

Coffee Cup



VALLEY HOPE

A Newsletter for Valley Hope Alumni and Friends



Summer/Fall

1967-2009



“Congratulations to Kay B., employee from Texas, for this outstanding photograph selected as the winner of Valley Hope Association’s photo contest!”

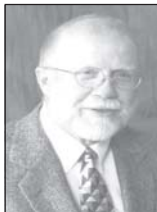
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Association News

Dreams Do Come True

By: Ken Gregoire, Ph.D.
President/CEO



Ken Gregoire

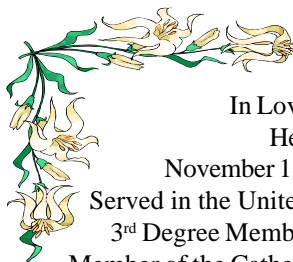
Larry Wedel dreamed big. He wanted to help build a wonderful treatment facility for alcoholics and addicts in middle Kansas. Although Larry did not live to see his dream come true, if you were to take a trip to Moundridge, KS today and look around on the east side of town you would see the beginnings of that wonderful facility. Before Mr. Wedel passed away he created a foundation with the goal of providing the funding for a facility dedicated to treating chemical dependency. The trustees of the Larry Wedel Foundation honored the dream of Mr. Wedel by making a substantial donation to Valley Hope to build and operate the facility. The city of Moundridge donated land to us for the facility. Our Board of Directors accepted these donations and the challenge of making the dream come true and we broke ground in Moundridge on June 1. Construction is well under way. We can only presume that Mr. Wedel is happily watching over our progress. As for Valley Hope we are grateful for the trust placed in us and will honor Mr. Wedel's dream by providing the best care possible to his beloved alcoholics and addicts.

Dallas Uhrich dreamed big. Dallas has worked for Valley Hope since 1985 starting as a counselor trainee. He became Program Director of Augusta Valley Hope in 1987. Our treatment facility was located in leased space at the Augusta Hospital. In 2000, our facility moved to leased space at Halstead Hospital. Dallas' dream has always been to move this treatment team into our very own facility. Because we were in leased space in facilities that were struggling in a variety of ways, Dallas and his band of merry helpers have always truly lived one day at a time not knowing what the morrow will bring. And, because they have had almost no control over their destiny, they have also truly had to place their future in God's hands. They have practiced what they preach to our patients in treatment. Dallas is now watching this facility he

has dreamed about rise from the ground.

Larry Wedel and Dallas Uhrich knew each other well and shared a dream. Seems like it was meant to be.

Kaye Chohon, whom many of you reading this issue of the *Coffee Cup* will remember, was to say that if you are going to pray for potatoes you need to grab a hoe and start digging. We recognize that there is more work to be done to make Moundridge Wedel Valley Hope a wonderful haven for those suffering from the disease of addiction. And, not surprisingly, there are more wonderful people stepping forward to help us finish the fund raising and complete the details of the plan and design, particularly the outdoor spaces. Moundridge Wedel Valley Hope now has a development committee. Committee members include Jeremy D., Tom Q., Ruth Ann M., Chris S., Dusting G., Gary D., Marty H. and Allen D. We are grateful for your interest and your help. As for Dallas and myself, the team at Halstead, our Board of Directors and many others here in our Association office in Norton, we have picked up the hoe and our two newest BFFs are Max Fuqua our builder and Kelly McMurphy our architect. We'll do everything we can to speed our journey to opening day of our newest facility. If you want to be part of the effort let us know and wish us God's speed.



In Loving Memory of
Henry George

November 1, 1919 – April 27, 2009

Served in the United States Army during WWII

3rd Degree Member of Knights of Columbus

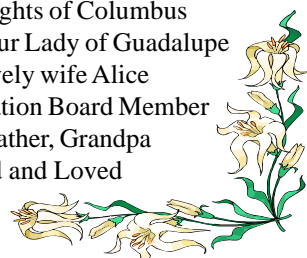
Member of the Cathedral of Our Lady of Guadalupe

Married 63 years to lovely wife Alice

Former Valley Hope Association Board Member

Friend, Son, Brother, Father, Grandpa

Respected, Admired and Loved



Supporters help to break ground



Fuqua Construction, Inc. 118 S. Main Inman, KS 67546 620-585-2270	LANDMARK ARCHITECTS + ENGINEERS 1020 N. Main Hutchinson, KS 67334 (620) 463-1847

Letters to the Editorial Committee

Notes, Cards and Letters from our readers:

It's been since 1988 that I was in Valley Hope for the 1st time and I enjoy looking at the progress the facility is making. I wouldn't have known about John Hattaway's passing if I didn't get the *Coffee Cup*. John was a great man. He was in Norton when I was there. I enjoyed seeing him around. We had him speak at one of our Round Robins. I love the write up on the steps and the poems. Carol Voss was always a favorite in the business office. Keep up the good work!

~Clara W.

As always--GREAT JOB!! Try to get the Chandler/Tempe/Phoenix crews more involved! Thanks for a Great Job. - All the best.

~Thomas H.

Keep up what you do best; "Love in Action" -Love Ya!

~George G.

I look forward to reading it and usually do so promptly upon receiving it -Thanks

~John S.

Helps me keep in touch with my disease, Reminds me where I've been and not to be complacent -Thank you and God Bless

~ Frank P.

It has been most helpful to me in maintaining sobriety - THANKS

~Julie C.

Enjoy success stories about recovery, step section, and especially the prose/poetry, which after are cut out and placed for repeated inspiration. Thank you for my life ,Valley Hope!

~ Nancy C.

I enjoy the letters from the former patients, and the comments from the counselors. It helps me stay focused on recovery. Thank you to all who put the *Coffee Cup* together. God bless to all!

~Rick J.

My wife and I both love to read the *Coffee Cup*. I was the one at Boonville, my wife came to visit me while I was there and then we both went to Springfield Valley Hope. We try to visit Boonville at least twice a year. I made lots of friends there. So, yes, please renew my subscription so we can continue reading about everyone. Valley Hope saved my life.

~Larry D.

I certainly do want to continue receiving the *Coffee Cup*. I look forward to getting it now just as I did 24 years ago. It has been a big help to me. - Thank you.

~Edward H.

I love it. Very up lifting. Thank you for all the work done to produce this.

~Deborah K.

It is a great tool in my recovery. I love reading about what's going on at Cushing, where I started my new life 12/12/06. I enjoy going back on special occasions and I usually find out that info in this wonderful news-letter.

~Kevin S.

We love staying up to date on what's happening at our home away from home! Love you guys at Norton Valley Hope. Mike is now going on 4 yrs clean and sober! He is also taking classes via internet thru FHSU to become an addictions counselor! We are so proud and fortunate to have an improved daddy and husband--Always one day at a time.

~Wife of Mike S.

"Hit Me With Your Best Shot"--Photo Contest Entries



Brad R.



Dave W.



Jeff F.



Kristy R.



Patricia V.



Patti Y.



Paul G.



Renee Y.



Rondo



John Pi.



Shane F.



Gillian K.



James G.



Joy H.



Joseph F.



John Pe.



John N.

Family Matters

By: Kelly Neve, B.A., Family Counselor

Part of my job at Parker Valley Hope is to talk to families of the patients. Every other week I facilitate Family Focus Week (FFW). FFW consists of one hour lecture and other educational pieces. They also get to experience the spiritual aspect of the program by attending chapel in the morning as well as having a session with the patient's primary counselor. Families are educated on the disease concept as well as powerlessness, unmanageability, and tough love vs. enabling behaviors. Time is spent on Twelve Step recovery and Al-anon. One day is spent with patients and their families together practicing a communication exercise. The exercise requires honesty and some risk taking. The knee to knee communication exercise is an intense but very

beneficial part of treatment. It helps with accountability, and the power of the group is phenomenal. At Valley Hope, families are taught that recovery is not just for the addicted individual, but for the whole family. Recovery is manifested by honesty, connectedness to others, decreased anxiety, trust and self worth. Family members learn that getting help for themselves through some type of self help group or therapy models are a healthier way of living called recovery. Just showing up for FFW is a positive start. Family members have the opportunity, sometimes for the first time ever to hear other families share their experiences. It helps to see they are not alone. Valley Hope believes if the family got sick together why not get well together? Participating in the family portion of treatment is a way to get on the right path.

Kudos

Corporate

Happy 80th birthday to "Doc". Valley Hope's founding Program Director and past President, Dr. William D. Leipold celebrates on August 22nd.

Boonville Valley Hope

Kudos to Jeanne Oliver, former CRS and Counselor, on her promotion to Program Director Trainee at St. Louis Valley Hope!

Kudos to Debbie Gates in the business office who will celebrate 25 years with Valley Hope in September!

Congratulations to Susan Wood, Director of Nursing, on the birth of her two grandsons', Thomas Lee Wood (4/08) and Lucas Dean Bernasek (4/26)!

Congratulations to Susan Donley on the birth of her new granddaughter, Aubrey Olivia Frederick, born on July 5th!

Congratulations to Beth Royston, Nurse, on the birth of her grandson, Garrett Richard Royston, on July 3rd!

Cushing Valley Hope

Kudos to Cushing Nursing staff for all of their hard work while being short staffed. Thank you for all you do!

Kudos to Cushing for celebrating 35 years June 20, 2009!

Norton Valley Hope

Welcome back, Montica Leitner! Kudos to Montica for passing her LMLP test!

Welcome back, Lori Lindsay, part time PCA!

Welcome Kathy Zimmerman, part time Secretary!

Congratulations to Michelle Whittenburg on her promotion to full time Cook!

Kudos to Counselor Maggie Herman on her move to Boonville, MO Valley Hope!

Tempe Valley Hope

Congratulations to Jessica Keane (now Malek), Administrative Assistant, on her marriage July 4th!



30 Years of Service

Juanita Gregoire, Clinical Director, celebrated 30 years of continuous service with Valley Hope on July 2, 2009.

In 1979, Juanita typed one resume after graduating college in May. She sent this one resume to William "Doc" Leipold at Valley Hope. That summer, she had one interview and was hired by Doc to begin the Counselor Training Program. The first day of her first job was July 2, 1979 in Norton, KS, and the rest is HIS...TOR...Y!!

After training in Norton, Juanita accepted a counselor position in Atchison. She moved to Boonville, as the Assistant Program Director when the Boonville facility opened in 1981 and later was the PD until 1996 when she moved back to Norton, KS.

When asked what motivated her to stay with Valley Hope so long, she replied "The impact on addicts and alcoholics! Valley Hope has always stayed with addictions treatment and avoided fads even though there has been pressure at times to do so which has kept us strong organizationally. That, the spiritual component and the focus on the 12 Steps are a major strength that Valley Hope has never deviated from."



Kudos to you, Juanita, for 30 years of service!



Foundation News

By: Megan O'Connor, BS, ADAC
Director of Development



Megan O'Connor

One patient, one day at a time! As a not-for-profit organization, each and every donation helps support our mission. Large or small, they each make a difference. So many patients (too many) are in financial distress when they reach our doors. We're especially grateful, particularly in these crazy economic times. Since our last issue, we've received 193 gifts, ranging from \$5 to \$2,500 to help us continue with our ever important work.

Dear Valley Hope Treatment Center Staff:
The Pope John Student Body would like to donate this money to you. There are many people who have addictions including those who are from Elgin, Nebraska. Many people around Elgin have benefitted from you, so we'd like to keep this money in the area. Thanks for all you do.

Sincerely,
Student Council, Pope John XXIII Central Catholic High School



Bob & Weave Freedom Ride

Saturday, September 12, encompassing nearly 100 miles, Little Bob & Weavin' Steven will be riding bicycles from Kearney, Nebraska to Norton, Kansas to celebrate 2 years sobriety. They are accepting pledges and all gifts received will benefit the patient fund at Norton Valley Hope. Please visit the terrific website for more information, donation information and route information. Bob 'n Weave are dedicating this ride the Pablo Cruise Freedom Ride, in memory of their good friend and former patient member Pablo. Visit: <http://tinyurl.com/freedomride09>

Here is a little something extra. Hope it will help somewhere. Thank you for helping me get sober and showing me the way to stay that way. It has been better than a year and life is good.

Thanks, Rick M.

Sterling raises money for Norton's Patient Fund

Valley Hope has a great friend in Russell, Kansas who collects donations from businesses in his hometown to support the Norton Valley Hope patient fund. Thanks for all you do, Sterling. He is also the brain and muscle behind the Russell Golf Tournament to benefit the patient fund.

Lincoln Golf Tournament Helps Patients

A round of golf each spring and several patients get a scholarship to help with the cost of treatment. Lincoln, Nebraska has a very special group of folks who work diligently to coordinate an annual tournament to help patients admitted to treatment in Kansas and Nebraska. Thanks to Patti, Dan, Otto, Tim, Micki, Rod, Vicki and Sharon. Several representatives from Valley Hope played in the tournament, including Ken and Juanita Gregoire (Corp), Sandy Bauer, Director of Nursing from O'Neill and Rod Bowder from the Omaha office.

Wall of Hope - Cushing, Oklahoma

Hand-painted ceramic tiles are available for purchase to help benefit Cushing's building fund. We've sold dozens of tiles, with messages and words of hope for the patient group, family members, visitors and alumni to see on the Wall of Hope near the lecture hall.

Haunted House - Monster Mash Bash Carnival

It's an extraordinary Haunted House in Norton, Kansas designed by dozens of Valley Hope employees and volunteers to raise funds for the patient scholarship fund. It's a horrifying mix, designed to frighten those who dare to enter. For family fun, enjoy the carnival outside of the 'haunt,' including games, contests, music and fun for all ages. It is Valley Hope's way of providing fun and entertainment (for a good cause) on an otherwise scary night popular for drinking and drug use. This year's event will be held Thursday through Saturday nights, October 29-31. We need some volunteers...if you are up for the work and ghoul time, let us know. Contact Kerri at Norton VH: 785-877-5101

Gift Acceptance Policy

Valley Hope Association and the Foundation will not accept gifts from a patient in excess of accumulative \$250 amount within the first two years of discharge from any level of care. This amount was determined to allow everyone the opportunity to participate in fund-raisers, golf tournaments, Birthday Club, etc. Our ethical policies guide us to maintain only a therapeutic and professional relationship with patients, for a minimum of two years following discharge. If we begin accepting donations within that two year period, our relationship changes from therapeutic to "donor-social."

Contact us anytime to discuss a donation, large or small:
VHA Foundation
P.O. Box 59 Norton, KS 67654
Email: megano@valleyhope.org
Phone: (785) 877-5111

NOTICE OF MEETING

As required by the Bylaws of the Valley Hope Association, the membership of the Association is hereby notified that the Annual Meeting of the Association will be held at the St. Francis of Assisi Parish Hall, Norton, Kansas, on Friday, August 21, 2009, at 1:00 p.m. The membership will, at that time, elect members to the Board of Directors and conduct such other business as may be brought before the membership.

Sending \$40 for the Birthday Club. It's also our 60th wedding anniversary.
~Melvin H.

2009 Birthday Club Members:

Rochelle M.	Melvin H.	Kathy L.
Brad H.	Lon F.	Paul & Wanda F.
Edward W.	Keith D.	Jim S.
Jim S.	Louis T.	Del T.
Marletta W.		

2009 Birthday Club – Donations help provide books and dental needs for patients. Since the club began, more than 40 gifts have been received, totaling more than \$1,800 to help those in financial need. Please consider celebrating your own birthday with a gift to help others.



Cut on dotted line

Birthday Club



Send a dollar (or more) for each year of your recovery. Your gift will provide immediate needs for patients, such as personal hygiene items, books, etc. Yes, I'd like to give a gift of hope and join the birthday club!

Sobriety Birthday _____ Amount of donation enclosed _____

My gift is to benefit a patient at _____ (specify location) Valley Hope

Your name _____

Address _____ / _____ / _____
City State Zip

Mail to VHA Foundation, P.O. box 59, Norton, KS 67654 - Thank You

Valley Hope Association Foundation

A special thanks to the following recent donors.

Unrestricted

Kirby Drayer
Bob & Joan Hunt
Mr. & Mrs. Ezra Hunt
Richard Miller
Sue Studnicka
Willard Vinten
Fred Vocasek
Dr. & Mrs. Ed Wood
Barbara Woods

Patient Scholarships

In Mem. of Daniel Gotterman
Sharon Houston
Dennis Brewster

Chandler-Patient Scholarships

In honor of Kari
James Bohart
In Honor of Rick Shuman
Linda Sue Shuman

Unrestricted – Boonville

David Bear III

William D. Leipold Endowment Fund

All Facilities

Linda Brown	Glenn Mitchell, D.D.S.
Mark Nelson	Michael & Julie Murray
In Mem. of Henry George	Gary & Maria Musick
David & Julie Adams	Danny & Susan Post
Ada & Johnnie Arford	Terry Rabe
Duane Askew	Linda Lou Reimer
Virginia Beamer	Pauline & Everett Schnitzler
Joe and Shirley Bogner	Sam Shipley
Roy Broberg	Joseph & Lee Ann Shirey
Richard & Annette Burghart	Kenneth Stein
William & Sandra Burton	John Stramel
Crotts Aircraft Services, Inc.	
William & Kim Cunningham	
Brent Davis	
Ron & Cherie Elliot	
Alvin & Nancy Finch-Folkerts	
Philip and Lavada Gjerstad	
Howell Country Feeders, LLC	
Rick & Ellen Jewell	
Larry & Joann Jones	
Dr. & Mrs. William D. Leipold	
Maupin's Truck Parts, Inc.	
T.N. & R.W. Miller	

Parker

William D. Leipold Endowment Fund

**In Mem. of
Gregory Schwinghammer**
Kate Lyon
Patient Scholarships
Boby Spencer
In Mem. of Christie Heltmach
Julie Lacerte

("Foundation" continued)

Atchison

**William D. Leipold
Endowment Fund**
Alberta Smith

Patient Scholarships

In Memory of Jason Pitman

Billy Bolyard
Nellie Chenoweth
Goodyear Tire and Rubber Co.
Employees
Stanton & Carol Hoegerman
Barbara Chamberlain
Jacqueline Lindsay
Patrick & Cynthia Lindsay
Niles & Julie Lloyd
William & Ronna Stutesman

Patient Scholarships

Richard Brummel
Edward Zuchowski
Joseph Lino
Troy Matthews
Steve & Virginia Rau

In Memory of Patrick Bell

M.D. & G.K. Carlisle
Raymond & Dorothy Wingeback

In Honor of Rob Keith

Teresa Schmeck
Carol & Larry Schuetz

Cushing

Patient Scholarships

In Memory of John Ryan Wells
Don & Rebecca Wells

Building Renovation Fund

Donnie Barney
Mike Brewster
George Ann Butler
Stan & Sue Daugherty
Wesley Dill
Bill Fiaccone
Larry & Sally Gatewood
Norma Gonzales
Keith R. Gray Trust
David Howenstine
Paul & Becky Krueger
Phil McCormack
Megan O'Connor
Dennis Olson
Charles W. Thomas Psychosocial
Services, Inc.
Jim Riley
Doug Risher
Sac and Fox Nation
John Severe
Sandra Simmons
Matt Smith

In Memory of Eugene Utt

Dorene Utt

In Memory of John Ryan Wells

Don & Rebecca Wells

In Memory of Mike Delaney

Michelle Delaney
Dora Farr
Charles and Yvonne Farr
Rose Fowler
Michele Hanway
Dorothy & Clarence Holmes
Gary Jackson
Merrill & Sharon Karr
Billy & Betty Kelim
Laura & Linden Lawrence
David & Phyllis Lawson
Shelly & David Ledden
Richard & Diana Lindsay
Bert & Marilyn Masters
Vickie & Patrick Neely
George & Anna Rentfrow
W. June Serl
David Snodgrass III
Helen & Carolyn Stegman
Lisa & Todd Stegman
Rodney & Wuanita Stephen
Sur-Gro Plant Food, Inc.
Ila K. Swenning
Tommy & Dixie Thornton
John & Emily Utterback
Bruce & Marilyn Windsor
Beulah Winger
In Memory of John Hattaway
Jeffrey Grubb

Norton

Unrestricted

In Memory of Austin Stoner

Monte & Elizabeth High

Patient Assistance Needs

Dan Bernard, Argo Inc.
Gary Brungardt
Gary and Sandra Crnic
Rickert Cross
Keith R. Dickey
Eugene Edwards
Kendall Elliot, Elliot & Gilmore, LLC
Hilger Enterprises
John O. Farmer
Rochelle & Richard Mather
Rick's Pipeline
William & Julie Siefers
Sterling Smith

Omaha

Patient Scholarships

Lincoln Industries

O'Neill

Patient Assistance Needs

Paul Harding
Dale Throener

Patient Scholarships

Richard & Eileen Jones
Pope John XXIII Central Catholic
High School
Russell Schwartz

In Memory of Connor Lehr

Dr. Timothy & Christine Blackburn
Peggy Cheek
Kenneth & Robin Connell
Kidney Associates
Thomas & Barbara Kirkegaard
Lucille Kitten
Carrie Lehr
Christopher Camida
Roger & Kay Lehr
Richard Mundis
Mike & Zoann Peace
Catherine Rose Ancona
Teresa Badgerow

**Patient Assistance Needs
(Birthday Club)**

Melvin Haverkamp

Facility Improvements

In Memory of Don Duncan

Harriet Beeson
Kevin & Barbara Cummings
Richard & Nancy Lee
Charles & Mary Ann Pinkman
Rose & Bunnie Joe Scott
S.E. & Jennie Wright

Unrestricted

Elizabeth Crawford
John & Kathy Painter

In Honor of Louis Tholen

Louis & Del Tholen
Thompson Arthur Davidson
Marletta Wilkens

Patient Scholarships

Betty Benedick

In Honor of Rick Jeffries

Nebraska Assoc. of Legal Assistants
Chuck & Nancy Peek

In Honor of Louis Tholen

Louis & Del Tholen

In Memory of Charles Hoover

Deann Dible
Margaret Hemmett
William Hickert
Ida Hoover
Oakley Veterinary Services

Grapevine

Patient Scholarships

In memory of Christopher Landi
Marlene & David Lieberman

Halstead

Patient Assistance Needs

In memory of Karen Butler

Brian & Arlene Lickiss
Ronald & Janet Richardson

Moundridge

Building Fund

Larry D. Wedel Foundation

Friends & Alumni News



www.valleyhope.org



Sign up to receive emails:

- Alumni events scheduled in your area
- Participate in questions/answers for *Coffee Cup*
- Renewal Day reminders

Spotlight on Hickman, Nebraska

Valley Hope has a special friend named Randy, just South of Lincoln, Nebraska. He is the coordinator and host for a Labor Day weekend celebration of recovery, food, fun and fellowship with Valley Hope Friends and Alumni. This year's event will be the 3rd annual, scheduled for Sunday, Sept 6, 2009 with evening speaker around bonfire. Music and food -- starting at 3 p.m. If you are interested in helping or want additional information, call Randy. Contact: Randy Y - Phone: (402) 560-2628

Renewal Days



	AUG	SEPT	OCT	NOV	DAY	TIME
ARIZONA Chandler	Aug. 21	Sept. 18	Oct. 16	Nov. 20	Friday	8:00 AM
COLORADO Parker	Aug. 21	Sept. 18	Oct. 16	Nov. 20	Friday	8:00 AM
KANSAS Atchison	Aug. 21	Sept. 18	Oct. 16	Nov. 20	Friday	8:50 AM
Halstead	Aug. 28	Sept. 25	Oct. 30	Nov. 27	Friday	9:00 AM
Mission	Aug. 28	Sept. 25	Oct. 30	Nov. 27	Friday	6:00 PM
Norton	none	Sept. 11	Oct. 9	Nov. 13	Friday	9:00AM
MISSOURI Boonville	Aug. 14	Sept. 11	Oct. 9	Nov. 13	Friday	8:30 AM
St. Louis	Aug. 26	Sept. 23	Oct. 28	Nov. 25	Wed.	5:30 PM
NEBRASKA O'Neill	Aug. 7	Sept. 4	Oct. 2	Nov. 6	Friday	8:30AM
Omaha	Aug. 4					
OKLAHOMA Cushing	Aug. 21	Sept. 18	Oct. 16	Nov. 20	Friday	9:30 AM
Oklahoma City	none	Sept. 11	Oct. 23	none	Friday	6:00 PM
TEXAS Grapevine	Aug. 28	Sept. 25	Oct. 30		Friday	8:50 AM

Anniversary and Special Events

Speakers, Medallions, Awards, Auctions and Food

Norton, KS
42nd. Anniversry
 Saturday, August 22
 12:30 p.m.

Grapevine TX
9th. Anniversary
 Saturday, October 10
 10:00 a.m. to 4:00 p.m.

Atchison, KS
37th. Anniversary
 Saturday, November 7
 2:30 Open House
 5:00 Heritage Conference Center

O'Neill, NE
32nd. Anniversary
 Saturday, August 29 --1 to 5 p.m.

Chandler, Reunion
 Saturday, November 7 -- 1:00 p.m.

Support Groups-Friends and Alumni

Atchison, KS: Alumni group meets each month at Atchison Valley Hope on Renewal Day at 9 a.m. for a business meeting. We answer questions from the patient group. Renewal is always the 3rd Friday of each month. August 21, Sept 18, October 16, November 20.
Contact: John M. - Phone: (785) 364-3801.

Boonville, MO: Join us every Renewal Day (second Friday of each month). T-Shirts, long and short sleeved are also for sale. Upcoming Renewal Days: August 14, September 11, October 9, November 13.
Contact: Billie H. - Phone: (573) 514-4363
Contact: Raymond W - Phone: (660) 815-0330

Chandler, AZ: This is open, 12-step meeting in the dining hall of Chandler Valley Hope every Tuesday evening from 7:15 until 9 pm. It features a speaker and group discussion. Those welcome to attend include Chandler Valley Hope patients, alumni (from both residential and IOP), and anyone else interested in recovery.
Where: Chandler Valley Hope Dining Hall
Contact: Mike Roark - Phone: (480) 507-5516

Ford / Dodge City, KS: Group meets every other month on a Sunday for breakfast, fellowship and speaker at 9:00 a.m. Upcoming dates: August 16, October 18, December 20.
Where: Becky's Blue Herford, Ford
Contact: Sean H. - Phone: (620) 430-1592

Goodland, KS: Fellowship on the third Sunday of each month. Time: 9 a.m. Mountain Time/10 a.m. Central Time. August 16, September 20, October 18, November 15,
Where: 1013 Center St. in Goodland
Contact: Justin B - Phone: (785) 899-8454

Grapevine, TX: Alumni Group meets at 2:00 PM every Wednesday afternoon at Grapevine Valley Hope in the Lecture Hall. Where: 2300 William D. Tate Ave, Grapevine TX Contact: T.R. Moore - Phone: (817) 714-1045

Halstead, KS: 2nd Wednesday each month will meet at Halstead Valley Hope in Ella's office on 2nd floor at 6 p.m. 4th Wednesday each month, join us at 6 p.m at Wichita Valley Hope, 901 W. Douglas.

Hays, KS: Group meets once per month for breakfast, fellowship and speaker. Join us Sundays at 8:30 a.m. We'll order breakfast at 9 a.m. Upcoming breakfast:, August 23rd (speaker Tom L. from Hutchinson), September 20 (speaker Jordan K. from Hoxie), October 18, November 22
Where: Vagabond, 2522 Vine Street
Contact: Ron S - Phone: (785) 650-1064

Hickman, NE: Sunday, September 6th, Labor Day weekend 3rd annual celebration of recovery, food, music and fun just south of Lincoln. Please contact Randy for more information and if you would like to help (402)5602628

Kearney, NE: Potluck and speaker at 5:30 at the St. Lukes Episcopal Church. Bring a covered dish and join us at St Lukes Episcopal Church 2304 2nd Ave in the basement

Please contact Heather for upcoming dates. Also, join us Sunday evenings at Harmon Park, 5:30pm for sand volleyball. Contact: Heather R. - Phone: (308) 293-4107

Lincoln, NE: Group enjoys annual golf tournaments. The next golf tournament is spring 2010.
Contact: Dan S - Phone: (402) 430-6882
Contact: Patti Y - Phone: (402) 477-2105

North Platte, NE: Group meets the third Saturday of every month for an evening potluck fellowship and speaker. Join us Saturday at 5:00 p.m. Dates: August 15, September 19, October 17, November 21.
Where: First Baptist Church, B and McDonald North
Contact: Ron C. - Phone: (308) 532-2014

Norton, KS: Alumni group meets every Thursday evening, 6:30 p.m. to share experiences in recovery.
Where: Norton Valley Hope Dining Hall
Contact: Duane S. - Phone: (785) 675-1966

Oklahoma City, OK: Tuesday evenings at 6 p.m. at the Oklahoma City Valley Hope outpatient office. A one hour meeting to renew recovery. We have a new alumni room with big screen TV and coffee/tea bar. Where: 6110 NW 63rd

Parker, CO: Friends and Alumni will meet at 1p.m. at Parker Valley Hope on each Renewal Day, the 3rd Friday each month: August 21, September 18, October 16, November 20
Where: 22422 East Main Street, ph: (303) 841-7857

Ponca City, OK: Annual event, the first Saturday in, May with recovery workshop, speaker, dinner and fellowship. Harmony House 212 S. 3rd Street 3 PM
Contact: Marty L. - Phone: (580) 761-1770

St. Louis, MO: Alumni group meets on Renewal Day at 5PM-7PM on the following fourth Wednesday of each month: August 26, September 23, October 28, Where: St. Louis Valley Hope, 12777 Olive Street.
Contact: Ken R. - Phone: (314) 630-3840

Tempe, AZ: Tempe Alumni group meets every Thursday evening at 6pm at Tempe Valley Hope. There is a speaker, questions/answers and open meeting format. It's a great place to meet a sponsor. Open to patients, alumni, family and friends. Call Rick K (480)232-7587 or Bret A. (480) 239-533 --Where: 2115 E. Southern Ave. Rio Sureno Med Plaza Tempe Valley Hope, ph: (480) 831-9533

Tulsa, OK: Every Thursday evening at 6:00 p.m. at the Fellowship Church. Join us for a great one hour meeting. Where: 2900 S. Harvard, Tulsa, OK
Contact: Greg P. - Phone: (918) 625-2625

Megan O'Connor,
Director of Development
E-mail megano@valleyhope.org
Phone (785) 877-5111
for more information

Reflections



By: Pat G.

I have many life experiences over 53 years I could reflect upon. For this article, I would like to concentrate on miracles, specifically the miracle of recovery and the miracle of Valley Hope.

It seems like yesterday, the memory vividly etched in my mind, as a 12 year old walking into the family room and finding Dad unconscious, drooped over the couch. My 10 year old sister screamed and my older brother ran up the stairs as I yelled, "Dad is dead." My brother put into practice the artificial respiration he had learned in Boy Scouts as I dialed the operator. The ambulance arrived the same time Mom returned home from the store. Mom sobbed as the ambulance left, my brother was mentally and physically exhausted and my sister and I retreated to the back bedroom, held hands and prayed that God would let Daddy live.

To most children, the scene just described would be horrific and most unusual, but to those of us raised in an alcoholic home, it is almost business as usual. The chaos, yelling, screaming, crying, fighting; the fear, despair, anger and sorrow are all normal in the alcoholic home. It seems there is no end, no way out, hurting so bad, so full of fear; wanting a hug, wanting to be loved but not knowing how.

As the ambulance pulled away, we had no idea if Dad was dead or alive. We did not know Dad was suffering from alcohol poisoning. We just knew as bad as it was, we wanted Daddy to come back home. The next day Mom told us that Dad was alive but then she said something that 'knocked my socks off'; she said "you are going to get a new daddy." What could she mean? Talk about a mixed up kid! Mom went on to explain that Dad was going to a 'new kind of hospital' in Norton, KS called Valley Hope. As a 12-year old, I had no idea what that meant, all I knew was life was no fun and I was a scared little boy.

A miracle indeed happened, when Dad returned home after 30 days at the 'hospital' called Valley Hope, there was peacefulness about him. Things around the house be-

came more predictable. That's not to say we weren't without struggles, only that there was hope where once there was despair.

Of course, I swore off the evils of alcohol as a young teenager; I had seen the damage it could cause. Never, never would I drink alcohol. Oh, but never is a long time. There was something about that first drink at the age of 14; the second made me feel even better. The 'hole' in my being was suddenly filled; the scared little boy was scared no more. This is what I had been searching for.

Drinking and drugs became more and more a part of my life. At first it made me a better dancer, talker, took away the fears and oh...so much smarter! As time passed though, the problem solver became the problem. As I reflect upon the years of active addiction, indeed it is a miracle I am alive today.

In July of 1980, I picked up the phone and called Dad and said "I need help." He called Valley Hope and before I knew it I was on my way to the "new kind of hospital!" The summer of 1980 was very hot (I will save the spiritual awakening story for another issue) in spite of the A/C system failing at the treatment center I received another miracle; the gift of life, as I was spiritually dead. I enjoyed a few years of sobriety until I quit "doin the doin" and relapsed. In 1991, I came back to the "new hospital" and by the grace and mercy of God, plus a whole lot of prayers from my Mom and others, I am a living miracle, over 17 years sober. I once heard a speaker say he wanted to be alive when he died and I too pray to be alive when I die.

My Father, who went to treatment in 1968, remained sober for over 40 years. On his AA birthdays, Dad would tell the story of his 3rd day of treatment. He went in to see his counselor, Bill K., and informed him there was no way in the world he could stay sober the rest of his life. Bill looked at Dad and said "Henry, I don't want you to stay sober the rest of your life, I just want you to stay sober today." Because of the miracles of Valley Hope and recovery, when Dad passed away this year, he was living one day at a time. Like Dad, many of us will be alive when we pass from this earth, truly miracles, clean and sober, living one day at a time.

A Child's View of Thunderstorms...

A little girl walked to and from school daily.

Though the weather that morning was questionable and clouds were forming, she made her daily trek to the elementary school.

As the afternoon progressed, the winds whipped up, along with lightning.

The mother of the little girl felt concerned her daughter would be frightened as she walked home from school and she feared the electrical storm might harm her child.

Full of concern, the mother quickly got into her car and drove along the route to her child's school.

As she did, she saw her little girl walking along and at each flash of lightening, the child would stop, look up, and smile.

Another and another flash of lighting followed quickly and with each, the little girl would look at the streak of light and smile. When the mother's car drew up beside the child, she lowered the window and called to her "what are you doing? The child answered, 'I am trying to look pretty because God keeps taking my picture.'

May God bless you today and everyday as you face the storms that come your way. Just have a good day!

~Anonymous



Spotlight on the 12 Steps



By: M. Alma Janousek, Chaplain
O'Neill Valley Hope

Steps Seven, Eight And Nine

After having reflected on Steps 7-8-9, I have come to the conclusion my defect of perfectionism and writing a good article has hindered me from trusting that God's Spirit will help me accomplish this task. Even though I have "humbly asked God to remove my shortcoming of perfectionism," I still struggle with trusting that God is helping me right now to give you some information that will be helpful. Since Steps 6 and 7 are often called the "forgotten steps," I will focus on them.

The first two words say "Humbly asked." Some folks think because they have not been perfect and hurt others and themselves, they don't deserve forgiveness or help. It takes humility to admit we all fail, but by the "grace of God" we are made in His image and have good qualities. We need to remember God loves us just the way we are and is waiting for us to ask for help. God works through others and needs each one of us to help others like ourselves. We don't have to contort ourselves to make ourselves change. We don't have to force change. We don't have to do anything except be willing to ask our Higher Power for help. My job is to "keep it simple" and ask for help. No matter if your H.P. is God, your sponsor, or the A.A., N.A., or Al-Anon group!

I like what the Little Red Book says about Steps 6 and 7. "We are to become honest and humble; to willingly seek God's help without reservation; to perfect ourselves in the practice of unselfish prayer; to be aware of our defective character traits and to desire their removal; to believe that God can remove them and to ask Him to take them all away!"

We work these Steps after we have faced reality in Steps 4 and 5. Need I remind you the *Big Book* says selfishness is the root of all our problems? And as you reflect from your 24 Hour Book daily, we are reminded almost monthly we have been dishonest, impure, selfish and unloving. Being human, we'll probably continue to be that way and so we are grateful for Step 7.

While in treatment in O'Neill, we have people write a Step 7 letter to God, thanking Him for their blessings

and include a Vision Goal for a year from now. This Vision Goal is hopefully inspired by the Holy Spirit and fulfills our desire to be freed from our shortcomings. By taking a daily inventory and letting go of the failures for the day, we are trusting God will do for us what we cannot do for ourselves. Sooner or later, we become transformed by God's grace... by the way, do any of you read over your Step 7 letter to God sometimes?

Steps 8 and 9 are another two Steps that take humility, but do not start with the word "Humbly." It is not a difficult thing to list the people who suffered because of our failures. Our real problem is to arrive at a state of mind that concedes the damage we have done and embrace a sincere willingness to amend it. Step 8 is not meant to punish us; it is meant to set us free from guilt, anxiety and discord. My Al-anon book, "Courage to Change," suggested we might divide our list into three categories: those to whom I am "willing" to make amends; those to whom I "might" make amends and those I "absolutely would not" make amends; But, as we pray for those whom we have hurt, or hurt us, the grace of God may enable us to start making amends to those on our "maybe" list and in time even some of the "absolutely not" people may appear on the "maybe" list. We need to be reminded Steps 8 and 9 can't be done over night, but on the other hand, we don't want to procrastinate on it either.

Step 9 is "Made direct amends to such people whenever possible, except when to do so would injure them or others." Doing this is often difficult and it hurts our pride (so the need for humility again) but the rewards are great. It takes courage to do this. So once again ask your Higher Power to give you the grace to take the plunge. Talk to your sponsor about any anxiety that hinders you. And then praise and thank your Higher Power for the freedom that you enjoy. There will be joy, happiness and a new sense of peace when you humbly take the action! Blessings as you continue on your journey of growth and remember you are just where you need to be on your journey of life, if you did your best for today!

Carry The Messages

Treasured Moments and Personal Stories

My Little Ducks

By: Wendy S.

Three years ago I was in Valley Hope struggling for my life, my sanity, my health and my sobriety. I was terrified that because I would not return to my home, the place of darkness and pain, I would lose my children. I knew the price would be high for my refusal to return to the marriage that had kept me a prisoner to my addiction and his addiction. I knew my life hung in the balance and I wanted to live. More than that, I wanted to live SOBER, healthy and free of chains that dragged me down worse, deeper, with every drunk, down farther than I had ever thought I would go. I made the choice I would not return to that dark place, that residence of death, but would trust my newfound God of love and peace to keep me safe and help me find a way to move forward.

While in treatment, I met daily with my chaplain. He helped me understand no matter where I went, no matter who on earth tried to help me, I could not and would not stay sober. I had to trust there was something bigger than me that would keep me sober and help me find my way. I spoke to this man of the pain and anguish I felt being away from my children. I feared their father and knew the price would be high because I would not go back to him or to that life. I shared losing my babies was the highest

cost I was willing to pay and I was done with that lifestyle and choices I had made in my marriage. He told me it would be hard. I would cry, every time I say goodbye to them I would cry. He said it would hurt and tear me up. Every time I said good bye and walked away I would cry, but I must keep on walking. I was not walking away from them; I was walking away from HIM and a life of suffering, illness and unhealthy behaviors. He said, "cry, but keep walking."

I grieved for the choices and mistakes I had made and how much I had done wrong in my addiction. How I had not been there for my babies, sometimes physically as I slept off my drunk and always emotionally as I could not give them what I didn't have myself. I didn't love me so how could I give them the love and acceptance they needed?

My chaplain told me a story of ducks. He said, "A mother duck leads her babies and the babies follow her. When the mother duck gets distracted or wanders off path, the babies may get confused and go out of line. When the mother duck gets back on the path and takes the lead again, the baby ducks will fall back into the line behind their mother once again."

Tonight I went to pick up my boys from their dad's house for my evening with them. My middle son told me to close my eyes; he had a surprise for me.

He had made me a mama duck and three boy ducks safe in their individual nests, origami style. He said it is me, him and his brothers. He has never heard the story my chaplain told me in treatment, but God did.

My ducks have fallen back in line behind me. Thank you Father Dale from Valley Hope and more than that Thank you my father above. Thank you so much.

Coffee Cup

Volume 42 Edition 3

Editorial Committee:

Megan O'Connor, Laurie Cliff and Taryn Gaschler

If your address needs to be updated or if you wish to be removed from the subscription list, please call us at 1-800-654-0486 or e-mail recovery@valleyhope.org

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To Alcohol:

All you did for me – you must know

Robbing life's preciousness until painful nothingness ensued.
Abusing self-worth until dissolving the parts of me I valued.
Stealing kindnesses until my goodwill had nothing to give.
Fragmenting love until my heart forgot to laugh and live.
Splintering wholeness until life yielded only shards of you.
Starving willfulness until motivation had nothing to do.
Blinding contentedness until I only saw life's misery.
Shadowing joy until life held little happiness for me.
Rendering helplessness until my heart filled with hostility.
Crippling hope until my spirit lost all sustainable mobility.
Silencing voices of reason until insanity tainted my self-belief.
Forcing weariness to consume my soul until finding no relief.
Dismissing spirituality until elusive lines were crossed.
Denying freedom until pathways leading out were lost.
Caging spirits until my soul revealed only tear-stain.
Neglecting my essence until this life could not remain.

~Christen S.

To Recovery:

The changes you make – for me to show

Grieving worth that was stolen and all that was lost
Reclaiming self-value despite the struggle or the cost
Easing self-pity by sharing kindness and making amends
Finding goodwill as the spirit of forgiveness transcends
Healing brokenness as I change my self-defeating desires
Unveiling will that allows me to confront all that life requires
Reuniting fragments still scattered through my heart
Embracing grace as I accept the gift of this new start
Calming upheaval's angry touch with joy as gladness sings
Growing peace's feathers that they may create hope's wings
Voicing wisdom through words that let my thinking reshape
Granting sordidness of my past power to make its escape
Revealing sight of life's simplest measures and its ensuing beauty.

~Christen S.

Letters From Home

N To Friends and Family of Norton Valley Hope

By: Annie B.

O When I think about letters from home, I think about all the letters we have received as a staff at Norton Valley Hope! From your home to our home at Valley Hope!

R When we get a letter we open it with such joy and also concern hoping everything in your recovery is going well!

T We always go up and down the halls and share our news with each other. "Hey, how is so and so?"

O Mickey would ask. Daryl and Ray might ask if everything is going well.

N We sometimes share in staffing, or ask for prayer if someone has written they are struggling. We always save our letters from your home to ours.

Thank you very much for all the wonderful "letters from home." I am grateful we are so blessed by the many wonderful thoughts and friends who care about us and share their lives and recovery in this wonderful art form in "letters from home"

God Bless and see you at the Alkathon!

Update From Norton...

Maggie Herman graduated from the Training Program on April 2, 2009. It's been wonderful watching her grow and she will be leaving the nest on July 16 to transfer to Boonville Valley Hope. She will be missed! Carla Moore, Program Director, passed the test for her Licensed Clinical Professional Counselor mid-April. Scott Beutler, our newest trainee, completed the book-portion of his courses and began taking patients on May 18, 2009. Guess that's it for now - hope to hear from you soon so we can keep up with your progress!

Love - Norton Valley Hope Staff

Norton Alkathon

August 22, 2009

Starting at Norton Valley Hope with the Freedom Ride at 12:30 to the Catholic Parish Center.

Monster Mash Bash Carnival

A Family Experience



& Haunted House

October 29, 30, 31

Doors open at 7pm

Open til midnight on Halloween

National Guard Armory, Norton, Kansas

Carnival fun for all ages inside the Mash Bash - No admission charge

Frightful & ghoulish inside the Haunted House - \$10 admission

Funds raised will directly help patients needing financial assistance for treatment

An alcohol & drug free event - a safe venue for family fun on an otherwise scary night

Wanted: Cast member & carnival workers, call Amy

(785) 877-5111 or Kerri 877-5101

Production brought to you by VHA staff and volunteers

 **Coupon** 

Buy One Get One Free

Admission to Haunted House

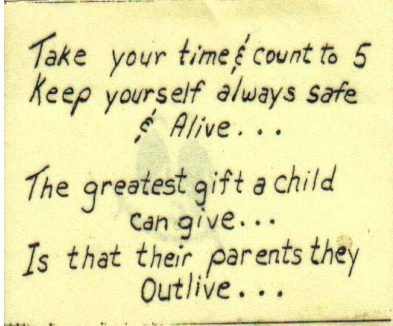
Thursday and Friday nights only



A The Greatest Gift

By: Jared, March 11 2009

ATCHISON



Rarely are submitted articles edited for content but due to space restrictions combined with the desire to include the article it was decided by the Editorial Committee to publish the edited version due to the high quality message. Our apology to the writer if the primary message was changed.

Today, March 12, 2009, I celebrate my third year of sobriety. It was three years ago today I entered an alcohol treatment facility for the third time throughout many years. Today, I celebrate life and 1,095 days free of drugs and alcohol. The above note is from my Mother, she attached it to my luggage as a kid before I went away on my first trip. It has special meaning to me and she sent it to me in the mail yesterday.

Three years ago today was a dark day for me; yet a turning point in my life. It was the day I left behind my perception of the world and my place in it. After years of struggling with alcoholism, a failed marriage and several lost jobs; I had come to a place of desperation. From a loft apartment in downtown Kansas City I would make my final stand. With money in the bank and a liquor store three blocks away, I was in heaven, and hell. This is how I remember those last few days.

My body and my soul weigh eight hundred pounds. For days I have been laying here on this futon, alone in this loft, too weak to walk or eat much. The booze has stopped working. The empty bottles are a reminder of what is left of my soul, emptiness. Every warm drop of life sucked out of them. I remember learning in a treatment center personal hygiene is one of the first things to go as my disease starts to take control. For the last few days, I have forced myself to crawl the twenty feet to the bathtub. Not any more, I don't care. My fingernails are long, I used to hate that.

My Father came last week to see how I was doing. He left with tears in his eyes when I told him everything was going to be OK, his response: "it's not OK, Son." My parents live about

an hour away, for my father to come to the "big city" says a lot. I don't think he has ever been here before, I wonder how he found me? Although my mother hasn't come, she's been

praying for me, I know her. She knows a lot about the disease of alcoholism, enough to know there is nothing she can do for me but pray. My sister hasn't come this time either. She does not feel sorry for me, and I know she is not coming to save me this time. She told me so the last time we had contact: "I don't feel sorry for you and I won't come save you, but if you choose 'life', call me and I'll be there."

My sister is number 1 on speed dial; she's a few miles away. I hit the number 1 on my cell

phone, she answers and I say "I'm at that point, I can't do it anymore, come get me." I chose life. My sister helps me carry my eight hundred pound soul out of the loft. She sits next to me all night as I lay in her stepson's bed. I tell her I don't love myself, she tells me she does and she can love me enough until I can love myself. She sits with me with her hand on my forehead; I feel a hundred pounds lift. The next day my sister drives me to the same treatment center I've been in twice before. I'm scared, but I chose life. My soul weighs seven hundred pounds.

For the last 1,095 days, I have awakened each morning and chosen life. I pray each morning when I wake and again at night before going to bed.

Atchison Birthdays:

1 Year Birthdays: Noah P., William V., Sarah D., Bud E., Grant S., George R., Kenny M., Cordero C., Rachel E., Tim J., Mariella G., Dewey G., Greg H., Brain H., Angel B., James W., William R., Carmelita M., Billy P., Robert D., Ruth Mc.

2 Year Birthdays: Carla N., Mike M., Jo Ellen T., A.J. B.,

3 Year Birthdays: Andrea K., Jason K., Ruth Mc.

4 Year Birthdays: Mark H.

6 Year Birthdays: John G.,

7 Year Birthdays: Dillan S., Dee M.

10 Year Birthdays: Steve T., Mike T.,

11 Year Birthdays: Dewayne A.,

15 Year Birthdays: Terry H.

AA Thought for the Day

(courtesy AAOnline.net)

August 27, 2007

Perfection

There would be no music if high C were the only note,
no art if spectrum red were the only color,
no joy in pleasure if pleasure were the only feeling —
and, paradoxically, there would be no perfection without imperfection.

What does this mean to me? Well, first it means that I don't have to be perfect.

All I have to do is grow at a pace natural to me— and that is all I have a right to expect of others.

If I can remember these truths, then love — real love, as opposed to drunken sentimentality — is finally within reach.

It is not stupid to accept myself, and others, complete with our imperfections. It would be stupid not to.

c.1985 The AA Grapevine, Inc, *The Best of the Grapevine* [Vol. 1], pp. 60-61

Thought to Ponder . . . Give me the courage to be imperfect.

B Letter From Home

By: Scott Ehrlich, M.Div

O “Summer time and the living is easy.” That’s what the old song says, anyway. It is summertime, to be sure, but “easy living” is not guaranteed to any of us! I think that’s what makes sobriety so valuable to me at this stage of my life: I’ve learned that nothing gets any better if I pour alcohol on it; but that “life on life’s terms” is always profoundly “do-able” when I work step 3 on a daily basis. Okay, enough of that. Let’s get on to the news from Boonville.

N We have a new counselor on board! Jeff Myers has taken a fairly circuitous route through the Bluegrass State to Boonville. He’s still very new to Valley Hope, but seems like a wonderful addition to our staff, and we’re looking forward to working with him. Our counselor trainee, Laura, is doing well, indeed, and is a great part of our family. Jeanne Oliver has moved to St. Louis in order to manage our out-patient office there. Nancy Clements, our family and AC/ESS counselor, has resigned to take a position with the state of Missouri. Although we’ll miss her, we wish Nancy the very best in this new chapter of her

C News From Chandler

By: Anne Swanson

Community Relations Specialist

H On June 19th, nearly 60 alumni and their family, friends and sponsors attended the 1st Renewal Day in over 20 years at Chandler Valley Hope. Thirteen medallions, with cups and saucers returned, medallions were awarded to alumni celebrating one year of sobriety. Several other alumni returned to Chandler Valley Hope to celebrate their second and fifth years of continuous sobriety. Chandler Valley Hope staff was overwhelmed by the response, as well as the outpouring of gratitude our alumni expressed for being able to return to Chandler on a monthly basis to renew their sobriety, friendships and participate in Small Group discussions. It was a positive day for all involved and we thank all the alumni who honored us with their attendance. “Keep Comin’ Back!”



Alumni Group at Renewal Day



Kim N. and
Counselor, Marcia



Roger Nelson, Donald T. and Ollie S.

life. One of our nurses, Beth Royston, is a new grandma, and she already has numerous pictures to show and stories to share; long-time Administrative Assistant, Susan Donley became a grandmother again about a week ago. Our Director of Nurses, Susan Wood, became a grandmother again about 3 months ago, having two grandsons born just 2 weeks apart. [Of course, if you would like to see pictures of, or hear about, MY grandson, all you have to do is ask!]

Boonville Valley Hope celebrates Renewal Days on the second Friday of each month. Having our alumni return to visit and to share their “experience, strength and hope” is always an uplifting event, and it is made even better when we get to celebrate years of sobriety in our medallion ceremonies! Our kitchen staff always prepares extra-special goodies on Renewal Days, and that makes our celebration even more wonderful! Our Alumni Association takes an active role in what’s happening here in Boonville, and they make a valuable contribution to life here on a daily basis.

And so, another “letter from home” comes to a close. I hope this finds you well – enjoying “life on life’s terms” every single day!

A Fond Farewell

On July 8th we had a going away party for long-time PCA, Sarah Henneberry, who is moving to Columbus, Ohio. Sarah is beloved by patients and staff alike at CVH and she will be sorely missed. Her humor and dedication to our patients will be a tough act to follow, and we wish her well in her new endeavors.

In Loving Memory of Ken Lucas

The entire Valley Hope family mourns the passing of Ken Lucas on May 6 2009. Ken served as the Arizona Coordinator of Community Relations for the past ten years prior to his retirement earlier this year. He was a man of deep faith and commitment to recovery and people who suffer from addiction and alcoholism. Ken tirelessly carried the Valley Hope message and the hope of recovery to the Arizona community. He was known for his compassion, constant smile and readiness to offer a kind word to all. Ken was an accomplished and respected writer. He published numerous articles in our own *Coffee Cup* and other addiction/alcoholism recovery journals. Ken will be dearly missed by the Valley Hope community and the many people whose lives were blessed by knowing and loving him. Ken is survived by his wife Pat.

P News From Colorado

A We've had a pleasant, but soggy, spring/early summer here in Parker. We spent part of one afternoon holed up in the counselor/chaplain hallway waiting for a tornado to pass over while watching the hail set off our car alarms (I think we got away with no hail damage.) It has rained nearly every day of June, making this June the second wettest month in Colorado since records have been kept. The benefit of course is that all is green and lush where normally by now things would be slowly browning up.

R It has been 20 years since we've been here in Parker, Colorado. I went back and looked at some pictures of the ground breaking ceremony in 1988. Ken was looking as youthful as ever while watching Doc shovel the first bit of dirt. Dennis Gilhousen, who at the time was the Vice President of VHA, and Tony Jewell, who at the time was the Chairman of VHA, were both there. C.T. Young, VHA Vice Chairman at the time, Monsignor Armand Girard, VHA treasurer at the time, and A.J. Danielson, VHA secretary at the time. There were several board members present: Michael Carr, E.F. Steichen M. D., and honorable Bernard Sprague. The mayor of Parker, Ann Waterman and the local Catholic priest, Father Dennis Dwyer were also present. Aside from those folks, it was just the deer and chipmunks and maybe a curious coyote watching nearby.



Mel and Tino



Jean, Nursing



Mike G.,
Program Director



Tami R.,
Counselor Trainee



Stacy, UR



Karina L.
Housekeeper

The town of Parker has grown considerably since that time with Parker Valley Hope having housing developments on 3 sides now where before there were none and the town having 3 Starbucks (thank God). A small town must have 3 Starbucks after all. Many of the staff live in surrounding areas that had not been built yet in 1988. It's still beautiful here with the expansive blue skies and frequent deer sightings. We've gone through some great directors starting with Ken Gregoire, John Arnold, Mike Miller, Desiree Murray and now Mike Grover. Ken jokes about making the director's office with two doors so that he could sneak out the back without anyone knowing he'd left. What has been consistent over the last 20 years is how Parker Valley Hope staff has treated and cared for over 11,000 patients, the same way all Valley Hope residential and outpatient centers have, with love and respect. We, at Parker, look forward to another 20 years of service to this community and another 20 years of membership in the Valley Hope community.

We've had some staffing changes and want to welcome the following people to their new positions: Karen Pooley is the new Director of Nursing, Brandy Justice is the new Assistant Director of Nursing, Stacy Delbaugh is now the UR Coordinator, Amber Due has moved from nursing to the business office while her sister Crystal Due has moved from the business office to nursing, and Stephanie Lane has moved from UR to AC/ESS. Last but not least, Gene Nanstiel is our new Maintenance Supervisor. We hope that all of you enjoy your new positions with Valley Hope.

Denver Valley Hope is Embracing all the Changes that Recovery Throws our Way...

By: Brooke R. Tangen Huus, M.A.
Program Director Trainee

Summer has arrived here in Colorado and Denver has had an abnormal amount of precipitation this year and the region is beautifully lush and green. Our office has had our coyote friends back this summer and they can be seen sunbathing on our front lawn and crossing our sidewalks on occasion. We are starting to toss around the idea of making the coyote our office mascot. They stay clear and are quite skittish, but our office windows provide us with a great observatory. Like usual, our office has been busy and our counselors are always on the go, setting standards in the quality of care we wish for our community and raising the bar for our own office.

Our Chaplain Dale Lee, will be celebrating his one year anniversary with us in early September. He has been a great addition to our team and has begun to stand out as a very influential part of our patient's spiritual journeys in recovery. He is also known as 'Biker Chaplain' as his primary mode of transportation is his bicycle.

Joe Graszl and Sandra Prasz are still going strong and keeping our daytime Intensive Outpatient Program both thriving and a safe yet exciting environment to gain a foundation in recovery for our patients. The evening program is gaining momentum as the summer progresses. We are sad to say goodbye to Sean Johnstone who was an evening counselor since January of 2009, but Linda Gail

(Continued)

("Denver Valley Hope is Embracing all the Changes that Recovery Throws our Way..." continued)

continues to rock the house with her lively and witty charisma. Our trusty Paul Hood, an on-call counselor, continues to be a reliable source for our patients during the ever fluxuating changes within our Colorado offices.

Colorado Intensive Outpatient Programs have changed significantly over the past few months. With the closing of the Westminster and Colorado Springs offices, South Denver has seen fluxuation as patients transferred from one program to another. With the closing of our other two Colorado outpatient offices, we also brought on a new position that was filled by Stephanie Lane, who is our New AC/ESS counselor for Colorado. She came to us from Parker Valley Hope where she was doing Utilization Review. We are happy to say that AC/ESS is on the rise in Colorado and we are seeing more and more patients opting for our AC/ESS Continuing Care program as a continuum of their journey in recovery. We are also soon to start AC/ESS Intensive Outpatient treatment here in Colorado.

Matt Vigil was hired in November of 2008 as the Outpatient Business Manager, but proudly took on the role of Administrative Assistant II when our two other outpatient offices closed, eliminating the need for his initial position.

Malissa Gonzales and Kayla Esparza, our two business office ladies, continue to be an integral asset to our ever-growing, ever-demanding and ever-eventful facility. They

are the first point-of-contact for potential patients seeking treatment—always kind and enthusiastically finding ways to connect with and lend a helping hand to both patients and co-workers alike and offering the welcoming first-impression for each person that comes through our doors.

With the closing of the Westminster and Colorado Springs offices, Janet Stokes and Amber Due transitioned into positions at Parker Valley Hope, while Lynda Carroll, Denise Rodriguez, and Amy Sullivan parted ways after the April 24th closures.

Donna is our Community Relations person who has been in this role six and a half years now. She has been busy building bridges between the needs of the community and our services; following up with families and referral sources who are helping people find recovery. She loves the blend of using her clinical skills with a large variety of people around the state who are seeking needed resources. She loves her job!

As for myself, I started with the Colorado Springs Valley Hope as a counselor on Halloween of 2008 after moving from Minneapolis, Minnesota to accept the position. I remained a counselor at the Springs office until its closing on April 24th. It was at that time that I transitioned into my current position as the Program Director Trainee for the Denver outpatient office. I am very excited and love my new position here in Denver and all the fabulous patients and employees I have the honor of working with every day.

G Greetings and Salutations from Grapevine

By Andrew Koss

R We want to welcome Jeff
A Carter to our maintenance
P team, who joins our other
E maintenance man in residence,
V Jeff Keefe. The addition of
I another Jeff to maintenance
N has made it a little difficult
E to call one or the other down to
the nurses station or other areas
so we have taken to calling
them "Jeff Junior" and "Jeff
Senior." Runners-up for these
titles were "the Jeffs," and "Big
Jeff" and "Little Jeff."

They aren't the only doubles
we have around here. As was
seen some time ago in a photo
published in *Coffee Cup*, we
have Kaye Degel and Kay Bradford
and Beth Foster and Beth Busby.
At the time the photo was taken,
we called the receptionists Kay
and Beth and counselors Kaye
and Beth. But they have all
since had changes in title. Kay
Bradford has moved from
reception to the IS department
and Beth Busby has moved from
reception

to the admissions department.
Kaye Degel and Beth Foster,
while still counselors, have
moved to being our Community
Relations Specialist and our
Assistant Program Director,
respectively. This is all old news
of course. In more recent news,
we are happy to announce that
on June 26th, "Little" Beth
Busby joined Beth Foster's son,
Cliff Foster, in the holy union
of matrimony. And that means
that we now have two, count 'em,
TWO Beth Fosters at Grapevine
Valley Hope! Not to mention that
we also have Beth Reyes over
at the nurses station! Other
doubles at our facility include
our Business Manager, Kelley
Moore, head of housekeeping,
Kelly Collins and Receptionist
Michelle Autrey and nurse
Michelle Tolleson.

In less pleasant news we have
had to say goodbye to Albert
Webb as our Program Director.
Albert was an efficient and
caring leader and we were sad
to see him go. However, we
have been blessed to have
Michael Webb, former
Outpatient Program Director,
fill Albert's shoes. Michael
has been with

Grapevine Valley Hope from
its beginning, working all the
way up from Counselor Intern.
We are very lucky to have
someone we all know and love
take over the position, making
it a very smooth transition.
Joining us back in Grapevine
again are AC/ESS counselor
Rachael McBride, Kristie
Mynatt and Counselor Briana
Sefcik, who has taken on the
role of Program Director in
Training for Grapevine
Outpatient. Also, we are sad
to say that Laura Westerlage
will be leaving the Inpatient
Business Office, though we
are very happy to announce
that she is leaving to continue
her schooling. She has been
a valuable asset to our team
and we will have a hard time
finding someone as diligent
and meticulous as her to fill
her position.

In other news, we are happy
to announce that Business
Manager, Kelley Moore, is
expecting! We are all very
excited for Kelley. This is
Kelley's first child (unless you
count her dog, Bebe). She
does not know if it is a boy
or a girl yet but speculation
is abound. Kelley's baby is
due in December. Congratulations,
Kelley!

Letter From Halstead

By: Ryan Culver, BS, AAPS,
Admissions Counselor

Spring has been a great time here at Halstead Valley Hope, starting out with our Spring Fling. This year our celebration had a record number of returning patients and family members. The auditorium was full and so were stomachs. We had our annual golf tournament with first place going to Adam, Toni and Harvey. Second place went to Tracy, Justin and Jason. Third place went to Neal, Danny and Jeremy. We also gave out medallions to Jeremy for longest drive, Rob for longest putt and Jason for closet to pin. The golf tournament had a great turnout despite soggy weather. As everyone knows, we are blessed to work with some very talented patients and recently at Halstead we had a very musically talented group that agreed to come and entertain at the celebration. The change in entertainment was a success with several alumni and staff putting on a live concert. Chaplain's Steve and Kevin helped arrange the performance and they also showed off their musical talents. The group consisted of Danielle, Nick, Jon, Ted and Chaplain's Kevin and Steve. The group performed several songs that not only entertained the audience but also shared powerful messages of recovery. Our Golden Heart Award was received by Roger Y. Roger is an Alumni of Halstead Valley Hope and has remained connected to us and has helped others find recovery through Valley Hope.

Something that is new for us is the establishment of an Alumni Group at Halstead. With all the new changes



Celebrating Birthdays



Counselor Linda and Rob



Counselor Linda and Dustin



PD, Dallas and Adam



2nd Place golf team winners



Counselors Jenna and Ryan S.



Program Director Dallas Uhrich



Chris S., Counselors Jenna and Lorna, and BM, Holly

occurring Assistant Program Director, Linda Traylor and several alumni felt the need for an alumni group. The group will be helping raise funds for the new facility and will also assist in many other activities and projects throughout the year, not to mention keep patients connected to Valley Hope. The group will meet on Wednesday nights at 6 p.m., so please feel free to join us!

On a sad note, we had a loss recently. Last years Golden heart recipient, Bob Shearer, lost his battle with Cancer in March. He will be missed by all and remembered for his passion for recovery. Bob worked several years for Valley Hope and made a lasting impression with all he met and worked with.

I will end this letter by wishing everyone a great fall and encourage you all to stay tuned for updates on our new facility and fund raising events that will take place.

Birthdays Celebrated in Halstead

April- Al-3 years, Page W-1 year, Shannon W-1 year., Jason G-1 year., John C-1 year.

May-Rob G-1 year, Miro O-1 year, John Z-6 years., Roger Y-4 years., Travis L-3 years

June- Carl O-1 year, Jerry J.-1year, Velma K.-1 year, Tom I.-1 year, Gary-1year, Brian A.-2year,

Chris S.-2year, Jennifer-4 years, Dustin G.-5 years and Tom Q. - 5 years

Changes At Wichita

By: Krista L. Casmaer AAPS, BS
Counselor-Wichita Valley Hope

Spring along with warmer weather brought some exciting changes at Wichita Valley Hope. The building received an external facelift through new paint and exterior remodeling. It now looks fresh and inviting to those passing by. I myself have gotten acclimated to the change from inpatient treatment to delivery of outpatient services. Susan Summers has also joined the Wichita office as a counselor and has been a welcome addition. Now that we are fully staffed our team is really working together to provide a quality treatment experience to those we serve. We are on our way to meeting our goal of increasing patient numbers. Susan provides the AC/CESS online services, which include: Continuing Care, IOP, and the family program. She reports really enjoying being involved in this new and upcoming area of practice. Other news here at Wichita Valley Hope includes a sobriety birthday for me on 7-7-09 of thirteen years and a birthday for Ebony Morris on 7-21-09, who turned twenty-three. Also, Dustin and his wife, Gina, are expecting their second child in February 2010. Susan also had a birthday on 8-9-09, and you'll just have to guess how old she is. We also survived a sudden and destructive hailstorm on July 8th. The building fared well, but our

personal cars were not so lucky, as a couple were deemed a total loss. The hail was reportedly up to golf ball sized and many of the trees lost leaves and branches. The streets were filled with piles of hail and leaves. No patients were affected as groups had already been dismissed. Clean-up has been completed and we're hoping that we escape further storms!



Grapevine Valley Hope

PRESENTS



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Procrastination

By: Rachael McBride, Counselor

Last night in the group here in Grapevine, someone brought up the topic of motivation. Or rather, lack of motivation. Many wondered- how do I get motivated? Today, I thought I would bring it up in here, because I'm sure the guys last night aren't the only ones who have this problem! I started looking for articles on motivation, which inevitably led to articles on procrastination...ugh! Now, I never found an article I liked enough to post here, but I did find a lot of good information, so I wanted to share some of it with you guys. Turns out, procrastination doesn't always have to have such a bad rap.

One of the articles estimated that about 20% of people consider themselves "chronic procrastinators." I notice that there seem to be a disproportionate number of procrastinators in treatment centers and 12 step meetings, though, so I'll bet this stuff applies to more than 20% of you! When we talk about procrastination, usually

it comes with a set of critical beliefs about ourselves: "I'm lazy," "I need to get my act together," "I can't get anything done." We think of procrastinators as sitting around, doing nothing- but that's usually the furthest thing from the truth! In reality, procrastinators get a lot done...we clean our desk drawers, we make phone calls, we check our email, we rearrange our furniture, we clean the toilet, we research articles on procrastination when we have a big pile of paperwork to do (ahem!)... anything to keep from doing what we actually need to do! How many times have you found yourself doing all kinds of chores in order to avoid one certain task? Or telling yourself that if you just could get everything caught up, once and for all, you would stay caught up? And then time after time, we let ourselves down and subsequently berate ourselves. It's time for a new approach- something to turn that liability into an asset! Some of the articles I read talked about "structured procrastination."

Beating yourself up and expecting yourself to change all at once doesn't help and they never have. They only serve to waste energy and feed into the perfectionism that's probably causing you to procrastinate in the first place. Instead, if you're going to procrastinate, you might as well put it to good use. Putting off an uncomfortable conversation? Clean your closet. Avoiding cleaning your closet? You're your sponsor. Don't feel like calling your sponsor right now? Okay, then go have that uncomfortable conversation! Like I say all the time, beating yourself up serves no real purpose and is a colossal waste of time. Let's all try to harness that energy for good use, okay? I'll bet we all get a lot more done, and probably even eventually get around to that thing we were putting off in the first place...I'm really excited to hear if any of you guys try this- please let me know how it goes!

Happy procrastinating,
Rachael

CUSHING Letter From Home

Brad Collins, HMR, LADC,
Community Relations

On June 20, Cushing Valley Hope celebrated 35 years of providing treatment services in Oklahoma. Prior to the celebration/reunion festivities, a round of golf was enjoyed by several of the Advisory Board members, followed by a board meeting. The absence of Carl Renfro was again felt by the board members and administration present. Carl's wife, Carolyn, has been ill and we continue to send good thoughts and well-wishes their way. They have been loving friends to the Valley Hope family for many years.

Program Director Mike kicked off the events in the lecture hall by introducing the Advisory Board members and Valley Hope staff. Brenda, Director of Nursing, presented decorative tiles (that she had decorated) to long-time Cushing Valley Hope employees; Nurse Maryo S., Chaplain Carl, former Maintenance Supervisor Bob S, and beloved food services supervisor Joyce W. They were also honored by staff and alumni. The alumni were also honored with special attention paid to their importance in the continued success of Valley Hope.

Counselor Vicki was one of our featured speakers, along with Ron T, a Valley Hope supporter with a long history of treatment provision and interventions in Oklahoma. We presented Golden Heart awards to

Della Blackburn and Ric Pierson for their tireless work in the treatment field and both have done so individually in excess of twenty years.

Throughout the day and strewn amongst the presentations and speakers was an array of lovely vocal and instrumental performances by counselors Christie, Debbie and Ellen, head of housekeeping Sara, Business Manager Stephanie and PCA Bruce. Once gain, Bruce also devoted his afternoon to running the sound for the event, while producing instrumental accompaniment when needed. Thank you for being of service Bruce.

After the events concluded in the lecture hall, Joyce and her kitchen staff put on a fine spread and most everyone ate until, well...let's just say the sign might read: "All you should eat" not "all you can!" The grand finale concluded with a performance by an alumni and her band, "Vertically Driven."

A wonderful time was had by all who attended and reveled in the product of this life in recovery.

Cushing Valley Hope celebrated it's 35th birthday on June 20th 2009. Approximately 300 alumni, family, friends, patients and staff joined in the festivities.



Counselor Christie and Bruce



Counselor Grizz



Standing L.-R.: Advisory Board members; Jim, Marty, Scott, CRS Brad, PD. Mike. Seated APD Shelly and Board Member John

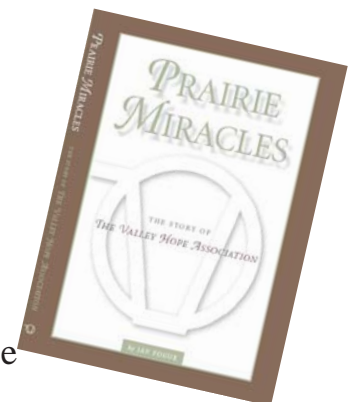


Retired Chaplain Carl and Counselor Steve

Prairie Miracles

Prairie Miracles, The History of The Valley Hope Association is available now. You may purchase a book for \$14.95 at Valley Hope residential centers or on our website, www.valleyhope.org

For each Prairie Miracles book sold, \$5.00 is being donated to the Valley Hope Association Foundation to benefit patients who otherwise could not afford treatment. Valley Hope and the Foundation are not-for-profit organizations and your gifts help support our mission.



CUSHING WALL of HOPE

You can be a part of history and help us build for the future.

Honor your own recovery or send a message to patients in treatment. In consideration of gifts above \$35.00, you will receive a quality, *personal, hand-painted inscribed* ceramic wall tile prominently placed in the treatment center – offering hope to patients in treatment. We have plans to expand the recovery room (detox) and nurse’s station. Funds raised will benefit the Cushing Valley Hope renovation building project.



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O' News from O'Neill

By: JoAnn Quandt,
Business Manager

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We have been experiencing all sorts of weather this summer. We experienced cool nights as we sat at baseball games wrapped in blankets to hot and humid nights with no breeze to cool off. At times we felt sorry for the kids playing ball, but they are pretty resilient. Dawn is pretty proud of her son, Noah, as his team won the Little League Championship (Go, Noah! Go). Now, we are seeing fall merchandise in the stores and are reminded to be grateful for the days of summer we have left!

This has been an eventful year at O'Neill so far. The monthly Renewal Days have been very well attended.

Staff always enjoy visiting with the alumni and celebrating their first year of sobriety! We also had several five year cups to pass out in addition to medallions and that was really inspiring. Marlene is always glad to serve the "brunch" to everyone. Kudos to her on the different dishes she prepares. They are always yummy!

A Note From Omaha

Joe Chavez began as Program Director at Omaha Valley Hope on July 17. We will have more about him in the next issue of the *Coffee Cup*. Many of you who have been at O'Neill Valley Hope were driven to the clinic or hospital by Mike, from the maintenance department. Well, Mike is fighting cancer at this time. He is doing well, but often talks of missing the patients and being at work. We miss him too and look forward to when he returns! If

you wish to send him good wishes, I am sure he would enjoy hearing from you. We will forward the cards to him.

Beth and JoAnn have been spending time at Omaha Valley Hope helping out in the office. It is great to see the patients from O'Neill participating in Continuing Care and Intensive Outpatient. We have new staff coming on board who are excited to be working with all of you.

Several patients got together and painted the gazebo inside and out and painted the Valley Hope logo on the sides. They did a nice job. The nurses painted the nurse's station and it sure looks nice. The living center, dining hall and public bathrooms have been retiled. Maintenance and housekeeping are repainting the fence and the sign. Everyone tries hard to keep the facility looking nice and welcoming to all patients and visitors.

You Asked...

Friends in Recovery Answered

Was it easier or harder than you thought to change your lifestyle, do your program, and stay sober? Please explain. Stacy C.

Things are easier said than done...It is very simply put to just keep on promising your best friends how you are going to change your lifestyle and the way you are living your life...In some way "WE" as in "ME" are very inconsiderate in regards to them, having our friends pick up our dirt... I am very confident that, if you want it bad enough it's there..."God" only helps those who help themselves.

~Melissa C.

It was way harder than I thought to get sober. It was impossible for me to change my life, I needed help. Once I started focusing on turning my life over to God, the rest came naturally. When my focus became my spiritual growth, the other parts of my life turned around. Valley Hope and AA taught me the skills I needed, it was up to me to choose to use them, but it was and is God who keeps me sober.

~Scott T.

It was both harder and easier to change my lifestyle, work the program, and stay sober. It was harder at first because I was not used to having tools to pick up and use instead of a drink. When trouble came, I relapsed, but I was lucky and came right back in. Once I became honest with EVERYONE and let go of what I thought was my control, my life became beautiful. Through continuously learning to let go again and again, the program became easier, and staying sober, no matter what, is the first priority that makes everything else in my life work and to be possible. I am grateful every single day, even when times are tough. We are truly the lucky ones.

~Julie P.

When I get myself out of the way and turn EVERYTHING over to God to handle it is so easy it's ridiculous! When I try to take control, it becomes very, very difficult and way too simple to slip back into old ways of thinking and living. So, if you want easy, turn everything in your daily life over to God, every day.

~ Dan F.

It was a lot harder than I thought. Being only 16, I thought I could handle this treatment thing for the 30 days, then I could go back out and use again. No big deal, right? Well that's not the case at all. I found within the first week, I learned how powerful addiction was. Never knew it was so powerful, especially methamphetamine. But doing my program was a lot harder than I thought because going into the program I thought it would be a breeze, well that is not the case.

~John S.

I have only been out of treatment for 10 days. I have decided to not return to work as the stress may be too much at this time. I am enjoying a few weeks with my grandchildren, swimming, golfing, etc. I am enjoying life with no stress and the good company of fellow alcoholics at AA meetings. My life style has changed dramatically but it is too soon to know when I will settle down to a more realistic life.

~Dave P.

Well I tried staying sober a couple times out of treatment without changing much about the way I lived. It wasn't until I came out of Norton this last time 4 years ago that I (along with some "urging" from my family) went to live in a half way house and continued with counseling for another year that I finally found the peace that was promised. Maybe I was an extreme case, but continuing to think and live the same old way was getting me nothing but the same old results. As I tell others now, I didn't have to change much, just everything.

~Kathy M.

Basically everything was easier when I quit fighting it and surrendered and accepted the fact that I was in this for the long haul and that I would never be able to drink alcohol again. I found a job I love, I enjoy going to meetings and being with people that have something in common with me. The hardest part was probably not thinking about drinking 24/7. This got better over time with the help of Alcoholics Anonymous, as did my life in general. It works when you work it and I have almost 5 years sober to prove it.

~Jeff L.

When I got out of treatment in O'Neill I was riding that pink cloud. Soon reality hit and life was there. The folks at O'Neill said get a sponsor and go to meetings. For once in my life I listened to someone other than myself. Amazingly, when I followed those two things, my lifestyle changed without me even realizing it. Along with the lifestyle change came the realization that I didn't think about drinking. When you talk to your sponsor and work the rest of the twelve steps, it is amazing how good things get. It's all in the Big Book. Just read it, work it, and talk to your sponsor two to three times a week. Don't leave things out, don't lie to him or her and follow their instructions. Life is good!!!!
~Paul H.

I'm the family member of an alcoholic/addict. How do I begin to trust again after so many broken promises?

I know as a recovering addict/alcoholic, it is even sometimes difficult for me to trust myself, so I can imagine how a family member feels. I do know that for me, I am aware and feel sad for the heartache I have caused family and friends. So I make amends and live my life better. If I do something that causes more pain, I immediately try to make it right. Trust comes in time. It is realistic not to trust someone who one month ago was stealing from you or manipulating you for their needs. Naturally, it will take time to trust your family member again. Hopefully over time, you will be able to see they are walking through life with a new outlook and don't practice the same behaviors as they used to. Eventually you will realize when they say they are going to a meeting they actually are. They are showing up sober for family events. It is a fact, however, that some people will relapse, so it seems not trusting them right away may be wise. It is my experience that family members do come to trust again, so long as I am healthy and not using and working a good program.
~Kim C.

I am an alcoholic and addict but also have a family member who is struggling with sobriety. Since I have the blessing of the program on my side, I do understand their plight. I can only tell you from my own experience that when we start getting sober and clean we sincerely regret ALL the promises we have broken in the past. Trust and respect are things we, as alcoholics and addicts, must EARN now. Remember, WORDS are just words, but ACTIONS speak volumes. Watch your family member's actions and in time, hopefully, they will EARN your trust and respect once again. I wish you and your loved one the best on this happy journey. May God bless you and keep you ONE DAY AT A TIME.
~Libby H.

Actions will speak louder than any words can. I wouldn't trust me either, after everything I did to earn my family's distrust! Al-Anon is an organization with lots of experience with living with us.
~Brad H.

Through my recovery, as I was gaining tools to live a healthy life, so was my family. My father realized that he too was sick, addicted to me and my active self. He gained the tools from Al-Anon and his twelve steps. He had to set new boundaries and stick to them, and so did I. We are very blessed to have had Valley Hope in our lives; it was the start to my new life. And it was a new start for my family as well! God Bless.
~Katie B.

Good question...I really think it depends on what kind of lifestyle you led while getting high. Personally, I was a stay at home addict. This means I did not frequent places or people that used or drank. I got my drug of choice and maintained a pretty stable lifestyle. I was completely detached emotionally, but I was there physically. Now I am just trying to apply what I learned in treatment and meetings to my life. Easier said than done! I can go to a meeting and be peaceful for that hour, however, going home or to school or work and applying those tools are a different story. Keep it real and stay true to yourself. Enjoy the hills and pray in the valley's.
~Kevin A.

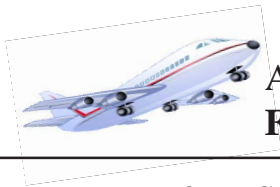
Regaining trust is not an event, but a long process. It's very easy for one to set up the recovering alcoholic by just assuming he/she has not changed or expecting the same response as you did receive 100x before. Be supportive of your family member to work his program. But you also need to be involved with AL-ANON. Learning about this disease and how it affects every person who is in contact with the alcoholic. Keep a very open mind about change. You won't see any burning bushes/or lightning strikes to signify change. The change comes from within for the alcoholic. As long as the desire and willingness to work this program and make the necessary changes needed, the trust will begin to be rebuilt.
~Tricia T.

Al-Anon is a wonderful program to help family and friends deal with just such issues. It takes prayer, time and a willing heart.
~Mindy S.

Have you ever made such a huge mistake where you think everyone in your life should hate you, and you deserve to be shunned? Were you then shocked by how the people you love so easily forgave you? Your family member is not an alcoholic/addict by choice; we do not wake every morning thinking what a good day to inflict pain and ruin lives. We suffer from a disease from which there is no known cure. The first best thing we can do is stop using, after that it is the daily acts of not picking up again and doing the next right thing that keeps us moving forward towards the lives we deserve. I would hope you attend some of the 12-step meetings your family member attends, as well as some just for you, then maybe you will be able to separate the alcoholism/addiction from your family member. The disease we suffer from is not who we are and hopefully with some time, you will be able to see your family member as someone beyond the alcoholic/addict who made and broke so many promises. Try not to hold their past against them, if you can, just as you surely don't want parts of your past held against you. ~AnnaLisa U.

As a recovering alcoholic and the family member of recovering addicts, I understand both sides of this. Several thoughts come to mind. See how they fit for you . . . The act of trusting is a gift. Give it as such, without repercussions and remember that you have no control over what someone else does. Give your gift of trust based on how you want to be treated/trusted. Healing from broken promises requires time and yet we really

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