

Coffee Cup



A Newsletter for Valley Hope Alumni and Friends



VALLEY HOPE
Spring 2012 Edition 1



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Association News

What's New at Valley Hope

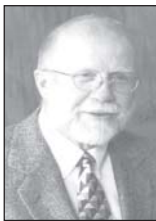
By: Ken Gregoire, Ph.D.
President/CEO

While attending a conference recently an old acquaintance asked me "what's new at Valley Hope?" I get that question a lot. Usually, I interpret the question as a conversation starter or as a greeting (sort of like the east coast thing "How you doing?"), give a polite response and move on to other topics of importance like the location of the closest Starbucks. This time I was unaccountably tempted to take the question seriously and provide a detailed answer. I didn't, of course, as I hate to see people's eyes glaze over, but here's what I thought about saying:

Well, we really have exciting news. We are treating record numbers of patients both residentially and in outpatient services. We also are at the point of seeing the results of program changes geared to better help opiate patients. The first data is showing dramatic improvement in recovery rates.

VHA-IMCSS, our commercial software and other services project is growing up in front of our eyes. We now have forty one external clients in seventy nine locations in thirteen states.

There are now four third party payers that will cover the cost of treatment for patients entering our AC/ESS telehealth program. We continue to find that recovery rates are higher for patients involved in this program than in our traditional on ground program. It is critical that we continue to work with insurance



Ken Gregoire

companies to recognize the value of this novel program.

We are well on our way to completing over three million dollars of capital projects during this fiscal year. Our biggest project is the renovation of Cushing Valley Hope. The project will be totally complete in February. Renovation has begun on our new outpatient building in Tempe. Miraculously, after nearly seven years of working through the bureaucracy of the city of Chandler we are ready to begin an external renovation aimed at improving the appearance and most importantly the safety of Chandler Valley Hope. Renovation of our Wichita outpatient office will begin in February. The renovations will make it possible for us to add Intensive Outpatient plus programming to the Moundridge/Wichita continuum. Our wish list for the next year includes continued renovation of outpatient offices to accommodate Intensive Outpatient plus programming. Mission Valley Hope may be the next outpatient facility to get a new home.

And let's not forget...we will be 45 years old in August...still just a youngster by some measures

Part of the reason I have a difficult time with this question is because there is a great excitement and a great energy coursing through our system all focused on the same thing...helping alcoholics and addicts. With all of this excitement and energy there is just so much to report...It is hard to stop once you get started. You know as I think about this I think my next article in the *Coffee Cup* will be not what's new at Valley Hope but what is still the same. I hope you'll tune in for that. That's just as important, maybe more important, than what is new.

Letters to the Editorial Committee

Notes, Cards and Letters from our readers:

I enjoy getting the *Coffee Cup*. It keeps my knowing what is going on at Valley Hope (Boonville). The only thing that I would like to see, if possible, is more stories from people who have sobriety, from each site. While it may not be possible, the only thing I would like to see is perhaps a *Coffee Cup* just from each site. While I like to see what is going on at other places it is really does not matter to me, that much. I do read the information from Boonville and St. Louis.
~John W.

I want to see more from Parker Valley Hope in the *Coffee Cup*.
~J.H.

I like it fine the way it is. It is a help for me because it reminds me of where I was and where I am now. I don't know how you can improve, other than I have often wondered about some of the past employees and what they are doing now.
~Dennis M.

Alumni Success Stories

I am a recovering addict. I was at Valley Hope in May 2008. I was at the bottom of the barrel. I had officially been up for 3 days, deciding to come home to my 3 kids and husband. I was told to get my stuff and get out. I had no money. I was high and drunk and just trying to get by. I was tired of being tired. I called around and finally spoke to Lisa and she said they had a bed for me and to come on up. I got to Valley Hope and my life has changed in so many ways. The trust of family and friends took a couple of years, but I am back on top of life. I went back to school, got my Medical Assistant career in gear and work a full-time job. I am a part of my children's lives every day with love and respect. I have become alive with joy.

There is always going to be a bump here and there, but you learn to deal with it, sober. I help others in my journey of sobriety. I have sent 3 people to Valley Hope in hope of them obtaining sobriety and I

have helped them succeed in staying on this journey by going to meetings with them or just calling to ask how their day was! You never think that you can become who you have always wanted to be...but you can!! I am proof.
~Kerri M.

I was broken, beaten, devastated, and torn apart by addiction. I lost every worldly possession including my children, my family, jobs, but most of all I lost myself. I had been to Valley Hope multiple times before, but never truly believed I had a problem with drugs and certainly not alcohol. Since the start of my recovery that cold winter day in that little old chapel where the earth feels at peace, I can say my life has never been the same. It has been full of twists and turns, ups and downs, joy and pain; however, today I am ALIVE...ALIVE TO LIVE IT. I sit here 9 years clean and sober with more than I could ever ask for. I am a mother, daughter, sister, friend, employee, sponsor, a sponsee, and most of all a woman who can look in the mirror. I have been blessed beyond what I deserve with the most amazing children and husband. I am so thankful for the gift of recovery.
~Haley E.

Family Matters

HOPE: "Don't leave home without it."

By Annie Bryie, LAC

Counselor, Norton Valley Hope

This is a story about people, about addiction, and most importantly about "HOPE". This is about human beings with a soul, sons and daughters, grandparents, wives, husbands, aunts, and uncles who have given up "HOPE" and self-medicated with drugs, alcohol, sex, food, gambling and a variety of other forms of self-destruction.

The loss of "HOPE" and its deepest pain might not be what we have come to expect, the gutter alcoholic or the homeless drug addict. Instead it is the 19 year old who comes from a good family and has just taken his mother's last Oxycontin or Xanax. It is the successful lawyer, doctor, or other professional, who is so ashamed of not being strong enough or smart enough to stop on his own. It is the homemaker who manages to get the children to school and the dishes done, but cannot stop drinking for even one evening and embarrasses her family at a social function. All have lost "HOPE". It is this, the feeling of "HOPElessness", a tense, sad, almost catatonic sense that nothing can ever get better. This is what brings so many alcoholics and addicts to Valley Hope for treatment.

"HOPE" is a feeling of expectation.

"HOPE" is a desire for a certain thing to happen!

"HOPE" is a belief that you truly can have something that you deeply desire.

When you come to treatment, the word "HOPE" means to trust, to have faith, to expect something good is going to happen. Therefore, an important part of treatment is restoring "HOPE", particularly "HOPE" in oneself.

"HOPE" is not just for the addict or alcoholic. "HOPE" is for the family and friends, employers, probation officers and judges. It is for anyone who cares whether an addicted person can live a life in sobriety.

When an addict comes to treatment, he may feel as if life has become nothing more than a war inside the heart and soul and mind. When an addict acts out in destructive ways, he sets himself up to be in an ongoing battle between his thoughts, his compulsions, and his feelings. He may become suicidal, lost, homeless, ashamed, and full of guilt for the things he cannot understand. When he comes to treatment, he is asked to turn his life, his will and his spirit over to a new "HOPE".

No matter how long the battle, how terrible it has been the war can start to be

won when he comes to treatment and finds out that there is still "HOPE". In my work at Valley Hope, I have never met anyone that was hopeless. I remind myself of this fact, no matter how difficult a person's situation might be. It is this thought, this constant "HOPE", which keeps me always grateful and always communicating through hugs, a smile, or a kind word. Addicts and alcoholics do have the power of internal healing. There is always "HOPE", even when there seems to be little else.

Treatment at Valley Hope is a process of committing our life to something greater than ourselves, learning to love ourselves again, appreciating that no matter how bad things have gotten, we can make it better, and that "HOPE" will help us change our lives.

With the battle, the powerless dependence that goes on inside every alcoholic and addict, we can feel trapped and so can those who care about us. Valley Hope can bring deliverance, an opportunity to remember the person we once were or the person we want to be.

Through the powerful, boundless power of "HOPE", we can restore inner beauty and become drug and alcohol free at last.

Carry The Message

Dear Ken Gregoire,

So time continues to run past us faster than we ever imagined. It's been 30 years since I sat in your office when you were program director in Norton. Still sober, still clean, still married to Julie and my three children are now parents providing us with 7 grandchildren.

My thanks to Valley Hope the staff who worked to save my sanity and my life. Most of those good folks are either retired or have passed away. Small group leader Lee Harvey kicked down my defenses then held me together until I could stand on my own. Chaplain Bob Speer helped me push aside my shame and guilt to show me that Christ loved me more than ever, and then passed me to Monsignor Girrard so I could reconnect with the foundation of my faith. Jerry Andersen, my counselor, understood me when I had no clue as to what I wanted, needed or was capable of doing. The cooks, the nurses, maintenance personnel and the VH corporate staff were all a part of my getting well. It was the most trying yet rewarding 30 days of my life.

Please tell others that may still be around that I'm alive and doing well in SE Kansas in that little town Valley Hope sent me to back in 1989. It's been such a joy.

My name is Matt and I was inpatient at Atchison from August 26, 2011, to September 25, 2011. My counselor while I was there was named Janet, but she was just there at that time on a temporary basis, so she did not have a nameplate on her door. Janet truly saved my life. And I want her to know that her work made a huge difference. Please let Janet know that I am still in my Oxford House and this means I am still sober. I go to NA meetings almost every day and I work with other addicts. I have a full time job as an accountant (I wasn't doing too good holding down a job for the past few years). My Boston Terriers are fine... and I don't want to die anymore. Please tell Chaplain Larry, Jack, Troy, Sharon, the cafeteria ladies, heck, please tell everyone hi.

Valley Hope is making a difference. Keep up the good (and immensely valuable) work.

~Matt N.

Receive your Christmas card today. Very good timing and perfect as today is my anniversary. It was exactly five years ago today that I walked through your doors and began a new life. I've made it this far thanks to your oasis.

~Jim G.

Building Hope

Valley Hope Association Foundation

By: Megan OConnor, BS, ADAC
Director of Development

Why Give

- Charitable gifts make a difference in the lives of our patients
- Our sole mission is to help the chemically dependent and their families
- Many of our patients don't have insurance and most are not wealthy

How to Give

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



Our Gift Acceptance Policy

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



Join me on Facebook

<http://www.facebook.com/pages/Valley-Hope-foundation/163675700384765>

Twitter

<https://twitter.com/ValleyHopeFdn>

Happy New Year Angie!

Angie is a 20 year old meth addict. She expressed a desire to change her life and asked if Valley Hope could help her, even though she does not have insurance. Our reply was one of relief for her. Only because of the donations we receive from supporters (like those listed below) could we say, "YES". Angie is now in residential treatment and on the road to recovery. On behalf of Angie and the many more individuals and families receiving grants to help with fee assistance this year, THANK YOU.

Local Business Supports O'Neill

O'Neill Valley received a special facility improvement gift from a local business. Jack Cole of Cole Sand and Gravel was instrumental in rejuvenating the horseshoe pits and the sand volleyball courts. Jack donated his labor, the use of the Bobcat and some sand to help our patients have fun in sobriety. Great big thanks to Jack and Cole Sand and Gravel.

Employee Giving at the Holidays

They live the Mission every day and also support our Foundation during the Annual Fund Drive. We receive dozens of gifts from employees each year. We salute you all! Thank you!



New Birthday Club Members

Walter R. 42 years	Don S. 15 years
Jack O. 28 years	Dee O. 32 years
Norma C. 30 years	

\$340.00 for immediate patient needs

Cut on dotted line



2012 Birthday Club

Send a dollar (or more) for each year of your recovery. Your gifts provide immediate needs for patients, such as emergency dental work, treatment-related books, down-payments for halfway house, 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

Valley Hope Association Foundation

Donations Received from October 16, 2011 through January 17, 2012

We are humbled by the generosity and loving spirit of all those listed on the following pages.

Norton Valley Hope Unrestricted

Tri-Central Office Supply, Inc.

Inge Bartley

Memory of Tom Bartley

Gail & Cindy Boller

Natoma Corporation

Dorene Utt

Memory of Eugene Utt

Dr. & Mrs. William Leipold

Dean & Myrth Blickenstaff

Cora Berry PC

Red Wing Chemical

James Pope

Keith & Delores Poyser

Lawrence & Ruth Kentfield

Virginia & George Korobka

Honor of Gage

Joanne Shults

Memory & Honor of

Col. John N. Shults

Whitaker's of McCook

Popple Construction Co.

Memory of Bill Popple

Louise and Bud Mills

Memory of Melvin Griess

Gary Johnson

John R. Reeves

Honor of my recovery at Norton

Earl Murphy

Nancy Hastings

Gregory Smith

Bernard & Dixie Schroder

Becky & James Giesbrecht

Barbara Sprague

Carl and Ruth Tharman

Memory of Arthur Tharman

Dan & Mary Kay Schippers

Joanne Yuska

Memory of Lucy Clark

Hal Hoppe

Virginia Lehman

Robert & Colleen Grammer

Memory of Derek Zabokrtsky

Stacy Smith

Honor of Sterling Smith

Logan Gates

Honor of Sterling Smith

Nick Hoffman

Rod & Lesley King

Sheila Bolinger

Memory of Matt Klein

Sue Studnicka

Amy Daniels

L & N Pump

Memory of Archie L. Nairn

Michael Mertz

Honor of Dustin Mertz

Vallene Berry

Gerald & Helen Heim

Honor of Duane Steinsouer

& all his work

Michael & Penny McGee

Memory & Honor of Robert McGee

Bernard & Dixie Schroder

Mary Farmer

Memory of Tim Colton

Howard DeBauche

Honor of Judith Weber

Deb Haviland

Memory of Shirley Louden

Kathi Sullivan

Loren Lane

Scholarships Immediate Use

Deanna Braun Insurance

Dusty & Roma Jorgensen

Jeff Rosell

Becca Fisher

Mary Ann Hager

Brad Smith

James & Debra Hamilton Jr.

Memory of James and Derek Hamilton

Violet Kinderknecht

Kelly Hutchinson

Honor of Sterling Smith

Lamont Shirk D.D.S.

Bruce & Jane Schneider/R&S Digital
Services, Inc

John & Charlotte Strecker-Baseler

Memory of Eric Carvalho

Scholarships

William D. Leipold Fund

Marjorie Nairn

Thomas Gillespie

Mick MacNair

Gary & Diann Nichelson

Honor of Nathan Epley

Sharidan Parr

Bill & Kris Bunger

Scholarships

George E. Martin Fund

Ruth Martin

Memory of George Earl Martin

Facility Improvements

Michael Chrislip

Julie & Bill Siefers

Memory Derek Zabokrtsky

Patient Assistance Needs

Julie and Bill Siefers

Memory of Derek Zabokrtsky

Ronald Hein

Memory of Alice George

Ambassadors Class

First Christian Church

Anonymous Donor

Anonymous Donor

Walter Riechmann

Memory of Herb Benson

Don Schlatter

Marletta Wilkens

Norma Crocker

Atchison Valley Hope

Unrestricted

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Wayne Frahm

John McManigal

Tom Lane

Santos Cisneros, Jr.

Seth Brown/Panes & Drains, Inc.

Jack & Judy Orava

Teresa Schmeck

Edward Whitlock

Leo Schmitz

Memory of Josephine (JoAnn) Worth

Carol A. Schuetz

Lynn Drinkard

Dion Stroble

Donald Arends

Mary Lee Cushman

Honor of me!

Sandra M. Jackson

Memory of Patty Halbeisen

Tyler Hartenbower

Dennis Oellig

Patrick O'Riley

Jeff Lockwood

Memory of Mark Wilson

Vincent Fontg & Hansen

Memory of Matthew Moser

Russell Lynn

Bryan Simpson

Mary Curtis

Honor of my dad!

Shirley Sweet

Memory of Jimmie L. Sweet

Rebecca Sutton

Memory of Kenny Clark

Linda Brown

Barbara & Erika D'Souza

*Memory of Bernadette &
Bismarck D'Souza*

Marcia Acosta, Carol Kaur

*In Memory of Bernadette
& Bismarck D'Suuza*

Janet Halloran

Memory of Bob Halloran

Enclosed is our gift. Thanks for all you do.

~ Gary & Diann N.

William North
Steve & Ruth Ann Tannery
Memory of Jo Worth & John Hattaway
Teresa Schmeck
Elizabeth Cleveland
Memory of Christian Cleveland
John and Carol Yorke
Memory of David Sims

Scholarships Immediate Use

Clyde & Peggy Mathis
Lurena Hansen
Honor of Ernest R.E. Hansen
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Memory of Salle Shepard
Joe and Susan Sims
Memory of David Sims
Lanny & Monie Frakes
Richard & Judy Brummel
Honor of Ben & Regina Brummel
Kely Edmiston
Ashley Cleveland
Memory of Christian A. Cleveland
Pat Charbonneau
Memory of Thomas Charbonneau
Richard & Marilyn Logerwell
Henry Meinking
Craig Hauser
Memory of Eric Henderson
Bruce Holmgren

I hope all is going great for the wonderful staff. Your love and dedication has brought so many suffering people back from the brink. I still attend our local Al Anon group and now have 38 years. May God bless and keep you.
Sincerely, Lu Alice R. (Mrs. Rex)

Scholarships William D. Leipold Fund

Eugene Felling
Atchison Anniversary
Anonymous Donor
Dennis & Mary Beth Fund
Gary Rudloff
Roy Heiman
Rebecca Sutton
Honor of Edie, Sheila & Terry
Craig Hauser
Memory of Eric Henderson

Facility Improvements

Steve & Lynn Wiesner
Bill Kreifels
Brandon Beagle

Randy & Cheryl King
Cynthia Kuenzi
Cynthia Kuenzi
Craig Hauser
Memory of Eric Henderson
Patient Assistance Needs
Dale Marrant
Memory of Christian A. Cleveland
Jack Orava

Mission Valley Hope Unrestricted

Willis Theis, Jr.
Memory of Willis & Catherine Theis
Elizabeth and John Glowick
Memory of Chad Illgner
Steve & Sharon Chapman
Memory of Chad Illgner
Karen and Jerry Green

Cushing Valley Hope Unrestricted

Charles Guinn
Memory of Judy Guinn
Charles Thomas
In Honor of Al Roberts
Sally Gatewood
Memory of David Mustain
Sharon Johnson
Donald Dodrill
LaVon Wenger
Ezra & Janie Hunt
Frederick Vogt
In memory Nola Yarbrough
James J. Wasson
Marsha Sanders
Honor of Carl & Carolyn Renfro
Lon Foster III

Scholarships Immediate Use

Phillip Ladwig
Memory of Tom Ladwig
Elaine Dodd
Cynthia Baker

Scholarships William D. Leipold Fund

Jo Ann Estes
John Severe
Memory of Nola Yarbrough
William Fiaccone
Melanie & Jerry Ferguson
Honor of Taylor Ferguson
Janice Whisenant
Memory of Ben Whisenant

I was 5 1/2 months "One Day at a Time" when I was ready to use again and wasn't totally convinced I needed treatment or AA. Valley Hope changed my mind.
~Dee O.

Scholarships Carl & Carolyn Renfro Fund

Carl & Carolyn Renfro

Scholarships Al & Susan Roberts Fund

Chesapeake Operating
Peggy Brant
Honor of Al Roberts Birthday
Chesapeake Operating Inc.
Sunoco
Toomey Oil Co., Inc
Sunoco
Toomey Oil Co., Inc

Facility Improvements

Thomas Orr
Gerald & Janice Leischner
Mike Miller

Building Renovation Fund

Bill Cabbage
Tim & Kathleen O'Toole
Campbell Lepley Hunt Foundation
John & Donna Leipold
Betty Bryant Shaull
Cynthia Baker

Patient Assistance Fund

Dee O'Hara

Boonville Valley Hope Unrestricted

Milinda Riggio
Debbie Mauzey
Honor of Bonnie's grandson
Mike & Maureen Dalton
Memory of Tom Judah & Susan Wood
Mike & Maureen Dalton
Memory of Susan Wood
Boonville Quick Lube, Inc.
Brad & Debbie Humston
John Haley
Honor of Mark Haley
Mr. & Mrs. Dick Ebling
Alan & Nancy Clements
Judy & Pete Tobben

Honor of Mike Tobben
Linda Hoffman
Honor of Anna Hoffman
Michael Craig
Delores Abernathy
Memory of Al Abernathy
Sharlene Day
Memory of Charlie Fay
David Bear

Scholarships Immediate Use

Mary Ruff
Memory of Rick Ruff
Deborah & Denton Raymond
Memory of Rick Ruff
Barbara & Jasper Lauria
Memory of Rick Ruff

Ed Wassman
Michael Cupples
Deborah Strid
Deborah Strid
Warren Brown

Facility Improvements

Robert Ridgley
Warren Brown

Celebrating 5 years

Patient Assistance Needs

Boonville Patient Group
Memory of Nicholas Hull

My daughter is 4 months sober and doing good thanks to the people in O'Neill. ~ Laura W.

O'Neill Valley Hope

Unrestricted

Holz Lumber & Hardware Inc.

Honor of Barry Holz

W. James Gallagher
Anna Jane Mickelson

Honor of McKenzie Mickelson McCoy

John Kavanaugh

Honor of O'Neill Valley Hope staff

Carl Gentleman
Michael McKeown
Ronald DeVors
Michael McKeown
Mary McKeown
Richard & Eileen Jones
Sharon Messerschmidt

Honor of Haley & Eric Ehlers

Marlive & Michael Fitzpatrick
Thomas & Marvel Bartels
Vicki Powell

Honor of Shalla Powell-Mandigo

Nadine Miller

Honor of Terry L. Duffy

Dave and Kathy Martin
Debra Cook- I Am Center
Jon, Roger & Anna Winans
Mike & Gail Hieb

Jeanie Wallick

Shamrock Nursery, Inc.

Karen & Kim Hawkins Fdtn.

Honor of (Ret)

Counselor Denise Zahm

Karl Morris
Stuart Olson
Mark Larson
Kent & Dorrita Helm
The Blarney Stone
Michael Parsons
Michael Parsons
Gene Gobben
Carl Edwards

Memory of Aaron Lokie

Beverly and Ben Straughan

Scholarships Immediate Use

Lyndee Black

Memory of Alma E. Brkel

Lucienne Michalski
Mary Leet
Paul Semrad
Vencil Farms
Rich, Laura & Justina Wiese
Jeanette Wiese
Rich, Laura & Justina Wiese
Jeanette Wiese

Scholarships William D.

Leipold Fund

James Smith
Sharon Wieseler
Betty Curzon Hill

Honor of Richard J. Curzon, Jr.

Julie Roberts
Dagwood Caine
Jack Cole/Cole Sand and Gravel

Patient Assistance Needs

Paul Walz
Paul Wade
Jerry Johnsen
Lance Tolsted
O'Neill Chapel Helping Hands
Russell Schwartz

Facility Improvements

Jack Cole/ColeSand and Gravel

Enclosed is \$100 for the Foundation. On December 1, 2011, I celebrated my 25th year of being clean and sober. Thanks to the beginning, I was blessed with at O'Neill Valley Hope. My life was changed forever with the phone call to Valley hHpe and the decision to head to O'Neill. The lady said, "She thought you could help me". And you did. Thanks and God Bless. ~Jim S.

Omaha Valley Hope

Scholarships Immediate Use

Paula McLaughlin

Chandler Valley Hope

Unrestricted

Susan Echols
Nancy Landrum
Young Lee
James A. Bohart
Honor of Kari Celaya

Dennis Kern
Wendell Bryant
Louis Pena Jr.

Honor of Mark Pena

Steve Renfro
Stephen & Maureen Maine
Honor of Nick Maine
Dr. Trueman Tryhus

Honor of Mark Tryhus
Gerald Bloom

Scholarships Immediate Use

Brian Bohart
Honor of Kari Celaya

Shari Foxjumper
DMB Associations, Inc.
Beth Flores
Sallie, Lowell & Pete Page
Memory of William "Will" Thomas Page
Damian Hrdlicka

Scholarships William D. Leipold Fund

Sallie, Lowell & Pete Page
Memory of William "Will" Thomas Page
Mary Ann Cullen
Memory of William "Will" Thomas Page
Debbie Nitkowski
Honor of Cris N.

Tempe Valley Hope

Scholarships Immediate Use

Shaweta Vasudera

Facility Improvements

Harris Brothers Foundation
Honor of Tempe's dedicated employees

Patient Assistance Needs

Harris Brothers Foundation
Honor of Tempe's dedicated employees

Parker Valley Hope

Shane Fruth
Honor of Parker Valley Hope staff
John Blachowski
Honor of Josh Thompson
Eric Rosales

Jeff & Jean Wheeler
Mary (Meg) Paige
Mile High United Way

Scholarships Immediate Use

Linda McKenzie
Memory of Robert Barber
Debbie Skipper
Michael DeWeese
Robert & Carol Suter
Donna Schwartz
Memory of Shannon Beale
Christina Coston
Honor of Joe Walcek & Spender Heineman
William Hunt
Robert Suter
Mike and Kathleen Henry

Dear Parker Valley Hope Staff, In memory of my nephew Michael Mullen, I am pleased to give this gift to build a gazebo in his honor. I thank each and every one of you who were a part of Michael's life. Please continue to do the wonderful work that I know is helping change lives every day. Merry Christmas and God Bless,
~Jody Staggs

Scholarships

William D. Leipold Fund

Carl & Mary Renner
Douglas McLaughlin
John J. Tonso

Memory of Kurt Bloxsom

Dr. & Mrs. Gary Forrest Psychotherapy Associates

Curt Reimer

John & Diane Reed

Honor of Brian Reed

Curt Reimer

Facility Improvements

Steve & Nancy Mullen

Memory of Mike Mullen

Connie Burris

Memory of Mike Mullen

Parker VH Alumni & Friends

Bill and Carol Schuster

Jody Staggs

Memory of Mike Mullen

Patient Assistance Fund

Renee Bergren

Honor of John Salazar

Grapevine Valley Hope

Unrestricted

United Health Giving

Paul Clark

Gary Mitchell

Scholarships Immediate Use

United Health Giving

Sue Wood

Honor of Kevin Wood

Patient Assistance

Karen Spiegel

Memory of Dustin McVeigh

Monica Moline

Grapevine Valley Hope Alumni & Friends

Moundridge Valley Hope

Unrestricted

Ray and Mary Burford

Kenneth Dome

Goering Hardware Co.

Wayne Lebsack

Don & Dorene Anderson

Bryan & Jeremy Didier

Memory of Mike Dyson

Scholarships Immediate Use

Tammi Costello

Memory of James Costello

Facility Improvements

Gary Denny

Dave and Jean Ketter

Kevin and Karen Seuser

Valley Hope - All Centers

Unrestricted

In memory of Alice George

Mid America Bank

Mrs. Ben Zimmerman Jr.

Todd & Andrea Sandoval

Mort & Teresa Foster

Wm. Reid Eddington

Phillip & Lavada Gierstad

Arrah May

Orion & Carole Jordon

KDOC & H Association Council-

Employee Fund

Stephen & Elizabeth Kelly

Mike C. Jones

Jason Glasrud

Cynthia M. Shipley

Mark Liebel

James C. Kerschen

Rodney & Debora Calhoun

Cecilia Amaro Dominguez

Lane & Mary Bartholomew

Dennis Bristow Rentals

Marilyn Rebein

Mr. & Mrs. Kenneth Stein

Ken & Juanita Gregoire

Merlynn & Joan Colip

Terry & R. Rabe

John & Nancy Grange

P.S. Wolfe

Mary Jane & Roger Lopez

Robert & Martina Wilbanks

Scott & Tricia Olson

Pauline & Everett Schnitzler

Carol Tepe

Ada Arford

James Williams

Mr. & Mrs. Gary Chaffin

Mary & Mark Volcheff

Ken Strobel

Kansas Bioscience Authority

Dr. & Mrs. William Leipold

John & Lori Oldham

Unrestricted

Carolyn Hitchman

Honor of Megan O'Connor

William & Lanette Kotthoff

Billy Allen

H.J. (Joe) Pratt

United Health Giving

Kevin Hahn

First State Bank

Danny Hood

Jerry Rowland

Michael & Anjali Abadia

Thomas McGhee

Eugene Edwards

Michael J. Hoey

Michael Tomko

Tom Votapka

Memory of George Votapka

Robert Kessler

Karl Krueger

Tom & Myra Sattler

George Russell

Jerrad & Deena Silke

Dennis Witcofski

William Teel

Tony Luna M.D.

Margaret Jossierand

Norton County Hospital

Steve & Gloria Cole

Pinnacle Bank

Toni & Martin Blume

Ed and Judy Wood

Joshua Vonlintel

Sharon Vonlintel

Arnold White

Sandra & Roy Wilkens

Bruce Merrill

Gretchen & John Corcoran

Front Range Duct Cleaning

Keith Law

Denny and Karen Howerter

Jim Knothe

Jim Seckelmann/Glenwood Tree

Experts

Craig Brodersen

Tracy Blake

Steve & Holly Curtiss

Memory of Darby

Frank & Betty Hedrick Foundation

Barbara Woodard

Allen & Margaret Scott

Richard Osborne

Bridges Group Inc. Insurance

James B. Maytag

Randall Beall

Bob Engelhaupt

John Refshauge

Maxine Jewell

Memory of Tony Jewell

Jim Isaacson

Bethany Almluff

Memory of Summer Boystun-Walton

Dale's Towing Service

*Memory of Summer Boydston
Walton*

Winplus North America, Inc.

*Memory of Summer Boydston
Walton*

Fran & Sandy Sanford
*Memory of Summer Boydstun
Walton*
Carolyn Marlowe
Charles & Nancy Peek
Lindy Glass
Honor of Steve Glass
Jo Smolczyk
Kathy & Russ Erbert
Almena State Bank
Reid Wilkes

I am happy this memorial was set up at George Earl Martin's death and to know it is still helping in some small way. What a great service and opportunity you are offering.

~ Ruth Martin

Microsoft
Glen Davis
Honor of Louis Tholen
Glen Davis
Memory of Kenny & Tim Colton
Jon & Patricia Jagger
Deborah & Merlin Christiansen
Walter Motor Company
Coleman Family Foundation
Bruce Fineman M.D.
Betty Wortman
Memory of Vern Wortman
Curtis Brungardt
Shirley Colton
Memory of Chris, Tim and Ken
United Machine Co., Inc.
First Security Bank & Trust
Sally & Bill Beardslee
E & J. Batz
In honor of a special person!
Dean Jameson Family
Honor of Duane Steinshouer & Mary
Rick's Pipeline, Inc.
Honor of Sterling Smith
Jeffery Brown
Al & Susan Roberts
Memory of Sybil Keas
LaTaunya Riley
Memory of Kelly Nekola
Robert Pavlik
Tiffany Yeager
Bev & John Muraglia
Honor of Jaret Muraglia
Warren Heaton
Brenda & Anthony Horn
Helen Sue Price
Nex-Tech, Inc.
Bill Lott
Charlie & Marcy Roth
Mike Grover
Elizabeth Burns
Denver Johnson
Jim & Theresa Melvin
Gerdi Heath
William & Dixie Weber

Susan Truax
Tom Lolley
Zac & Lori Flora
Richard & Pat Fitzgerald
Steve Knuth
Memory of Susan Platt
Carlos & Pam Langston
Union Rental Center
Memory of Michael Rice
Midwest Aerial Contracting LLC
Memory of Michael Rice
Robert Espinoza
Memory of Ernest Guerrero
John and Kristen Jorgensen
Tom & Denise Peebles
William & Nancy Dougal
Randy Johnson
Mike & Cathy Carr
Endzone Sports & Office Supplies
Teresa & John Badgerow
Kerri Ray
Bud and Anne Cox
Bill and Kathy Williams
Anne Boileau
William and Janis Combs
Jon Terry
Gwen Severt
Honor of Chris Severt
Robert Engelhaupt
Marilyn Duff
Brent Little
Jane and Shane Brady
Coldwell Banker Realty Group One
Janet and Paul Wiig
Memory of Bradley K. Johnston
Paula Grave Adams
Les and Lois Housley
Julie Joyce
Memory of Matthew Moser

Scholarships Immediate Use

Patti & Thomas Yaussi
Duane Murray
Janet Rash
Memory of Dennis M. Hogan
John Bethune
Memory of Judy Bethune
Leon Ricklefs
Stephen & Robin Smith
Memory of David E. Smith
Jerry McCaslin
Ricky Denesik
David Roth
Craig Daberry
Bill & Billie Petersen Class of 1978
Honor of Rev. Charles Curtis
Joan & John Gray
Delbert & Vicki Sempek
Memory of Sr. Helen Spengler, OSM
Doug Sebelius
John & Linda Hughes
Memory of Robert D. Hughes
Mike Japenga

Scholarships William D.

Leipold Fund

Gary & Diann Nicholson
Honor of Nathan Epley
David McMillan
David & Judy Matthews
Honor of Troy Matthews
Greg Wurtenberger
Janie Shelden
Honor of Ella Kogl & Memory of Ron Kogl
Mr. & Mrs. William McQuistan
Thomas Gillespie
Megan O'Connor
Tom Baumann
Memory of Cliff Schoenthaler
Nici Wallis
John & Sheryl Gress
Memory of Nancy Gress-Hall
Steven & Gloria Vieyra
Mel Young
Cyril Lentz
Ada & Johnnie Arford
Ken & Juanita Gregoire
James & Connie Bousquet
Steve & Virginia Rau
Deb Ludeman
Mike Japenga
Carolyn Brown

Facility Improvements

David Coil
Richard Miller

We are so grateful for the Valley Hope Association. You were the 'miracle' that gave us our son back. May God bless you all!
~William D.

Coffee Cup

Volume 44 Edition 1

Editorial Committee:
Megan O'Connor and Joni Hilburn

If your address needs to be updated or if you wish to be removed from the subscription list, please call us at

1-800-654-0486 or e-mail
recovery@valleyhope.org

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

Friends & Alumni News



Renewal Day Calendar

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

	Center	Feb.	March	April	May	Day	Time
ARIZONA	Chandler	17	16	20	18	Friday	8:30am
COLORADO	Parker	17	16	20	18	Friday	8:50am
KANSAS	Atchison	17	16	20	18	Friday	9:00am
	Mission	24	30	27	25	Friday	6:00pm
	Norton	10	9	13	11	Friday	9:00am
	Moundridge	24	30	27	25	Friday	8:30am
MISSOURI	Boonville	10	9	13	11	Friday	8:30am
	St. Louis	22	28	25	23	Wed	5:30pm
NEBRASKA	O'Neill	3	2	6	4	Friday	8:50am
	Omaha	7	6	3	1	Tuesday	6:30pm
OKLAHOMA	Cushing	17	16	20	18	Friday	9:30am
	Oklahoma City	10	6	3	1	Tuesday	6:30pm
TEXAS	Grapevine	24	30	27	25	Friday	8:00am

Alumni and Friends

Visit our website, www.valleyhope.org and click on Alumni and Friends link. Be certain to 'JOIN', so you can receive emails about Renewal Days, special events and participate in the section, "You Asked, Friends in Recovery Answered". You'll also be the first to see the new Coffee Cup newsletter online.

Link to JOIN

<http://www.valleyhope.org/alumni/addiction-recovery-family.aspx>

I wish I was going to be there on Friday. Today is my 5 year birthday. You guys rock and I'm so pleased to have been crazy enough to get to the point of needing you so much. Please pass my message on to (Counselors) Ray and Steve and all the renewal crew. I love you guys. Please don't ever stop your amazing service to all of us.
~ Marilyn B.

Reflections

Growing Roots

The Importance of Home Groups

By Janet Worthy CRADC
Outpatient Program Director,
St. Louis Valley Hope

People new in addiction recovery don't always embrace a Twelve Step program with open arms, clearly evident in the following

words from a newcomer sharing thoughts about attending her first Twelve Step meeting that would later become her designated home group.

To say I hated it would be an understatement! I thought the whole Twelve Step movement was a cult—that the people in that smoke-filled meeting room had their claws sharpened, ready to snatch me into their secret religious society the second I let down my guard! I thought to myself, "I'll never come back here again."

It was a few months and a relapse later when this woman found herself in yet another drug and alcohol rehab center and, later, back in that very same meeting room. Her attitude still left something to be desired, but now she was desperate enough to at least get herself to the meeting. Slogans like "Take the body and the mind will follow" and "Your best thinking got you right here" seemed clichéd and simpleminded to her; she had this to say about them:

I heard those slogans enough times that something finally began to sink into my hard-as-a-rock head. And Lo and Behold! That smoke-filled room eventually became a cornerstone of my recovery.

Most drug and alcohol rehab centers encourage their patients to go to Twelve Step meetings, find a home group, and choose a sponsor to guide them through the steps. All of us working at St. Louis Valley Hope believe strongly in the power of Twelve Step Recovery. We can't help but notice that our patients who participate in Twelve Step Programs have a much higher rate of success staying clean and sober.

For those new to substance abuse treatment and recovery, it is in these rooms holding 12-Step Recovery meetings that we can start to build trust in others and confidence in ourselves. In seeing and listening to the same people sharing their stories, we begin to understand who some of these people are—where they came from and how they got to the place where they are today—and to marvel at their honesty, courage, and generosity of spirit. Inside these rooms is where we begin to take baby steps and learn to walk our own journey in recovery. It is where we begin sharing our own stories and building enough trust to let fall the masks we have been wearing in our using lives. It is where we begin to discover who we really are and how we want to live our own lives.

A home group will provide us with some much-needed
("Reflections" continued)

("Reflections" continued)

accountability. Once we show up at a meeting often enough, the regulars begin to notice the times we don't show up. Some may not be shy about asking us where we've been, either. Some of us may be bothered by their attention, but many of us begin to feel like maybe these 12 Step regulars really care about us. Even the irascible old-timer, gruffly telling a newcomer who has missed a meeting or two, "Thought maybe you'd graduated," sends a message—he has noticed our absence—he cares whether or not we show up. We begin, slowly but surely, to feel a sense of belonging.

Seeing the old-timers show up regularly after ten, fifteen, even thirty or forty-plus years of being clean and sober. . . well,

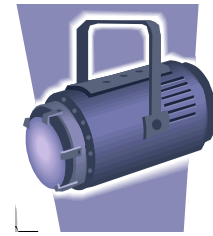
it makes the slogan "Keep Coming Back" a reality as well as an inspiration. Often the old-timers will sit in the same chair, meeting after meeting, and we will begin to notice when one of

these chairs is empty. We may miss the familiarity of just having them there. We may miss their generosity and wisdom. Now and then, they won't make it back. Through a home group, we learn how fragile recovery is and how important it is to keep working a recovery program. We watch our home groups go through the seasons of life—not only the grief and the sorrow but also the joy and the celebration of living life on life's terms.

As our days in recovery grow, so do we. We begin to feel a sense of responsibility to the group—for attending regularly, for answering the call for service work (making coffee, serving as birthday chairperson, becoming group treasurer or representative to a larger body). Our home group is where we learn the basics of recovery—honesty, open-mindedness and willingness. It is where we meet others who care enough to help us celebrate our recovery milestones. It is where our recovery grows the roots we need to unfurl new leaves on our very own tree of life.



Spotlight on the 12 Steps



By: Brad A. Rowe, B.S., LADC
Counselor, O'Neill Valley Hope

Steps 1, 2 and 3

I was asked to write this article for the Spring edition of the *Coffee Cup*. What a perfect issue! Spring is a time of rebirth, new and exciting things! Step 1 is a time for a new and exciting life to begin, just like the green grass, leaves, shrubs and bushes. Crops in the fields are being planted so they can spring up with life.

In order for us to grow in sobriety, we first must make a very important admission, "We were powerless over alcohol, and that our lives had become unmanageable." It does not seem proper to use the phrase, "we must surrender to win!" Well, here we are at a turning point of our lives; complete defeat must be admitted in order for us to grow. In Step One, we are at the critical stage of needing rebuilt. By admitting defeat and that our lives had become unmanageable, then and only then, can we start the rebuilding process.

Once we have admitted we are powerless over alcohol or our addiction, we need to find a way out! Many of us struggled with finding a Higher Power, or even grasping the concept of one. "Came to believe that a power greater than ourselves could restore us to sanity." Step 2 is time to find the help we need to keep us from doing the same things over and over again, expecting a different result. (True insanity if I have ever seen it.)

Here is a question which may not seem relevant to Step 2. How many of you are familiar with the river and what to do if you get caught in a good stiff river current? YES, you don't fight it, you go with the flow. Well, I suggest you use this same suggestion when it comes to finding your Higher

Power. Don't fight it, go with the flow. You will not become exhausted and will be able to accept the help when it comes. A new AA member asked his sponsor how he could grasp the fact that there is a Power greater than himself. The old timer told him, "Here are cash and credit cards. Go and get all the materials and help you need and come back and build me a tree." Of course, the newcomer looked at the old timer and said, "I can't build a tree!" There is proof enough for me that something out there is greater than us.

Now we need to have faith that our newly found Higher Power can indeed help us in our restoration project. "Made a decision to turn our will and our lives over to the care of God as we understood Him." Did you ever notice that the last part of Step 3 is in past tense? Understood Him, when? Back in Step 2! AA is not here to tell the newcomer they must believe in any certain denomination of a Higher Power, we only need to believe that one is there to help us. It has been said that the strongest part of our being is our will. Self-will run riot is a common phrase in recovery. Well, if we turn the strongest part of our being over to a Power greater than ourselves, we have an unbeatable team! This program of recovery is very simple. First we stop drinking or using drugs, second we don't start again. Nothing to it right? All we have to do is change our whole life! By turning our will and our life over to a Power greater than ourselves this process becomes a great deal simpler.

Steps 1, 2 and 3. "I can't, He can, so I'll let Him." Have a great day and remember, "Don't never ever, ever never give up!"



Alumni & Friends Support Groups

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. Upcoming dates: February 17, March 16, April 20, May 18

[View Newsletter](#)

Where: Atchison Valley Hope

Contact: Dave W. Phone: (913) 271-2500

E-mail: swells4@kc.rr.com

Chandler, AZ

Alumni and friends meet in the dining hall of Chandler Valley Hope every Tuesday evening from 7:15 until 9 p.m. It features a speaker and group discussion. Those welcome to attend include Chandler Valley Hope patients, alumni (from both residential and Intensive Outpatient), and anyone else interested in recovery.

Where: Chandler Valley Hope-Dining Hall

Contact: Ray Pena - Phone: (480) 229-5723--E-mail: rpj164@q.com

Ford / Dodge City, KS

Group meets every other month on the 3rd Sunday for breakfast, fellowship and speaker at 9:00 a.m. Upcoming dates: February 19, April 15

Where: Blue Hereford, Ford

Contact: Damon P. - Phone: (620) 514-0421

E-mail: rightygirl@msn.com

Goodland/Colby, KS

Check the website for events and activities.

Contact: Dave H. - Phone: (785) 728-7022

Grapevine, TX

Alumni Group meets at 2:00 p.m. every Wednesday afternoon. Meet us in the Lecture Hall

Where: Grapevine Valley Hope, 2300 William D. Tate Ave, Grapevine TX Contact: Bill - Phone: (972) 263-4789

E-mail: racecarbill@sbcglobal.net

Hays, KS

Group meets once per month for breakfast, fellowship and speaker. Join us Sundays at 9:30 am. We'll order breakfast at 10AM. Upcoming breakfasts: February 19, March 18, April 22, May 20

Where: Professors Steak House, 521 East 11th

Contact: Ron S - Phone: (785) 650-1064

North Platte, NE

Group meets the third Saturday of every month for an evening potluck fellowship and speaker. Upcoming meetings: February 18, March 17, April 21, May 19 Where: Bethel Church in 'the loft', 2700 W. Philip Ave Contact: Lorán P. - Phone: (308) 534-9175

Norton, KS

Alumni group meets every Thursday evening, 7pm to share experiences in recovery. Come early at 6:30 for cookies and coffee.

Where: Norton Valley Hope Dining Hall

Contact: Duane S. - Phone: (785) 675-1966

E-mail: steiny38@hotmail.com

Oklahoma City, OK

Join us every Tuesday evening at 6 p.m. at the for a one hour meeting to renew recovery. Where: 6110 NW 63rd,

Oklahoma City Contact: Brian G - Phone: (405) 315-7916 -

E-mail: brianguzaia@gmail.com

Omaha, NE

Alumni and Friends are welcome to join us as we organize recovery events in Eastern Nebraska.

Contact: Don H. Phone: (402) 290-3945 or Contact: Rick H.

Phone: (402) 709-3202

St. Louis, MO

Alumni group meets on the fourth Wednesday of each month; From 5:30 to 6:45 p.m. We'll have a speaker and refreshments will be served. Upcoming dates: Feb 22, March 28, April 25, May 23

Where: St. Louis Valley Hope -12777 Olive Blvd.

E-mail: bnccleannsober.SLAAG2010@gmail.com

Contact: St. Louis Valley Hope Phone: (314) 514-9220

Tempe, AZ

Wednesdays - Alumni Big Book Study meets every Wednesday, from 4:30 to 5:30pm.

Where: Tempe Valley Hope, Rio Sureno Med Plaza, 2115 E. Southern Ave.

Contact: Donna, Program Director Phone: 480-831-9533

Thursdays - Alumni group meets every Thursday evening at 6 p.m. at Tempe Valley Hope. There is a speaker, questions/answers and open meeting format. It's a great place to meet a sponsor. Open to patients, alumni, family and friends. **Note: 2nd Thursday of each month a POTLUCK at 5PM**

Where: Tempe Valley Hope, Rio Sureno Med Plaza, 2115 E. Southern Ave. Contact: Rick K. - Phone: (480) 232-7587

Contact: Tempe Valley Hope Phone: (480) 831-9533

Tulsa, OK

Every Thursday evening at 6:00 p.m. at the Fellowship Church. Join us for a great one hour meeting. Where: 2900 S. Harvard, Tulsa, OK

Contact: Peter G. Phone: (918) 760-6011

Email: PeterGrant@cox.net

Contact: Lori G. Phone: (918) 510-1713

Email: LoriGrant@cox.net

Wichita, KS

Alumni group meets one Wednesday per month at Wichita Valley Hope (901 W. Douglas), at 6 p.m. After the meetings, we usually go out to eat together. Upcoming dates:

February 22, March 28, April 25, May 23

Where: Wichita Valley Hope, 901 W. Douglas

Contact: Chris S. - Phone: (316) 644-651

Email: chrissevert@yahoo.com

Letters From Home

News From Norton

Larry Black, MS LCAC
Program Director

It's hard to believe it's time for another *Coffee Cup*. Time sure seems to fly the older we get. Since this is the first *Coffee Cup* of the New Year, I would like to spend some time talking about gratitude. In the hustle and bustle of everyday life and in the busy and hectic days at a treatment center, it's easy to lose sight of all we have to be grateful for.

As Bob Speer used to say, God walks these grounds and I'm grateful that God continues to bless us at Norton Valley Hope and that continues to make this a place of healing and heartfelt welcome. I'm grateful to get to come to work every day with such a talented and compassionate group of professionals who have dedicated their lives to helping addicts and alcoholics whether their help comes in the form of providing nursing and medical care, providing clean and comfortable rooms, preparing healthy and delicious food, maintaining the grounds in a safe and pleasant manner, making sure all the right papers get put in all the right places, or counseling our patients through their hurts and challenges. What a blessing.

Our new neighbors from the UR department are settled in to their offices on the 2nd floor. It is good to have them so close for all the million insurance questions we have.

Christmas was a joyous time highlighted by Ray and Trena S. being here for Christmas again. It is always so much fun when they share their music food and fun with us. We also were blessed to have the Living Hope Mennonite Youth come to Norton Valley Hope. This talented group of young people shared their faith in song and brought with them some delicious food and a gift bag for each patient.

In a final note, in December I think we set some sort of record for distance traveled to receive treatment. We admitted a patient from Alaska and another patient from New Jersey into the same patient group. The good news of Valley Hope is

spreading far and wide. Here's hoping 2012 is a year of joy, peace and happiness for you.

Renewal Days



Counselor Matt helps Mark D. celebrate 5 years



Counselor Mickey congratulates Matt D. on 2 years



Counselor Scott helped Laura T. celebrate 2 years

Look for us on Facebook and Twitter

Norton

Facebook [http://www.facebook.com/pages/](http://www.facebook.com/pages/Norton-Valley-Hope/172415012837836)

[Norton-Valley-Hope/172415012837836](http://www.facebook.com/pages/Norton-Valley-Hope/172415012837836)

Twitter <https://twitter.com/1stValleyHope>

Letter From Home

By Counselor, Bobbi Schrodtt,
CADAC, ICADC, LSAT

I've never met anyone who rolled out of bed on a bright, sunshiny day and said, "I think, for a fun adventure, I'll go to alcohol & drug treatment!" I chuckle at the thought! Some of us have come into Valley Hope clawing and kicking, with stories of being stuffed into cars and sat upon by relatives all the way to treatment.

Others had the friendly law breathing down their necks. And then, of course, there are those of us with slings and black eyes from a surprise encounter with the stairs or a fall from bed, or a rap on the head from the toilet seat lid slamming down while we were emptying our breakfast once again. We could say that we came to treatment to get away from our misery!

What we find when we land in treatment is others also recouping from being taken captive by this miserable disease. We soon learn that there is always someone

worse off than we are. We discover that we must ask for help, because even a trip to the store or an AA/NA/CA meeting requires we have peers along for the ride. It's not long before we realize there is really strength in numbers, as well; and that we are much less lonely and miserable when we are helping one another.

We begin to know that there is a being 'Bigger than We' that has given us the courage and the sheer gumption to be His sober people in a socially lubricated society. We learn to determine which of our sober brothers and sisters are committed to their recovery (called 'Winners') and come to the recognition that we deserve to hang out with those who are healthy and sobriety-bound.

And, one day, IT happens! Some professionals call it a "psychic change." Some call it "getting it." I call it "turning from our sickness to embrace recovery." One day we awaken to discover we aren't miserable. We are comfortable. We are eager to see what the day brings. Rather than dwelling upon the urge to drink or use, we are think-

(Continued)

(Chandler "Letters From Home" continued)

ing about an assignment we are working on that we trust may bring us even more relief than the last project!

A final need for us prior to leaving treatment is for us to become protective of our recovery. We cannot take it for granted, or get so well and then coast. We must be vigilant against temptations and triggers, constantly nourishing and guarding our recovery.

We'll have another Renewal Day this week, and there will be alumni back to receive their one-year medallion. Each of them will have a story of how they cherish their recovery. We'll hear warm and joyful tales of their sober-living houses, their AA/NA/CA meeting attendance, Continuing Care Groups and relationships with sponsors. In other words, those that return will "have been willing to go to any length to stay sober."

Look for us on Facebook and Twitter

Chandler/Tempe

Facebook <http://www.facebook.com/pages/Chandler-Tempe-Valley-Hope/114362305333910>
Twitter <https://twitter.com/valleyHopeAZ>

B Letter From Home

Scott Ehrlich, M.Div.

Chaplain, Boonville Valley Hope

O I spend a lot of time in these letters celebrating with you those of our alumni who come back to celebrate a year of sobriety. This time I want to look at the other side of that coin. Within the past couple of months we've had the opportunity to hear from two of our beginners. Tom L. came and celebrated 29 years of sobriety; and Bruce L. [patient #152!] also came and spoke to us. What a joy it was to listen to these men and to hear of their long-term "experience, strength and hope."

N When I first joined A.A. I met a man named Nobel who had, at that time, about 30 years' worth of time in recovery. I think I had about 6 months' time in the program when I walked up to Nobel and said, "Hey, what do I have to do to become an old-timer in this outfit?" Nobel looked at me with a combination of pity and humor and simply said, "Don't drink and don't die." Tom and Bruce reminded me and the rest of the folks here at Valley Hope, that there's a lot more to it than that. Both of those men, with decades of sobriety behind them, still go to meetings, they still work with others and they still "carry the message" of Alcoholics Anonymous to others. So, whether you are in your first month, first year, first decade, or even longer of recovery, the message is still the same: "Keep coming back! It works if you work it!"

I wish you peace,

Look for us on Facebook and Twitter

Boonville/St. Louis

Facebook <http://www.facebook.com/pages/Boonville-St-Louis-Valley-Hope/158766727543010>
Twitter <https://twitter.com/valleyHopeMO>

It's a Strike!

By: Rose Koerber, LSAT

Who doesn't like a good time? I know that in my early recovery I was fearful about the big question "how am I supposed to have fun, now that I am clean and sober?" As counselors, we make suggestions for things to do to stay active, stay out of our heads, keep from getting bored, help others and learn new ways to have fun. I believe in the saying "Give a man a fish and he will eat for a day, Teach a man to fish and he will eat for a lifetime."

Tempe Valley Hope had their first holiday party for patients and staff. Since we are of the spontaneous nature, we put this together on a whim and discovered a wonderful experience. The awesome staff spread the word and cheered on the festivities. We had about thirty people show up and it was a great time fellowshiping, snacking and mastering a new bowling technique. Of course there were a few pros with their own shoes and ball but the rental attire was fitting as well. And a good time was had by all. The latest talk is about starting up a bowling team for the big leagues now, sponsored by our Tempe Valley Hope.

So if you're feeling in the gutter, considering a foul, split decision whether to sit home or have fun, join us for our quarterly social event and have a perfect game! Recovery is what we make it!

Continuing Care

By Hannah Slater, RASAC II
Community Service Clinician

We have a wonderful group of Alumni involved in Continuing Care here at Boonville Valley Hope, and I've had the most amazing time working with them for over two years now. It's been a super awesome experience watching the group grow and change during that time. There is just something indescribably special about young people in recovery, and every week it seems like we have more and more "young'uns" leaving a primary level of care and joining our Continuing Care group. Their relationships reach beyond the scope of Continuing Care; these kids are attending 12 step meetings and functions together, they're room-mates in recovery homes together, and most importantly they're experiencing life without the use of drugs, together.

It is an incredible blessing to watch our patients as whole live and grow in recovery; I'm stoked that I get to play a small part in the big picture of recovery here at Boonville Valley Hope.



Top Left: Band plays for Boonville Christmas party; Right: Family Group Plate Bottom Left: Jeanne and Hannah

O' News From O'Neill

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By Deb Ludemann, BS, LADC
Community Service Clinician

By the time this is in print, hopefully your year has started on a positive note and/or serenity has been enough a part of it to deal with life's stresses. In counting our blessings this year, we are grateful to consistently see so many of our alumni at Renewal Days. O'Neill can seem like a long way from anywhere but for many it becomes the place to be that first Friday of each month, and we appreciate your being here!

Chaplains typically report good attendance of alumni at Chapel services on Renewal Day. We had a report from one alumni last Renewal Day that he refused to attend Chapel services when he was in treatment, but now makes sure to be here for chapel when he returns for visits. Suppose that change in thinking has anything to do with his continued sobriety?!!

Of course, the awesome brunch our cooks prepare for us each month may be one of the reasons for attendance. Not only is the food great, but it's a good chance to visit and catch up on what is going on with each other. We celebrate medallions at 11AM and it is so good to hear from those celebrating birthdays, whether it is one year or a multiple-year sobriety birthday. Medallions given since the last Coffee Cup include Gil A, Dan B, John K, Frank P, Alicia K, Brent K, Ryan B, Julie B, Tyler S, Dan S, Mike K, Clint A, Barrett J, Merri R, Courtney C, Patty M, Steve G, Mike P, Nathan B, Brian L,

Jim M, Jesse M, Kyle A and Mike G. Congratulations to all and thanks for staying in touch with us.

Looking ahead to some activities this year..... BIKERS AND GOLFERS NOTE: Annual Motorcycle Ride is the first Saturday in June. Save the date June 2, 2012. Chaplain James told me I could bring my 4-wheeler on this, but I think I will stick with flinging biscuits at breakfast. We've had fun with this event in the past and hope to have this annual event grow each year. The day will include breakfast at Valley Hope, the ride, which lasted about 4-5 hours in past years, then supper and a speaker back at Valley Hope. Call O'Neill Valley Hope or Mike H, 308 384-2828, with questions and to register.

Our reunion the last weekend in August will include a golf tournament on Sunday, August 26th following our reunion, Saturday the 25th. It sounds like we have several teams signed up so please let us know ASAP if you can be a part of this event. You can enter a team, or as an individual and we will get you into a team. Remember you do not have to be alumni to golf in this tournament.

That's all for this edition. Come see us, either for scheduled events, or simply to stop and say "hi". We love seeing you. Blessings!

Look for us on Facebook and Twitter

Omaha/O'Neill

Facebook [http://www.facebook.com/pages/](http://www.facebook.com/pages/O'Neill-Omaha-Valley-Hope/232561003463363)

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M A Letter from Home

By Lorna Rae Steinert, BS, LAC
Counselor, Moundridge

The rising numbers in the patient group; tells me addicts are not using successfully and the pain continues to climb. I have been in recovery for a few 24's and I have yet to witness any addict seeking recovery report any beneficial usage. I chuckle, when I try picturing addicts skipping, singing and dancing up the front walk to enter Valley Hope's front door to start their new life in recovery; without drugs and alcohol. Can you picture it? I would love to see such a sight. Wouldn't you?

I shared my vision in one of the lectures I was presenting and later received this message of hope that was written by one of the patients.

I came to Valley Hope without hope, or if I did have a little, it was but a shoestring of it. I was high on meth, buzzing from alcohol, and completely terrified. I didn't know if I needed to be here, but I knew I'd die if I remained out there.

Sitting at the desk, all gone in the head I was imagining all the bad things I'd be told by the nurses for coming in high. Surprisingly though, they were very nice and it kind of seemed like they pitied me for it. Like they thought I was better than that. This was the first of many surprises I'd come to encounter here.

As I watched the counselor who held my first lecture; she had a take-no-shit look to her, but as soon as she started talking I was interested. She was smiling and laughing, joking and jesting. I wanted "what" she had found in recovery, and I especially wanted "what" she was saying that most intrigued me. She had been through the same things I had, and maybe worse. I thought if she could do it; maybe I could too.

Since then I've done my best to attend every lecture and 12-step meeting. I've come from feeling hopeless and worthless to a new, beautiful sober place in

my life. I now realize I'm worth more than words can express, and that fills me with hope for my new life. (By Micky O.)

HOPE

*I once was lost, and hooked on dope
My head would hang; I'd sulk and mope
I met some folks and dropped my tears
And told the pain I'd felt for years
My God showed up when I called on him
And forgave me with one huge grin
He filled my heart with great conviction
And lifted me of every affliction
I'm still an addict, sobriety I grope
And owe new life to Valley Hope
~ Micky O.*

Although I have not witnessed addicts actually skipping, singing and dancing up the front walk to start their new life at Valley Hope; which would be a glorious sight to see, however I know there is a larger power at hand that goes much deeper than any song or dance could ever compete. The amazing sight I have witnessed many times over while working at Valley Hope is the Divine intervention that occurs; when an addict receives the ultimate gift of recovery.

Announcement

Moundridge Valley Hope's Renewal Day will continue to be the last Friday of every month, which includes the holiday months; November and December.

Look for us on Facebook and Twitter

Moundridge/Wichita

Facebook [http://www.facebook.com/pages/](http://www.facebook.com/pages/Moundridge-Wichita-Valley-Hope/154174561338054)

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Twitter <https://twitter.com/valleyHopeMou>

CUSHING Greetings From Cushing

Tami Anderson, BA, ICADC,
Community Relations Clinician

“Welcome” to the new staff members: Pam Music, business office; Lindsey Bell, housekeeping; David Fried, Jane Wright, both counselors at Cushing; Heather Johnson, Cushing’s new counselor trainee; Debra Knight, business office at OKC; Bill Anderson our new AC/ESS counselor, OKC Valley Hope. Valley Hope has been blessed once again to have these ladies and gentlemen on board with our already amazing staff.

The expansion at Cushing is complete and what a beautiful addition!! Come see us and check out the new building!!

Renewal day at Cushing is every third Friday of the month. We also have alumni meetings each Tuesday night at 6pm at our OKC office. We love you alumni, families and friends and hope to see you soon.

And just a little note about the Alumni Christmas Party Dec. 16th... one of our best ever!! It seems like each year it just gets better and better. We had a wonderful speaker, Jason C. who shared his experience,

strength and hope. Thank you Jason! We wish you well on your continued journey in recovery, one day at a time!!

We also had a very special visit by a young man named Zak Yocham, and his mother Alisha. Zak’s Mission has truly touched and inspired so many people. Zak recently lost his father to the disease of addiction, and he has made it his mission to share his story, in hopes that no other child has to lose a parent to the disease of addiction. He has a very exciting project under way which will raise money to help pay for treatment at Cushing Valley Hope. For more information check out his website: www.boysmission72chevytruck.com.



Tom Baumann, first ride in the new elevator



Construction of a great room

In Memory of Krista Holloway

By: Shelly Parkman, MS, LPC, LADC
Assistant Program Director

On Christmas Eve, we learned of the tragic death of Krista Holloway who died on the evening of December 23, 2011. Krista was in Tulsa on a date night with her significant other, when they were involved in a rear end collision. As the police were dealing with the accident, Krista crossed the street and was struck by another vehicle. The hit and run suspect was chased by police and arrested.



Krista Holloway

Krista left behind three wonderful sons whom she loved beyond measure, Anthony, Christopher, and Collin. Krista had at one time been employed at our center and continued to be remembered as a truly loving and caring person. I first met her in our nursing department where she always welcomed you with a smile and willingness to help. She always went the extra mile to advocate for patients in whatever capacity she worked.

Outside of work, Krista was just as kind and caring. She had a servant’s spirit for anyone in need. When my daughter was in a burn accident and came home from the burn unit she required daily care to dress and clean the burns. Krista came to our home daily and would literally climb in the shower with my daughter to soak off the bandages, peel away the skin, and redress her wounds. When the time came for my daughter to try to venture outside of the house, because of the embarrassment of people looking at her, it was Krista who took her for her first ride to town.

She continued to touch lives even after leaving Valley Hope as she continued to pursue her education and training in the field of nursing. Krista will be missed by many. I would like to share one of Krista’s favorite quotes – “Not all things faced can be changed, but nothing can be changed unless it is faced.”

In Memory of Bob Strader

By: Randall Lea
Maintenance Supervisor

Bob Strader started working here May 20,1990. He told me he was surprised he got the job because Al Roberts didn’t seem to like him during the interview. Bob didn’t just maintain this treatment center but he helped make improvements to it. I know over the last few years most people didn’t see much of Bob because he did most of his work over at the garage. There isn’t anything around here Bob didn’t have a hand in at one time or another. Bob hired me in 1993. I didn’t know anything. Over 12 years he taught me everything there is to know about this place. Bob had a sense of humor. He told me more jokes and stories than I can even remember. I know to most people that he seemed gruff but that was just a front. He wanted everyone to think he was a grumpy old man but he loved Valley Hope and everyone here. Ever since I met Bob he talked about retiring. That’s all it was, was talk. He had throat cancer and had to have radiation treatments for 12 weeks (if I remember right), but he came to work in the mornings and traveled to Tulsa in the afternoons. After he stepped down as maintenance supervisor, he still came to work rather than stay at home. I’ve lost a true friend today and a man that made me part of who I am.



Bob Strader

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Cushing/Oklahoma City

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Twitter <https://twitter.com/ValleyHopeOK>

(Cushing continued)

This was a hot seat assignment for patient Dillon Mc. recently--he wrote the lyrics to go with the beat of the song *We Will rock You* by Queen

Brother you're a blind man, lush and high man
Why don't you clean up your act someday
You got tracks in your veins that's might insane
Drunk in the bar won't get you far
We will, we will reach you

Will you realize your life is a lie
and no one by God can hear your cries
You got failure in your face, you're a disgrace
Stumbled your way into this place
We will, we will teach you

Brother do you see it, feel it, need it
All we want from you is just to quit
You got time on your side, it's fight or flight
Show it to the world your awesome might
We are, we are sober

P News From Parker

By: Denice

Fratantuono-Picone

A Happy New Year! With 2011 behind us, it is time to focus on a new year (and remember to put 2012 on releases and such instead of 2011!)

R Renewal Days remain a bustle of activity and are each so special as new alumni trickle in, in addition to our trusted and true long term members. We

E have a couple of special alumni who faithfully come every single Renewal Day. This past month (December) we were pleased to see several one year alumni members, Robert (Beau) W., Holly C., Ray S., and Mark Z. Joseph H. celebrated his second year. Terry C., three years, Angela A. four years and Greg M. a whopping five years! Congratulations to all of our alumni, past and present and thank you for showing up and being the continued inspiration you are to the new patients.

R Renewal Days are also a special day for all staff members, as it re-inspires and renews our faith in this program. We see the struggles and setbacks of many new patients on a regular basis as well, and our hearts are with those who are in the current growing and learning process of recovery. This only makes it all the happier of an occasion to see the faces of those who struggled before them and "got it" and are living happy, clean and sober lives.

Two of our special alumni members, Angela A. and Tanya C. deserve a shout out as they both continue to consistently reach out and give back. Angela A. readily accepts sponsorship requests and is a very active AA member. Tanya C. gives back with her very

strong sense of spirituality on a regular basis. Her faith, determination and connection with her higher power are a gift to all who know her. Giving back is such an important component of the recovery process and we appreciate the continued support and helping hand that so many of our alumni offer.

Wishing you all a happy and prosperous 2012 from Parker Valley Hope!

Denver/Parker

Facebook <http://www.facebook.com/pages/Parker-Denver>

Valley-Hope/244556852252093

Twitter <https://twitter.com/valleyHopeCO>

Story of Recovery

By: Doug L.

I was in a very bad, dark place, drinking heavily and had lost my job, my family, everything that mattered to me. I had nothing left. Then one day a friend came over and asked how I was doing. I told him I was not good. "Let's get you back into rehab. Now." That was the moment my life changed. And it was my second go-around. You can still get back on track after a relapse. I've been sober for 373 days now.

I knew that it was either go to treatment again, or die. My daughter worried about me so much. It got to the point where I had no friends, no job, and I nearly missed out on having the amazing relationship with my little grandson who means the world to me.

My counselor Bo, at Parker Valley Hope, was so helpful to me. She made a huge difference in my life. I went from Parker Valley Hope into Sober Living.

Within a month and a half I had a great job. Eight days later I got an even better job. Six months from then I got a promotion. Since being sober I've received blessing after blessing. I am now attending college in Fort Collins to become a certified addiction counselor. When I was drinking I got myself into a lot of debt, which I am working on taking care of. I will also make financial amends with Valley Hope, as it's the right thing to do, and I owe them my life.

I'm so fortunate my family stuck it out and stood by me. My grandson was named after me. He calls me "Bumpa". I'm so happy to be here and be sober for my kids and my grandson. The difference in today and 373 days ago are amazing. Night and day. Now I have a blessed life. Parker Valley Hope saved my life and it will always have a very special place in my heart.

News

Did You

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

GRAPEVINE

Look for us on Facebook and Twitter

Grapevine

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Twitter <https://twitter.com/ValleyHopeGrap>

A TCHISON Letter From Home

Amy Welker, MS, LPC, LCAC
Assistant Program Director

I've been a substance abuse counselor for seven years and a person in recovery for nineteen. For years, I would hear about a place called Valley Hope. I knew that the people that went there stood a better chance at a life in recovery. I heard stories from former patients and their families about how Valley Hope saved their lives. I wished that someday, I would get to go there and see what it was that they had that made it somehow so special.

In May of 2010, I put in an application online. Where I was working was "Restructuring" and there was talk of closing the department. I got a call from Jack Selberg and came for an interview. Upon entering the facility, I was immediately struck by the kindness and love I saw everywhere. Patients were hugging each other; counselors were hugging patients, both of which were completely unheard of everywhere I had ever worked. I was in awe of the sense of peace I felt touring the facility. People were laughing and crying. There was a strong sense of unity. Jack had told me that Valley Hope operated on the principles of trust and respect. This was COMPLETELY different then everywhere I had worked. He told me there were no, "Cops and Robbers" at Valley Hope. I was completely enamored and uprooted my family to move to Atchison.

My first day of work was a Renewal day. I was instantly taken with the staff as I heard them talk about the patients with such care. I watched them stand arm and arm with patients and families at cup hangings. I cried tears of joy and hope listening to lectures (which totally blew my trying to be the 'cool new girl' exterior by the way). I watched the Alumni embrace the patients and share their recovery.

A C / E S S St. Louis Area Alumni Group Wants You!

By Janet Worthy CRADC
Outpatient Program Director

Valley Hope Alumni Groups and Renewal Days are a highlight for many of us in the Valley Hope family. It's an opportunity for those with a common history of treatment at Valley Hope to catch up with those they knew in residential, intensive outpatient, or continuing care. It's an opportunity to make new connections, as well, with clean and sober people who understand so well what it's like to live a life in recovery.

The fourth Wednesday of every month from 5:30 to 7:00 p.m. is always a special time for us at St. Louis Valley Hope. Each month, we start the evening off with some fellowship and hors d'oeuvres or desserts brought in by staff members and sometimes alumni, too. St. Louis Area Alumni Group members graciously give of themselves to speak to the Alumni group, sharing their personal stories of experience, strength, and hope. As each person walks the road of recovery, it's great to feel a part of the larger landscape. Alumni Groups and Renewal Days help all of us understand that it's not the destination, it's the journey. How wonderful to know that although we alone may take the steps in our recovery, we aren't alone in our journey.

Dana Gardner, one of the counselors at St. Louis Valley Hope, sums it up perfectly when she says, "Alumni groups and Renewal

I witnessed birthday's celebrations with one year miracles to thirty years sober. The counselor's had the biggest smiles I had ever seen celebrating with these families as a foundation of success was being displayed.

I went home after my first day fairly speechless. I couldn't believe that I was privileged enough to be a part of such an amazing team. From the office staff, to the nurses, to the ladies in the cafeteria, housekeeping, maintenance and counselors, everyone was involved in helping the patients find their way into recovery. The atmosphere of caring blew me away. My husband asked me how my first day was and I told him, "After what I saw today, I

Renewal Days

By: Amy Welker

Patients enjoyed making Christmas cookies



Brad S. shows off his Christmas cookies



Sue W. and John M. delivering Christmas gifts to pa-

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Atchison/Mission

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Twitter <https://twitter.com/valleyHopeAtc>

Days are one of my favorite aspects of working at Valley Hope. It's so great seeing former patients coming together to celebrate their recovery and share hope with current patients. It's the feeling that you have at a big family reunion :) It's important for people in recovery to have a network of support, and connecting with others through Alumni group is a great way to start that process."

Matt Black, our newest counselor in St. Louis, also appreciates the alumni group experience. "The Alumni group offers those both new and experienced in recovery the opportunity to learn from one another. It's a great way to add new faces and new experiences to your sober social support network." Kimberly Monroe, another counselor, enjoys the camaraderie she senses when Valley Hope alumni come together each month. Our chaplain, Charlsi Lewis, says that she loves hearing how different people "live the steps." So many positive things happen in Alumni group.

Our administrative staff sees this positive dynamic, too. Nan Boone enjoys seeing the alumni who come back to visit. "It's great to see how well they are doing in their recovery," she added. Nichol McGill puts it like this: "I have only been here for a couple of Alumni Groups, but it's nice to see how many people come back to celebrate their recovery. It's nice to see the bonds they have formed with the counselors and with each other."

As you can see, all of the staff members at St. Louis Valley Hope appreciate our alumni—please give us a call at (314) 514-

9220 or stop by and visit. Also, maybe you can help us out: we would love to receive copies of fliers and information about recovery activities in Missouri and the St. Louis area—campouts, potlucks, round robins, float trips, speaker events, 12 Step Conferences—let us know about recovery activities and we'll add them to a book we keep at Valley Hope. We like to be able to pull it out

Love and Tolerance

By: Lisa P. AA, LAC, AC/ESS Counselor, Atchison

Love and tolerance is the creed of Alcoholic Anonymous and I am so grateful that it is. The first time I came into the program of AA, I did not want to be there. I was in the Navy and my commanding officer called me into his office, after a liquid lunch. He said "You have a drinking problem." I said, "No sir, you are my problem drinking is my solution". He was rather unimpressed with that answer and he sent me to AA. He did not tell me I had to go sober, just that I had to go. Well I know that there were a few times I was definitely under the influence. I am not sure how many because I lived in a blackout most of the time. I do know that I tried to get those people to kick me out.

There are no stable tables in the program of Alcoholics Anonymous, and there is always one person that pours coffee all the way up to the very brim of the coffee cup. (I think it is to see who is still detoxing). When they did that, I would bump the table, coffee all over the place. You know what they told me? Keep coming back! I couldn't believe it. I had been kicked out of a lot

You Asked...

Friends In Recovery Answered

Question: What are the important pieces of the puzzle in your recovery life?

AA Big Book tells me to find & continue to develop a relationship with a power greater than myself or perish! ~Mark K.

Gratitude - My favorite prayer is, "God, thank you for what you've given me; thank you for what you've taken from me; and thank you for what you've left me with." Working the Twelve Steps, communicating with my sponsor and meeting attendance are the important pieces. ~BZH

I questioned some of the teachings at CVH, such as having to get up and publicly speak to my fellow addicts about my personal life. At the time I thought, "Why are they putting us through this?" I soon found out why! It prepared me for my sobriety outside of CVH and enabled me to go to my AA meetings and "publicly speak" without hesitation and to share my story perhaps helping another alcoholic. It taught me to trust the people around me and to be more humble because I realized that we all have a story to tell. Another "sober skill" I use in my recovery puzzle is recognizing and listening to my "triggers" and avoiding them and/or getting some support from a trusted person who values my sobriety. That helped me through the holidays without a drink; because of that life lesson I learned at CVH, I have 11 months sober! Grateful Alcoholic ~Michele A.

Self-awareness; paying attention to the feelings and cues that cause triggers, and having a plan on what to do when they happen in order to keep me safe. We are always going to have triggers, but knowing how to handle them is key. ~Amy A.

Recovery isn't like a 1,000 piece puzzle...overwhelming and frustrating; it's like a children's ABC puzzle. It is bright, colorful and

whenever we hear someone new to recovery say "There's nothing to do anymore" or "I'm not having any fun sober."

We hope you'll stay connected to St. Louis Valley Hope. The bigger the family, the better, we say, so please join us for our next "family reunion" (also known as Alumni Group) on the fourth Wednesday at 5:30.

of bars, and certainly a lot of restaurants, after I had been in those bars. But, these people would not kick me out. I finally made it to a meeting when I was not drinking. I did not work the program but I hung out with them. They put up with me even though no one else would. Since I wasn't really working a program I wasn't getting any better mentally or spiritually. You sober up a horse thief, you still have a horse thief. You sober up me, you still have me. I would use another word for me but I can't put it into print.

If love and tolerance were not in those meetings, I know I would not be here today. I still had to go back out and try it. It forced me to work the steps. As I continue this journey, until the day I die, I will be working the steps. I know when I am not working my program, I can feel myself slipping back into the old unloving and intolerant person that I used to be. I don't ever want to go back there again. So if you see me (as we trudge this road to happy destiny,) and I am not loving and tolerant anymore, Kick me and get me back where I need to be.

once you accept where the pieces go, it's easy. A=Alcoholics Anonymous; F=Friends & Family; G=God; H=Honesty; K=Keeping it Simple; L=Laughter; P=Passion for life; S=Sponsor; T=Trust.

~Shelley S.

The first piece of the puzzle is continuing care. You (with a counselor) can work out the pieces with other people fresh out of Valley Hope. ~Ike S.

The Twelve Steps are a way of life that brings clarity and simplifies every relationship in my life. I read a morning meditation every day. I believe in keeping a positive outlook on life. Life is not always positive, but I can now find something positive in every situation that may arise, because I practice it daily.

~Terri T. 5 years on January 11th! Whoo Hoo!

The most important pieces in the recovery puzzle for me are my relationship with my Higher Power and attendance/involvement at many AA meetings. These things are invaluable to my sobriety and emotional stability. In March it will be 14 years since I reluctantly entered Chandler Valley Hope, and I can thankfully say that winding up there was the greatest thing that ever happened to me. It hasn't been all roses all the time by any means, but with God and the 12 Steps, I know that I never have to drink or take drugs again unless I choose to. Today I choose sobriety. Thank you Valley Hope! ~Bart W.

The most important pieces to my recovery are to use Steps 1, 2, & 3 (I can't, He can and I'll let Him) daily as well as HOW (Honesty, Open mindedness and Willingness). Recovery has taught me how to live life on life terms, both inside and outside the walls of AA. ~Dee O. (32 years)

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KANSAS:

Residential – Atchison (913) 367-1618

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Residential – O’Neill (402) 336-3747

Outpatient – Omaha (402) 991-8824

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Residential – Cushing (918) 225-1736

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