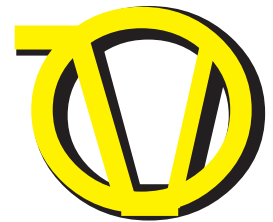


Coffee Cup



A Newsletter for Valley Hope Alumni and Friends



VALLEY HOPE

Winter/Spring 2011



"Circle of Recovery"

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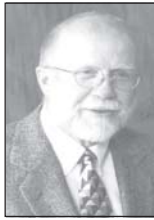
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Association News

What The World Needs Now

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

I recently gave up college football forever. This is the third time I've done that. One year after a particularly difficult Orange Bowl loss my football buddies and I decided to move on to bowling. We designed satin shirts with our names on them. Fortunately, our resolve to give up football forever waned before we actually bowled a line, saving us I'm sure, from embarrassment and most likely injury.



Ken Gregoire

Another year after watching our team suffer through a year long slide into mediocrity we decided to give up football forever in favor of a men's book club. We thought we would start by reading Oprah Winfrey's recommended book of the month. Again, our resolve waned and we read Tom Osborne's book, *More Than Winning*, and made plans to attend the spring football game to see next year's stars in the making.

This year after a late season collapse I'm sure I'm giving up football forever. My football buddies and I are moving on to a men's club devoted to learning the art of bonsai and we are going to try a little yoga too.

One time this year after a particularly painful loss I was scanning a message board for similarly obsessed football fans. One thread caught my attention. The fanatic initiating the thread asked the question, "What is the worst thing you've done when upset while watching a football game?" There were many responses and the list of ghastly behaviors was long. I admitted to myself having committed four of these

atrocities before. I quit reading, further motivating me to stay strong in my resolve to give up football forever.

I can already feel my resolve waning. February 2 is LOI day (I'm writing this on January 18). For those of you who aren't fanatical football fans LOI means letter of intent day, the day high school seniors sign a letter of intent to attend and play football for the college of their choice. At any rate, I'm starting to think about LOI day. My football buddies are no help. We are all a relapse waiting to happen.

Okay, enough is enough. This much I know--my football buddies aren't going to be much help to me. They aren't going to help me strengthen my resolve nor failing that will they help me learn to enjoy football in a more mature and dignified manner. I need a special set of friends for this job--my recovering friends. My recovering friends have done it all, seen it all, and have been molded into wise but humble men and women by facing and overcoming true adversity. In this day when civility is in scarce supply, when hate seems more apparent than love, when bragging and boasting and chest thumping is the common way to handle success, when the blame game blares at us unceasingly from our television sets, there is a group of people who can show us all a better way, who have a simple set of steps that form a blue print for how to live. These are the men and women of AA and NA. I think I am going to look up one of my recovering friends and talk about this football thing. Maybe I can learn to renew my resolve every day or heaven forbid learn how to actually enjoy myself next football season. I know many football fans who could use the wisdom of AA and NA. The world could really use a big dose of that wisdom as well.

Letters to the Editorial Committee

Notes, Cards and Letters from our readers:

No suggestion - - enjoy it much. Thanks to all who help put it each issue together.
~Bill D.

I very much enjoy the stories from recovering people. How they write interesting, helpful meaningful poems and the updates of coming events!

I'm very grateful to all the people for putting the *Coffee Cup* together! Thank ya all. God bless everyone! Helps me a lot! I get a lot of sayings out of it and send it to others who may enjoy the articles. God Bless Ya!
~Marilyn S.

Thank you!!! The *Coffee Cup* is an excellent way to stay on top of what's going on throughout the Valley Hope organization. It is a very valuable resource for those in recovery. Thank You, Again!
~Tony G.

I enjoy reading the *Coffee Cup*, it's part of my recovery. I am 3 1/2 yrs. sober, thanks to Valley Hope and my Higher Power. Sept 4. '06 clean date
~Gary W.

I look forward to reading all the news. But most of all, the inspirational stories truly reinforce my own recovery. Good Job!
~Margaret N.

I like to hear what's going on at Valley Hope. That was my home from 10/16/08 to 11/16/08. I love going back from time to time to visit. Thanks so much for the *Coffee Cup*.
~Norman S.

Editorial Committee Note

Thanks for sending poems and stories.

We love hearing from you.

We might edit them for clarity or brevity.



Megan O'Connor, Joni Hilburn and Christal Rose

Coffee Cup

Volume 43 Edition 1

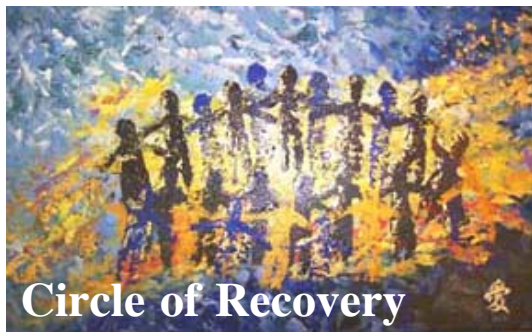
Editorial Committee: Megan O'Connor, Christal Rose and Joni Hilburn

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

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Art Contest Winner...



By: Barbara J.

Created for Johnny J. in honor of his 25 Years "One Day at a Time" and his contribution to helping countless men and women discover a new way of life.

From the artist:

Although I do not always suggest that an artist explain a piece of art - sometimes when we know what goes into the planning and preparation - it can add to the viewer's perception of the image.

However art, IS and will continue to be, in the eye of the beholder.

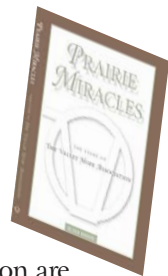
- The circle of figures represents the many groups who stand in support of one another.
- The darker figures represent the core group of recovering individuals who sustain and continue to carry the message.
- The vibrant blue figures are representative of the hope for newcomers.
- The lighter gold images represent those who have passed on but have left a warm presence in the fellowship.
- The circle is open on the left side to accommodate others.
- The gold leaf at the beginning of the circle represents a path of welcome and hope.
- The gold leaf on the right side leads the eye to look upward.
- The gold leaf on the figures represent the hidden beauty within.
- The bright orange at their feet represents the personal fire of self-destruction and conversely the fire of hope that burns within.
- The gold leaf oriental stamp above the signature is the symbol of love.

Although there are other stories in the painting that carry a personal message for to me - I keep those to myself - perhaps you will find your own story.

Prairie Miracles

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

For each book sold, \$5 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.



Counselor Graduation



L. to R. Dana Gardner, Ken Gregoire, Valley Hope CEO and Troy Matthews

Graduation for the two most recent graduates of the Valley Hope Counselor Training Program occurred on October, 21, 2010. Dana Gardner, did her training at Boonville and Troy Matthews, completed his training at Atchison. Dana is now the AC/ESS counselor based in St. Louis and Troy is a member of the Atchison Valley Hope staff.



Eddie Pease

New Director of Technology Services

Eddie joins Valley Hope Association as Directory of Technology Services bringing to the organization fifteen plus years of experience in hardware, software, telephone, networking, and architecture.

Prior to joining the Valley Hope Association, Eddie utilized his wide range of skills as an independent contractor to assist small to medium sized businesses with their technology and business needs.

Eddie served National Advisors Trust as their Chief Technology Officer through 2008 and 2009. His responsibilities were to define, develop and deploy an IT architecture that helps get and keep IT aligned with business goals and provides a firm, flexible foundation for the future.

Prior to joining National Advisors Trust, Eddie served on the management team for Talent Secure Inc. in Overland Park, Kansas. Talent Secure was a privately held software development company engaged in the development of software applications for the human resources and staffing markets.

From 2001 through 2007, Eddie spent time in key leadership positions within the insurance industry at Transamerica and other companies in the AEGON Group. AEGON is one of the world's leading life insurance and pension companies, and a provider of investment products.

Eddie got his start in IT many years ago exploring many facets of technology and the interplay between IT and a business' strategic goals. Since those early beginnings he has turned his passion for technology into a long and successful career.



Preparing For Spring

What are you planning or doing to prepare for spring?

We asked several Valley Hope Association employees and here are the answers:

This will be the first spring that we are in our new home. I'm excited to spend time working in the yard and enjoying time with our new puppy.

~Tiffanie W.

Spring has always been a great time of the year for me. It brings back memories of that first fishing trip with my boys when the spring fever has hit and you know the fish are calling. I love the newness of the trees budding and new flowers growing. It makes me realize how totally blessed I am with family and friends.

~Brenda B.

I love spring time. To me it symbolizes a new beginning every year! The days are getting longer, the flowers are starting to bloom, and all the windows can finally be opened with all of the new beginnings outside... I start new beginnings on the inside. I clean the house from top to bottom and declutter from the long, cold, dark winter. Having the house fresh and clean makes me feel refreshed and ready for all the great spring and summer activities.

~Stacia T.

As I prepare for spring, I find my mind already at work thinking about what that all entails. The first thing that comes to mind is the deep cleaning the house needs after the months of winter like the cabinets, windows and things beyond the everyday cleaning, dusting, and vacuuming that is done. To my surprise, I always find there is a special feeling I get that comes along with this that helps me meet these tasks. In most years the trees and nature in general are also preparing for spring and this is such a wonderful sight. But as I watch all of these emerge, I must not forget another very important area, which is to prepare my internal physical being as well. When all of these tasks are completed, I then find myself indeed ready for spring.

~ Elaine S.

I anxiously await for spring! It is not only time to clean (boring!!) but at the Hawks' house, it's time for soccer, track meets, sweet smells of mowed grass and sunscreen, and sun tea, yum."

~Renee Hawks

Texas in the Spring By: Kaye Degel, LCDC, SAP, Community Services Clinician

It happens every year. Summer's over, fall lasted only a minute then winter comes around, and we're so blindsided by the holidays we forget how cold and miserable it gets, even in Texas. Sometimes it seems like Texas doesn't know there are four seasons! It is either really, really cold or really, really hot! What happened to a happy medium? We have had only a handful of cold days in Grapevine this year but we are ready for the cold to go back where it came from and jumpstart into spring! Oh those (few) beautiful days of springtime in Texas when the Bluebonnets (our state flower) fill the sides of the roads and cover the hills with their majestic beauty.

There is a legend of the Bluebonnets that tells the story of a little Indian girl offering her doll to the Great Spirits during a great drought in exchange for rain. The legend goes something like this and is told each spring when the bluebonnets begin to bloom.

"When the drought came, the tribe prayed to the Great Spirits for help. The people played the drums and danced to ask for help. They said, "Great Spirit, your people are dying. We need rain to grow the berries. We need food so we are strong enough to hunt the buffalo. End this drought. Tell us what we must do so you will send the rain." One of the leaders said that the Great Spirits wanted the people to make a sacrifice. That meant everyone had to give up their most valuable possession. The young Indian girl went back to her tepee to think about what she should do. She only had one thing that she loved—it was her beautiful little doll. Her doll was special because her grandmother had made it for her. It was made from buffalo skin. The face was painted with the juice of berries. On its head were beautiful blue feathers from a bird. She did not want to lose her doll, but she loved her people and did not want them to die. That night she fell asleep in her tepee and when she woke up, it was dark. She knew what she had to do. She picked up her doll and crept out to the fire. The night was very still. The air was hot. She kissed her doll and said, "O Great Spirit, here is my doll, it is the only thing I have. It is very special. Please send the rain." Then she thought about all of the people who would die without rain, and threw the doll into the fire. She watched

the fire until it grew cold. Then, she scooped up some ashes and threw them to the Winds. When she woke up the next morning, she couldn't believe what she saw. The hills were covered with beautiful blue flowers, the same color as her doll's feathers. Everyone in the village saw the flowers. They knew they were a sign from the Great Spirit. Soon it started to rain and everyone danced. Every spring, the Great Spirit remembers the sacrifice and covers Texas with the beautiful blue flowers. The flowers are called bluebonnets."

The coming of springtime in Texas always brings to mind the legend of the bluebonnets. I can't help but think about what courage it must have taken for the little girl to let go of her doll. Her story reminds me of one of the lectures that we do at Grapevine Valley Hope, "What Price Are You Willing to Pay?" The little Indian girl was willing to pay all she had. She was willing to give up the one thing that she loved the most. In return the God of her understanding gave back to her everything she had hoped for and more.

What a concept! As we practice these spiritual principles in all our affairs we have hope. Hope that these cold and dreary days of winter will be replaced with sunshine and of course beautiful Texas bluebonnets.

Chandler Valley Hope

Counselor Chris is getting ready to put away his ties and get out his short sleeve shirts.

The business office personnel will be cleaning their desks, removing "old resentments," like throwing away old lip gloss, Christmas candy, dried up markers and pens.

Sally in nursing is anxious to open up the windows and doors to let the fresh spring air in. No bees please.

Jeff our Business Manager will be putting away the snow blower, his gloves and turtle necks. Wow, he just realized that he has been in hibernation (his office) and Chandler has been beautiful all winter.

"You never know when it will strike, but there comes a moment at work when you know that you are just not going to do anything productive for the rest of the day." That's when spring fever is really here!

~Chandler Staff

Family Matters

By Jessica Clark, MSW, LICSW, LADC, Counselor
O'Neill Valley Hope

As the family facilitator at O'Neill Valley Hope, I often see family members that are not sure where to start dealing with their family member who has come to treatment. There are many feelings of being overwhelmed and not knowing they are also being affected by addiction. One thing I try to communicate to family members is that addiction is a family disease and they have choices in their future interactions with the alcoholic or addict in their life. Many of them have not even considered there are options other than the pattern of behavior they have been in prior to the patient's admission to treatment. I hope through participation in family programming, family members learn they have the choice to put themselves first. To help them understand they need to put themselves first, I use the following analogy to help illustrate the point: On an airplane they tell you if the oxygen masks come down put your own on first then help others you may be traveling with. If you don't put yours own on first you lack enough oxygen to help others around yourself. This analogy is a reminder that it is important that individuals need to take

care of themselves first before they can help others. Many family members come to family group with the idea that they are there to figure out how to help their family member, I think it is also important they look at their own lives and I hope by participating in the Valley Hope Family Program they learn that it is okay to put themselves first. Al-Anon is an also an important part of family recovery and it is important to remember the three C's of Al-Anon. These are "We didn't cause the disease. We can't control it. And we can't cure it." From page 18, How Al-Anon Works for Families and Friends of Alcoholics. The three C's of Al-Anon are an important starting place for family members to be able to look at how they have been trying to deal with the disease of addiction and what they may need to consider doing differently. Family involvement can increase the recovery rates and help family members begin their own road to recovery. So I would encourage family members to participate in the Valley Hope Family Program and patients to consider inviting and encouraging their family members to participate in the Valley Hope Family Program and a recovery program of their own such as Al-Anon.

Reflections



A Single Candle of Recovery

By: Chaplain Bill Kornovich, Chandler

Better to light a single candle than to curse the darkness," is a Chinese proverb that has remained in my mind since the 1950s. As a child I recall viewing the words on a small, stark, black and white television screen. The Christopher Society sponsored

the TV program and taken from their current web site: "The Mission of the Christophers is to encourage people of all ages, and from all walks of life, to use their God given talents to make a positive difference in the world." In recent years, I have applied the proverb during Twelve Step lectures as well as in individual patient sessions.

A virulent sense of guilt and shame can rapidly spread over the soul of the alcoholic and addict as they struggle in early sobriety. In our despair we curse the darkness of our addictive past. Hopelessness can consume faith. We may find ourselves cursing the darkness of our self-resentment. During such challenging times I believe the proverb can speak directly to our recovery. The guilt, shame and resentment of past alcoholic and addictive behavior often do not find the light of our understanding until sobriety. A battered spirit can be overwhelmed for many as we struggle to remain clean and sober.

A key element in Twelve Step work "one day at a time" is the celebration of today's sobriety. The disease wants no part of recovery and celebration. Like a malicious child tormenting a caged animal, the addiction often pokes at the wounded soul with the stick of guilt. The sharpened lance of resentment can be employed by our affliction with wanton effectiveness. Our common disease is proficient using these weapons of destruction against us. The self inside replays

the painful memories and guilt of our defamatory behavior. If we dwell, we rearm the disease. The proverb can offer hope.

We need to focus upon lighting just one candle of recovery and sobriety today. We take responsibility for our past and make appropriate amends. But we need to guard against falling into the familiar cycle of guilt and shame, followed by old ways of self-medication against the pain. Then under the influence, we repeat addictive acting out followed by the resumption of guilt, shame and self-loathing. Thus the cycle spins in an endless spiral.

What can one single candle do in the vastness of our emotional and spiritual abyss? How is the cycle broken? The small light of one single candle is a beginning. Imagine entering an expansive auditorium with no illumination, the night nearly absolute. Then visualize igniting one candle, a candle possessing a lifelong supply of wax and wick, a candle that will go on burning unless we extinguish the flame. Long-lived though the candle may be, the lone and humble flame is but one. Nevertheless, a small bit of illumination fans out to the very corners. From the farthest reaches of the space another person can receive the lone candlelight. That is if the seer chooses to have an unobstructed view. If however, an object blocks the candle's light or the observer chooses to place an obstruction between themselves and the source of illumination, the candle cannot be directly viewed. The humble glow is there for our benefit if we chose to eliminate barriers. We have a daily choice.

Subsequently on the second day, one additional candle is ignited for a total of two. Additional glow illuminates the great space. Then on the third day another is added and so

(Continued)

("Reflections" continued)

on until thousands of candles burn within the auditorium. Modest alone but powerful in numbers, the growing number of candle flames steadily replace the void. Eventually there will be no darkness. Total illumination displaces the hopeless gloom.

Recovery can be similar. The prospect of remaining clean and sober for the rest of one's life can be overwhelming, dark with fear. Just one day at a time is sufficient. For today is all we really have. Indeed, tomorrow is promised to no one. If tomorrow comes, set just one more twenty-four hour period of sobriety as the goal. On the following day, the same goal, and so on. Eventually we shall see one day of sobriety as a gift not merely necessity. The light of a single day of freedom adds to a progressively brightening future. Steadily with one day totaled to another and another and another, until finally our life is complete and sobriety is ours on the very day we leave this life. In our impatience however, we want the darkness gone now. We want the devastation of the past cleared immediately. We

want relationships magically healed, trust fully restored by day's end. When all is not repaired instantly within the moment, we can easily slip back into the darkness. If we chose, we have the ability to snuff out all the candles. Or we can seek the support of others like us and use their experience, strength and hope to light yet another day of sobriety.

Others in recovery, our counselors and chaplains in treatment, no one can predict how quickly an individual's darkness will be gone. Yet most who have preceded us in AA or NA attest that the remaining darkness will be less hopeless and less destructive with each passing day of sobriety. Life will eventually get better if we simply do not use today. We accept the fact that if we drink or drug again, the chaos will return with devastating vengeance.

There will be life's bumps on the recovery road. The world will not change just for us. How we respond to the world however, must change. With help, we disallow our disease and human impatience to keep us from the appointed rounds of our daily work, lighting just one candle of recovery.

Carry 'The Message

One of the many memories I have is of Grandma accompanying me on my annual trip to Valley Hope in 1994, to see the place that turned my life around. Attached is the eulogy I delivered at her funeral. Perhaps some of the patients will find inspiration, encouragement and hope in knowing that no life is beyond salvaging.

Excerpts from a Eulogy for 'Nan'

By: Nick H.

What of this woman I called Nan?

I could stand here for hours telling wonderful stories about her. But if I do that, she'll show up somewhere, point that crooked index finger in my face, give me "the look" and remind me that it's not about her. And she would be right.

Only God knows how much larger the ranks of Heaven have swelled because she lived.

Life in the lap of luxury wasn't her way. She was not possessed of our culture's obsession of having more and bigger and better and costlier. She gave breath to the notion that life's simple pleasures are the best ... a trip to the Tastee Freez, a walk up Walburn Run, mowing the grass, meditating each morning with Jesus, a cup of tea and a bowl of rolled oats, taking a ride to view the splendor of the autumn foliage, sitting in her rocking chair and reading her Bible then falling asleep to bask in His peace and serenity.

No words I can say about my Father, the life he's lived, the obstacles he's overcome, can acquit him as well as his love, compassion, caring and devotion to his family and friends. He is, without doubt, his Mother's son.

Shortly after the time came to sell our family homestead and Nan to go to Toby Terrace, something happened that capsulizes what she was all about.

Each day, she'd take a small bag of trash to the dumpster behind Building C. She told me about "rescuing" a lamp from the dumpster. Such a pretty lamp it was. It didn't work anymore, but it was too pretty to throw away.

I shared the story with Dad and we recoiled in mock terror at the thought of the sight of Nan, clad in her tattered flannel pajamas - which she refused to replace with one of countless new pair that filled a dresser drawer - diving through a

dumpster in search of salvageables.

There's a reason that lamp was in the dumpster - it didn't work anymore. Lamps are mass produced and are intended to wear out. If they don't, the people who make them go out of business.

People are different. Each one is unique. And each one is worth trying to save. How fitting that the woman who spent most of her life diving into the dumpster of life's discards would find beauty and value in a cast-off lamp.

She believed with all her heart that every person God made had value and worth and could be redeemed, could be salvaged, could be made to work again. Her legacy is one of human reclamation projects, lifting up many people who had been disposed of by the noisy crowd. She never gave up on them because God never gave up on her and, knowing His love and grace, she knew that nothing is impossible.

I am living proof of someone reclaimed from life's dumpster. Only God knows for sure how many hours she prayed for me and how many prayers she offered up for my redemption, safety and salvation. And I am only one.

While I was compiling these thoughts at the office Saturday morning, an electrician was doing some work that required all the lights in the building to be turned off.

I went into our break room to get a cup of coffee. A simple task, to be sure, but not quite as easy in total darkness. Finding the coffee, then pouring it into the cup and finding the cream and sugar with which to sweeten it is something I've done thousands of times, but rarely in pitch dark.

How much more difficult, even impossible, it is to live a meaningful, sweetened life in darkness. In order to avoid making a mess, I had to walk into the hallway, where some light from outside allowed me to see what I was doing. We cannot live or thrive in darkness. We must move toward the light.

As important as it is for each of us to ask who saved us from the dumpster of life, the more pressing question is who will we lift up?

("Carry The Message" continued)

Goodbye Addiction

By Matthew T.

I once lost my soul down a deep dark hole
Once in the hole, I lost my self-control
I felt so dumb and more so completely numb
The money amounted to a great sum, and I had lost the
definition of fun
I went down a dark road and felt emotionally cold
My life got put on hold, and at any persons will I would
just unfold
You made me go insane and act so profane
You filled me with blame and all types of shame
But now I must say good-bye, no longer should I get high
No lie, I cannot deny, without you I feel just fine.

I had a very positive experience with, "structured living," after my treatment at Parker Valley Hope.

It was my counselor Tammy, that planted the seed with me about the possibility of a sober house or, structured living. As I was preparing to go home after Parker Valley Hope, and likely into a basement bedroom, my counselor had a suggestion. She said, "Wouldn't you rather move into your own bedroom when you move back into your own house?" "Is your wife really ready for you move back home? Maybe your wife needs a little time."

All good points, but I was still opposed. I asked Tammy not to plant the seed with my wife; and she did not. Completely independently, my wife actually proposed the option to me as a result of her own counseling and soul searching. With all that input I decided to give it a try. As I said, probably the best thing I could have done.

I interviewed for an Oxford House opening a week and a half before I was discharged and I got lucky and there was opening. I stayed just under 3 months. It was a good transition from the safe environment of an inpatient facility to the real world; it also was safe.

I liked the Oxford House because it provided a structured, safe living situation without too much structure. It was like living in an AA meeting. We had weekly mandatory meetings, were required to attend AA/NA meetings outside the house, we had chores, we had house service positions, president, treasurer, comptroller, etc. There was a zero tolerance policy with regard to drug or alcohol use. You could be tested any time if there was any reason to suspect use of mind altering chemical. And, we had random UAs at the mandatory meeting. We all interviewed candidate residents and then discussed and voted on their "fit" into the house. Oxford House is a nationwide, maybe worldwide, organization. But each house is allowed to run itself autonomously. We did have monthly chapter meetings with responsibility to host rotating from house to house. I was there for one that our house hosted. It was fun.

~Kent V.

I thank the Lord every day for my serenity and sobriety. Parker Valley Hope has given me the tools I work with on a daily basis to remain sober. Without the tools they have provided me with, I know I'd be six feet. under. I'm currently enjoying every moment, and every day, without being dependent on any drug or liquor. I now have goals of traveling and smiling, without the fear of making a complete idiot out of myself. May your Higher Power always guide you, use the tools that are provided to you, and you will succeed!!

~Cynthia P.

The Woman In The Glass

By: Shannon S., Cushing

When you get what you want in your struggle for self
And the world makes you queen for a day,
Just go to a mirror and look at yourself
And see what that woman has to say.

For it isn't your husband or family or friend
Who judgment upon you must pass;
The woman whose verdict counts most in your life
Is the one staring back from the glass.

Some people may think you a straight-shootin' chum
And call you a person of place
But the woman in the glass says you're only a bum
If you can't look her straight in the face.

She's the woman to please, never mind all the rest,
For she's with you clear up to the end.
And you've passed your most dangerous, difficult test
If the woman in the glass is your friend.

You may fool the whole world for all of your years
And get pats on your back as you pass.
But your final reward will be heartaches and tears
If you've cheated the woman in the glass.

Get Involved

By: Kelly F.

Get involved! I cannot say how important involvement with recovery is to me. I have a large network of friends in the program, we have gatherings all the time, dinners, cards, and with the holidays here, craft projects are fun. Conventions... this is another thing I look forward to, meeting up with people from other areas that I have met. And if you have not had the opportunity to develop a network of friends...Start! Go to surrounding county meetings, get to know as many people as you can.

I will say there are so many online recovery sites, full of blogs, forums etc...One of my favorites is a general recovery site called, www.intherooms.com. There are lots of on-line meetings that help me when I am unable to get out. One thing I will stress, because for me, I have to maintain my face to face meetings, I tried doing just the on-line meetings, didn't work, at least for me. I find it easier to "hide" with just on-line meetings.

And last, make sure you have a sponsor, one that has a sponsor him/herself, and is actively involved. Be accountable to him/her, work the steps, live the steps. You will be so busy you will need to figure out how you will find some quiet time. For me, quiet time is not so quiet, and that is when my mini committee begins "its" session.

Sincerely, Alumni from Boonville Valley Hope (THE BEST)...I know, I have been on a treatment center survey quest and I have been in so many from Missouri all the way to Florida. Okay, the truth is: it has been many relapses, but finally one day at a time, I am sober!!

Building Hope

Valley Hope Association Foundation News

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

The Foundation is the fundraising arm of Valley Hope and our sole mission is to support Valley Hope's mission to help the chemically addicted and their families.

People donate to help us with scholarships for treatment, dental needs, treatment-related books, new equipment and center improvements.

I am committed to making certain we are good stewards of those gifts.



Megan O'Connor



We have also received some great notes and letters:

I hope this helps. Someone helped me in 2005. Thank You! ~Scott W.

I do not know of a better place to make a donation. So glad I am still able to help.

~Dorene U.

Please use this to help another find sobriety! Valley Hope put me on the path to recovery a few times and I've been sober since 1984! Miracles do happen! Thank you personally for your great work and best wishes to all Valley Hope. Thanks and love,

~Bill & Kathy W.

27+ years sober - thank you for saving my life and family.

~Jack O.

Hi! Megan, our friend Steve hung his cup this morning in Norton. He sounds real good and we are going to a meeting tonight. He mentioned he was awarded a \$1,000 scholarship and also help with the first 3 weeks at Houses of Hope. Thank you so much.

~Tim L.

I wanted to send a gift to just say thanks for all the help I received 2-1/2 years ago. Your encouragement, pushing me to get stronger, and commitment to help me succeed was really important. It made a difference. Thanks again to all of you at Valley Hope, and continued prayers for your work of helping others in their greatest time of need.

~Ron T.

In Kind Gifts:



Grapevine

Big Screen television for the patients lounging area. I wish you success in the future. There is no better treatment program in Texas"

~Barb Woods

O'Neill

Five wooden benches for the patients and visitors to enjoy during good weather seasons

~James Leadebrand



Boonville

Bookcases and 100+ books for patients in treatment.

~Mr. & Mrs. Mike Dalton

If you have an item you'd like to donate to the treatment center, please visit with the Program Director or contact Megan O'Connor at 785-877-4483

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, and 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."

Building Hope

Fund Drive - In Progress

Valley Hope Association Foundation's major mailing to raise funds to support the mission of Valley Hope began in November - and is *in progress*. Lots of love and labor goes into this annual project. *We know the outcome is more help for more people.* Contributions total \$80,000 to date - *thanks to many of YOU.* More than 400 individuals, families and organizations have helped us this year - *please see the listing of all the donors on the next few pages.*

How to Give

- Donate on our website
www.valleyhope.org/donate
- Contact the Foundation by phone
(785) 877-4483 (GIVE)
- Email megano@valleyhope.org

— Cut on dotted line —

Birthday Club

Send a dollar (or more) for each year of your recovery. Your gifts provide immediate needs for patients, such as dental needs, books, etc.

(Yes! I'd like to give a gift of hope and join the Birthday Club)

Recovery Birthday _____ Amount of Donation _____

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

Birthday Club

Please consider celebrating your own birthday with a gift to help others.

Happy Birthday and Best Wishes



New Birthday Club Members

Curtis B. Marletta W.
Norma C. Santos C.

Valley Hope Association Foundation

Donations Received from October 16, 2010 to January 17, 2011

Atchison

Unrestricted

Brandon S. Beagle
CL Ball Enterprises
Coldwell Banker Realty Group One
Thomas F. Lane, Jr.
Aimee Love
Jerry McCaslin
Mr. & Mrs. William V. North
Dennis Oellig
Mr. & Mrs. Jack Orava
Teresa Schmeck
Carol & Larry Schuetz
Stephen & Ruth Ann Tannery
Douglas VanScholack

In Memory of Roberta Briley

Ronald D. & Rebecca L. Sutton

In Memory of Tony Chop

Mrs. Nancy Chop

In Memory of Dan Driski

Michelle R. Blankenship

In Memory of Patty Habeisen

Dr. & Mrs. Roger & Sandra Jackson

In Memory of Randy McGinley

Ema Homan
Tom Noeth

In Memory of William "Bill" Miller

Darlene & Merle Baker
E.L. Bernica
J.D. & Lucille O. Embrey
John Gilbert, MD
Jeff & Lynn Drinkard

Ralph Larson

Mr. & Mrs. Henry Meinking

Cleo F. & Marilyn K. Murphy

Norma L. Sikes

David Lee & Patricia Zwi Smith

In Memory of David Sims

John & Carol Yorke

In Memory of Roy Sparks

Anonymous

Patient Scholarships

Scott Warren

In Honor of the Love & Endless

Dedication of the Atchison Staff

David & Sue Wells

In Memory of Christian A. Cleveland

Elizabeth Cleveland

In Memory of Joshua Frutchey

Dawn & Ray Vitha
Dennis Gleason

In Memory of Randall McGinley

Erin Lido
Rebecca Mathiesen
Shannon Margherio
Susan McClure
Natalie Noblitt

In Memory of William H. (Bill) Miller

Gary Blitsch
Marjorie Hassur
Alan and Mary Hug
B.W. & Mary Kresie
Marilyn Meiners

George & Virginia Morris

Cathy Sachs

James & Marion Taylor

In Memory of Robert (Bob) Wilson

Anonymous

Dr. & Mrs. John and Vicki Bell

Marlene Demski

Timothy Kuhn

Lois Maxwell

Patient Assistance Needs

Santos Cisneros, Jr.

Mary Curtis

Jon Evans

The Grubb Law Firm, P.C.

In Memory of Oneta Cusack

John Hynes

WDL Endowment Fund

Donnie Anderson

Atchison Auction

Gary & Gail Austin

Linda Brown

Dr. Susan & Mr. Steve Calloway

Ernest & Lurena Hansen

Richard & Marilyn Logerwell

Mr. & Mrs. David Matthews

John McManigal

Patrick D. & Kathryn O'Riley

In Memory of Thomas Charbonneau

Mrs. Patricia Charbonneau

In Memory of Tony Chop

Walter & Anne Cox, Jr.

In Memory of Joshua Frutchey

Scott & Lynne T. Crossette
 Mary & Paul Flotho
 Kelly & Clark Hay
 William B. & Ann H. Hunt
 Lisa Janati
 W.J. & J.M. Klasinski
 Richard Kochuyt
 Kathleen M. McFarland
 Gary D. & Marcy K. Miller
 Shirley Miller
 Shawnee Mission Public School USD 5
 Ronald L. & Diane E. Stephens
 United Methodist Church of Res.
 Wolfe Automotive Group
 Arthur Wortman

In Memory of Dennis Hogan

Janet J. Rash

In Memory of David Sims

Joe & Susan Sims

In Memory of Margaret H. Zuchowski

Edward Zuchowski

Facility Improvements

Randy & Cheryl King
 William Kreifels
 Harold Magariel
 Richard Miller

Boonville**Unrestricted**

David Bear
 Boonville Quick Lube Inc.
 James & Connie Bousquet
 Mike Craig
 Larry & Judy Ormsbee
 Robert & Joan Taylor

In Memory of Al Abernathy

Delores Abernathy

In Honor of grandson Adam

Bonnie Mauzey

In Honor of Anna Hoffman

Michael & Linda Hoffman

In Memory of Susan Wood

Elizabeth Burns

In Memory of Tom Judah & Susan Wood

Mike Dalton

WDL Endowment Fund**In Memory of Charles Tate**

Amanda Bonzer

Patient Assistance Needs

Copies Etc.
 The Soener Foundation
 A Touch of Class Salon & Spa
 Greg Wood

In Memory of Susan Wood

George Coffin

Patient Scholarships

The Soener Foundation
 Deborah Strid

Facility Improvements

Mike Dalton
 The Soener Foundation

Chandler**Unrestricted**

Mr. & Mrs. Gerald Bloom
 James & Pat Bohart
 Dennis Kern
 Gerdi H. Heath
 Steve Renfro
 Zane Simon
 United Way Valley of the Sun

In Memory of Brownie Anderson

Kathryn Anderson

In Memory of Sherry Bourget

Jeff & Valerie Elliott

In Honor of Nick Maine

Stephen & Maureen Maine

In Honor of Mark K. Tryhus

Dr. Trueman Tryhus

WDL Endowment Fund

James & Elaine Batz

In Memory of Esiquio & Edith Loya

Paul Loya

Patient Scholarships

DMB Associates, Inc.
 Nancy Landrum

In Honor of Kari Bohart

Brian Bohart

In Honor of Cris Nitkowski

Debbie & Daryl Nitkowski

Cushing**Unrestricted**

Bill & Carol Cabbage
 Cushing Lumber Company
 Elaine Dodd
 Linda Hey
 Gerald and Janice Leischner
 Timothy Kubiak
 University of Georgia
 LaVon & Erma Wenger
In Memory of J. David Mustain
 Larry & Sally Gatewood
In Memory of Eugene Utt
 Mrs. Dorene Utt

Building Renovation Fund

Mike and Cathy Carr
 Continental Concrete LLC
 Steven Finley
 Chuck Guinn
 Dr. & Mrs. John Leipold
 Michael A. Miller
 Duane Murray
 Tim & Kathleen O'Toole
 Geoffrey Patterson
 Debra Phillips
 Betty Bryant Shaull

Monty & Ruth Waldron

James Wasson

Linda Wasson

In Memory of Tyler Roberts

Mr. & Mrs. Al Roberts

Patient Scholarships

Cindy Baker
 Reta & Ricci Head
 Geoffrey Patterson

WDL Endowment Fund

JoAnn Estes
 Jerald Frazier
 Marilyn McAuliffe
 Phil McCormack
 Carl & Carolyn Renfro

In Honor of Al Roberts

Charles Thomas

In Memory of John Ryan Wells

Don & Rebecca Wells

Grapevine**Unrestricted**

Paul Clark
In Honor of Kevin Wood
 Sue Wood

William D. Leipold Endowment Fund

Cara Goldstein
 Chris & Tracy Mathews

Facility Improvements

Barbara Woods

Mission**Unrestricted**

In Memory of Willis & Catherine Theis
 Willis Theis, Jr

Moundridge**Unrestricted**

Paula Adams
 Ray Burford
 Bryan & Jeremy Didier
 Wayne Lebsack
 Harold & Jayme Turner
 Mitchell Media Services

Building Fund

Dave & Jean Ketter

Patient Scholarships

In memory of James Costello
 Tammi J. Costello

In Memory of Jacque Haner

David Wright

WDL Endowment Fund

Kevin & Karen Seuser
 United Machine Co., Inc.

In Memory of Matt Hyder
Elizabeth A. Hyder

Facility Improvements
Gary Denny

Norton

Unrestricted

John & Charlotte Strecker-Baseler
Randall E. Beall, Sr.
First Security Bank & Trust Co.
Donnie & Sandra Frazen
David & Margaret High
Maxine Jewell
Mr. & Mrs. Lawrence Kentfield
Mr. & Mrs. Rodney King
Virginia Lehman
Michael MacNair
Mr. & Mrs. Earl Murphy
Whitaker's of McCook
Chuck & Nancy Peek
Keith & Dolores Poyser
Bernard & Dixie Schroder
Thomas & Myra Sattler
Sue Studnicka

In Memory of Bob Adams

Tom Votapka

In Honor of Chad Douthit

Susan Draper

In Memory of Roy Hogan

Brenda Hogan-Matson

In Memory of Tony Jewell

Rick & Eileen Jewell

In Memory of Jim Juenemann

Mary G. Braden

Eileen Juenemann

In Memory of Oliver Lindeman

Viola Lindeman

In Memory of Robert "Bob"

McGee

Mickey & Penny McGee

In Honor of Dustin Mertz

Michael & Barbara Mertz

In Honor of Kirk & Kathy

Molitor's 26th Wedding

Anniversary

Kathleen Molitor

In Honor of the Norton Staff

Annie Bryie

Chuck McGinnis

In Memory of Paul Plummer, Jr

Carol S. Dailey

Frazee Abstract & Title, Inc

Marjorie Nairn

Daniel & Dixie Senestraro

In Memory of Arthur Tharman

Carl & Ruth Tharman

In Honor of Louis Tholen's 80th

Birthday

Donna Bonneville

In Memory of George Votapka

Mary A. Votapka

In Honor of Judy Weber
Howard Debauche

Patient Assistance Needs

Ambassadors Class Christian Church

Curtis Brungardt

Norma Crocker

Mr. & Mrs. E.A. Jorgensen

Mary Leet

Ronald Pinkerton

Jeff & Beverly Rosell

Ronald & Joleen Tammen

Sunflower Bank

Duane Steinshouer

Marletta Wilkens

In Honor of Sterling Smith

Stacy L. Smith

In Memory of Derek Zabokrtsky

Robert & Colleen Grammer

William & Julie Siefers

Patient Scholarships

William & Kristie Bunger

Pamela Conover

Donald L. Schlatter

Brad Smith

JoAnn Smolczyk

In Memory of Jim Juenemann

Paula Desbien

In Memory of Russell L. Wetzel

Adam's Farms, Inc.

Verle W. Amthauer

Scott & Lynette Anderson

Bill John & Sally I. Bidleman

Virginia Blanton

Galen R Boehme

Emmett & Judy Brake

William & Marva Burr

Shade Calhoun

Beatrice J. & Gordon L. Coats

K.C. & Beverly Peters Fenwick

Mary Fox

Donna Kay Frick

Steven Frick

James & Karen Froetschner

John A. & Martha Froetschner

Richard & Christy Froetschner

V.G. Gleason

Joyce & Roy Greathouse

Gary & Faye Grandy

Linda & Greg Henderson

Lance & Amy Higbie

B. & N. Hornung

D.G. Inman

Laquita Klenke

Linda & Verle Lorenzen

Jean Baird Martin

Carol & Douglas K. Mclean

Tommy & Elizabeth Mobley

John & Brenda Roebaugh

Donald W. & Jeane Schmidt

Randy A. Schmidt

Margaret Schoebelen
Mica & Sherrie Schnoebelen
Ben & Florence Short
Thomas L. & Donna M. Stejskal
Rodney & Thyra Strate
Rotha Strong
Celesta L. Taylor
David G. Titus
Greg & Joanne VanCoevern
Everett E. & Phyllis V. Weiss
Thomas & Jane Werner
Alan & Diana Wetzel
Robert & Thelma Wetzel
Roger & Jody Wetzel
S.D. & P.R. Wetzel
Dana Wilkening
Chadd R. & Rita B. Wilson
John & Donna Wire

WDL Endowment Fund

Vallene Berry
Dean & Myrth Blickenstaff
Jim & Linda Carey
Marlene and Fred Gakle
Thomas Gillespie, Jr.
John Grieshaber
Doug Marsh
Thomas Melroy
Moffet Drug Store
Bill Sauvage
Ladimir Truetken
Marletta Wilkens

In Memory of Bud Arnold

Mr. & Mrs. Bruce Schneider

In Honor of John Duggins

Mr. & Mrs. Patrick Duggins

**In Memory of Derek J. Hamilton
& James L. Hamilton Sr.**

James & Debra Hamilton

In Memory of Chris Meyer

Todd & Angela Doyle

In Memory of Jordon

Benjamin Niermeier

Miles & Jayne Niermeier

In Honor of Brian O'Connor

Megan O'Connor

In Honor of Sandy Seems

Taryn Graham

In Memory of Malcom Stramel

John L. Stramel

In Memory of Theodore Zogelman

Mary Zogelman

Facility Improvements

Virgina & George Korobka

William & Julie Siefers

Oklahoma City

Unrestricted

Mr. & Mrs. Bill Lott

Omaha

LaTauna Riley

O'Neill

Unrestricted

Mr. & Mrs. Tom Bartels
Mr. & Mrs. Ronald DeVorss
Marlive & Michael Fitzpatrick
Donald & Marilyn George
Mr. & Mrs. Kent Helm
Mike & Gail Hieb
Holz Lumber & Hardware, Inc.
Richard & Eileen Jones
Mark Larson
David & Kathy Martin
Lucienne Michalski
Mr. Donald Millard
George Russell

In Memory of Aaron Lokie

Frances & Carl Edwards

In Honor of McKenzie Mickelson

Anna Jane Mickelson

In Memory of Frank Parks

James Parks

William D. Leipold

Endowment Fund

Merle D. Anderson
Dustin Caine
John Kavanaugh
Mr. & Mrs. William F. McQuistan
William Price
Jim, Terry & Amy Scholten
Torpins Rodeo Market #447

In Honor of

Richard James Curzon, Jr.

Betty Hill Curzon

In Honor of Terry L. Duffy

Nadine B. Miller

In Honor of Dawn Johnson

Russell Schwartz

In Honor of O'Hare Family

Kathy Lewandowski

In Memory of Bill Schutz

Louise & Bud Mills

Building Fund

Jim, Terry & Amy Scholten

Facility Improvements

Jim Leadabrand
Shamrock Nursery

Patient Assistance Needs

Patricia Schied

Patient Scholarships

Steve Cleveland
Gerald & Sharon Connealy
Jack & Jane Connealy
Vencil Farms
Paula McLaughlin
Julie Roberts
Russell Schwartz

Steven & Susan Spitznagel

BG & S Transmissions

Ronald Troester

Paul & Vickie Walz

Parker

Unrestricted

John & Sheryl Gress
Terry & Lisa Harrison
James Maytag
Chris McAnany
David & Marci Mrsny
Mary E. Paige
Debbie Skipper
Rock Weltzheimer
Mr. & Mrs. Jeffrey R. Wheeler

In Memory of Ryann Gillott

Roberta Connolly

Clayton Howard

In Honor of Mark Haley

John Haley

In Memory of Tom Lines

Roger Felch

Christine Nichols

In Memory of Chuck Littel

Carl & Mary Renner

In Memory of Sara Michelle Losasso

Larry Losasso

In Honor of Parker Valley Hope Staff

Shane Fruth

In Honor of Lia Rottman

Inez & Purita Rottman

In Memory of Gregory

Schwinghammer

Kate Lyon Osher

Patient Scholarships

Shanda Johnson

In Memory of Ryann Gillott

Alik Asadullayev

Joe & Margaret Choy

Andrew Drance, Jr.

Christine Fuss

Carmen and Lawrence Groetken

Catherine Issaac

Adam Trotter

In Memory of Charles "Chuck" Littel

Selma and Sidney Friedland

William D. Leipold Endowment Fund

Dr. & Mrs. Gary Forrest

Donald Grantham

Carol Jensen

Billy & Loretta Lopez

Carl & Mary Renner

John Tonso

In Honor of Megan Anderson

Thomas & Jane McCarthy

In Memory of

Grandfather Ernest Guererro

Robert Espinoza

In Memory of Charles "Chuck" Littel

Nancy Bassett

Charles English

Janet & Robert Forman

Nancy Pike

Deborah Phillips

In Honor of Brian P. Reed

John & Diane Reed

Patient Assistance Needs

William Riley

In Memory of Ryann Gilliot

Prudence Pande

In Memory of Chuck Littel

Marcia C. Alderfer

Paul B. & Rosemary S. Phillips

In Memory of Randall McGinley

William Riley

Facility Improvements

David & Malica Coil

Sabina and Company

South Denver

Michael & Anjali Abadia

Patient Assistance

University of Georgia

St. Louis

Patient Scholarships

In Memory of Max McGinley

Jan Barker

Patient Assistance Needs

In Memory of Randy McGinley

Adonia Ligouri

Mary Guice

Tempe

William D. Leipold Endowment Fund

Erik & Purita Edson

All Facilities

Unrestricted

Shawnie Allen

American Legion Post 92

Mr. & Mrs. Jack Andrews

Mr. & Mrs. Johnnie Arford

Mr. & Mrs. Thomas Atkins

Fred & Georgine Barber

John Barr

Inge Bartley

Toni & Martin Blume

Gail & Cindy Boller

Janel & Todd Born

Jeffery Brown

Bridges Group, Inc.

Dr. Earl V. Carlson

Steven Castle

Chief Industries, Inc.

Steve & Gloria Cole

Coleman Family Foundation, Inc.
Steven Curtiss
Mary Cushman
Rodney Davis
Donald Dodrill
Mr. & Mrs. Russell Erbert
John Farmer
Bruce Fineman, M.D.
Zachary Flora
Front Range Duct Cleaning
Ewing & Shirley Gibson
Mr. Steve Glass
A.S. & V.G. Grysch
Janet Halloran
Melvin Haverkamp
Mr. Warren Heaton
Frank & Betty Hedrick Foundation
Gerald & Helen Heim
Thomas Hepburn
Roy & Elizabeth High
Michael Hoey
Kenneth Hoffman
Denny & Karen Howerter
Brad & Debbie Humston
James Isaacson
Mr. & Mrs. Jon Jagger
Randy Johnson
Christine Jordan
Mr. & Mrs. John Jorgensen
Julie Joyce
Ray Kennedy
Robert H. Kessler
Paul & Becky Krueger
Dr. Young Lee
Cyril D. Lentz
Michael Lyding
Carolyn McGinn
Mary & Michael McKeown
James & Theresa Melvin
Allison Minnick
Steven Nimcheski
Ermyl Phelps
Joe & Ellen Pratt
Norton County Hospital
Goering Hardware
Microsoft Matching Gift Program
Natoma Corporation
Robert Pavlik
Tom & Denise Peebles
James Pope
Helen Sue Price
Mary Radom
Mr. & Mrs. Stephen Rau
Curt & Luanne Reimer
Albert & Carolyn Rometo
Eric Rosales
Mr. & Mrs. Jerry Rosen
Charley Roth
Rural Telephone Service Co, Inc.
Dan & Mary Kay Schippers
Vera Schra
Allen Scott

Jim & Kim Seckelmann
Delbert & Vicki Sempek
Richard & Arlene Seybolt
John & Marny Sherman
Dr. Lamont & Pam Shirk
Kathi Sullivan
Mr. & Mrs. Bob Suter
William Teel
Tri-Central Office Supply Inc.
Joseph & Marian Tintera
Walter Motor Company
Bernie & Dorothy Weidenbenner
Dale Westwood
Jean & W.A. White
Edward Whitlock
Mr. & Mrs. William Williams
Edward H. Wood, M.D.
Patsy Wise
Patti & Tom Yaussie
Albert Zimmer, III
End Zone
In Memory of Herb Benson
Mr. W.P. Riechmann
In memory of Christian A. Cleveland
Jere Marrant
In Memory of Ken & Tim Colton
Shirley Colton
James & Mary Farmer
In Memory of David W. Douglas
Nell Gravdal Whitesel
In Memory of Michael Dyson
Charles & Marcia Dyson
In Honor of HOPE!
Steven & Gloria Vieyra
In Honor of Mark & Shana Pena
Louis & Norma Pena
In Memory of Steve Seeger
Jean Seeger
In Memory of Roger Slaby
Alberta Slaby
In Honor of Duane Steinhouser & Mary
Dean & Lois Jameson
In Honor of Louie Tholen
Glen C. Davis
In Memory of Ted Zogelman
Jance & Richard Lind

William D. Leipold Endowment Fund
Regina Beikman
Cora Berry, PC
Jessica Clark
John Custy
Kelly Edminston
Richard J. & Pat Fitzgerald
Dr. & Mrs. Ken Gregoire
Karina Hall
A.J. Halling
Nancy A. Hastings
Damian Hrdlicka

Dr. & Mrs. William Leipold
Mr. & Mrs. Tom Lolley
Debbie Ludemann
J. Russell & Catherine Mast
David McMillan
Steven Nelson
Stuart E. Olson
Gil & Carol Otter
William H. & Billie G. Petersen
Leon Ricklefs
Christal Rose
Gary Rudloff
Doug & Nancy Sebelius
Shawn Tibbs
Super Value Pharmacy
Nici & Robert Wallis
In Memory of Peter Andreshak
Anne Boileau
In Memory of Alma E. Brhel
Lyndee Black
In Memory of Bette Burch
Daniel & Dixie Senestraro
In Honor of Deesha Daugherty
Stan & Sue Daugherty
In memory of LeAnn Haling
Theodore Haling
In Honor of Timothy Parkman
Shelly Parkman
In memory of Susan Platt
Steve Knuth
In Memory of Joshua Wisner
Mr. & Mrs. Gordon Wisner
In memory of Vernon A. Wortman
Betty Wortman

KS Lawyers Assistance Fund
Paul Seymour, III

Patient Scholarships
Sharidan Parr
In Memory of Dan Dreblow
Richard Stahl
James Sollenberger

Al & Susan Roberts Fund
Peggy Brant
John Bryant
Chesapeake Operating, Inc
Sunoco, Inc.
Tommey Oil Co., Inc.

Facility Improvements
Lori & Edward Fagg

In Honor of Louie Tholen's Birthday
Carol DeGennaro
Farm & Tindustrial Service Co., Inc.
Del Tholen
Mr. & Mrs. Louis Tholen

Friends & Alumni News

By: Megan O'Connor, Director of Development

What is a Friends and Alumni support group?

A Friend and alumni Support Group is not a 12-Step meeting and it's not facilitated by a counselor. Some group meetings are taking place at the treatment centers. Some take place in restaurants, church meeting rooms or other locations. The group gathers to support each other and often have a speaker or enjoy an activity. These groups are coordinated by a volunteer group leader. Contact leader information for each group is available on our website and in each issue of the *Coffee Cup*.

From the first patient in 1967, to the person admitted this morning...we are all connected to the life-changing experience that is Valley Hope.

Like graduates of a university, we've all listened, worked together, acquired some great insight and many life skills. We are the lucky ones. We have had the opportunity to receive treatment from the best organization in the world. (Yes, of course I'm bias, Valley Hope saved my life.)

"Your addiction will be your greatest asset", my counselor Ray said loudly during a lecture. I wanted to scream and run out of the room in anger and disbelief. I was a self-loathing, scared addict in treatment because someone else thought I had a problem.

Several months later, while helping a newcomer, it hit me. Ray was right. My

biggest liability became my greatest asset.

I rarely see someone from my patient group of July 2001 but I know they are 'out there.' Yes, some have relapsed (or worse)--but many are doing just fine. When I attend a Renewal Day and don't see them, I try to remember that many have to work or just live too far away to return for the day.

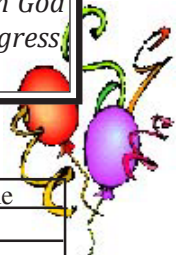
I know in my heart that Valley Hope treatment was the best thing I've ever done for myself. I am certain most of you would agree wholeheartedly. What I thought was the worst day ever, as I checked into treatment, was the beginning of a life full of opportunity, joy, pain, suffering, love, compassion and wonder. Thank God and Valley Hope for saving my life and helping me to be present for life and all that comes with it, one day at a time.



Renewal Days

Celebrate recovery with us!
Spend the day with us!
Renew – Refresh -Recharge

Renewal Day is a time when God gathers his miracles in progress
 Mary L.



Renewal Day Calendar- Winter/Spring 2011

	Center	February	March	April	May	Day	Time
ARIZONA							
	Chandler	18	18	15	20	Friday	8:30a..
COLORADO							
	Parker	18	18	15	20	Friday	8:50am
KANSAS							
	Atchison	18	18	15	20	Friday	9:00am
	Mission	25	25	29	27	Friday	6:00pm
	Norton	11	11	8	13	Friday	9:00am
	Moundridge	25	25	29	27	Friday	8:30am
MISSOURI							
	Boonville	11	11	8	13	Friday	8:30am
	St. Louis	23	23	27	25	Wednesday	5:30pm
NEBRASKA							
	O'Neill	4	4	1	6	Friday	8:50am
	Omaha	1	1	5	3	Tuesday	6:30pm
OKLAHOMA							
	Cushing	18	18	15	20	Friday	9:30am
	Oklahoma City	none	11	22	none	Friday	6:00pm
TEXAS							
	Grapevine	25	25	29	27	Friday	8:00am

I look forward to Renewal Day each and every month. Going back to visit the facility and talking to current patients helps me to remember where I used to be. Seeing alumni return gives me hope and reminds of where I am today and how grateful I am to have been given a second chance!

~Chris S.



Alumni & Friends Support Groups

Find a group near you and connect

- it'll help your recovery.

Atchison, KS

Alumni group meets each month at Atchison Valley Hope on Renewal Day at 9 a.m. for a business meeting and 10 a.m. for 'Road to Recovery' when we answer questions from the patient group. When: Friday (3rd Friday each month)
Dates: February 18, March 18, April 15, May 20
Contact: Dave W. - Phone: (913) 271-2500
E-mail: swells4@kc.rr.com

Chandler, AZ

Speaker and group discussion! Those welcome to attend include Chandler Valley Hope patients, alumni and anyone else interested in recovery. When: Every Tuesday evening
Time 7:15 p.m. Where: Chandler Valley Hope - Dining Hall
Contact: Ray P. - Phone: (480) 229-5723
E-mail: rpj164@q.com

Ford / Dodge City, KS

Alumni and friends meet for breakfast, fellowship and speaker. When: Sunday Time: 9 a.m.
Dates: February 20, April 17 (3rd Sunday every other month) Where: Becky's Blue Herford, Ford, Kansas
Contact: Damon P. - Phone: (620) 514-0421
E-mail: rightyirth@msn.com

Goodland / Colby, KS

Breakfast, fellowship and a speaker! Alumni and friends welcome. When: Sunday Time: 9 a.m. Mountain Time
10 a.m. Central Time. Dates: February 20, March 20, April 17, May 15 (3rd Sunday each month)
Where: 1013 Center St. in Goodland
Contact: Dave H. - Phone: (785) 728-7022



Grand Island, Nebraska

New Group

Alumni group for the area started last fall with a couple of activities. First we had a potluck, speaker and another time we had family fun at Helgoth's Pumpkin Patch, with supper cooked (okay, hot dogs and s'mores, pretty elementary!), over campfire. Plans are in the works for more activities coming up. Any Valley Hope alumni interested in being active in this group are welcome, no matter which Valley Hope you did treatment at, or what town your address says you live. If you are from the area, or willing to drive, we'd love to have you involved. Contact people for future events include Phil B, 402 968-1702, or Merle or Alvera at 308 381-7833.

Hays, KS

Group meets once per month for breakfast, fellowship and speaker. When: Sunday 9:30 a.m. (we'll order breakfast at 10 a.m.) Dates: February 20, March 20, April 17, May 22
Where: Professors Steak House, 825 East 8th.
Contact: Ron S - Phone: (785) 650-1064

Moundridge, KS

Alumni Group will have a meet and greet with the patients in the lecture hall. After the Alumni Group is finished we usually get together and go out to eat dinner.
When: 2nd Wednesday of each month Time: 6 p.m.
Dates: March 9, April 13, May 11 Where: Moundridge Valley Hope, 200 S. Avenue B. Contact: Chris S.
Phone: (316) 644-6516 - Email: chrissevert@yahoo.com

New Group

Norfolk, Nebraska

Bowling Party

Bowling Party!

Join us on Sunday, March 20 at 1:30 p.m. at Norfolk 7, 1000 Riverside Blvd.

Contact: Dawn B - Phone: (402) 371-6791 or
Contact: Dagwood C. - Phone: (402) 841-1833



North Platte, NE

Group meets for an evening potluck and fellowship (often a speaker). When: Saturday night (3rd Saturday each month)
Time: 5 p.m. Dates: February 19, March 19, April 16, May 21. Where: Bethel Free Church in 'the loft', 2700 W. Philip Ave--Contact: Loran P. - Phone: (308) 534-9175

Norton, KS

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



Oklahoma City, OK

Join us every for a one hour meeting to renew recovery.
When: Every Tuesday evening -- Time: 6 p.m.
Where: OKC Valley Hope, 6110 NW 63rd
Contact: Gerry L. - Phone: (405) 816-1936

Omaha, NE

Alumni and Friends are welcome join us as we organize recovery events in Eastern Nebraska. Contact: Don H. (402) 290-3945 Contact: Rick H: (402) 709-3202
Contact: Cathy W. (402) 630-4560
Contact: Megan B (402) 750-0369

Grapevine, TX

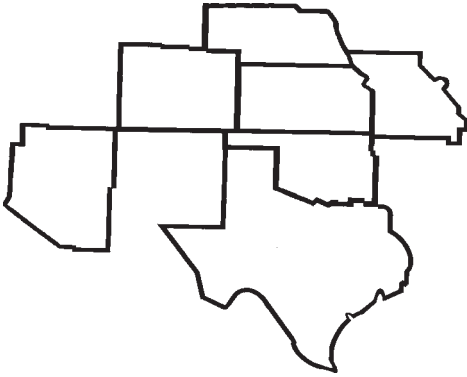
Join us for discussion each week in the lecture hall.
When: Every Wednesday afternoon Time: 2 p. m.
Where: Grapevine Valley Hope, 2300 William D. Tate Ave, Grapevine--Contact: Bill - Phone: (972) 263-4789
E-mail: racercarbill@sbcglobal.net

St. Louis, MO

Alumni group and friends will enjoy a speaker and refreshments. When: Wednesday (4th Wednesday each month)
Time: 5:30-6:45 p.m.
Dates: February 23, March 23, April 27
Where: St. Louis Valley Hope, 12777 Olive Blvd.
E-mail bncleannsober.SLAAG2010@gmail.com
Contact: The St. Louis Office - Phone: (314) 514-9220

Tempe, AZ

Tempe Alumni group enjoys a speaker, questions/answers and open meeting format. It's a great place to meet a sponsor. Open to patients, alumni, family and friends.
When: Every Thursday evening Time: 6 p.m.
Where: Tempe Valley Hope, 2115 E. Southern Ave. (Rio Sureno Medical Plaza)
Contact: Rick K. - Phone: (480) 232-7587 -
E-mail: rickknop@excite.com
Contact: Tempe Valley Hope - Phone: (480) 831-9533



Tulsa, OK

Join us every Thursday for a great one hour meeting.
When: Every Thursday evening Time: 6 p.m.
Where: Fellowship Church, 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 4th Wednesday of each month at Wichita Valley Hope (901 W. Douglas), located in the front room. Group starts at 6 p.m. After the meetings, we usually go out to eat together.
When: 4th Wednesday each month Time: 6 p.m.
Dates: February 23, March 23, April 27, May 25
Where: Wichita Valley Hope, 901 W. Douglas
Contact: Chris S. - Phone: (316) 644-6516

If you are interested in starting a Friends and Alumni group, please call Megan at (785) 877-5111 or email at megano@valleyhope.org

www.valleyhope.org/alumni

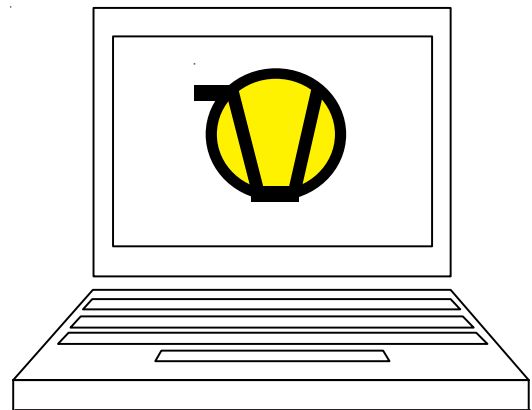
JOIN our website family:

Receive emails about:

Special Events
Alumni Group Meetings and Activities
New Coffee Cup is online

Help us write the Coffee Cup section:

You Asked...Friends in Recovery Answered

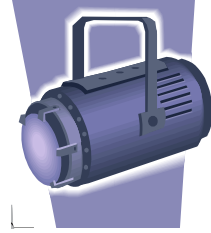


Why can't my Counselor be my friend on FACEBOOK ?

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



Spotlight on the 12 Steps



The First Three Steps

By: Chaplain John Strecker-Baseler
Norton Valley Hope

There are countless ways that we can illustrate powerlessness from experiences of life. This time of year I think of driving on snow and ice. There is nothing worse than to go into a skid on ice and not be able to regain control of the vehicle. We feel totally powerless over the situation and can only hope and pray the damage is limited. Feeling powerless in life is never fun or easy to cope with, but it is part of the life's experience we all face. On a deeper level, all human beings have limits. We have limits at every turn. We have limits with gravity, with the amount of time we are awake, limits to how much we can eat, how long we live and how well we can reason and face adversities. We live in a country that wants to lift up rugged individu-

alism and the freedom to dream without limit. Also, our culture does not do well with grief. We are to "get over" quickly our losses and fix even difficult and complex problems with easy solutions. These are all limits that are not accepted by our culture and do not serve us well. The life of recovery is real and in touch with the difficulties of accepting our limits even while we live in a culture that is out of touch with limits and looking for a cure for all that limits us.

As a child of an alcoholic, I am impressed with all I have learned from people in recovery. Accepting one's powerlessness over a disease is a pattern that can be helpful to all of humanity because we all face limits. Acceptance is the key to finding a way to be real and authentic, by living honestly within our limits. When we live within our limits, we are ready to turn to a Greater Power to help bring some

sense of peace and joy occasionally to our lives.

As no one is perfect, by definition, all have issues to work on in relationship with the God of one's understanding. What I need to work on in my relationship with God, often times, is also a relapse trigger. One of my issues is self-will. I want to do it my way. Eventually, I notice that I have managed to make a mess of things, and then I am ready to turn over to God and say, "I surrender." I picture self-will as a "tug-of-war" with God. Now, who do you think is going to win this struggle? Time and time again I catch myself arm wrestling with God. You'd think I'd learn. The decision to turn my will over to God is an obvious one. Turning over my will to God's care is the journey of recovery and I must do it each day. When I do, I am able to follow God's lead and with a stronger power than the disease by my side, I am able to stay clean and sober.

Kudos!

I would like to send KUDOS to JoAnn Quandt, who recently retired from the Nebraska continuum after many years of service as their business manager. I began my tenure at the O'Neill facility and JoAnn was such a help in welcoming me to their team and educating me in regards to our patients and their financial considerations. I am sure that she will be missed in Nebraska and I will certainly miss her presence.

Thanks! ~Mike Miller, Program Director, Cushing

Cushing Valley Hope

Hooray for Assisitant Program Director, Shelly P., 6 months nicotine free!!

Hooray for Marvin Purvis in maintenance - 4 months nicotine free!!

Happy birthday Nurse Debbie D.-7 years sobriety!!

Happy birthday and congrats to Counselor Melissa W. celebrated 12 years sobriety, and she and her hubby, Brett, are expecting their first baby this summer!!

Norton Valley Hope

Congratulations to Program Director, Larry Black from his staff on earning his Masters of Science in Counseling Psychology on December 18, 2010. Way to go!

~ Norton Valley Hope Staff

Moundridge Valley Hope

Ryan Culver received her Master of Science last month.

~Carla

O'Neill Valley Hope

Kudos to Monte Miller our new program director. Boonville's loss is our gain.

Brad R. recently obtained his LADC. He also celebrated six years of sobriety and started a masters program through Bellevue University.

Julie J. recently celebrated fifteen years of sobriety.

John W. will soon celebrate ten years of sobriety.

Beth was recently promoted to business manager and she and all our secretaries keep things going.

KUDOS to our maintenance department for keeping the sidewalks and driveways clean this winter.

Our cooks have been providing some excellent meals to keep us warm in the cold weather.

Our nurses have helped the staff and patients get through the cold and flu season

Letters From Home

Looking Back

Larry Black, BS, AAPS
Program Director

2011 begins with lots of hope for another great year at Norton Valley Hope. A look back at 2010 brings lots of warm memories. This year's Alkathon was terrific with over 300 people returning home to celebrate. The holidays were busy and warm. A big thanks to Ray and Trenda S. who prepared a Christmas meal for the patients and shared with them during the holiday. A big thanks also goes out to Blonde F. for donating boxes and boxes of goodies to the patients who were here over the holidays.

There was a door decorating contest

for Christmas with featured the whole gamut of levels of creativity. The secretaries decided to decorate Larry's door with a Nebraska Husker theme. While the ambiance clashed with the rest of his office (which is decked out in Purple Pride), the patients voted that door as the grand prize winner. I think the program director's plan backfired when he discouraged the patient group from voting for his door. Just a reminder of what happens when you try and tell alcoholics and addicts what to do. Ha! ha!

We were sad to say goodbye to Maggie Ellis. Maggie came back home from Boonville but then decided to take a job outside Valley Hope. We wish her well but miss her and it's just not the same without her smiling face

around the staff table. It is a pleasure to welcome Victoria Moul to the team as our Counselor in Training. Victoria is embarking on a difficult but incredibly rewarding journey.

Renewal is always fun and exciting at Norton Valley Hope but I particularly have to mention the January Renewal day. The Lecture Hall was packed with more than 50 alumni and friends and there were 18 birthdays celebrated that day. Amazingly there were 9 people from last year's patient group who came back en masse to share their first year of sobriety. It left tears in all our eyes. What a great start to the year. Here's wishing everyone a great, happy, profitable and most of all a sober 2011. Our best to all.

Saying Hello and Saying Goodbye

By: Bob Speer, Chaplain

As many of you are aware, I retired as of January 14 after 42 years of service with Valley Hope. As I began the task of emptying my desk of its contents I found cards, letters and other mementoes that brought back a flood of memories. Perhaps the strongest memory is of the day that I first met Dr. William Leipold, our founding father. I remember the day as though it was yesterday. I was serving a church in Lenora, KS, a small town south of Norton. I had come to Norton to make hospital calls. I stopped to visit Fr. Charles Griffith, the Episcopal Priest. I asked him how he was doing. He was involved in all sorts of things including a ministry to a place called Valley Hope, a newly opened alcoholism treatment center. Fr. Charles asked me about my ministry. I told him the church in Lenora was small and there was not much going on. I was bored. Charles suddenly became quite animated. He said he would call Doc Leipold and see if there might be a job for me. I told him not to bother. I was fired from my first church, I was sure that Dr. Leipold would have little interest in me. Charles called, and Doc said, he would meet with me.

I can still see Doc's office in my mind's eye. We talked. I told him that I had graduated from seminary and was ordained. I was in my first church for less than a year when I was fired. Lenora was my second church. I was quite sure that he would not be interested in me. Doc described the program at Valley Hope. He told me the program was based on the work of William Glasser and Carl Rogers. These were people I studied in seminary. Their ideas were the core of much of my graduate education. After we talked a little more he told me he would talk with his board and I should talk with the board of church. If these two boards agreed he would hire me. That was the day I said "Hello." That was a turning point, a new beginning, rebirth, spiritual awakening. By whatever name one might want to use, the day I said "Hello," was one of the most significant days in my life.

And now I have come to another significant day, the day of saying goodbye. Two men who were professors at Chicago Theological Seminary, where I received my education for

ministry, retired on the same day. One called his retirement a "mini-death." The other said that it is a "mini-resurrection." I suspect that both are right, that retirement is both a death and a resurrection. Working at Valley Hope has been a very real blessing. I have been told and I believe the work I have done here has been significant. That is only possible because Valley Hope is a place of significance. I am deeply thankful for the privilege of working here and certainly I have struggled with feelings of loss as I anticipated my retirement. On the other hand, I see retirement as a new beginning. It has been said that when the leaves turn color in autumn, this happens because in the fall the chlorophyll departs and the true color of the leaf is revealed. I understand retirement as the autumn of life, a time of discovering one's true color.



Bob Speer



Bob Speer and
Megan O'Connor



Rita and Bob Speer



Counselor Micki and
Bob Speer



Penny in the kitchen

(Norton continued)

Self Pity

By: Petter Nissen

All of us have had difficult experiences in our lives; in relationships, the church, even in our recovery. Things do not go as we would expect. We might conclude that people have let us down, life is unfair and we wonder why we have to go through these difficulties and others do not.

One of the Slogans become a reality PLOM. This can be followed by the wilderness experience like Jesus in the desert. We go through loss suffering, rejection and even illness. We will soon be in the Lenten experience of the church and these themes will be talked about.

If you read the Gospel of Matthew you will discover that Jesus' Baptism is placed in the middle of John the Baptist preaching of repentance and Jesus going into the wilderness. What is being said is God's grace and help is always found in the midst of situations that seem to wear us down or baffle us.

Bill W., the founder of AA experienced God's grace and help in this way. He had tried for years to quit drinking and could not. Bill talked with a friend who asked him to "seek God's help." Bill W.

then cried out in an unusual way. "If there is a God, let him show himself. I am ready to do anything. Anything!" We are told that the hospital room was bathed in light, conveying God's presence. Bill said, "It seemed to me, in the mind's eye. I was on a mountain and that a wind of 'spirit' was blowing.

And then it burst on me and I was a free man."

So in difficult times we can be changed as we ask our Higher Power and recovering people into our lives; end up with a deep and abiding joy. Let Self Pity be gone!

Renewal Day 2010



Scott returns Kristy's cup as husband Doug cheers her on.



Larry helps Don S. celebrate 14 years of continuous sobriety.



Annie returns Lexi's cup back to her as her mother and sister look on.



Mickey returns Rolland's cup to him as his wife Sue celebrates her first year.

A What's Randy Been Up To?

ATCHISON



Randy Keonig

By: Randy Koening, MS, AAPS

I have enjoyed the last six months at Atchison Valley Hope as admission coordinator.

Before this I had been a counselor and later UR coordinator from 1983 to 2003, at which time I initially retired from Atchison Valley Hope.

We moved and for three years lived in Buffalo, New York where I became educated on what real snow fall was all about. While in New York I had the privilege of working in outpatient clinic with Catholic Charities with opiate dependent clients, many who had physical pain issues. It was providence that brought us back to the Midwest.

I signed back on with Atchison Valley Hope in 2006 as a senior counselor for over three years before transitioning to my current post of admissions coordinator. In all cases the clients are a focus and to see them change is a reward in itself. Many clients I have contact with now, along with the families, are stressed and looking for help when they call. It is my privilege to help them get the start they need to start a new life. I wish to all a blessed new year!

In this world it is not what we take up, but what we give up, that makes us richer.

~Henry Ward Beecher

Hey Gang

By: Janet Wisdom

Just a quick update: I'm baacckk! LOL I have been out for about three months. My son, Zach, was on his way to work on his motorcycle. A car going the opposite direction decided to pass in the fog. Not seeing my son, he hit Zach head on. Thank God he wore his helmet that day. We spent much of the last three months in KU Medical Center. He has a traumatic brain injury, broken femur, a broken paella and broken wrist. He was in a coma for a couple of weeks and ventilated.

Zach is doing well and home. My daughter, Kara, is taking care of him so I can work. They think it will be about two years before we know where he will land. He had another surgery on his wrist a couple of weeks ago and has an external fixator on his arm for at least six weeks. His leg is healing well. He is having outpatient therapy for both. His memory is improving slightly and is VERY frustrating for him. But all in all things are going very well. He is seeing a wonderful speech therapist to work on memory and cognitive impairment.

Steps One, Two and Three have served me well. The AA community in the Kansas City metro area were saints even giving me a bed to sleep in a couple of nights and bringing me food.

Thank you all so much for the support, thoughts and prayers. They are working!!



Janet Wisdom

(Atchison continued)

Anniversary Dinner

By: Dee Munsen

The Atchison Valley Hopes Open House/Anniversary Dinner, held on Nov. 13, 2010, turned out beautifully! Our theme, "Never Give Up," was suggested by our Program Director Jack Selberg. In return, Jack was surprised that night by his staff and given a plaque for his dedication to the staff and patients of Valley Hope! Jack was not the only one surprised that night. We awarded Buddy R. and Roger M. the Golden Heart Awards. We also celebrated many medallions...including Brandon B., Sonny J., Kate D., Joy H., Kim N., Chico M. and David. The night was filled with fun! We had an auction supporting the Hug-a-Bear fund. A Big Thank You to Lisa P., for donating her stained glass artwork! Counselor Larry V. led the Countdown to Sobriety and Chaplin Gene F. was gracious enough to facilitate the night of events. Jared A. topped the night off by sharing his heartwarming story with us. I've got to say, that anyone that's been to the Atchison Valley Hope knows how wonderful Pam in the kitchen is. This night, she outdid herself with homemade mints, going out of her way to decorate and made sure that everything was just right. (I could go on and on.) We are very blessed to have her!

There were lots of laughs, hugs and a few tears! We heard the alumni share how good it feels coming back to visit. We, the staff, want to share that the feeling is mutual. We love watching former patients walk back through the door and

share the fact that they are making it clean and sober. It is an irreplaceable gift. There were many of those this night! To those who did not get a chance to make it up this year we hope

to see you next...the door is always open and the coffee is always on

A big Thank You to Nikki, Pam, Tammy and Sharon who were so gracious to help put this together!



Counselor's enjoying the Anniversary Dinner! Randy, Sharon, Amy, Nancy, Trish, Lacey and Robin. If you ever need an ear to listen and a voice to tell you what you need to hear, these ladies are the best!!! We are so blessed to have them at our facility!



Buddy Roland, Golden Heart Recipient



Counselor Larry



Counselor Troy graduates



Beth and AC/ESS Counselor Kathy Grant



Beth Bernasek saying goodbye

Correction

In our last issue we mixed the names up under a couple of photos in the Atchison section. Pam Larkin is in the kitchen and New Counselor Amy Welker



Amy Welker



Pam Larkin

GRAPEVINE

By: Kaye Degel, LCDC, ADC II, SAP

I hope this letter finds you all well! Grapevine has survived the holidays and all of us are looking forward to a busy future. Just a quick update of what happened during the holiday season. We had lots of thanksgiving turkey, Christmas cheer, potluck lunches and Michelle Autrey our receptionist kept busy with her "silly games." We laughed and complained about them but secretly we loved it!

Our second annual chili cook off was won by Elizabeth Goode in outpatient.

Our pie baking contest was incredible with lots of entries that were very, very good! Ms. Dawn Savage won the first prize with her rendition of a lemon ice box pie! Yummo!

Our program director, Michael Webb won the first annual "Twinkie eating contest" after devouring six Twinkies in a matter of 2 minutes! I don't know if there is a connection but now Michael has decided to resign from Grapevine

and go into private practice with his wife Holly! Michael has been here since Grapevine opened and he will be missed by us all! Hopefully he will be another great referral source for us and will send us lots of patients too!

Our good news is that Briana Sefcik has returned to Grapevine to take Michael's place. Well, nobody can take Michael's place and Briana doesn't want to do that anyway. She has her own place. I am sure Chandler will miss her but it is our gain! Sorry guys, but we welcome her back to Grapevine with open arms.

As far as we know, Dallas Uhrich will be staying on with us for a while! He has been a huge help with everything from maintenance to working as counselor on call on Christmas Day! Thanks Dallas! We feel honored to have him here and will keep him as long as we can.

Speaking of Christmas Day, and on a much sadder note, we have had to say good bye to a well known and beloved counselor in the field of addiction. She never worked for Valley Hope but many of us knew her and

(Continued)

(Grapevine continued)

loved her. She was one-of-a-kind! She referred many patients to Grapevine Valley Hope when she worked for Parkland Hospital and then again when she opened her own outpatient program. Her knowledge and compassion for those suffering and those recovered from the disease of addiction will be missed. We love you Debie Hackett and your legacy of love and service will live on through us all! Thank you for all you did and all you helped us do! You will be missed!

One of our counselor interns, Brennan Orr gave his notice last week. Brennan and his fiancée (if she says yes) will be moving to south Padre Island to work for another treatment center, one of our referral sources, Origins Recovery. We will miss him but look forward to continuing our relationship with him and Origins.

Another one of our counselors, Katie Batel is looking forward to having her first child, a son, sometime in March.

Our admissions coordinator, Elizabeth Foster, we call her "Lil Beth" announced that she is pregnant and will be having a little one sometime in June. We love you Lil Beth and are excited for you and Clifton!

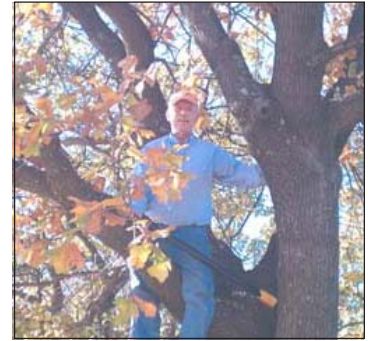
Oh I almost forgot, Grapevine also survived a recent JCAHO visit! It went well and there were no fatalities. A big thanks goes out to Juanita Gregoire and Curt Krebsbach for helping us prepare! We also want to say thank you to Kelley Moore our business manager for just being her! Somehow she always makes it easy to come to work! Go ahead Kelley you can relax now and eat that hamburger. I think she lost ten pounds the week Joint Commission was here!

Nidish Jose, our director of nursing wanted to say thanks to the nursing staff too. They did a great job during the audit and continue moving forward with progress in caring for our patients!

Thank you Jeff Keefe, our maintenance man even if you are from

Canada, we love you! I guess we all learned something from the audit! As Maya Angelou says, "When we know better we do better"! Even if that is to just stay calm and believe in yourself! Well I guess that about wraps it up for Grapevine Valley Hope! Again, I hope this letter find all of you basking in the joy of another day! Until next time may all your dreams come true!

Welcome Back Dallas



Dallas Uhrich

B Greetings

By: Scott Ehrlich, Chaplain

O Greetings fellow trudgers! Winter has Boonville firmly in its grip as I write this letter: Snow is on the ground, the air is cold, and the wind gusts straight out of the North; and yet, by the time you read these words, Spring will be in the air.

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E
We've had lots going on here lately that I want to share with you. In December we combined our Renewal Day with our Christmas party and had a great time! All sorts of folks came together to celebrate sobriety and fellowship. We had several people come back for medallions: Donna J., David M., Jeremiah B., Adam M., and James H., all celebrated one year. Mike D. and Mike D. celebrated 4 years; Ted R. and Billie H. celebrated 5 years; and James C. celebrated 6 years! Then a couple of weeks later, Chris W. came by to pick up his one year medallion! What a wonderful time of gratitude and happiness. Our party was highlighted by an *absolute feast* that was prepared by our kitchen staff, Ruth Ann and Mariana! Oh...speaking of our kitchen staff, Ruth Ann ended the year on a high note by getting married! We wish her new husband and her all the very best in the years to come!

Kudos need to go out to some of our staff members. Ross Walden, originally a counselor here, has been hired as our new business manager. Ross has some big shoes to fill, but we're sure he will. He brings not only intelligence but passion to this position, and we're excited to see what the future holds.

Jeff Meyers, once a counselor here, then the director of our AC/ESS program, is now our Assistant Program Director! His has been a real "baptism by fire," as we were inundated with new patients "Thank God" right

after Christmas and New Years while Elizabeth was unable to be in the office! In spite of all the challenges, Jeff maintained his cool and did a marvelous job of managing the facility.

Mike L., our newest trainee, continues to study and to grow. It is always an awesome thing to watch someone go through this process, and Mike is proving himself to be more than up to the challenges presented to him.

And so, in a sense, we begin the new year as we ended the old one – grateful for the opportunity to serve so many people in a way that matters, enjoying the friendship of our alumni and peers, and trudging along our own "road of happy destiny" – but we also start it fresh, anticipating a future filled with hopes and joys, sadness and wonder, love, faith and sobriety!

I wish you peace.

Goodbye to Monte and Leanne



Back Row (L-R): Dana Gardner, Jeff Myers, Monte Miller, Ross Walden, Elazabeth Bruns, Hannah Slater, Leanne Groom, Scott Ehrlich Front Row (L-R): Alicia Simmerman, Tasha Hazell, Laura Thurman, Art Barkey, Doris Wien, Sharon Carlson

(Boonville continued)

St. Louis Valley Hope

By Janet Worthy, Outpatient Program Director

So many changes at St. Louis Valley Hope! If you haven't been here for awhile, all of us hope you'll come see us soon. Everyone's invited to attend our Alumni Group, which is held every fourth Wednesday from 5:30 to 7:00 p.m. It's a wonderful opportunity to share some food, fellowship and fun with other Valley Hoppers. All who want to bring food are welcome to share their favorite sweets or hors d'oeuvres with us, but this is certainly not a requirement for attendance. Just bring yourself—we want to see you and hear how things are going in your recovery! We've been having some cup hangings and sobriety celebrations, as well as alumni speakers, including Kevin D., Bryan S., Bob W., Greg H., Polly S., Tom K., Ryan F., and Blair H.—we hope you'll come share these special times with us. Let us know if you have a sobriety birthday coming up so that we can honor you. If your cup is at Boonville and you can't make it for

their renewal day, you can arrange to have it sent to St. Louis and we'll hold your medallion ceremony here.

Intensive Outpatient Plus at St. Louis Valley Hope has been consistently growing, and a second group has been added to the services here. Both Intensive Outpatient Plus groups meet on Monday, Wednesday and Friday each week from 6:00 to 7:30 p.m. Feedback shows that many participants like the flexibility provided by the online portion of Intensive Outpatient Plus. We're excited to see this program developing so quickly and being received so warmly.

Dr. Jack Croughan is a psychiatrist and addictionologist providing services to our active patients at St. Louis Valley Hope. He brings a wealth of experience and expertise to share with us. Please call if you would like more information about his services. Look for more about Dr. Croughan in an upcoming issue of the *Coffee Cup*.

Both the Holiday Toy and Holiday Food Drives organized by Cassandra were, thanks to the generosity of our patients, alumni, and staff members, great successes. The boxes of toys

went to Circle of Concern, an organization providing food and services to those in need, and they held a special Toy Day to distribute the toys. The giant barrel of food went to Operation Food Search. St. Louis Valley Hope is planning more charity drives, so be watching for the following:

Pet/Animal Supplies in Feb for Open Door Animal Sanctuary
Baby Supplies in May
Back to School in August for Circle of Concern

Time Change

The Wednesday evening Continuing Care group now begins at 7:30 p.m. to allow for the two Intensive Outpatient Plus groups being held on Wednesday evenings. Other Continuing Care group times are as follows: Tuesdays and Thursdays there are two groups: 5:30 to 6:30 p.m. and 7:00 to 8:00 p.m. The Wednesday group times are 1:30 to 2:30 p.m. and 7:30 to 8:30 p.m.

Introducing the Counselors

If you haven't met our counselors yet, we hope you'll attend one of our Alumni Group sessions, held on the Fourth Wednesday of each month from 5:30 to 7:00 p.m. St. Louis Valley Hope has a great team, and we're excited for everyone to meet our staff, both clinical and administrative.

Cassandra has been working at St. Louis Valley Hope since August of 2010. Cassandra is involved in all services offered in St. Louis, facilitating both Intensive Outpatient Program Plus and Continuing Care groups, as well as individual sessions and assessments.



Cassandra Sissom

Cassandra grew up in West County St. Louis; she graduated from Lafayette High school and went to pursue her undergraduate degree in Studio Art at Southeast Missouri State University. She graduated Summa Cum Laude from Southeast Missouri State with a bachelor in Clinical Psychology and continued her education at Saint Louis University, earning a masters in Human Development Counseling, with a focus on substance abuse and experiential therapy. Cassandra will sit for her Licensed Professional Counselor exam in April 2011.

In her free time, Cassandra does therapy with children on the autism spectrum, and enjoys being outside in the sun and spending time with friends. "After adjusting to the hours, I really enjoy the challenge of working with opiate addicts, in addition to working in an outpatient setting. Knowing the staff and the patients here, I can't imagine working anywhere else!"

Dana Gardner has been working with Valley Hope since



Dana Gardner

September 2009 and recently joined the team at St. Louis Valley Hope in December 2010. Dana is involved in all services offered in St. Louis, facilitating both Intensive Outpatient Program Plus and Continuing Care groups, as well as individual sessions and assessments.

Dana was born in California but spent the majority of her years in St. Louis. She moved to Columbia, Missouri to pursue a degree in psychology at the University of Missouri/Columbia and started working in the substance abuse field her senior year. She was introduced to Valley Hope and the counselor training program by her good friend Hannah Slater, who works as Community Services Clinician for the Missouri Valley Hope continuum. Dana describes her year spent in the counselor training program in Boonville as one of the most valuable experiences of her life, "I had the opportunity to learn from some awesome teachers, including Doc Leipold. It was a chance to learn a lot about myself and grow as a person, and most importantly, I learned to do things the Valley Hope way." Dana hopes to one day complete a master's program in counseling psychology.

In her free time Dana enjoys spending time with her family, traveling, and reading. "I'm really excited to be working in the outpatient setting and learning new aspects of treatment, including the online portion of Intensive Outpatient Program Plus. I am so grateful for the time spent in Boonville preparing me for the work here. I realize that no matter which Valley Hope facility you're working in, the feeling is still the same!"

A By Kathy Grant, LPC
C Well the holidays are now behind us and in Mission KS things are returning to normal. The Christmas tree and wreath are coming down and the routine of treatment is returning to its pre-holiday rhythm. I was talking with Pat and Peggy, my Mission Valley Hope coworkers, about their holiday experiences this year. Pat talked about her groups working on setting healthy boundaries and finding safe and fun ways to celebrate New Year's sober. She says they also spent time discussing family relationships and how these relationships can be strained even more around the holidays and how to manage these feelings. Peggy says she enjoyed decorating for Christmas and her Intensive Outpatient Program group watched "My Name is Bill" and had a pizza party. Peggy says family was also present for the movie and pizza and they had a good discussion afterwards about the movie and everyone's thoughts and feelings about it. Peggy's group also shared strategies as to how to enjoy the New Year's celebrations sober.

AC/ESS, our online program, continues to do well and between Lisa Phillips in Atchison and myself here in Mission we have 8 continuing care groups and an Intensive Outpatient Program group. This program is a wonderful addition to Valley Hope and Lisa and I both re-

ally enjoy working with our patients in the online environment.

A patient from one of my groups, Tracy, was kind enough to write about her experience with the AC/ESS concurrent program, which allows someone to come to group once a week in Mission and also participate in the online group as well. Tracy shares her experience here:

Hello I am Tracy and I am an Alcoholic and an addict. I checked into Valley Hope December 8, 2009. I feel this was the best thing I could have done for myself. I learned a lot about myself and what addiction and alcoholism has done to me mentally, physically, and spiritually. Valley Hope was the foundation to my recovery and taught me about the steps of Alcoholics Anonymous so I may succeed in sobriety and live a quality of life filled with happiness and serenity. What is important upon leaving treatment is to have tools that you can use in your daily life to help against relapse and to use in all your affairs. Inpatient treatment gave me a lot. I had a sponsor before I left Valley Hope. I work the steps thoroughly with my sponsor and am gaining a great support system within my home group. But there is more to my recovery...I attend Continuing Care at Mission Valley hope, but I also chose to take one year of AC/ESS Continuing Care online. This is an awesome tool for my recovery. I utilize this online treatment as much as I need. It is available 24 hours a day. I can

share with fellow patients as well as the counselors. It allows me to look at my assets in recovery as well as liabilities that I need to work on. We have assignments we are given which I enjoy because these assignments help with relapse prevention and give me additional tools to use in my recovery. I can share with the group or send private messages to work more one on one with my counselor in areas that are troubling me. There are great topics to share my experience, strength, and hope with others and when I have something troubling me I can talk about it here and get a variety of feedback from my counselor and other patients. Continuing Care online is very important to my recovery and I encourage those preparing to leave Valley Hope or those who have already left and are not in Continuing Care to consider joining this remarkable program. It is like online Small Group and you will definitely benefit from using it. I feel my success in recovery has a lot to do with being able to share on here anytime time of day and the information and tools I receive here have added to the serenity of my recovery. We are responsible for our own recovery and must be willing to go to any length to stay sober. I chose this online treatment along with Continuing Care in a group setting in addition to my regular meetings with my AA home group to ensure a serene sobriety and a better way of living.

Hi Family

My name is Dawn and I am an Alcoholic.

I would like to start my story by saying I was a lying, cheating and thieving Alcoholic.

I would lie about what I was doing and where I was going so no one could find me and tell me to stop drinking.

What happened to me was I started getting depressed and crying nonstop. I could not figure out why this was happening to me. I drank when I cried because it made me forget why I was crying. I would then wake up and start all over again. I would cry and drink. In the early days of my depression, I would wait until 10 a.m. to drink, but after awhile I just pop the top of beer and start drinking. I was on medical leave from my work so why worry about what time I drank.

I started seeing a doctor that I failed to let know I was drinking A LOT! She was giving anti anxiety meds and

Zanax for panic attacks. This went on for a year and after changing my meds several different times she told me she could no longer help me and I would need to go into an asylum or see a psychiatrist, of course, I said the latter. She would not let me leave her office until she found a doctor that would see me.

When I saw the new doctor, he asked about my family history, I advised him about all the drug addicts and alcoholics in my family. Then he started asking me questions. That is when it all hit home. "When do you drink?" he asked. I told him I drink mostly when I am sad, and that is all day! I drink when I cannot sleep; I drink when I am watching football. Then it dawned on me that I drank all the time. I even started drinking out by the recycle trash so I did not dispose of the cans inside. He said, "You are an Alco-

holic." What? NEVER, NOT ME! I can control my drinking if I want.

He then told me if I do not go to a recovery facility he would have to advise my insurance that I am not following his suggestions and my medical leave would be over. I guess that was a little intervention. He gave me a card for Valley Hope. I was not happy with what he was doing to ME! I followed through with his suggestion and after starting my program, I lied again to my Counselor Holly at Valley Hope. I advised her I stopped drinking on 11/11/2009. She wanted to see me the week of Thanksgiving. I told her that I was going out of town and I would see her the following week. First time I told the truth in a long time. She asked me, "So, your sober date is 11/11 right?" I advised her that in the 4 days I was gone I drank 4 cases and an 18 pack on the way

(Access continued)

home. She said, "You have relapsed," and I said no I never stopped on 11/11/2009. Therefore, my new true sobriety date is 11/29/2009. I am now happy, joyous and free for 1 year and hoping for many more.

At that time, she advised me of the assignment and what I would need to do to complete the course. As I started to read the lectures and the *Big Book*. I was amazed the information that was available to me and how I felt as if I was reading my life story in so many of the

lectures.

Thank you Holly at Valley Hope and my Higher Power, I love my new way of life.

My name is Dawn and I am a grateful recovering Alcoholic!

O' Letters from Home

By: Monte M., LADC, ICADC,
Program Director

N Letters from home...I've always wondered who benefitted more from letters from home, the sender or the recipient. I think of the times I have benefitted from letters that others wrote in the *Coffee Cup*, stories about co-workers, about patients and friends. There was always something...some news or something about recovery that lifted my spirit at least for a moment or two.

L Many of you know that I have been fortunate enough to be a part of Valley Hope for several years. From a patient to Patient Care Aide to Program Director, I've been treated with dignity and respect. I've found honesty and recovery principles at work. My homes have included Norton, Boonville and now, my newest "home:" the Nebraska continuum O'Neill and Omaha. I've always felt accepted and "at home" at any Valley Hope I have worked at or visited. There is a common thread. It is hard to describe a thread that is more a feeling than a word. The words that come to mind are magical, loving, honest, relief, special, warmth, peace, serenity and safety. I am so fortunate that I have those feelings both as an alumnus and as an employee. I truly feel that we are a "family".

When I first arrived in O'Neill and Omaha, I was warmly welcomed by staff, by patients and by members of the community. I am so grateful I get to be a part of so many more lives here in O'Neill. As program director I want all of you to know how excited I am to be in O'Neill and to be a part of a long legacy of high quality treatment and lasting recovery. I intend to do my best to continue the traditions that have made Valley Hope treatment so special and have made the grounds in O'Neill so special for thousands of people. I want anyone who wants

recovery to find that thread at O'Neill Valley Hope. I want you as an alumnus, a friend or a loved one of an alcoholic or addict to help me and all of us to strengthen that thread. Join us for Renewal Day the first Friday of every month. Join our alumni groups. Be active in helping others find recovery and grow our family. We've made some changes. Our Continuing Care groups now meet on Thursday night. Be a guest in Continuing Care and attend Renewal Day. No matter how many years of sobriety you have, join us on Renewal Day in your birthday month and get your Celebrate Recovery cup. You don't have to wait for five years or multiples of 5 years anymore. I welcome your ideas and input about ways we can strengthen our treatment and enhance our commitment to recovery.

If you are reading this letter from home, you too are a member of the family. No matter which Valley Hope is your "home," you're welcome here. Just drop on by...the doors are always open. I hope that you benefit as much as I do reading "Letters from Home."

O'Neill Renewal Day

Always the first Friday of each month! Join us this Spring on Fridays: March 4, April 1, May 6. Renewal Day participants are encouraged to attend the first lecture at 8:50 a.m. Brunch and visiting around 10:00. Medallions start promptly at 11:00. Renewal group meetings or small group start at 1:00 p.m.

*** Remember that Continuing Care is now on Thursday nights at 6:30. You are encouraged to attend Continuing Care as a guest in conjunction with Renewal Day activities.

JoAnn Quandt Retires

O'Neill VH hosted a retirement reception on December 29, 2010 to honor JoAnn Quandt for her 31 years of service as the Business Manager. There was a large group of people attending, which included; family, friends, past employees, current and past advisory board members, and local business associates and of course the current staff. JoAnn spoke briefly of her experiences here at Valley Hope and watching the



JoAnn Quandt

miracles of people in recovery. The kitchen staff worked hard, and had a nice assortment of finger foods, and a cake that were enjoyed by the group. She was presented with a gift from the O'Neill and the Omaha staff. We all wish her much happiness in her retirement.

Letter From Omaha

By: Joe Chavis II, BS, LADC
Program Director Trainee

Omaha Valley Hope sponsored a Renewal Day Alumni Dinner in December. The turnout for the event was great and the meal was awesome! Our Alumni participation continues to grow and reaches out to others that need sober support after completing residential treatment. Several of our Alumni members have shared their stories of recovery at our Renewal Day activities and many peers have commented on the positive impact this has made in their lives. One of our alumni, Don H. has even offered to drive patients that want treatment from Omaha to O'Neill! Counselors Mark Faust and Sally Stephens both earned their state LADC certifications. We congratulate them on this awesome accomplishment! Our staff continues to help those in our community suffering from addictions and is making a positive contribution in the lives of those we serve.

C Letter From Home

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Tami Anderson,
Community Relations Clinician

I would like to start by wishing everyone a happy and prosperous New Year. I also hope all of your holidays were wonderful and full of blessings. The New Year brings new beginnings, and that is just what is happening at Cushing Valley Hope. The construction for the new expansion is now in full force. The ground breaking was in November, and construction is now under way. We had several board members, Valley Hope corporate leaders, members of the community, staff, patients, and Chamber of Commerce members all present at the ground breaking. Our trusted leaders, Mike Miller (Program Director at Cushing), Ken Gregoire, (Valley Hope President), and John Leipold (Valley Hope Executive Vice President) began the ground breaking with the golden shovel. What an exciting adventure this is going to be. Completion of this phase will take close to a year, and not only add beauty

to the old mansion, but much needed room for our patients, families and staff. We are taking pictures of the progress as we go and will keep you updated. We would like to say thank you to our corporate leaders and everyone involved to make this dream a reality!!



Dawn, Mike and Juanita



John Leipold and Shelly Parkman



John Leipold, Mike Miller and Dr. Robert Mullins

Alumni Christmas Party

Still more exciting news!! The Alumni Christmas Party was one of the best ever. We had a record number of alumni, patients and staff to attend. All of the years of sobriety added up to be over 500 years!!! Amazing, and hats off to each of you!! We were once again blessed with two fantastic speakers, Bill A., the AA speaker, and Loren D. the

Al-Anon speaker. These two really had quite a story and touched the hearts of all who was there. We were also honored to have "live entertainment and singing" by several of our staff members. What beauty and talent they all shared. We had three that returned for medallions, and even one who hung their cup. What a great time we all

had!! Finally, at the end, what we all had been waiting for - dinner. The kitchen staff went above and beyond the call of duty having prepared a wonderful meal. You all are the ones who make this possible and thank you for coming. From the bottom of my heart. KEEP COMING BACK!! BECAUSE WE LOVE YA!!



Vicki and Steve Nash



Counselor Christie Robinson singing



Counselor Debbie Barnes singing



Loren D. Al-Anon speaker



Bill A. AA Speaker

WELCOME NEW STAFF MEMBERS!!

Tamra Vann-Secretary
Teresa Vickers-Secretary
Claudia McGurk-Counselor
Kyle Wright -Chaplain

Cushing Renewal Dates

3rd Friday of each month at 9:30 a.m.
January 21-February 18
March 18-April 15-May 20

Oklahoma City Renewal Dates

Every 6th Friday at 6 p.m.
Jan 28-March 11-April 22-June 3

Thank You!

I am about to go to my home group and get my 18 year chip. On July 5, 1992 I entered your treatment program in Cushing, OK. I have not used since the day prior. I want to thank you for all you did for me. Introducing me to NA saved my life. I had no idea what I was going to do when I left treatment. My counselor gave me a list of the meetings in Woodland, CA. I will forever be grateful to the staff. They were kind and did not judge me for my insane behaviors and attitude. They truly did treat me with respect, something I had not had in a very long time. I can remember not being able to sleep and I was given the opportunity to help someone in detox. An experience I will never forget. I could go on and on about my first days of recovery, but I'm not trying to write a book here. I just wanted to say thank you and remind you that what you do is important and valuable. Valley Hope gave me the foundation to start a life I never dreamed of.

Thank you again,
Dee L. (formerly Dee F.)

P From the Prespective of a Valley Hope Secretary

By: Denise Fratantuono-Picone

A I answered the phone for the 30th or so time today. A man was looking for a safe place to stay. He was tired, voice shaking; he reached out to me. I welcomed him here. This was where he should be.

K I saw him the next day, so haggard and ill. His journey had been hard, and it would be still. I saw him again when a week had gone by. A spark was just beginning to form in his eye.

R Another week came and he now knew my name. His gate was much quicker, he didn't look the same. He didn't know it was me he had talked to that day. All that matters is that he came here to stay.

I tell him how happy I am that he's here. He smiles and waves and walks off with a peer. I have hope in my heart that this

new man will remain That he'll keep what he's learned here, and continue to abstain.

I answered the phone for the 30th or so time today. A woman was troubled, looking for a safe place to stay. She cried out for help and I welcomed her here. I prayed for her future. I picked up on her fear.

When I saw her the next day she didn't remember me. But I was so happy to see her. This was where she should be. All of the patients I speak to each day become my brothers and sisters in an odd sort of way.

I'm just an old secretary, answering the calls. I complete forms and do filing and blend in with the walls. But this job is my heart as well as my means. (In fact it'd be perfect if they'd just let me wear jeans.)

Passages from Parker

By: Denise Fratantuono-Picone,
Secretary

Happy New Year from all of us at Parker Valley Hope! While we were hopeful for a white Christmas, we were denied that this year, however, as I look out the window at work today, January 13, it's white, bright and crystal clear beautiful.

Congratulations to Alison Dean, who was an amazing counselor at Parker Valley Hope and transferred over the holidays to be a Program Director in Training at the Chandler Arizona Valley Hope. Our loss is certainly their gain. Alison will be missed at Parker, however her skills, devotion and awesome personality will surely be a welcome asset to Chandler. Had to be some great karma, transferring during a cold Denver winter to the Valley of the Sun.

Our own Parker Valley Hope Program Director in Training, Jen Horning also deserves some big kudos. She completed her master's degree. We already knew she was amazing and brilliant, but now she has another certificate to put on her wall to prove it.

All of the staff at Parker would like to congratulate Tony Rodenbaugh to our Counselor in Training program. Tony worked as a night shift PCA, and recently accepted an opportunity to join our counseling family. While they will miss Tony in the nursing department, everyone in counseling is very happy to welcome Tony aboard. He's going to make an amazing counselor.

Our staff Christmas party was a great time! There was enough food to assist with our "goal" of gaining yet another 10 pounds over the holiday season. We had an awesome potluck (lots of good cooks on our staff!) We had a slide show video to music and quips about each of our staff members and their individual personalities. It was fun to have the opportunity away from work to "pick on" our co-workers. We also had a gift exchange, an ugly holiday sweater contest and some crazy karaoke at the end. Our director, Mike Grover even got in on that. I think he'll be keeping his day job.

The patient party was equally a success! The patients sang a song for

the guests to the tune of "The Twelve Days of Christmas," however they followed the lyrics written by a former patient and it was called "The Twelve Days of Rehab." It was hilarious and everyone enjoyed it. They also had a white elephant auction, an excellent dinner and topped it all off with a skit about addicts. Inspirational speakers came from AA and Al-Anon. Fun was had by all!

Once again, Happy New Year to all of our fellow Valley Hope employees in other locations, all of our wonderful patients and alumni, and we wish you peace and joy for 2011.

Welcome Ann to Denver

Hi, my name is Ann. I am very grateful that I was hired to work as a counselor at Denver Valley Hope this past August 2010. I am especially thrilled to work with a staff that is so dedicated to recovery and who personally work their own recovery programs. Having worked in this field for many years, it is especially nice to work with clinicians who have years of experience and who are dedicated, supportive and a hoot to work with. We counselors are actually of the sixties and in our sixties, primed and seasoned.

I have worked with adolescents in a school-based program for the past seven years, which fit beautifully with being a single mom and raising my son. He is now 19 years

old and a student at Colorado State University. Although I enjoyed working with that age group, my heart was always with adults in the treatment setting. I am thrilled to have returned to my passion.

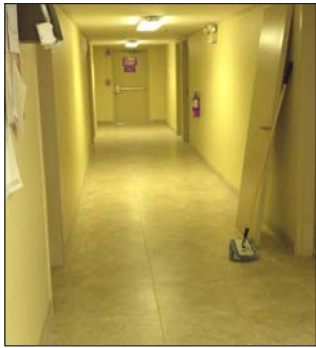
As many are experiencing struggles with the economy, my search for the perfect position took some wild turns. I applied to several treatment facilities in the Denver Metro area and was becoming disillusioned and discouraged. When I was hired and met the staff of Denver Valley Hope I knew, for me, that this was truly a blessing. I am thrilled to part of this organization and look forward to being of service each day to the staff and to the patients who enter our doors.

C Letter From Home

H On December 18, 2010 we had our annual Alumni Christmas party. We had a great turnout and as usual, there was lots of food with turkeys donated by the Chandler Alumni Support group. We had what may have been a world first – a female Santa of East Indian heritage! Shay Vasudeva, counselor from the Tempe office, did a great job although a soprano “Ho, Ho Ho!” Took some getting used to. She was well received by the children however. There were several folks who got medallions for one year of sobriety: Michael L., Edward F., Guy D., Eileen M., Whitney E. and Casey G., Paul V., an Atchison alumni shared his experience, strength and hope from the AA perspective and Jeanett M. shared her story of recovery in Al-Anon. It was great evening with both recent alumni and some old timers in attendance.



Shay V. from Tempe Valley Hope as Santa



Chandler Valley Hope was able to replace our carpeting in several areas with new tile.



Speakers Paul V. and Jeanett M

Chandler Valley Hope Sobriety Birthdays
 Nancy S.- Belly Birthday January 10, 2011, Roger N., 30th sobriety birthday and Susan W. celebrated 8 years. Congratulations!

Pillar Award

Tempe Valley Hope Outpatient Program Director, Donna Turner was selected for the “Pillar of the Community” award as a part of Sierra Tucson’s Gratitude for Giving awards ceremony on December 10, 2010 at the Arizona Biltmore in Phoenix, Arizona. Sierra Tucson has been sponsoring this event for the last three years. It is a forum to publicly acknowledge behavioral health and medical professionals who have contributed significantly to the field. Other award categories include In Memoriam, Compassion Recognition, Hope Recognition, Humility Recognition, Spirit Recognition, Vision Recognition, and Gratitude Recognition. Donna was selected on the basis of her many years of providing quality clinical care, providing excellent clinical supervision to counselor trainees and staff, and her work with “Rachel’s Vineyard”, a program of healing for women who have had abortions and struggle with their decision to do so. This award is richly deserved. Consistent with Donna’s gracious humility, her acceptance remarks focused solely on all who have helped her along the way in her career. Other Valley Hoppers who have been honored in past years are the late Ken Lucas with the In Memoriam award and Chaplain Mary Fran Simons with the Spirit Recognition award.



Donna Turner



Chandler Valley Hope - Round-up

March 19, 2011 – Saturday

Location: Our Lady of Mt. Carmel Catholic Church, 2121 S. Rural Rd., Tempe, AZ 85282.



- 2:00PM Registration
- 3:00 – 5:00 Entertainment: The Myron Roger’s Band with Special Guest, recording artist Marty C.
- 5:00 – 6:00 Dinner
- 6:00 – 6:30 Alanon Speaker
- 6:30 – 7:30 Medallions/Golden Heart Award
- 7:30 – 8:15 AA speaker, Hal N.



M Letter From Moundridge

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By Jamie Risser, Chaplain, MDIV, BA

Since I am one of the newer faces here at Moundridge Valley Hope, I feel the need to introduce myself. I am married to Heidi and we have two children, 4 year old Trent and 1 ½ year old Kaleigh. I am an ordained minister in the Church of the Brethren, a small denomination steeped in Anabaptist tradition and Pietism. I have served as a parish pastor and a hospital chaplain before coming to Valley Hope. My experience with addiction is limited to my own struggle with addiction, as well as ministry contacts with addiction in the congregation I served and family members who struggled with addiction. I feel blessed to have the opportunity to be a chaplain at Valley Hope and to be a part of a very dedicated, caring staff.

Now that we have spent some time in the new facility, it is beginning to feel more like home and I recognize what a blessing it is to work in such a well designed facility. It seems that we have a steady stream of patients in and out of the doors here at Moundridge Valley Hope. Each person brings with them a very unique story that may be similar to others, but is never the same as anyone else. Along with the heartache and struggle that most people bring to treatment, there are treasures hidden deep within that are discovered when they are willing to look deep within themselves. These treasures come to the surface frequently when patients open up their hearts to the possibility of wholeness and healing. They begin to recognize that these treasures are not new, just undiscovered or forgotten. This is one of the neat things that I have noticed in my short time here at Moundridge Valley Hope.

It has been a highlight to share in the celebration of birthdays of sobriety during Renewal days. I had never realized how much of an accomplishment it is to maintain one's sobriety for a year or longer. It is an accomplishment that those who have not experienced addiction have little to compare. It is the recognition of the blessing of another year of life unclouded by drugs or alcohol. I look forward to experiencing many more birthdays of sobriety, and hopefully even some of patients with whom I have worked directly as their chaplain.

Recapping the last few months, we have experienced the sadness of the death of one of our staff, Nurse Beth Graham in November and the resignation of Counselor Clay Pelot in December. We also had a transition of clinical directors from Tiffany Yeager, to Dawn Johnson. Jill Baxa has joined us for the fall and winter semesters to complete a student practicum in counseling. We hosted an Alumni Halloween party on October 23, and a good time was had by all, with some even dressing in costume. The "God Squad" made an appearance at the Moundridge Community Thanksgiving service held at Eden Mennonite Church on November 21. Chaplain Kevin preached an inspiring sermon. Chaplain Steve provided some inspirational music and I participated in

the service with my family. The Alumni Christmas Party was held here on December 5 with food provided from the kitchen and covered dishes brought by those in attendance. People were asked to bring wrapped gifts that were auctioned off to benefit the Valley Hope Alumni fund. The staff members had their own Christmas Party on December 15, and the highlight was all the wonderful food brought in by staff. There was an abundance of food and no one went away hungry.

With 2011 already begun, we are hopeful that it will be a great year here and at all the other Valley Hopes.

Birthdays

October: Casey K, Andrew M, Kenneth M., Robert S., Josh A., Rob B, Jeremy G., 1 year; Joseph S., 2 years; Eddie P., Jeremy S., 3 years; Maynard R., 3 years; Heidi H., 6 years.

November: Aaron M., Austin K., Richard B., Cheyne G., Casey L., Valetta W., 1 year; Donovin E., 2 years; Jerry H., 3 years; Chris E., 5 years; Mary C., 9 years.

December: Melissa F., Debbie N, Ben J., Darwin P., Chateece R., 1 year.

Renewal Dates:

February 25 March 25 April 29 May 27

Join us for the day
beginning at 8:30 a.m.
We'll meet and greet with
patients
11 a.m.
Medallion Ceremony

Staff Achievements

Ryan Culver received her Master's Degree

Goodbyes

We lost a good friend and wonderful nurse, Beth Graham, in November. She will be missed.

Staff work Anniversary dates:

Karen Baxter 3/3/03
Polly Douglas 3/24/03
Steve Conrad 4/4/05
Charlotte Becker 5/13/05
Lorna Steinert 4/13/06
Jenna Maley 3/31/08
Rosalie Kroulik 4/16/08

You Asked...

Friends In Recovery Answered

Question 1. What was your experience like living in a halfway house (or structured environment) after treatment? Our readers want to know what to expect and what others are saying about the experience.

While I was at Valley Hope my counselor suggested I consider going to an Oxford House after treatment. My home life was not horrible but the relationship I was in was rocky to say the least. Like many of us, I didn't listen, in fact I pretty much dismissed it during out meetings.

I got out of treatment at the end of November 2008. I quickly learned that things were going to continue to be rocky, that it didn't go away just because I was sober. I decided we should separate for a while and see if we could make it work. This was the first time in my life I put my sobriety first. It was uncomfortable but well worth it in the long run.

I took a day off of work to look for an apartment. I spent all day looking. By the time I got home I was overwhelmed with all the choices and more importantly the cost of rent. I wasn't sure I could make it alone financially...or alone, sober. I lie on my bed and pray, from my heart, for God to help me accept however this was supposed to turn out and to give me some peace. Literally, 5 minutes later the phone rang. It was a friend I went to treatment with. She said "I was just calling to let you know we have an opening at our Oxford House if you're interested". I knew right then and there what I had to do.

So, in April 2009 I moved into the Oxford House. It was scary...moving out of my house I had been in for 10 years and moving in with a bunch of strangers. My fears quickly went away with time and after seeing that these women were in the same or similar situations as me. They were like me. They wanted to stay sober, go to meetings, and have a safe, sober home. I won't lie. There have been many tests of my patience, love, and tolerance. All great lessons indeed. Those lessons have helped make me a stronger person in sobriety and in life. How else are you going to grow if you're not tested, right?

After nearly 2 years at my Oxford House I'm venturing out on my own. I'm scared and I'll miss the girls but I feel it's time for me. I finally feel like I can live alone and stay sober. I've chosen a place just down the street from my Oxford House so that I can visit often. I've made lifelong friends and feel stronger in my sobriety because of my decision to move into that house. It's something I'll never forget and will forever cherish.

~Jen M.

I moved in to a recovery house when I got out of Parker Valley Hope in late July 2010-I am still there and managing the house now! I also work full-time. This transitional living situation has saved my life and helped me tremendously. One of my roomies just matriculated from Parker Valley Hope in November 2010 and had 90 days clean yesterday.

~Joani P.

When I was preparing to leave Chandler Valley Hope, I was trying to plan the rest of my life. My counselor Susan helped me with suggestions. I enrolled in Intensive Outpatient, Continuing Care and went to outside meetings.

A suggestion that was difficult to take was "going to a women's halfway house". I had an apartment all paid for and lived alone. I had family who wanted me to stay with them. All of these arrangements were things that I already had been doing and obviously hadn't helped me. I needed to break the patterns that were established and part of that was my living arrangement. Susan said I needed structure and support and also needed to learn from the women. She said, "To get something we've never had, we have to do something we've never done." I decided to do EVERYTHING I could for my recovery. I wanted to grab suggestions that were given to me like I would grab for water if I were on fire. I have almost three years sober today. I am 'badged' to take meetings into the jails with the "alpha" program and I share my experience strength and hope there. The most important thing I can do in my life is remain clean and sober to be a testament that recovery is possible. The halfway house was an integral part of the learning process. When I was there I saw women fail and women succeed. I was able to learn from these women, and find friends in recovery.

~Rachel T.

After treatment at Valley Hope Norton I went to a Recovery House in Hastings Nebraska. I was a married man of 47 with three children at home. There was drug abuse in my family that continued after I went for treatment and continues to this day, almost 4 years later. For me, the time spent in the Recovery House was very important. It helped me to establish new and healthy patterns for day to day life. We each had our responsibilities with the household duties we were encouraged to get jobs and get back into supporting ourselves and take on responsibilities. We were also required to attend our meetings. I feel that the time spent changing my habits from bad to good was a very instrumental part of my recovery process.

~Wade R.

When I went through Valley Hope over 22 years ago it was suggested to me to go to a halfway house upon leaving treatment because I took the suggestion and went to live in an all women halfway house in Phoenix called Turning Point. It was one of the best things I ever did for my recovery.

It was a safe environment to continue my life of recovery. I wasn't thrown back out into the destruction I had come from. I gave up my apartment I had been living in when I went to treatment and all my stuff went into a storage shed. I learned how to be humble and learn to live without. It made me very grateful for everything I had.

I now have over 22 years in recovery with no relapses. I credit myself by listening to the winners and taking their suggestion to go to a halfway house. I do not think I would have been able to stay in recovery if I had gone right back into living in my apartment again. My treatment would've just been a 30 day spin dry so I could go back to my old ways of doing things my way which got me into treatment in the first place.

~Carol M.

My name is Chris and I lived in an Oxford House for a year or so. I loved it at times and hated it at times. Looking back now, I believe that the experience of living in one saved my life, I'm not sure that I would be sober today if it wasn't for that experience.
~Chris W.

I am currently living in the Break Through House in Salina KS. My first thought was that this was going to be very difficult to adjust to, however it was not at all. I went right from treatment to the Break Through House and made a very good transition. The rules of the house are very simple daily living responsibilities. The others in the house hold you accountable to attending meetings, meeting with your sponsor, and working the steps. The surroundings also protect you from all of the outside influences may cause you to drink such as family and old friends. I am really glad that my counselor suggested the house.
~Rex M.

I have been clean and sober now since 18 May 2006, and if I had not went to live at the Phoenix House for veterans in Oklahoma City, you would not be asking for my feedback today! It did not matter that I was just one step from going to prison again, or that I was homeless, and still unemployable, on foot, or isolated from wife, children, family, or friends who no longer believed in me, I was not going to "subject" myself to the humiliation of staying in one of those places...(as if prison and life on the streets had more to offer!?)

Today, I am 56 years old, I have an Associate Degree in Alcohol and Substance Abuse Counseling, and will receive my bachelor degree this coming May. I am applying for graduate school now, and am confident of acceptance at up to three different colleges. Upon completion of my graduate degree, I will be fully licensed as a Licensed Alcohol and Drug

Question #2: How do I grasp and develop faith?

It's like trusting the box of cereal you buy, or how computers work. You have no idea what all is involved but you trust in them anyway. I had to break it down to something that simple and it just grew from there. Faith is not something you SEE it's something you believe will come through for you, or that you BELIEVE will deliver.
~Deb L.

To grasp and develop faith, all I have to do is go outside and observe nature. When I see flowers that grow, the seasons change, the rain nourishing the earth, night-time to daytime, I feel the essence of it. Then I can be sure that things are going to be okay.
~Kathleen U.

I grasp and develop faith everyday by the miracles I see in other people's lives and my life.
~Shelley

I had no faith when I got sober and it took time to develop faith. It didn't just happen overnight for me. In the beginning, I had to make myself get on my knees every morning and say something like "give me strength to stay clean and sober today and please don't let me hurt myself or anyone else". At night, I would force myself to thank Him for helping through another day. I knew I needed to change some things about myself in order to have faith in others. I needed to stop lying, cheating and stealing. I have always believed that you reap what you sow.

After awhile, a strange thing happened; I started to feel better

Counselor, with specialization in medically assisted treatment as well as working with co-occurring mental disorders and also long term residential therapy within halfway homes, and transitional living communities for my brother veterans, reentering prisoners, and other newly recovering persons who are willing to let go absolutely and to submit themselves to the same simple program of living that is working for me and countless others.

I will close by saying that I have learned how to live as a man of means, which is what I was before addiction, and I have now learned how to live within the fellowship of those who may not be as outwardly blessed...and most of all, I am still learning how to be content in whatever circumstance and situations that I may be experiencing at any particular moment; and for this I will forever remain grateful and blessed by my God who knows no boundaries...Except for His Mercy and Grace, I am free today!
~Charles

I've lived in several different halfway or Oxford houses. Like anything else in recovery, you get out what you put into it. I failed many times; one reason was even though I was living in a recovery house, I still isolated. You have to embrace recovery and become a "part of" not a "part from" what is going on, even if that means it's uncomfortable.

It's all about perspective; the times I failed was because the "halfway house was a bad environment and full of drama" but the time I succeeded was because I was willing to go to any length. The drama or environment didn't matter, I had a sponsor and a program to help me determine what was and wasn't healthy for me. I will always recommend a Halfway or Oxford house for those new in recovery, it helps with so many things (ego, community, work ethic, etc.).
~Jared A.

about myself. I began to believe that I did have something worthwhile to offer this world. When I began to see that I was changing, my faith grew. Practice does make perfect when it comes to cultivating a relationship with God. As it says in the *Big Book* "He either is or He isn't. Which will it be?" For me it was He is either all or nothing. Half measures availed me nothing. I have come to believe there is no other way for this alcoholic and addict. I no longer am clearing away the wreckage of the future, and I'm not packing around shame of the past. I have faith that I am right where I am suppose to be, in God's hands.
~Suzie Z.

Seriously though, it is an ongoing thing for me. I certainly have more faith today than I did when I walked through the doors of Valley Hope many years ago. To be honest, I had ZERO faith. I mean, come on, there was a lot of hugging and crying and stuff that I just wasn't ready to become a part of. But something happened while I was there. I felt better. It was the first time in a long time that I actually felt okay...good even. That is what I grasped a hold of. That was my faith. That a bunch of people from all different walks of life were coming together, to help each other, to lean on each other, to give each other that God forsaken hug that I didn't want. That is what did it for me. From there, Chaplain Larry helped me to broaden that faith. It happened during the quiet time in the chapel,

(Continued)

(Question #2: continued)

after I read my 5th Step to him. I made a decision to do whatever I had to do to keep that feeling. And, so, 19+ years later, I'm still sober, I'm still happy, but most important, I have a God today. How I got to this point is easy. I went and still go to a lot of meetings. I still have a sponsor that I am accountable to. I go to church. I give back whatever and whenever I can. Most importantly, I keep God close and let him be in the driver's seat...I mean, most of the time!

~Joy H.

I have often struggled with developing my faith even after I It comes from within, once you give up, the within comes out.

~Robin T.

understood that it is the basis for my recovery. Telling myself that there is a "Power Greater than Myself" goes against every aspect of my controlling nature. I have seen evidence of this power working at numerous times but yet just like my alcoholism, I have often refused to believe it. The first tool to develop for me was "Trust." Once I learned to trust in things (my sponsor, the program and sometimes even myself) it made the "Faith Issue" a little easier to grasp. I know I must trust in my Higher Power at all times and to do this requires me to allow things to happen in their own time without me trying to control the outcome. There are many things in this universe that I do not and will not ever understand. Once I quit trying to analyze the workings of life and my Higher Power and just trust in an outcome, I somehow developed faith. Again, I still struggle and completely get lost once in a while, but at least now I can see this happening and ask for the help. As an isolationist, I can get lost in my own head which basically closes that conscious contact with my Higher Power, so I must surround myself with people who understand me and will always be there to help. My wife has been very ill this year and I have missed a lot of the meetings I usually attend. I found

Question #3 Can you give specific description of 'enabling'? My friend struggles with alcohol and I don't want to be the 'enabler'.

- Paying bills for someone who is spending their money on alcohol, drugs, etc.
- Helping the drinker lie about dangerous behavior while they are with their children or lying for the alcoholic such as calling in sick to a boss for the drinker
- Making excuses for the dangerous behavior the drinker may have while drinking.
- Buying alcohol for the drinker under the threat that if you don't, they'll drive drunk and go get their own bottle
- Bailing the drinker out of jail repeatedly from DUI's, etc.
- Giving the drinker everything they want (including ridiculous orders) in order to keep the peace
- Accepting responsibility for the problems caused by the drinking, including telling yourself and others that the problems are your fault.

Enabling, in a psychological or counseling sense, is activity you do for someone else that essentially keeps them from facing life on life's terms, or keeps them from maturing and acting as a grownup. Enabling is also a form of mistrust. When we do things for other people that they should be doing for themselves, we are saying that we don't trust them to do it right. When we let people handle their own affairs, we are

out something that was always said to me by my sponsor (but as usual I must learn these lessons the hard way): Attending meetings, sharing and being as involved as I can is the true means to develop "Faith." ~Steven Y.

Lack of faith comes from lack of experience. And lack of experience (in this context) comes from trying to maintain control. You think you surrender something and let it go by acting like you don't care anymore, yet if you look closely, you're still emotionally attached to the outcome. The key to faith is developing confidence in oneself, in that by doing the right thing in this moment, no matter what the outcome, and trusting you'll be okay. That confidence comes from learning within ourselves we are enough. We deserved to be loved and we intrinsically have everything we need to be happy and fulfilled.

I certainly have no proof of anything in the future. What I do have, is experience. The experience, that if I pay attention to what I'm doing right now—do the best I can in this moment and be the best human being I can be—my life is more fulfilling. I know from experience that if I help someone else, as opposed to doing something selfish, I'll feel better about myself. I know from experience that when I do the best I can, the outcome is more acceptable, whatever it may be. By doing the best I can in each moment, I am less invested emotionally in the outcome because I have faith it will work out. So, I do have faith. Faith that if I take the right action in this moment, something I have no proof of—the future—will work out the way it's supposed to.

More simply put: it took committing to something long enough to experience the miracle. Once I have the experience that my life can be amazing in recovery, I have faith. The toughest part is starting out without any experience...but as the saying goes, the first step to change is always the most difficult one.

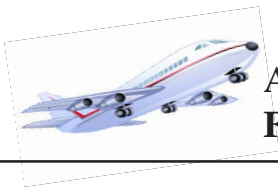
~Jared A.

growing up ourselves... we are learning how to really love them... we are learning how to really respect them... we are gaining freedom from a burden we had no right to carry. ~Trenda S.

Enabling is anything that you do to make it easier and more comfortable to allow or help your friend to drink. This includes, helping her to escape any consequences that may result from her drinking, or not allowing her to experience the growth that comes from facing our own consequences. We do not change because we SEE the light, we change because we FEEL the heat. Let her feel the heat. This is not being 'mean' to your friend. This is giving her the DIGNITY to live her own life and make her OWN choices. ~Debbie C.

Enabling is helping a alcoholic continue their addiction by covering up and making excuses for their behavior thus making them feel better about their bad choices. The enabler is experiencing denial of the true emotions they live within the relationship. This helps them deal with the shame and hurt that the addiction is causing in their life. It is my opinion that an enabler is as sick as the alcoholic themselves. You can love the alcoholic but by enabling them you can also LOVE THEM TO DEATH!

~Jeff L.



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