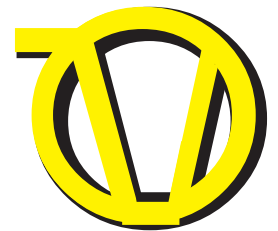


Coffee Cup



A Newsletter for Valley Hope Alumni and Friends



VALLEY HOPE
Spring/Summer 2011



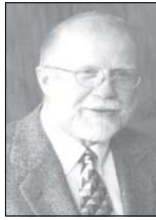
Inside this Issue:
Association News
Letters to the
Editorial Committee
Family Matters
Carry The Message
Foundation News
Friends & Alumni News
Reflections
Spotlight on 12-Steps
Letters from Home
You Asked

Association News

I've Learned

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

Valley Hope chooses to be accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO). At times that seems like choosing to go to the dentist. It hurts but you know it's good for you. The truth of the matter is that maintaining JCAHO accreditation is expensive and challenging but we do it because it is one of the ways that we can demonstrate to the referral community and to third party payers that our treatment meets all of the most contemporary standards for quality care of the chemically dependent.



Ken Gregoire

JCAHO is a private, nationally recognized organization that sets standards for healthcare in our country. We pay JCAHO to survey us and to measure our performance against those national standards and the performance of like organizations across the country. The JCAHO standards manual is extensive and continually evolves as health care evolves. In order for us to be accredited by JCAHO we must demonstrate compliance with each and every one of those standards. We also must continually remain in compliance with the evolving standards as JCAHO requires periodic submission of performance reports and makes random unannounced survey visits to accredited organizations to ensure ongoing compliance. For Valley Hope, JCAHO accreditation is significant because it gives us opinions from health care experts outside of our organization about the quality of our care. Our compliance efforts are organized, guided and inspired by Juanita Gregoire with the assistance of many others across our system. The survey process itself is long and grueling. JCAHO surveyors visit each of our facilities examining documentation and interviewing staff and patients. Each survey lasts three to four days. Over the past year all eighteen of our facilities residential and outpatient have been surveyed.

Now...the good news: the survey results have been fantastic. All of our facilities have achieved full accreditation. All of the surveyors commented on the warm, nurturing ambience of our facilities and the deep commitment and compassion of our staff.

More good news: this is truly an organizational achievement. It takes every employee of Valley Hope to achieve organizational

compliance with JCAHO standards and ultimately JCAHO accreditation. Thank you all and congratulations on a wonderful achievement.

More good news: I haven't forgotten the title of this article. It is, of course, only tangentially related to the important news of JCAHO accreditation. Digressing is typical of people in my demographic group. Dave Ketter will know what I mean. At the end of the last survey our surveyor asked each member of the Chandler Valley Hope leadership team what they had learned during the survey. Their answers were thoughtful, professional and, of course, respectful. Thankfully, the surveyor didn't ask me what I had learned because her question caused me to think of an e-mail a good friend of mine sent me recently entitled "I have learned..." Here it is:

- I've learned *that the best classroom in the world is at the feet of an elderly person.*
- I've learned *that when you are in love it shows.*
- I've learned *that just one person saying to me 'You've made my day!' makes my day.*
- I've learned *that having a child fall asleep in your arms is one of the world's most peaceful feelings.*
- I've learned *that being kind is more important than being right.*
- I've learned *that no matter how serious your life requires you to be, you always need a friend to act goofy with.*
- I've learned *that we should be glad God doesn't give us everything we ask for.*
- I've learned *that to ignore the facts doesn't change the facts.*
- I've learned *that when you plan to get even with someone, you are only letting that person continue to hurt you.*
- I've learned *that love, not time, heals all wounds.*
- I've learned *that the easiest way for me to grow as a person is to surround myself with people smarter than I am.*
- I've learned *that when you harbor bitterness, happiness will dock else where.*
- I've learned *that a smile is an inexpensive way to improve your looks.*
- I've learned *that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.*
- I've learned *that the less time I have to work with, the more things I get done.*

My friend didn't write these but given who he is he sure could have. Andy Rooney wrote them. I enjoyed them and I hope you do too.

Letters to the Editorial Committee

Notes, Cards and Letters from our readers:

I read the *Coffee Cup* and enjoy every bit. It is a great place to catch up on upcoming events and to share experience, strength and hope too.
~Julie

Just keep up the good work! We have enjoyed the *Coffee Cup* for the last 33 years.
~Larry and Rosemary L.

Greetings, I think *Coffee Cup* is very useful and informative. Of course I am a little partial towards Cushing, since that is where I was at (June 2004). Always plan to go back on renewal days, but have not made it yet. Just 80 miles (Muskegoe). Anyway, please keep the *Coffee Cup* coming.
~Mike L.

I read every issue, and I love all of the patient submissions poems and stories. The business end is also nice, but more from counselors and patients past and present would be great!
~Christy N.

I personally get a lot out of the *Coffee Cup*. It is one way for me to see what's going on at Boonville until I can make my renewal day. I love to read the inspirational thoughts from Chaplain Scott. Also what's going on with staff changes and the like, so I am not so surprised when someone has moved on or has taken an administrative position. I also like to follow the other campuses to see their thoughts and activities. I feel I belong to the Valley Hope family reading the *Coffee Cup*.
~Ike

NOTICE OF ANNUAL 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 19, 2011, 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.

/s/ Pat George
Chairman of the Board

\ ATTEST:
/s/ Michael E. Carr, Secretary

Kansas Commerce Secretary, Pat George Receives Jasper G. Chen See Volunteer Leadership Award

Dodge City native and Kansas Commerce Secretary Pat George has received the Jasper G. Chen See Volunteer Leadership Award from the Richard J. Caron Foundation. The award recognizes individuals who have provided exceptional volunteer leadership in addiction treatment through board membership and philanthropy.

The award is presented annually at the National Association of Addiction Treatment Providers Annual Leadership Conference, which was held on May 16 in Chandler, Arizona.

I am humbled by this recognition," George said. "From personal experience, I know the tremendous pain that addiction can inflict on individuals, and their families and friends. I feel blessed to be able to help those in need. It's been a major focus of my life to provide support for those struggling to beat their addictions."

George was a member of the Kansas House of Representatives from 2004-2010 and was confirmed as Commerce Secretary in February 2011. He has participated in many national efforts to help curb the growing problem of addiction. George and his wife, Lori, have three children, Thomas, Anna and Maris.

George has served on the Valley Hope Association Board of Directors for more than 10 years, the past two as board chairman. Valley Hope is a national leader in providing treatment for those suffering from alcoholism and other addictions. Valley Hope was started in Norton, Kan., almost 44

years ago and has locations in seven states.

"It is an honor to serve on the board of Valley Hope," George said. "To be part of an organization that has stayed true to its mission of 'Helping those suffering from the disease of addictions, one person at a time,' is an overwhelming feeling. To be a part of an organization that every day, 24/7, is saving lives is a privilege."

The Jasper G. Chen See Award is named for the doctor that served as a member and president of the Richard J. Caron Foundation Board of Directors. Chen See is recognized from transitioning the foundation from a family cause to a nationally recognized leader in the field of addiction treatment.



Ken Gregoire, VHA President/CEO, and Pat George, VHA Chairman

Dan Lara
Public Information Officer
Kansas Department of Commerce
1000 SW Jackson St., Suite 100
Topeka, KS 66612-1354

Prairie Miracles, The History of The Valley Hope Association

By: Jan Pogue

Western Kansas is a land of wide vistas and sweeping landscape. You can see to the horizon and you just can't ignore what you see. But a group of people – alcoholics – had been ignored for years. They were thought to be a bunch of drunks who didn't want help. Besides, no treatment would make a difference.

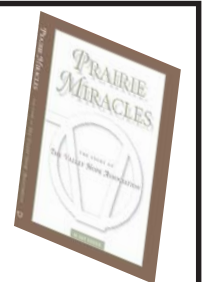
Lynn Colip, a physician from Norton, Kansas, and Bob Adams, a Methodist minister in Jennings changed that. Long conversations at the Norton bowling alley where they played and talked and talked some more, resulted in the idea that alcoholics could be treated, that they could recover – and that Northwest Kansas needed its own program.

This book will take you inside the facilities of Valley Hope Association, revealing the dreams of those such as Colip, Adams, and the many others who followed in their foot-

steps as they charted treatment waters never before attempted in Kansas. *Prairie Miracles* also traces the hopes of the individuals whose lives had often sunk so low as to be thought unsalvageable and, just as importantly, their families who suffered in the wake of their loved ones' destructive paths. All names used in this story are used with permission in hopes that their story of recovery will help others turn their own lives around.

Prairie Miracles

Prairie Miracles, The History of The Valley Hope Association is available for \$14.95 at Valley Hope residential centers or on our website, www.valleyhope.org. For each 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.



Family Matters

Negotiations of Our Human Needs

Raymond E. Colligan, Counselor

Along time ago I was introduced to a new idea about relationships. Relationship is bigger than the two people that are together. Using a math formula 1 plus 1 does not equal two. The relationship is bigger than the two of us. If you have the fortune to have children you can point at them and see and say, you got that one right!"

If we add chemical dependency to the mix of the relationship, then the statement that addiction is a family disease makes sense. Everyone in the family is affected. My belief is that everyone gets injured by the disease. Or put in another way, everyone gets lost. The addicted person is lost in the chemicals and the significant people in the relationship with them lose themselves in their focus on the dependent person. The primary effect is the breakdown in our ability to help each other get our needs met.

In a very primary way a renegotiation of the relationship must begin if a relationship is to survive and grow. Each person must focus on themselves to identify what it is that they need. The chemically dependent person must identify what they need to put recovery in their very life. The family

member must find the ability to focus on themselves. Feelings and what a person needs or desires must be learned to be talked about again.

I found William Glasser's approach to our human needs practical and helpful as a way for those newly in recovery to begin to talk and to renegotiate the relationship. He would say we are driven by five human needs, Survival (in our culture, Money) Love and Belonging, Freedom, Power, and Fun. Each of us varies in the amount of each of these. Our negotiations begin in figuring out what our individual needs are. What exactly trips my own trigger! (DNA) A simple place to begin is to make some guesses on a scale of one to five on each of the five human needs. Then share your results with each other. If you are two or more apart in any given category this will be the area(s) where negotiations will need to occur.

I have found with many couples in recovery that it is a struggle to talk, again what they need in coupleship. Discussing what you desire in a friend and partner and a lover can be a challenge. In my opinion, recovery must be about our relationships and we must learn how to talk about our feelings and our needs and desires.

Don't let boredom cramp your creative impulses

You can't be creative if you're bored out of your skull. We all feel jaded and restless from time to time, but if you're suffering from a complete lack of stimulation, try these tricks for snapping out of it:

- **Read something new.** Pick a book by an author you've never read, or one that covers a foreign subject.
- **Get some exercise.** Physical activity will get your blood pumping and stimulate endorphin production, making you feel energetic and happier
- **Talk to people.** Pick someone you don't know very well, and find out all you can about him or her.
- **Explore your surroundings.** Stop ignoring the sights on your way to work, or at work. Pay attention to all you see – look for something different and original.
- **Rearrange your space.** Sometimes shifting things around at home or at work can force you to look at your surroundings, and your life, in a new light.
- **Try a new recipe.** Get out of the rut in your kitchen. Pick a challenging recipe for dinner, or stop making the same old sandwiches for your lunch.
- **Change your routine.** Take a different route to work. Start the day with something new instead of just sitting down with your to-do list. Shake up your day, and interesting things may reveal themselves.

News Did You Know?

You can now read the *Coffee Cup* online at www.valleyhope.org If you prefer to not receive a hard copy and view it online, please call 800-654-0486 and we will remove your name from the *Coffee Cup* mailing list.

Coffee Cup

Volume 43 Edition 4

Editorial Committee: Megan O'Connor, Christal Rose and Joni Hilburn

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

The Valley Hope *Coffee Cup* newsletter is published quarterly by the Valley Hope Association
Editorial Committee,
P.O. Box 510
Norton, KS 67654

Carry The Message

Dear Administration and Staff of Valley Hope,

We are very grateful to Valley Hope for giving our family Hope! Our son Jeff spent the past 30 days in Boonville at Valley Hope.

Jeff tells us he feels better than he has felt for the past couple of years. He feels better able to handle the stress, anxiety, and panic attacks that he had tried to self medicate with alcohol.

Jeff's dad and I learned valuable information attending classes at Valley Hope on the week-ends. Patrick was an amazing facilitator. We learned valuable information by attending his "lectures" class sessions.

I've also appreciate Ross, Jeff's counselor. He was a great mediator and guide while helping Jeff and our family.

Valley Hope encourages family involvement. I truly feel that is the key to successful recovery. The 12- Step program was a definite factor for us while looking for the right place to help us, to help our son. Valley Hope was a life saver for our family.

We have learned how to support/not enable as we have done in the past.

We truly appreciate the entire Valley Hope family

Bill & Laura D.

Blue Illumination

By: Lee E.

When we met I never
Thought I'd see the day
That I'd throw my hands up
And send you away.
You came on so sweetly
And I let you inside
Filling my void with a false sense of pride
You swept me away with your
Euphoric embrace
And blacked out the years
In front of my face.
All the while, my expression a smile, as you kept deaths
reach on speed dial.
A drink, a line, a trip or a pop
By God's grace my heart has yet to stop.
The same however, for you is not true.
I've finally gained strength to live life a new
and so with that I send you down the line.
But I know you'll come around like you always do.
Crying and begging me to die with you.

With my new found light I'll ignore your pass and shatter
your hope like a thrown shot glass.
And when I wake up tomorrow
I won't miss you
Your lies or
Your pain or
Impending blue.
Yes I'll just breathe, and say a little prayer and remember
the way you brought me despair,
Don't be surprised if I don't come back,
I'll be fine without you.
My life's back on track.
And so now with this, a final good bye said with a smile
No tears to cry.
You really weren't that great for me
It's just too bad it took long to see.
But now I've said to much
You're a waste of my time.
Here is your ticket
My life again is mine.

My name is Robert O., I am a Grapevine Valley Hope alumni and wish to get in contact with Beth. I celebrate my five years in sobriety on June 28, 2011 and not only want to share my appreciation with her, but I am currently working on getting my bachelor degree in counseling and would like to arrange to come out to Grapevine for a visit. The impact Grapevine Valley Hope has had on my life is still felt in my daily routine and is passed on to people I sponsor in AA. Please forward my contact information to Beth, I would really appreciate it. She was my small group counselor and made a huge impact on me and was critical to my early recovery.

The caring professionalism that the whole staff showed me during the first

28 days of my sobriety helped pave the way for sobriety. I have referred several clients to Grapevine Valley Hope from an intensive outpatient facility that I work at as a group facilitator, while I get my degree in counseling. I can say that the same tools given to me were also given to the referrals. I hope to continue my education and apply to Grapevine Valley Hope upon completion of my degree and licensure. If someone would have told me five years ago that I would be on the current path that I am, I would have thought they were crazy. I am proud to say that I am an alumni of Grapevine Valley Hope and hopefully, God willing, will also be an employee. Thanks once again and God bless.

~Robert O.

Two plates of different pattern,
but both very unique....
One represents you, the other one
me...
Falling off the table, and crashing
to the floor...
A life changing decision, binding
me and you for-ever-more...
Love, faith, truth, and some
super-glue... mix it all up, and
soon we'll be all shiny and new...
Two plates of different pattern,
for-ever changed from a fall...
Two hearts' that beat as one, for-
ever hearing each other's call...

Love Always
Debbie

Building Hope

Valley Hope Association Foundation News

By: Megan OConnor, BS, ADAC
Director of Development



One 80



180* Change

Movement in the opposite direction – a 180 degree change. Individuals move from the darkness of chemical dependency to the light of recovery

One life – 80 others

Life is a stage – and the audience is seated with eyes wide open. Our ‘important people’ get the best seats in the house - front and center. The middle section of the theater is reserved for good friends and coworkers. Acquaintances and all others get seated in the back rows. The show makes an impact on everyone seated in the room.

If our lives play out with chemical dependency as the driving force, then everyone in the audience feels the negative effects. The closer they are to ‘the stage’, the worse it is. Dozens are affected: spouses, children, families, pets, employers, co-workers and friends. Add them up and at least 80 feel the effects of one person’s chemical dependency, and all the behavior and actions that follow.

Just the same, (and thank God) when someone is lucky enough to make it to treatment and live a life of recovery, then everyone wins. Everyone experiences recovery, serenity, peace and joy. Even people we don’t know benefit from our participation in life, society and our community.

Charitable gifts continue to make a difference in the lives of our patients. Every gift helping someone make a 180 degree change - helps *at least 80 others*. As you think about giving a gift to help our patients, remember you’re also helping 80 other very important people.

Thank you to all our donors who support Valley Hope’s Mission to help the chemically dependent and their families. Please see the list of donors on the following pages.

Valley Hope, Thank you so very much for the scholarship toward Heather’s treatment. Her growth through the program was wonderful and believe she is well on the road to taking and keeping her life in recovery. The cost is a hardship for me and she is still unemployed, so this help for our family is another blessing. If the donor is an individual, please convey our sincere gratitude.

~Carol C.



Paul Jr. passed away on Sept 24 – your organization gave his life back to him in 1972. His family is very grateful. He also flew many people to Valley Hope for treatment during his ‘flying years’. He worked the program of AA all the rest of his days. So – we chose Valley Hope as the donation site for memorials. Keep up the good work. From an ‘Alanon Lady’ and the Family

How to Give

- Donate on our website - www.valleyhope.org/donate
- Contact the Foundation by phone (785) 877-4483 (GIVE)
- Mail your gift to: Valley Hope Association Foundation, P.O. Box 59, Norton, KS, 67654

What to Give

- Cash, Stocks, Securities, Life Insurance, Real Estate
- Tangible items - please visit with the Program Director

I hope this can help. Valley Hope has been the best thing ever for our family. ~Jane B.

We Promise to Be Good Stewards of your Donation

- Specify the treatment center you want to benefit
- Tell us how you want the gift to be used, Scholarships for treatment (endowment or immediate) Patient Assistance Needs (halfway house down-payments, books, dental work) Facility Improvements (recreation equipment, new patio furniture).

Zak's Mission



Yes, I would like to support Zak's Mission with my gift of \$ _____

Your name _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Don't worry, we don't share your information.

Your message to Zak _____

Mail to VHA Foundation, P.O. Box 59, Norton, KS, 67654



Zak's Mission

In memory of his father

Zak Yocham is an 11 year old from Coweta, Oklahoma. His father battled alcoholism (never got to treatment), and lost his life in June 2010 in an alcohol-related accident.



Zak is on a mission to spread the word there is hope and help for the disease of alcoholism. He is building a show truck in memory of his dad, a Sunkist-orange 1972 Chevy. Zak is taking the truck to as many car shows as possible.

He is raising treatment scholarship funds for individuals and families seeking help in Oklahoma at Cushing Valley Hope. Check out Zak at his website www.boysmission72chevytruck.com with video

and photos of his progress. Two television stations are following this remarkable story.

If you are interested in helping Zak's Mission, please visit the Valley Hope website and click on Zaks Mission or mail your gift to Valley Hope Foundation, P.O. Box 59, Norton, KS, 67654 or visit <http://www.valleyhope.org/ZaksMission.asp>

I think it's awesome what Zak is doing. If it helps just one person, then that is at least one family that will not have to go through the pain he and his family are going through.
~Randall G.

Zak, This is so great what you are doing. You are a wonderful young man. Good luck to you. The money is for you. Bless you.
~Jo T.

Gift Acceptance Policy

Valley Hope Association and the Foundation will not accept gifts from a patient in excess of a cumulative \$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."



New Birthday Club Members

Lanny F. Debbie O. Walter R. Ryan F. Amity G.

Thank you to the above individuals for sharing their recovery birthdays by helping others. We appreciate your gift and wish you the best.

Total Received for Patient Needs:

\$238

Happy Birthday to YOU!

Valley Hope Association Foundation

Donations Received from April 19, to July 15, 2011

Atchison

Unrestricted

Teresa Schmeck
Neil Klutman

In Memory of Harvey Robert Wilson

Delores Abernathy
Betty Stigall
Stephanie Nutt
Margaret Ruhnke
Mary Billingsley
Susan Marsh

William D. Leipold Endowment

In Memory of Chris Condron

Cheryl Bolinger
Linda Brown

Patient Scholarships

In Memory of Christian Cleveland

Ashley Cleveland
In Memory of Ingeborg Larson
Ralph Larson
Lanny Frakes

Patient Assistance

In Honor of Katie S.

Debbie Shaughnessy
In Honor of Lanny and Ryan Frakes
Lanny Frakes

Boonville

Patient Assistance

In Memory of Helen Purvis
Peggy Robb

Chandler

Unrestricted

Nancy Landrum
In Memory of Remington (RJ) Dawe
Joan Best
Susan Echols
Patricia Dentino
Old Castle Architectural
Sharon K. Fitzgerald
Carl & Deborah Gray
Jan & Daryl Bado
Mile High United Way
Susan Echols

Patient Scholarships

David Black

William D. Leipold Endowment

Memory of William (Will) Page

Dorothy Payne Richard Hayes
The Harmon Family
Dr. Lane Kaufman
Bill Rader
Vernon Bright
Sallie Page

Cushing

Unrestricted

Janis Leischner

Patient Scholarships

Oklahoma Elks Major Projects

Zak's Mission

In Memory of Brian Yocham

Joleen Tammen

Building Fund

Tim O'Toole
Pat George

Grapevine

Patient Scholarships

In memory of Dustin McVeigh
Sheryl Darden

Patient Assistance

Monica Moline
United Healthy Employee Giving.
In Memory of Dustin McVeigh
Sheryl Darden
Amity Gomez

Moundridge

Patient Scholarships

Judith Ann Dunn Sr.
In Memory of James Costello
Tammi Costello

Facility Improvements

Robin Moos

Patient Assistance Fund

In Honor of Dixie B.
United Methodist Women
In Memory of Jeremy Gates
Rick Gates

Building Fund

Robert Wilkins

Norton

Unrestricted

Ambassadors Class Christian Church
Bernard Schroder

Patient Scholarships

In Memory of Eric Carvalho
Kathryn Apley
Paul & Norma Strecker
Recovery Ride
Jack Payne
Dr. Timothy and Chryl Dunagan
Consolidated Concrete
Mike Hieb Construction Inc.
The Traylor Shop
Hornady Manufacturing Co.

Island View Dental

Steven & Cynthia Flaherty
Almquist, Maltzah, Galloway &
Luth, P.C.

Elmer and Ranae Edwards

Anonymous Donor

In Memory of Don Lee H.

Marlene Gakle

In Memory of Derek Zabokrtsky

Julie Siefers

Jim Knothe

Patient Assistance

Anonymous Donor
Walter Riechmann
Timothy Parkman
Brian Post
Ambassadors Christian Church

O'Neill

Patient Assistance

In Memory of Steve Emme
Gage Stermensky II
Chief Industries, Inc.

Parker

Unrestricted

Nancy Braley
Patricia Q. Ford

Patient Scholarships

Debbie Skipper
In honor of Sean Sullivan
Super Market Shoppers

William D. Leipold Endowment

In Memory of Chris Condron

Thomas Fick
Bank of America Matching Gift
Douglas McLaughlin

Facility Improvements

In Memory of Michael John Mullen
Terri Dooley
Gwen Alexander

All Facilities

Unrestricted

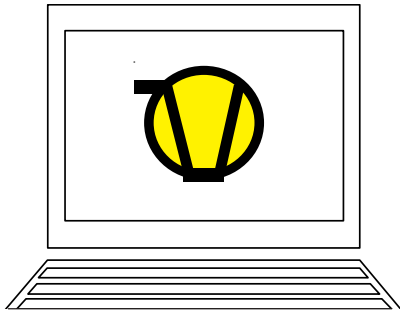
Chesapeake
Reid Wilkes
Microsoft Matching Gifts Program
Kevin Hahn
United Health Employee Giving.

Did You Know? You can now read the *Coffee Cup* online at www.valleyhope.org If you prefer to not receive a hard copy and view it online, please call 800-654-0486 and we will remove your name from the *Coffee Cup* mailing list.

Friends & Alumni News

Friends and Alumni

By: Megan O'Connor, Director of Development



www.valleyhope.org

Click on Alumni & Friends then JOIN

Receive emails to remind you about:

- Renewal Day and Special Events
- Alumni & Friends Support Group Meetings and Activities
- New Coffee Cup is online

Help us write the Coffee Cup section:

- You Asked...Friends in Recovery Answered

Why can't my Counselor be my friend on FACEBOOK ?

Our ethical guidelines state we can maintain only a professional and therapeutic relationship.

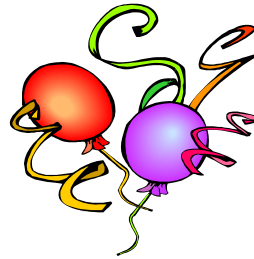
Celebrations

See details on home page article

Norton – Saturday, August 20

O'Neill – Saturday, August 27

Grapevine – Saturday, October 15



Renewal Day Calendar

Return – Renew – Rejoice – Recovery
Medallions, Speakers and Fellowship



	Center	Aug	Sept	Oct	Nov	Dec	Day	Time
ARIZONA								
	Chandler	19	16	21	18	16	Friday	8:30 am
COLORADO								
	Parker	19	16	21	18	16	Friday	8:50 am
KANSAS								
	Atchison	19	16	21	18	16	Friday	9:00 am
	Mission	26	30	28	25	30	Friday	6:00 pm
	Norton	12	9	14	11	9	Friday	9:00 am
	Moundridge	26	30	28	18	16	Friday	8:30 am
MISSOURI								
	Boonville	12	9	14	11	9	Friday	8:30 am
	St. Louis	24	28	26	23	28	Wednesday	5:30 pm
NEBRASKA								
	O'Neill	5	2	7	4	2	Friday	8:50 am
	Omaha	2	6	4	1	6	Tuesday	6:30 pm
OKLAHOMA								
	Cushing	19	16	21	18	16	Friday	9:30 am
	Oklahoma City	26	none	7	18		Friday	6:00 pm
TEXAS								
	Grapevine	26	30	28	25	30	Friday	8:00 am



Alumni & Friends Support Groups

Atchison, KS

Alumni group meets each month at Atchison Valley Hope on Renewal Day at 9AM for a Business meeting and 10 a.m. for 'Road to Recovery' when we answer questions from the patient group. Upcoming dates: August 19, Sept 16, October 21, November 18, December 16 Where: Atchison Valley Hope
Contact: Dave W. - Phone: (913) 271-2500
E-mail: swells4@kc.rr.com

Chandler, AZ

Alumni and friends meet 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: Ray Pena - Phone: (480) 229-5723
E-mail: rpj164@q.com

Ford / Dodge City, KS

Group meets every other month on the 3rd Sunday for breakfast, fellowship and speaker at 9:00 a.m. Upcoming dates: August 21, October 16, December 18 Where: Blue Hereford, Ford
Contact: Damon P. - Phone: (620) 514-0421
E-mail: rightyirth@msn.com

Goodland/Colby, KS

Keep checking the website. We are relocating our monthly meetings and breakfast. Where: will vary each month
Contact: Dave H. - Phone: (785) 728-7022

Grand Island, NE

New Group! Plans are in the works for activities. Keep checking the website! Contact: Phil B Phone: (402) 968-1702
Contact: Merle and Alvera Phone: (308) 381-7833

Grapevine, TX

Alumni Group meets at 2:00 PM every Wednesday afternoon at Grapevine Valley Hope. Meet us in the Lecture Hall !!!
Where: 2300 William D. Tate Ave, Grapevine TX
Contact: Bill - Phone: (972) 263-4789
E-mail: racecarbillsbcglobal.net

Hays, KS

Group meets once per month for breakfast, fellowship and speaker. Join us Sundays at 9:30 am. We'll order breakfast at 10AM. Upcoming breakfasts: August 21, Sept 18, October 23, Nov 20, December 18
Where: Professors Steak House, 825 East 8th
Contact: Ron S - Phone: (785) 650-1064

Moundridge, KS

Alumni Group is on the 2nd Wednesday of each month at Moundridge Valley Hope. We will have a meet and greet with the patients in the lecture hall. Group starts at 6:00 p.m. After the Alumni Group is finished we usually get together and go out to eat. Where: Moundridge Valley Hope, 200 S. Avenue B
Contact: Chris S. - Phone: (316) 644-6516
E-mail: chrissevert@yahoo.com

North Platte, NE

Group meets the third Saturday of every month for an evening potluck fellowship and speaker. Upcoming meetings: August no meeting, Sept 17, Oct 15, Nov 19, Dec 17 Where: Bethel Church in 'the loft', 2700 W. Philip Ave
Contact: Lorán P. - Phone: (308) 534-9175

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
E-mail: steiny38@hotmail.com

Oklahoma City, OK

Join us every Tuesday evening at 6 p.m. at the Oklahoma City Valley Hope outpatient office, for a one hour meeting to renew recovery. Where: 6110 NW 63rd, Oklahoma City
Contact: Brian G - Phone: (405) -31-5-79
E-mail: brianguzaia@gmail.com

Workshop Sept. 20
"Walking in New Shoes"

Omaha, NE

Alumni and Friends are welcome to join us as we organize recovery events in Eastern Nebraska. Contact: Don H. - Phone: (402) 290-3945 Contact: Rick H - Phone: (402) 709-3202

St. Louis, MO

Alumni group meets on the fourth Wednesday of each month; From 5:30 to 6:45 p.m. We'll have a speaker and refreshments will be served. Upcoming dates: August 24, Sept. 28, October 26, Nov 23 Where: Valley Hope -12777 Olive Blvd.
E-mail: bncleannsobar.SLAAG2010@gmail.com
Contact: St. Louis Valley Hop - Phone: (314) 514-9220

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.
Where: 2115 E. Southern Ave. Rio Sureno Med Plaza
Contact: Rick K. - Phone: (480) 232-7587
Contact: Tempe Valley Hope - Phone: (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: Peter G - Phone: (918) 760-6011
E-mail: PeterGrant@cox.net
Contact: Lori G. - Phone: (918) 510-1713
E-mail: LoriGrant@cox.net

Wichita, KS

Alumni group meets the fourth Wednesday of each month at Wichita Valley Hope (901 W. Douglas), located in the front room. Group starts at 6pm. After the meetings, we usually go out to eat together. Where: Wichita Valley Hope, 901 W. Douglas
Contact: Chris S. - Phone: (316) 644-651
E-mail: chrissevert@yahoo.com

Reflections



“The Main Thing is to Keep the Main Thing, the Main Thing!”

By: Sr. Alma Janousek, ND,
O’Neill Valley Hope

What an eye catching statement! In June, I made a retreat at the Benedictine Monastery in Norfolk under the direction of Fr. Richard Gielow, CM, a Vincentian priest from Independence, Missouri. The theme of this retreat was to keep the main thing, the main thing. The fact that he was a chaplain for the Chicago Bears surely wasn’t the main thing!

If we were offering a retreat at Valley Hope and had such a sign posted, what would you expect the main thing to be? I think it all depends on where you are on your journey of life. I’m sure the main thing for any of us would be different, depending on whether you just arrived at Valley Hope or had years of sobriety!

A common denominator would surely have something to do with our relationship with God or a Higher Power. In my years at Valley Hope, I have found that the person who says, “I don’t believe in God.” has caused me the most concern, frustration and fear for the person because I believe Faith is a gift and we can either accept it or reject it.

It makes me think of the little book called “When God Winks at You” by Squire Rushnell. Chaplain James Leadabrand discovered this book at Dollar General and often refers people to this book.

Anyway, I’d like to present this question for your reflection. What do you think the main thing is in your life? Is it sobriety? Is it Steps 1-2-3 where you admit that you are not God, there is a God and we need to surrender our wills to God daily? Or might it be prayer, in which we seek to know God’s Will for us?

So when Fr. Richard said there are ten prayers that God always answers, I got my pen into fast action and took notes on what he said. He said God always says “Yes” to these requests: (I added on how we do this.)

Reflecting on the Past

By: Sister Vera Meis

What a wonderful theme to think about: *Reflection*. Right away, I started reflecting on my years at Valley Hope! I began working as a Chaplain at Norton Valley Hope in 1977, and loved it so much I stayed there until I was asked by my Community to serve in leadership of the Sisters of St. Joseph in 1995.

I have so many wonderful memories of Valley Hope. First of all, the philosophy of Valley Hope touched my heart. I remember Dr. Leipold saying that the person who comes to Valley Hope for help is the most important person in the world. He or she should be treated with the utmost respect. The fact that Dr. Leipold saw the need to

hire Chaplains to meet with each person who came for treatment showed the importance he placed on the spiritual part of the program of recovery. The power of love was so evident in the staff and patients of Valley Hope. I felt blessed to be a part of many wonderful people’s lives.

I had the special joy of praying with people with various requests, such as they wanted a child and finding out later that our prayers were answered. One time a big transport truck driven by one of our former Valley Hope people pulled into Valley Hope, blowing his horn, announcing to me that they were expecting a baby. Another time I received a phone call from a couple who

told me they were expecting triplets. Guess what they named one of them: Vera!

Of course another of the greatest joys was hearing from so many that they have kept their sobriety and serenity year after year. I still hear from many of them. Seeing families back together living the program of recovery brings great joy to me. We had such great times at our New Years Eve parties, Alkathons, renewal days, retreats and anniversaries of Valley Hope. The opening of Parker Valley Hope was also a great joy for me. How very proud we were of our new center and all the people who came there for treatment.

Now that I have reflected a bit about



Sr. Alma
Janousek

1. “Show me you exist!”..We might need the “God Winks” book to help us see God working in our lives
2. “Make me an instrument”..as is suggested on page 99 in 12 x 12 book.
3. “Out do me in generosity,” as is implied in the Third Step prayer.
4. “Get me through this suffering”...as I pray “Thy Will be done.”
5. “Forgive me.”.. as we pray in the Lord’s Prayer.
6. “Give me courage.” As requested in the Serenity Prayer.
7. “Give me wisdom”...as we meditate from the *24 Hour Book*.
8. “Give me peace.” As we keep on praying the Serenity Prayer.”
9. “Get me through this bad situation.” As we reflect on “Footprints in the Sand.”
10. “Lead me to my destiny.”..as we end the Prayer of St. Francis and ask that we be born to eternal life.

("Reflections" continued)

my time at Valley Hope, which brought me such joy, how about you doing the same? Reflection can bring much meaning to our lives as well as joy, peace, gratitude and wisdom. Remember the peace you felt as you worked the steps of recovery? How good it felt to be so honest and humble. The special people you came to know in treatment. The joy of having your family's love restored. The people you helped

during your treatment and after you left Valley Hope and attended AA or NA. The time you spent in the Chapel and times of meditation. How you have been blessed by your sobriety over the days, months, and years. How you have known the presence of God day after day in times of joy and in times of pain. How good it felt to "Let Go and Let God". How letting go of those interior hurts, fears, guilt and resentments brought inner peace,

love and forgiveness into your lives.

I thank my God for those wonderful years at Valley Hope, for all the special people I met and loved, and for the grace to live the spirituality of the twelve steps of AA and Alanon. I am forever grateful for all those who have made Valley Hope possible. I am now serving as a pastoral minister at St. Agnes Parish in Scottsbluff, NE. If you are ever in this area, please stop by to let me know how you are doing and to say Hi!!



Spotlight on the 12 Steps



By: Amy W., MS, LPC, AAPs
Assistant Program Director
Atchison, KS

Steps 6,7,8,9 Breaking the Chains...

Whew! I survived. I survived the monumental Fourth and Fifth Step that as a newcomer I was terrified of. After completing Step 5, my sponsor and I looked at Step Six. She said, "Are you now willing to have all of your defects of character removed?" My response was, "If I do that, I might not have a character left?" Her response was, "Good! Then you can start over fresh and let God define your character."

Looking at the character defect list I balked: profanity, lying, stealing, manipulating, ego, blaming, perfectionism, etc. etc. These were all of my survival skills. They were finely tuned. They were my means of getting everything and anything that I wanted. My sponsor assured me that my Higher Power would provide all of the things I *needed*.

The willingness came easy as I had just completed Steps 4 and 5 and all of the defects of character were all of the parts of my behavior that caused me and those I loved pain. My sponsor kneeled with me beside the couch, opened her *Big Book* and we recited the Seventh Step prayer together. I expected some bright light to be shined upon me and "POOF!" I would have a defective character no longer. That is totally not what happened.

My sponsor went through the list of my less endearing qualities and she showed me that on the opposite side of every character defect is a spiritual principle. She told me I needed to practice the spiritual principles every day. So when I lied to someone I had to say, "Hey, I just lied to you. Here is the truth."

Practicing the spiritual principles and talking honestly with my sponsor is what changed my character. On this new spiritual path, I came up against the Eighth Step. My list was

SO LONG! I immediately felt defeated and overwhelmed. I wanted to give up. My sponsor encouraged me and taught me how to keep things SIMPLE.

We broke my Eighth Step list into three parts. Part 1: People I was willing to make amends to now. Part 2: People I might be willing to make amends to later. Part 3: People I was never willing to make amends to. She told me to begin to pray for the willingness to make amends to the people on parts 2 and 3.

Before I went about making ANY amends, my sponsor and I went over each person on the list and how I would go about making my amends.

She told me the purpose of making amends was to "set things straight or to make right." She told me that the words, "I'm sorry" should never leave my lips. Instead she told me to say, "I have wronged you and I need to know what to do to make this right." Then I had to listen...and do it!!!

By the time I was done making the amends to the people in Part 1 of my list, I was willing to do the amends to the people on Part 2. With every amend I made, I experienced freedom from shame and guilt. As people forgave me, I became more willing to forgive others. I was completely willing to make amends to the people on Part 3.

Recovery is a process and I love the process. Steps Six and Nine provide me with a way to prevent problems and fix things when I make mistakes. Am I perfect now? Did the light shine down on me? Not hardly. I am free though and the more I work the steps the more of God's light I see.

Letters From Home

N News From Norton

By: Larry Black

O At the time of this writing, the dog days of summer have arrived early. I'm not sure how people survived before air conditioning. Regardless, it's an exciting time at Norton Valley Hope. We put on another fantastically successful barbecue in June. People from throughout the community, Norton Valley Hope alumni, AA members and friends from near and far stopped by to enjoy hamburgers and all the fixings. Driving up, seeing all those people with smiles on their faces and the big "WELCOME HOME" banner out front gives one a warm feeling.

R We are excited to now be able to offer extended care treatment. We have just started offering this alternative which will incorporate Norton Valley Hope residential treatment with the AC/ESS Intensive Outpatient program. It gives us a very valuable tool in helping chronic alcoholics and addicts.

T We are thrilled to welcome two new counselors into the fold at Norton Valley Hope. Jalyn Todd has extensive experience in mental health and substance abuse counseling. She joins Norton Valley Hope from Lincoln NE. Also joining the treatment team is Alicia Landrum. Alicia comes to us from Great Bend, KS. She has loads of enthusiasm and energy and an abiding compassion for alcoholics and addicts. We are quite fortunate to have two talented and caring counselors joining our family.

O At the time of this writing, the Alkathon is right around the corner. This year's Alkathon is August 20th with registration starting at noon at Norton Valley Hope. The program starts at 1 p.m. at the St. Francis parish center. The theme of this year's celebration is "Valley Hope - Truly a Life Saver." Zac F. and Sue H. are the featured speakers.

N News Around and About Grapevine By: Michelle Autrey

G This quarter we have all good news! First of all we have a lot of anniversaries to mention. Congratulations and thank you to Kaye Degel for being part of the Valley Hope family for 8 years last May! Thomas Hooker had a 4 year anniversary last April, Michelle Autrey had a 3 year anniversary last April, Jewel Harper Simon had her 3 year anniversary last May as well as Ella Ellis and Ed Clark has his 3 year anniversary in June, Faye Barnes has now been here for 1 year this past April, and also a big thank you to Steve Shewmake for being at Grapevine for 3 years in June but with the Valley Hope Association all together for 8 years in August!

R We'd like to welcome back Jack Lewis, David Carroll, and Christine Rodriguez to the counselor team. So glad to have you all back! Welcome aboard to Ashley Ragland who became a counselor here in March. Dave Hownstine moved from AC/ESS counselor to inpatient counselor. We have very exciting news from Beth Foster, our admissions coordinator, her baby girl is due any day now, we are anxiously awaiting the new arrival! I'm sure we'll have a picture in the next issue. A big congratulations is due to Shannon Robb for getting a promotion to Assistant

The dietary department is preparing another delicious meal of Chicken Fried Steak, mashed potatoes and gravy and desert. The silent auction will be held again with all proceeds going to the Norton Valley Hope patient fund. Come join us and let's make this the best Alkathon ever. Hope to see you soon. Let Go and Let God.

Renewal Day



Counselor Mickey is helping Megan O. celebrate her 2nd. year clean and sober.



Megan O.'s counselor Ray helps her celebrate 10 years being clean and sober.



Counselor Ray is helping Gloria celebrate four years sober.



Program Director Larry Black is congratulating Betty W. on her 22 years of recovery in Al-Anon.

Director of Nursing, way to go Shannon, and we are very, very happy to say that Sally Isom came through her surgery very well and she is back working with us again.

Lots of fun stuff happening at Grapevine Valley Hope, last quarter we had a big appreciation luncheon with yummy homemade lasagna for the wonderful folks in the Intensive Outpatient Dept, Harold, Elizabeth, Cindi, Vernon, Randel, Kathy, and Ella. In May, it was nurses' week from May 9th - May 13th. Our amazing nurses are, Shannon, Beth, Leslie, Elizabeth, Michelle, Marianna, Brad, Debbie, Ramah, Lauren, Tia, Erin, Chris, Sally, Anna and Wanda. We greatly appreciate all of you for all your hard work and dedication.

Our two maintenance workers, Jeff Keefe and Todd Lawson have been hard at work planting sod, trimming all the many, many trees we have on property and we have been taking donations for the firewood. The donated money collected will go towards a beautiful "Serenity Garden" they will be building for the patients in the near future. They also power washed the metal awning that wraps around the whole building and painted it too. Phew! And in this Texas 100 degree heat too! Talk about dedication!

A big Yee Haw from Texas Grapevine Valley Hope.

P Letter From Parker

By: Denice Fratantuono-Picone, Secretary

A Well here we are over half way into 2011. Wow. And a lot has been going on at Parker Valley Hope as we continue to be blessed to be able to help more and more people struggling with addiction. Our beds have been staying pretty full and we are happy to help as many in need as we can.

R
K
E
R Our annual Round-Up was on June 18th and it was a big hit as always. Alumni and their families came to enjoy the barbecue, listen to two excellent speakers, John H. and Sean G, and catch up on what's been going on in their new lives. Parker Valley Hope also recognized Dave B.'s contribution to the center's patients by presenting him with the Golden Heart award. Dave has helped many patients by stopping by the center regularly to give rides to AA meetings after he left Parker Valley Hope. It's so gratifying to see our wonderful alumni come back to share, help others, and celebrate their recovery. We received an amazing letter that reminds us

To All Parker Valley Staff,

It is with great appreciation and gratitude that I am writing you. Our son, David D., was admitted to your program in June 2006. He had hit rock bottom. I don't know if you hear about your successes.

Our son was one of them. In May, 2011 he graduated from Metropolitan State College of Denver Summa Cum Laude. In addition, he was awarded the honor of 2010-2011 Outstanding Student for the School of Business.

On June 12, 2011 he will celebrate five years of sobriety. We wanted to say thank you for all that you did for our son. You helped him find his way.

Thank you,
Darwin and Jackie D.

why we all do what we do at Valley Hope. This particular letter was about a young man, David D., who faced his addiction at Valley Hope at a very young age and just recently completed college Summa Cum Laude. He is on the path to a wonderfully bright future, addiction free. We love to get this kind of feedback from our alumni and their families. Keep them coming! The numbers of alumni returning for Renewal days continues to grow so that we've had to begin the celebration earlier during the Renewal Day program so everyone has a chance to share. It's such an inspirational time for new alumni and current patients to see and hear the success of those who have gone before them, continued with their programs, and maintained their sobriety. They are truly a great example to all those who are currently struggling and beginning on their journeys to recovery. Thanks to all of our fantastic alumni for coming back every month and inspiring others. Each and every one of you is special and strong and amazing. Thank you for sharing your stories and your presence on Renewal days or by letter to help our current patients as well as remind the staff that YOU are what it's all about!

Message from Denver

By: Chaplain Dale L.

As reassuring as it may be, I do not want to live, work, play, worship, and study in an echo chamber where all I hear is what I already believe. Although I may not welcome challenges to my faith (in fact, they often put my pulse to racing!), they are crucial for keeping my faith alive, vibrant, and growing. Rather than pushing aside the tough questions, I try to embrace them as vehicles for change. When I hear an assertion I do not believe, I ask myself why I reject that claim. In doing so, I am forced to probe my own beliefs, thereby developing greater clarity about the tenets I hold dearly. In the process, my faith is broadened, deepened, and strengthened. Such a searching and fearless approach has reaffirmed for me that the spiritual journey is much more about uncovering the questions than it is about finding answers.

C The End

By: Bobbi Schrodt, Counselor

H "It looked like the end of the world coming," was the frantic phone message from loved ones from out of state. Of course, they were talking about the Arizona Dust Storm of 2011, which was all over national news.

A
N
D
L
E Though leaving light brown dirt everywhere, the 2011 Dust Storm didn't bring as much heart ache to Valley Hoppers as the fires. "Is the whole state on fire?" some phoning from afar would ask. "No, but a good portion of it," we replied. Some of our patients and alumni were from the exact area of those fires; and many of us joined together to pray for their homes to survive, and even more importantly, their SOBRIETY to survive! And, most have checked in with us now, with the good news of prayers answered.

R Just as the traumatic fires and storms of life bring us gratitude, so do we experience the bitter-sweetness of the extreme contrasts in a day in treatment at Chandler Valley Hope. Today was Renewal Day and 16 alumni returned

to pick up their cups and medallions. Hurrah! Sober a year or more!

And in bitter-sweet contrast, we include the poem written to Uncle Kenny by his nephew. Jake P., age 11, wrote and read this letter at Kenny's Black Ribbon Ceremony.

Kudos to Nancy

Everyone at Chandler would like to give a big KUDOS to Nancy Schmoltdt in the business office, who is celebrating her 25th year of dedicated employment with the Valley Hope Association. Nancy's gentleness towards patients brings out the best in her caring nature no matter what the crisis is!

KENNY

He was kind.

He was gentle.

He still is,

In Heaven.

He made mistakes,
That's what killed him.

He's in a better place,
Called Heaven.

I'll never forget him.

My uncle,

Kenny

A Exciting to be New

T
C
H
I
S
O
N

By: Counselor Joe

It's exciting to be new. It's overwhelming to be new. It's an adventure. It's a challenge. It's invigorating. It's exhausting. Being new is being alive. I began the Counselor Training Program in October of 2009. I've learned (relearned?) some lessons. First, no matter what, you will not do everything perfectly when you're new. I remember the first (and only, thank goodness) time I forgot Small Group was at 11 AM on Wednesday instead of 1 PM. I had to confess this to Doc Leipold as he was teaching our Small Group class. Sometimes being new is humbling. "Progress not perfection," applies to being new in treatment, new in recovery, or new in work. Why not give yourself a break and accept making progress today?

New people are another huge blessing of starting something new. My new coworkers have a world of experience that comes out as we work together. Since I arrived, we have four new counselors; Lacie, Nancy, Amy, and Diane. I'll let you guess which one loves sock monkeys, which one breeds alpacas, which one rides her own motorcycle, and which one had an antique shop. Call me crazy, but I look forward to staffing every morning knowing that something hilarious is probably going to happen – "I was riding my antique motorcycle to work this morning when sock monkey riding an alpaca ran into the road." Never a dull moment. This applies to being new in recovery as well. New people are the lifeblood of 12 Step programs. New people in a 12 Step group can be like an ice cube down the back of an old, hot, tired group. New people liven things up and get a group's attention.

My hope for all of us is that we can enjoy, accept, and grow from being new.



Lisa P. has graciously volunteered her time to make these beautiful Stained Glass Paintings celebrating recovery. All proceeds go to the Alumni Fundraiser. Proceeds are then split for the Patient Supply Fund and the Hug-a-Bear Fund. Thanks Lisa!!

Exciting Changes

Exciting changes going on at Valley Hope.....
Amy W. was promoted from Counselor to Assistant Program Director, and Heather M. was promoted from Assist. Director Of Nurses to Director Of Nurses. Congratulations to them both!!

We will miss Ann M., previous Director of Nurses, as she took a position in California to be closer to her family.

Without You

Without You
The Truth, well here it is
I'm happy without you!
I've found the "real" me
The funny girl that makes other laugh
The honest daughter who doesn't lie
The free spirit who is up for anything
The loyal friend who is there when you need her
I am me!
I no longer need you controlling my life!
I control my life
God has given me the strength to move past you
He has opened up a world of endless possibilities
He has shined a candle in what once
was a dark room
You kept me in that place for too long
Locked in by the lies you fed to me.
But no more!
Without you I am a shining star
Burning bring in the night
I take life day by day
For who knows what tomorrow will bring
But I am blessed because its another day...
Without you!

**Kristin M.,
Wichita Valley Hope**

Words of Inspiration.....

The almost lost art of "listening" is probably the greatest gift that my own concept of Spirituality has given to me. It was certainly not an easy thing to come by. I have learned over the years that everyone has something to say. If I listen and try not to judge or interrupt, it amazes me what I hear and learn. The old saying about one mouth and two ears is so true!

~Chaplin Gene

Let Us Be

Let us be
Let us be one with the day
Whatever it may be
Rain, shine, wind, or rain
Let us be

Let us be happy or sad
Gloomy or mad
It's all apart of God's master plan
Let us be

Let us be dream chasers and risk takers
For we follow our hearts
To big city's white lights or small fires bright
We know what feels right
How we get there is still unknown
So for now... Let us be

**Kristin M.,
Wichita Valley Hope**

CUSHING

To Overcome Fear

By: Dr. Franklin L. Marlin,
Chaplain D.Mn. and LADC

The Sunday supplement magazine, USA Weekend, ran a cover story sometime back titled: "What Americans Are Afraid of Today."

In the poll the magazine uncovered what Americans fear most: 54% fear being in car crash. 53% fear having cancer. 50% fear Social Security running out of funds. 49% fear not having enough money for retirement. 35% fear getting Alzheimer's. 33% fear being a victim of violence. 32% fear not enough money to pay bills. Dr. Carlyle Marney said in lecture we forget that most of us live in a haunted house. We who are addicted know that fear is a very powerful force in our lives. We struggle daily with fear of relapse.

In the Matthew 14:22-33 we have a story of the disciples being on Lake Galilee when a storm comes up and the wind is about to sink their boat. The storm rages on then they see someone walking on the waves. "It's a ghost, they cried out in fear. But then Jesus says immediately to them: "Take courage! It is I. Don't be afraid." And that my friends is the message for us in addiction. "Take courage! It is I. Don't be afraid." Storms of life are around us: health, hard time economics, family issues and going home after recovery. "Take courage!" We have the 12 Steps, meetings, sponsors and above all prayer. Let me share with you a word from Marilyn Hedgpeth of the Moravian Church. Each day Ms. Hedgpeth finds a 'watch word' in scripture. Isaiah 42:3 is a good 'watch word' for us in recovery, "A bruised reed, he will not break...a buried reed, he will not break...a bruised reed, he will not break." This verse should remind us, 'we're not alone, God is with us one day at a time.

In the midst of the storm Jesus came to the disciples. Peter called out to Jesus, "Lord, if it's you let me come to you." Peter stepped out of the boat and tried to walk on the water but could not for his eyes were on the storm not Jesus, so Peter begin to sink. Take our eyes off recovery and we begin to sink. We must stay focus on our recovery, the five to stay alive; go to meetings, get a sponsor, read the *Big Book*, pray and don't use.

Most of us know the story of Helen Keller, the little deaf and blind girl who, thanks to a loving and dedicated teacher became a world-famous speaker and author. Helen Keller met every U.S. President from Grover Cleveland to Lyndon B. Johnson and was friends with Alexander Graham Bell, Charlie Chaplin and Mark Twain. Not bad for someone who could not hear or see.

Do you know the most remarkable thing about Helen Keller? In the midst of her limited interaction with the world "I have found myself, my work and my God."

That can be recovery for any of us, regardless of the storm in which we find ourselves. Hear the words of Jesus, "Take courage! It is I. Don't be afraid." Jesus can help us through the storms of recovery. Reach out to others, go to meetings, talk to our sponsors and pray daily.

Chaplain Gary Retiring

Best Wishes Chaplain Gary on your new adventure and retirement! You will truly be missed.

Director Mike Miller, Chaplain Gary Hill,
Asst. Program Director Shelly Parkman.



Zak's Mission

His father battled alcoholism (never got to treatment), and lost his life in June 2010 in an alcohol-related accident.

Zak, age 11, is on a mission to spread the word there is hope and help for the disease of alcoholism. He is raising money for treatment scholarships to help families in Oklahoma seeking help at Cushing Valley Hope.

He is building a show truck in memory of his dad - a Sunkist-orange 1972 Chevy. Zak plans to take the truck to as many car shows a possible.

If you are interested in helping Zak's Mission, visit <http://www.valleyhope.org/ZaksMission.asp> or mail your gift to Valley Hope Foundation, P.O. Box 59, Norton, KS, 67654.

More on this remarkable story in our Foundation section.



Workshop for Alumni, Family and Friends

Walking in New Shoes

presented by Barbara Mansell Johnson, P.B.

Where: Oklahoma City Valley Hope, 6110 NW 63rd

When: Tuesday, September 20, 2011

Time: 6 p.m. - 7:30 p.m.

Cost: None - This is *Valley Hope's gift to you*

When describing the effect that alcoholism and addiction has had on her life, she says, "I grew up with alcoholism - not only was it the elephant in the room - it was an elephant with a temper. My father was the alcoholic. My only brother is an alcoholic who is still struggling as of this writing. My only sister was a alcoholic and drug addict. My mother was in Alanon who never sought treatment. I am married to a recovering alcoholic. I have not let these facts prevent me from becoming a woman of substance. My purpose for the last 25 years is to encourage others - no matter from what circumstance you come from, you can direct a new path. If everyone in the family was a thief, a liar, and an addict - you don't have to be. There is hope."

"Walking in New Shoes" will cover several recovery topics, including:

- UNDERSTANDING FOR EVERYONE
- HELP FOR THE FAMILY
- WEARING THE LABEL OF WHO WE ARE
- LIVING IN A PROGRAM RELATIONSHIP

Barbara has life experiences, including weekly column writer for the Daily Oklahoman, Motivational Speaker, Business Owner and Radio Show Host. She is a daughter, sister, mother, wife and grandmother. She has practiced the 12- Steps of Alanon for 27 years.

Be sure to join us for this special workshop. Come early to save your space.

B “What Were You Doing in 1981?”

By: Scott Ehrlich, M.Div.

O In 1981 this facility opened its doors for the treatment of people, and the families of people, suffering from drug and alcohol addiction. Since Boonville Valley Hope came into existence, more than 12,000 folks have come through our doors, and we have been looking back at the past 30 years of our story. Some miraculous, some sad, some comical; all of it woven into a tapestry of love, hope and help. There is simply no way to name, let alone thank, all of the individuals — staff, alumni and family — who have played such an integral part in our history, but each one of you is a thread that weaves through this incredible tale. On Saturday, August 13th, we’re going to gather at the local Knights of Columbus hall and celebrate 30 years of our version of “Prairie Miracles.” Please, come join us!

L Celebrating sobriety is great fun, and during our past renewal days, we’ve been able to celebrate a lot! The following people have picked up their cups:

E 1 year – Curtis S., John W., Jane W., Joel H., Kelly F., Dustin C., Richard S., Shelly B., Lance P., Doug Q.,

Charlie W., Dana C., John K., Nan D., Steve S., and Rachael D., 2 years; Mary S. and Lisa D., 3 years; Kyle K., 5 years; Jim B., 6 years; Laura T., 7 years; Sherry L., 9 years; John W., 10 years and Dave W. and Ed W.

What a joy it has been to share in the continuing miracle of sobriety; and what an honor it is to play a part, however small, in this wonderful event!!

Boonville Valley Hope’s 30th Anniversary Party

August 13th

at the Knights of Columbus Hall
Boonville, MO

Starting at 1:00 p.m. Dinner at 4 p.m.

We will have a band and dancing

Theme is

“Where were you in 1981??”

and being a little retro.

A Dear Loved One:

C I hope that this letter finds you safe and surrounded with love. I hope that the promises are starting to come true for you. Write me back and let me know. I would love to hear from you. For me the promises continue to come true. Sometimes the one about the financial insecurities slips away from me but then it comes back. I guess that is just the way of the world right now. Since my last letter I have been hanging in here pretty well. You know how it is, some days are better than others. July of last year I went to San Antonio, Texas. I went for the International Convention of AA. What a trip!!! I went with three other women who were in the program. I met up with several people that I had not seen for a while. I heard some great speakers and I learned that July is not the best time to go to Texas. I went to the Springtime in the Ozarks convention in Eureka Springs, AR again in April. Yes, I did get a new hat. It rocks if I do say so myself. They wanted words of inspiration in this article. You are my inspiration. I watched as you came into Valley Hope some of you barely able to stand. Some of you had horrible withdraw but you hung in there and stayed the course. You who go out from Valley Hope and do what you are suppose to do and are making it even when things look bleak and difficult. You are still doing the deal. You inspire me to continue to go. Some of you have been to Valley Hope more than once. You have my deep respect. You are my inspiration because I know how difficult it is to come through our doors the first time and how much more it is for you to come through again. You are my inspiration to never give up. The only failures are the ones that decide not to get back up after a fall. We all fall down. Not all of us get back up. Since I am an AC/ESS counselor, I have the privilege of watching you grow. I get to see you celebrate the milestones and I get to celebrate with you. I watch you as you trudge the road to happy destiny. You are my inspiration because you show me that no matter how tough

the going gets as long as we have each other and the program, we can do anything. Those of you who go back out are also an inspiration to me because you show me that no matter how bad I think it is in sobriety it can always get worse if I was back out there again. Family members inspire me because they remind me to keep on loving the person even when their behaviors are unlovable, because there is always hope that they will become the people that we family members and loved ones know they can be. The staff at Valley Hope on grounds, as well as on line, are constant inspiration to me. No matter what is going on in their lives they put the clients first. The dietary staff puts out the best meal they can put out that day. The house keeping staff takes care of the rooms the best they can take care of it that day. The secretarial staff takes care of the clients the best they can that day. The counseling staff take care of the patient the best they can that day. Maintenance takes care of the grounds the best that they can that day. The nursing staff take care of the clients medical needs as best they can that day. The chaplains (who I forgot to mention the last letter that I wrote) take care of client’s spiritual needs that day. No matter what is going on in their lives, no matter how difficult their personal lives are, the staff continues to take care of the needs of the client. They inspire me to remember that as long as I get out of myself and into others I will be okay, no matter what is going on in my personal life.

I suppose I had better close for now. I want to thank those who have bought the stain glass windows that I paint--the ones that are hanging in the secretaries’ windows. We have raised \$50 for both the patient fund and the scholarship fund. I will close with an Irish Blessing. May the road rise to meet you, May the wind always be at your back, May the sun shine bright upon your face, The rain fall softly upon your fields, and until we meet again May God hold you in the palm of his hand.

Lisa Phillips, AA AAPS, AC/ESS Counselor

O' Goodbye Marijuana, Alcohol, and All the Rest.

N After 30 years the time has come to say goodbye. It's not you, it's me. I can't deal with you anymore. We had some good times in the beginning. Lots of partying and the like, but somewhere along the line, it became too much.

E
I
L
L
L When we first met, it was great. No more feeling blue. I began to feel like I was included in something. I was too young to realize that I had chosen the wrong path. Slowly, imperceptibly over the intervening years I left all of my other passions and devoted myself solely to you. Aviation, music, art, socializing, high school graduation, college, friendships, and so much more went by the way. All for you I did this.

I see now that you had become the stealer of my dreams, the great corruptor in my life. For you I have lied, cheated, and stolen. For you I have lost my morality and sacrificed my self-worth. I have given countless hours to you that I can never recapture. Time I should have spent doing those things that would have bettered myself and my world was spent in folly with you. We were something together, weren't we?

So with this in my mind, please know I will always remember you but I am setting sail for a new destination and to this new land you may not accompany me.

Of this I am sure, but not sorry for it, you will find another. Goodbye.

~By: Pat F.
Omaha Valley Hope

News Did You Know?

You can now read the *Coffee Cup* online at www.valleyhope.org
If you prefer to not receive a hard copy and view it online, please call 800-654-0486 and we will remove your name from the *Coffee Cup* mailing list.

You Asked...

Friends In Recovery Answered

Question: *What is the best way to handle peer pressure to drink/ to drug? I am in college this fall and need help to respond to people who offer me alcohol or drugs.*

Sobriety has to be the corner stone of your life. Many people don't drink or drug and it is important that you pick the peers to associate with. Peers that would encourage me to drink did it because they drank. That doesn't mean it is right for you. After 29 years of sobriety I have friends that drink, but they also support my sobriety and they take responsibility for their drinking.

~Wayne N.

I started college when I had only 45 days clean and relapsed by the end of my freshman year because I didn't take time to learn the answers to this exact question. Luckily, I was clean

Greetings From O'Neill

Happenings include our second annual motorcycle ride on June 4th. About 30 bikers riding out made an awesome sight and funds were raised to help individuals with treatment costs. We are hoping to grow, so mark your calendars for first Saturday in June. We look forward to seeing lots of alumni at our Reunion, August 27. Event starts at 1 p.m. and is being held at the Knights of Columbus hall, where air conditioning may be appreciated. Register there or at Valley Hope, where you can touch base with where your "Road to Recovery" began.

We'd like to honor the following who have recently celebrated a year of sobriety: Jerry & Cydney J., Jessica L., Doug C., Jeff K, Gary K., Silverio M., Candice O., Kurt K., Grant W., Erica S., Dustin T., Dean C., Lynn W., Greg G., Cherie K., Christina W., Jared S., Ed C., Rod S., Doug S., Dave C., and Chris L. Congratulations to all of you and thanks for staying in touch.

M O U N D

R Recovery Means Change

I Carla M., Program Director

D
G
E My first thought with this is, "In ways you will never guess." I knew when I got into recovery that I would have to stop using and thought that was all that needed to change. Little did I know how fully the disease of addiction had taken over my life. Today I am still asked to make changes, and yes, it's because I am still attempting to correct the twists the disease has done to my mind and my heart. However, after a few days in the Program, I realize that I am never asked to give up anything that I am not given something of more value in return. And what I am given is a fuller life in my Higher Power's world – a better understanding of how we are all in this together. For that I am grateful!

DISTANCE. Hope college goes well for you. Once I was clean and truly in recovery I truly enjoyed the whole experience of it!

~Mindy A. (January 1989)

Change your playmates.

~Mark K.

Avoid all situations that would involve drinking (or drug), even if that means missing out on the social aspects of college. Find friends who do not drink. Join clubs like hiking or even church groups that do activities nearby. Although difficult, avoiding the temptation to drink by disassociating with others, is easier than resisting the drink in front of you.

~Heather D.

This may be easier said than done, but you should surround yourself with others that are working a program of recovery. I have learned that I needed to change my play ground and play mates. The people that would pressure you to drink and drug, are not your friends. They will not be there for you when you are really hurting and in need. Those that are truly in recovery will be willing to help you stay on track.

~Gary H.

There are AA mtgs. on campus-stay close to your sober friends. Don't put yourself into a slippery situation by trying to be around drinking. There is plenty to do that does not involve drinking or drugs. Sincerely,

~Tricia T.

Just say no. Drugs and drinking is a personal choice and you choose not to use. If you don't feel like you can say no, find a meeting and avoid peers who use drugs and alcohol.

~Logan R.

I have a hard time trusting people in meetings and feeling comfortable sharing. Do you have any words of wisdom for me?

I suggest finding a meeting that you feel more trust in, perhaps a smaller meeting.

~Wade R.

This is one of reasons why we all need a sponsor. Meetings have all kinds of people--every one of them needing help. Some information is fine to share with everyone, and some is best discussed with a sponsor or TRUSTED program friend. After you've attended meetings for a while, you should be able to discern which subjects are 'too personal' for a meeting. If they are available, you might also benefit from attending additional meetings in other locations. Finally, the most important thing for me to remember in a meeting is to BE a person who can be trusted. I try to remind myself, "whom you see here, what you hear here, let it stay here."

~TS from the Midwest

Trust is something that you are born with but the situations, people, and events that happen in our lives affect how we gain trust as we grow up. Just remember that everyone in your group is there for similar reasons and are probably feeling the same way you are. Don't worry about what others will think of you because you will be surprised how many people probably wanted to say or have experienced the same things. Let people in and that can give you a great sense of fulfillment.

~Jennifer R.

It is sometimes difficult to share things that are very personal and deep. Try to remember that they are at the meeting for the same reason you are, support. When you share your story of recovery you never know who in that room it will touch and give them strength to carry on. We are part of a very

I can understand how difficult it is to be having a good time with my friends, and then a situation like that comes into play. If they are your true friends, they will respect your decision if you decline the offer. I know that my "true" friends wouldn't judge me on what I did or what I didn't do. So just tell them "no, it's not for me" and they should respect your wishes. It will be a lot easier then you might think.

~Jamie S.

Depends if you want to interject humor or not. Sometimes I say "sorry I drank (used) all the fun out of it", or "every time I drank (used) I broke out in handcuffs". The easiest way for me to diffuse the situation is to calmly say "I just don't feel like Drinking (using) today, which is the truth. Remember less is more anytime we give an explanation. When we were using we always came up with these elaborate stories to cover up all the things we were doing at the time. Today you just need to remove yourself from the situations which aren't conducive to sober living. Do the things that sober people do in recovery not the things we did when we were "out there."

~Ike from St. Louis

People are always going to offer you drugs and alcohol. When we decided to get clean it was our own personal choice not theirs.. For me i have to remember all the pain and heartbreak my addiction drowned me in. I have to go back to the basics everyday and work steps 1 2 and 3. EVERYDAY. I suggest you work the steps regularly and get a sponsor. This is a program of action and if you're not taking any, you're going to relapse. Get a sponsor and use them daily and don't use no matter what. You have a choice today- the choice to say no. Use it.

~Lisa W.

unique fraternity who help each other, whether we know it or not.

~Bill C.

I have made strides by finding a sponsor and working the steps with him. My success hinges on being honestly diligent as I work with him and willingly sharing my difficulties and successes. He is thankful for the opportunity to help me. He has not been shocked by anything I have shared and has kept all discussions confidential. I listen in meetings, particularly to those who have had success in their sobriety and exude the happiness that comes with that. I try to take one step at a time and I am experiencing wonderful things in my life. When things get difficult I can use the tools that have been given to me including the willingness to talk to another alcoholic/addict.

~Scott W.

Going to meetings especially if you are a newcomer to the group is much like being the "new kid" at school. You feel like you have no friends and nothing in common with anyone in the room. The wonderful thing at meetings is that you have something in common with everyone in there and the worst that can happen is that you get worn out from all the hugs. Sharing will be easier with time and if you are called on and don't feel comfy enough to share just comment on how grateful you are to be in a meeting and sober because that is always a fantastic thing!!

~Shan I.

Trust is another principle in living sober that has to be practiced, as is love, patience, and kindness etc.. I believe it starts with our Higher Power. What a great place to start to trust. "Trust everybody, but cut the cards", lol.

~Tony M.



Ask about our
Fly to Recovery Program!

VALLEY HOPE ASSOCIATION

Alcohol, Drug and Related Treatment Services
Admissions: 1-800-544-5101 Information: 1-800-654-0486
www.valleyhope.org
A Not For Profit Organization

AC/ESS Services:

(785) 874-5223

ARIZONA:

Residential – Chandler (480) 899-3335

Outpatient – Tempe (480) 831-9533

COLORADO:

Residential – Parker (303) 841-7857

Outpatient – Denver (303) 694-3829

KANSAS:

Residential – Atchison (913) 367-1618

Moundridge (620) 345-4673

Norton (785) 877-5101

Outpatient – Mission (913) 432-4037

Wichita (316) 264-7369

MISSOURI:

Residential – Boonville (660) 882-6547

Outpatient – St. Louis (314) 514-9220

NEBRASKA:

Residential – O’Neill (402) 336-3747

Outpatient – Omaha (402) 991-8824

OKLAHOMA:

Residential – Cushing (918) 225-1736

Outpatient – Oklahoma City (405) 946-7337

TEXAS:

Residential – Grapevine (817) 424-1305

Outpatient (817) 424-9013

