude for you, our supporters, runs deep.

Valley Hope changed the trajectory of my life 22 years ago. I was unable to detox or maintain sobriety for any length of time on my own. I'm grateful for my friends and loved ones who nudged me to get professional help.

I am forever grateful to the founders of Valley Hope — and the current staff members who work tirelessly to help those suffering from addiction.

I was a self-pay patient without insurance for substance use disorder. My financial responsibility was eased with a partial scholarship provided by donations. I discharged from Valley Hope with manageable monthly payments and a personal investment in my own recovery. When I paid my treatment balance early, Valley Hope gave me a 10% reduction in the balance, as a gesture of goodwill for being responsible with my bill.

I love Valley Hope's integrity, quality of care and compassion for patients and alumni. Yes, there is something very special about Valley Hope. We hear it all the time: "Valley Hope saved my life." I've been blessed with the opportunity to manage the Foundation for the past 20 years. Every donation that comes across my desk is a tug at the heart. Donors entrust us with their personal treasure to help a stranger; it is a remarkable and loving gesture like no other.

Donors don't know who will be helped; they just want to try to change the world and change an individual's trajectory in life. (I'm getting a little teary writing this!) I get to come to work and help people. I couldn't do my job without our supporters.

Although I may not know all our wonderful donors personally, I know your heart. What a gift. Thank you for being a part of my big, wonderful life.

Thank you for loving Valley Hope and our patients!

A handwritten signature in cursive script that reads 'Megan O'Connor'.

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