VALENCY HOPE LEADERSHIP TRANSITION

A message from Dr. Ken Gregoire -
As your outgoing CEO I am very pleased to announce that Pat George, Kansas Secretary of Commerce, will be Valley Hope’s new President/Chief Executive Officer. I have immeasurable confidence in and respect for Pat and the leadership team he is putting together. The wonderful treatment Valley Hope provides will continue on in very capable hands. How grateful I am for the career I have been given. I leave behind a great many competent and deeply caring colleagues. Our treatment is very difficult to provide day in and day out but at its core it is not complex as its key healing elements are love and a deep abiding spirituality. I cannot imagine that there are a group of employees anywhere who are more loving and spiritual than ours.

A message from Pat George -
I am humbled to be entrusted by the board to lead this great organization. To be part of an organization whose mission is helping people is a dream come true. I especially want to acknowledge the great work of Ken Gregoire, who has not only been a great leader but more importantly a great friend to me and so many. Ken is truly a ‘class act’. Also retiring is Senior Vice President/Chief Operating Officer Dr. John Leipold to whom we are very grateful for 23 years of dedicated service to the Valley Hope Association. I am proud to have this opportunity to announce our new leadership team members including current Clinical Services Director Juanita Gregoire who replaces John as Vice-President/COO and Dr. Patrick Hall new Vice-President of Clinical Services. Jolene Nichols has been named acting CEO of Valley Hope Technology. I look forward to the opportunities ahead.

INTERVIEW WITH NEW VALLEY HOPE PRESIDENT/CEO PAT GEORGE
By Megan O’Connor, LAC BS, Director of Development

MEGAN: Please share with our readers about your family and any of your special interests or hobbies.

PAT: I was born and raised in Dodge City, Kansas; my folks came to Dodge City in 1948. I graduated from Benedictine College in Atchison Kansas and drove by the entrance to Atchison Valley Hope many times during my college years. I returned to Dodge City after college to work in the auto dealership with my father and was elected to the State of Kansas Legislature and appointed Kansas Secretary of Commerce 5 years ago. I have been married to my wife Lori for 21 years and we’re blessed with 3 great kids. We have 19-year old twins, Thomas and Anna and 16 year old Maris. I love to fish, hunt and try to exercise daily to keep my mind sharp and stay healthy.

MEGAN: Tell us about your connection to Valley Hope.

PAT: My father was patient #84 in Norton in 1967 and our family was forever changed by his treatment experience. My father served on the Valley Hope Association Board of Directors for several years in the mid-1980’s. Fast forward: I was a patient at Norton in 1991 and again at Chandler Valley Hope. I credit Valley Hope for saving my life. After 10 years of sobriety in 2002, I was asked to serve on the Valley Hope Association Board of Directors and served passionately for 14 years. I have been involved in hundreds of interventions and helped hundreds of individuals and families because of my involvement and love for Valley Hope.

MEGAN: Why do you want to work in the field of addiction?

PAT: I am humbled and honored to be a part of this tremendously wonderful organization that treats every patient with dignity and respect. I haven’t been on the job long but I’m feeling fulfilled and credit my Higher Power Jesus Christ for my wonderful career. I’ve had a great career in the auto industry, business development, state government and now I’m blessed to be a part of Valley Hope.

MEGAN: Tell us about your work experience related to addiction.

PAT: I’ve been involved in a number of treatment/recovery focused organizations, including my seat on the nationally recognized Blue Print for States Policy Panel, sponsored by Join Together, an organization dedicated to advancing effective alcohol and drug policy, prevention and treatment. The seven member panel, led by former Massachusetts Governor Michael Dukakis, determines which state organizational and financial structures most effectively support policies to prevent and treat substance-use problems and recommends the most effective ways states can help the largest number of people get the help they so desperately need. On the state level, I’ve provided testimony before the Senate Judiciary Committee supporting the idea of “treatment instead of incarceration” in substance abuse crimes.

MEGAN: What was it like working directly with the governor as Kansas State Secretary of Commerce and did you enjoy the experience?

PAT: I enjoyed every day. It was inspiring to work with a man (Governor Sam Brownback) where we started each
INTERVIEW WITH NEW VALLEY HOPE PRESIDENT/CEO PAT GEORGE CONTINUES

each day with a prayer. We are similar in age and our kids are too, so we shared a lot of joyful and challenging moments. I was free to share openly about my addiction and when he came across a family who needed help, he would call me. It was a wonderful experience and I’m grateful for all of it. I’m amazed I was allowed and belonged! That’s a testament to how recovery and the Lord works. I’ve been given a tremendous second chance.

MEGAN: Leading us into the future, are there challenges or opportunities keeping you awake at night?
PAT: Nothing’s keeping me awake. I’m excited about the future. Valley Hope has a great reputation and has helped hundreds of thousands. The healthcare industry and behavioral and mental health future is uncertain and I’m sure there will be winners and losers in the field of chemical dependency treatment. This is all very exciting to me and I look forward to it. I believe we are poised to continue as winners. All it will take is open-mindedness, and willingness. We are a big organization and yet there is a path for us to grow. There is also a Guiding Force and we will continue to treat people with dignity and respect.

Interviewers Note: In the next issue Pat promises to share his spiritual experience in the chapel. Don’t miss it.

JUANITA GREGOIRE
VHA’S NEW VICE PRESIDENT/CHIEF OPERATING OFFICER

Juanita Gregoire is a driven, hard-working individual who has devoted her career to helping our patients.

She began her journey with Valley Hope as a counselor at Atchison Valley Hope in 1979 and soon after was named Program Director for newly opened Boonville Valley Hope. Juanita thrived in her new role and was loved by patients and staff alike.

VHA executive leadership continued to recognize her remarkable talent, balancing leadership and compassion – something we still witness on a daily basis, and in 1996 she was promoted again and moved to the home office in Norton, Kansas to oversee the organization’s accreditation, patient confidentiality and policy making. That position evolved into her role as Valley Hope’s Corporate Clinical Director, overseeing the regional clinical supervisory staff, medical staff, guiding Program Directors and supporting the facilities so they can continue to focus on what they do best–helping our patients.

She began her new position as Vice-President/Chief Operating Officer of Valley Hope on July 1, 2015. We are all grateful she didn’t retire with her husband Dr. Ken Gregoire. We are honored to have her expertise and leadership in the co-pilot seat for the organization. Juanita is known for her energy and joyful spirit. She is kind, truthful and intelligent. She has a memory worth mentioning. She can tell a story, recite song lyrics, remember movie quotes and recite a lengthy poem like nobody’s business. She draws people in, creates an atmosphere of kindness, compassion and respect and gets things done.

Her energy beyond work is admirable to say the least. She’s an avid golfer, runner and artist and loves spending time with her husband, family and two active German Shepherds: Izzy and Easy. She is a great friend to many and a most deserving individual of this new responsibility.

Congrats and Best Wishes Juanita!

DR. PATRICK HALL
VHA’S NEW VICE PRESIDENT CLINICAL SERVICES

We are honored to introduce Dr. Patrick Hall as Valley Hope’s new Vice-President of Clinical Services. Patrick has been a part of the corporate clinical team since joining the Valley Hope family in 2013. He obtained his Masters of Divinity from Asbury Seminary in 1999 and obtained his Doctorate in Clinical Psychology from Wheaton College in Illinois. Patrick has been married to his lovely wife Jill for nearly 18 years and they have two great kids, Connor age 14 and Catherine age 11. He loves spending time with his family, watching good movies, running and hiking. He is smart, kind and a grand addition to the Valley Hope Association leadership team.

We congratulate and wish Patrick all the best in his new position.
Hello again Ladies: You are still doing a bang-up-job with the Coffee-Cup newsletter. In the old ones there were few stories from those of us that have been clean and sober for a time. Now you seem to have opened the gates (so to speak) to many old-timers in that, we can relate our lives victories, without being the only ones to do so. I appreciate the opportunity to participate in this endeavor, but at this time I am speechless. Thank you Kent F.

We look forward to receiving every issue of the Coffee Cup. It gives us good memories of the people that we have met at Grapevine Valley Hope. We read about the successes of the program and pray for those who have lost their battles with addictions.

Debbie & Marty G.

Coffee Cup is very informative, colorful and useful. Please continue the great work.

Fred M.

It’s perfect as is. Keep on keeping on.

Jim D.

Thanks for sending the Coffee Cup quarterly. Give my love and greetings to all at Valley Hope! Spending 26 years at VH was one of the best things I ever did. Love & Peace, Sister Alma (retired Chaplain O’Neill Valley Hope

I absolutely love what you have done to the Coffee Cup over the last year or so. The new look and feel is first class. Please keep up the work and spreading the news.

Steve H.
Dr. Ken Gregoire is retiring after more than 38 years with Valley Hope. Ken came to Valley Hope in 1977 after completing his PhD in Clinical Psychology at the University of Nebraska. His first position was as Program Director at Norton Valley Hope. Ken then went on to serve as the Program Director at Parker Valley Hope in 1988 before returning to Norton in 1991 to serve as Vice President for Clinical Operations. In 2004 Ken was appointed CEO of Valley Hope Association.

Like electrons and protons make up the atoms of matter, for many of us, work and love are the elements that provide meaning, satisfaction and joy in our lives. Successful service organizations are led by hard working individuals like Ken who love both what they do and the people they serve. This is not to mention lots of Ken’s other qualities like integrity, kindness, compassion for the suffering of others, respect for all human beings, including those who are difficult to respect and perhaps most significantly, a belief in the ability of every breathing person to do the next right thing.

Hope is in the name of our organization and is also in the soul of each of our more than 700 employees who suit up and show up each work day dedicated to help suffering addicts find recovery. Every Valley Hope employee, regardless of their job title understands that their work is to help addicts. They know this because Ken has relentlessly instilled this message from his highest level of management on each of his 76,000 hours of work at Valley Hope.

Ken recognizes that just as many forces in nature cause matter to deteriorate, to change and to reorganize itself, so too forces around institutions compel them to constantly change, for good or for ill. The core of the atoms doesn’t change, but rather the way the atoms combine with other atoms changes to create new forms of matter. In nature this happens both with and without human intervention. In institutions the combinations and connections are orchestrated by the leaders who make decisions about how to organize the material resources of personnel and money and real estate for a purpose.

Ken has been as steady as gravity in his leadership roles with Valley Hope. Over his 38 year tenure with Valley Hope there have been countless changes, both internal and external that has impacted our organization and our way of providing care to addicts. At each point of change, Ken has found a way to adapt without compromising on our promise to provide respectful and loving care to our patients. Ken is recognized both within Valley Hope and also in the larger field of treatment providers as being especially thoughtful in his decision making. Throughout his career Ken’s decisions have been noted for the kindness with which they are made. He has been counted on to find the most humane course of action in any situation.

Dr. Gregoire remains well respected throughout the field of addiction treatment. He has represented the industry on both local and national levels serving as a board member and most recently chairman for the National Association of Addiction Treatment Providers (NAATP). He is also the recipient of a Lifetime Achievement Award presented by First Call Alcohol/Drug Prevention and Recovery.

And yes, in addition to electrons and protons, complete atoms have neutrons. So too, a full life includes play. Ken is an avid golfer who is darned competitive. He is even competitive with golfers who are much younger, including me. Ken also enjoys gardening and landscaping, reading and sharing the company of his many friends, family members and two German Shepherds. Ken will continue with Valley Hope in a consulting role but will be less duty bound and free to spend more time in retirement to pursue his personal interests after a career of looking after the interests of others.
DR. JOHN LEIPOLD RETIRES
BY DAVE KETTER, CLINICAL SUPERVISOR

John came to Valley Hope in 1992 after studying information technology and computer programming and earning a doctorate degree in Business Administration. John’s subsequent work enhancing and developing our organizational infrastructure has been vital to our ability to accomplish our mission of helping suffering addicts.

Valley Hope’s success in helping addicts during our first 24 years had led to considerable expansion. When John arrived, this expansion to a multi-facility, multi-state organization created a need for more sophisticated systems in accounting, personnel management, and other business practices. John’s training in business positioned him to help Valley Hope create the systems needed to allow us to accommodate the requirements of a large organization.

John’s passion for computer programming was a guiding force that led Valley Hope into the computer age. He was instrumental in developing the software and acquiring the technological hardware needed to move Valley Hope forward. John’s leadership and computer savvy allowed Valley Hope to be among the first addiction treatment centers to implement electronic patient records. The software John’s IT team developed is being used by many other treatment programs around the country.

As Chief Operating Officer for an organization located in an isolated town in western Kansas, John had to overcome a fear of flying. John’s way of addressing this fear captures the kind of person he is. He educated himself about the physics of flight and how airplanes are able to overcome the unrelenting force of gravity. He not only overcame his fear but completed training to become a private pilot. Flying is now not only a means to get somewhere for John but the source of great pleasure. This is the way John meets challenges.

John has wide ranging personal interests, including flying, cooking, enhancing his model train layout and attending live ballet performances with his wife Donna. These interests and activities afford a high level of fulfilling intellectual stimulation. John no doubt will apply himself to these pursuits with the same enthusiasm and focus of attention that he has been known for in his professional life.

LEAVE THE PORCH LIGHT ON - DR. PATRICK HALL, VICE-PRESIDENT CLINICAL SERVICES

One of my favorite places on earth is the front porch. As a child, a much beloved front porch space was at my grandmother’s house in western Kentucky. Many evenings we would go out on her porch and just sit. It was strange for a boy of my endless energy to enjoy the stillness so much. It was never long before neighbors would come join us over a glass of ice tea or lemonade. There was always good conversation with friends and family -- everyone was welcome. As the sun went down we were often treated to a show of fireflies blinking like Christmas lights against the backdrop of a summer evening. It was truly a slice of heaven.

There is something about a front porch that appeals to us isn’t there? Front porches are open and sociable, a part of the house that belonged to everyone and no one, a place for family and friends to pass the time.

So what does a front porch have to do with addiction and family? Donna Schwartz, a Valley Hope colleague of mine, has likened addiction in the family to a tornado where family members can get sucked in to cycle of wreckage and chaos. Even during recovery, these entrenched family dynamics and patterns are difficult to change. Family counseling is vital to help disrupt these patterns and to establish healthier ones. However, individuals and families in recovery need even more. They need places outside the home that can provide perspective and a sense of connectedness.

Sociological research has shown that our emotional health is significantly influenced by what has been called “third spaces,” or what I have termed front porch spaces. A third space sits somewhere between where we work (“first space”) and where we live (“second space”). A third space can be a coffee house, a barbershop, or beauty salon; it can be a church gathering, a church sports team, or the deck of a pontoon boat with friends; it can be an AA or Al-Anon meeting; and it can certainly be on a front porch talking with your neighbors about everything and about nothing. For those in recovery, it is vital that these are healthy environments that are free from the allure of substance use. All too often we focus so much energy meeting the demands of work and putting out fires at home that we fail to invest in these all-important in-between spaces in our life. A good third space provides what I experienced on my grandmothers front porch: acceptance, rejuvenation, and a clear sense of belonging. In this way, these places can build our sense of self and provide the perspective we need to help mend broken family relationships and to bolster our recovery. Do you have healthy third spaces firmly established in your life? Sometimes to improve our life at home we have to first spend some time out on the front porch.
The Valley Hope mission lives in his heart, his care for patients and staff is clear from the start. A man with integrity, compassion and love, that seems inspired from the big man above. With grace and kindness to all now and then, it is with sadness I say goodbye to our great leader, Ken! Thank you for all your love and service, Alison. - Alison Dean, CACIII, LASAC, LPC, Corporate Clinical Supervisor

The late Tony Jewell and Dr. William Leipold, Dr. Ken Gregoire and Dennis Gilhousen
Tony Jewell served on Valley Hope’s board for 37 years.
Dr. William “Doc” Leipold - Valley Hope’s 1st President
Dr. Ken Gregoire - Valley Hope’s 3rd President
Dennis Gilhousen - Valley Hope’s 2nd President

Early 1990’s: Gordy Persinger, Dennis Gilhousen, Dr. William “Doc” Leipold, Dr. Ken Gregoire & Dr. John Leipold

John focused on planning for the future and was innovative in the electronic field. Whether it was providing the best treatment to our patients or making it easier for employees to do their job, John strived to make VHA and VHT the best it could be. He will be greatly missed.
- Regina Berman, Director of Administration

Dr. Ken Gregoire at his desk in 1980’s

Ken & Juanita Gregoire

Reflections

A man with integrity, compassion and love, that seems inspired from the big man above. With grace and kindness to all now and then, it is with sadness I say goodbye to our great leader, Ken! Thank you for all your love and service, Alison. - Alison Dean, CACIII, LASAC, LPC, Corporate Clinical Supervisor

Dr. John Leipold & Wife Donna

What has always impressed me about Ken is that he stays focused on the best interests of our patients. Although making enough money to keep our doors open and help future patients is important, our direction under Ken has always been about providing good treatment, first and foremost.
- Dr. Tiffney Yeager, Clinical Supervisor

Dr. Ken Gregoire at his desk in 2015
Dave Hill, Chairman of Valley Hope Board of Directors Honoring Dr. John Leipold 2015

Dearest Ken,
It has been an honor to be given the opportunity to serve under you as the head of VHA. Please don’t pull a Johnny Carson and disappear on us but visit often. We love you and you will always be a part of the Valley Hope family!

Kimberly Monroe, MA, LCP, LCDC, Program Director – Grapevine

Ken, I have not known ‘anyone’ who has worked for one company 38 years, let alone someone who has impacted SO many lives during his tenure! I personally can’t put into words the gratitude for your mentoring in my 15 years with Valley Hope. I am holding on to the many moments that your wisdom has inspired me; helped me grow personally and professionally. May all the heart and commitment in your working years find you in ending them with a retirement that is beyond your hopes.

Donna Schwartz, MFT, CACIII, Colorado Community Service Clinician

Valley Hope is a place where it’s safe to put the patients first. It’s a place where people are still important. It’s a place filled with hope. It’s home. Thank you Ken for what you’ve done to make it this kind of a place. And I hope Richard Nixon will come back to visit at Halloween.

Larry Black, MS, LCAC, Program Director, Norton Valley Hope

John always said, “Our best business plan is to do what is right for the patient.” Juanita Gregoire, Vice-President/COO

John has been a supervisor, a mentor and friend. His leadership has contributed to the success of Valley Hope. And while he is retiring from a job, he will not retire from making meaningful contributions in life.

Kathy Erbert, National Marketing Director

John has been a supervisor, a mentor and friend. His leadership has contributed to the success of Valley Hope. And while he is retiring from a job, he will not retire from making meaningful contributions in life.

Kathy Erbert, National Marketing Director

Dr. Kenneth Gregoire, Dr. John Leipold & Dr. William “Doc” Leipold 2000

Dr. John Leipold & Dr. William “Doc” Leipold in 2006

Dr. John Leipold & Dr. Ken Gregoire celebrate 40th Anniversary of Valley Hope in 2007

Dr. Ken Gregoire and Dr. Merlin Colip

2014
8

Dr. Ken Gregoire and crew - June 2015

Juanita (seated) honored with Boonville Valley Hope success (l-r) Ken Gregoire, Dave Ketter, Al Roberts, Doc Leipold, John Arnold, Kaye Chohon, Julian Pickens, & Rita Hamm - Early 1990

Jolene Nichols (seated) and (l-r) Juanita, Ken, Dawn, Tiffney & Joshua pose for an AC/ESS program award

1990’s Ken & Parker program director John Arnold participate in Valley Hope sponsored event

Ken receives NAATP award 2015 from Carl Kester

Ken at VHA display

Valley Hope Board 2015

Dr. Ken Gregoire and crew - June 2015

Reflections
Goodbye, alcohol. You have brought my family’s whole life straight to the bottom. I will never understand you or your reasoning to hurt so many people. You are a waste of time and money. You have taken time away from a father and his son, a grandfather and his grandchildren, a husband and his wife. But you from this day forward you will no longer interfere with any part of my present life or future. You have made me question the very existence of God. You have made me hate someone that has taught me everything I know. But now, alcohol, I have overcome YOU. I have jumped the hurdles you have set before me. I have crossed that ribbon at the finish line with my arms high and a smile on my face. I have conquered alcoholism.

I want to thank you. Alcohol, you have made me twice the man I ever thought of becoming. You have caused my family and I become closer than we have ever been before. You have strengthened the relationship I have with my girlfriend, all because you were trying to tear me apart. At times I questioned if you succeeded but looking back I know you did not. I want to thank you for assuring me that I will never be overconsumed by you if at all. I want to thank you for assuring me that you are only self-pleasing for a moment and not eternally.

Goodbye, alcohol. You have now been exiled.

Dalton

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My Name is Pride
Poem by Beth Moore

My name is Pride, I am a cheater,
I cheat you of your God-given destiny
Because you demand your own way.

I cheat you of contentment
Because you deserve better than this.

I cheat you of knowledge
Because you already know it all.

I cheat you of healing
Because you are too full of you to forgive.

I cheat you of holiness
Because you refuse to admit when you are wrong.

I cheat you of vision
Because you'd rather look in the mirror than out a window.

I cheat you of genuine friendship
Because nobody's going to know the real you.

I cheat you of love
Because real romance demands sacrifice.

I cheat you of Gods glory
Because I convince you to seek your own.

My name is Pride, I am a cheater.
You like me because you think I'm always looking out for you.
Untrue. I'm looking to make a fool of you.
God has so much for you, I admit, but don't worry
if you stick with me you'll never know.

Poem from Praying God's Word- Breaking Free From Spiritual Strongholds, B@H PUBLISHING GROUP, Used by Permission.

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In memory of our Son, Aaron S. Goldsmith
(10/10/1982 - 10/9/2012)

We thought of you with love today, but that is nothing new. We thought about you yesterday, and days before that too. We think of you in silence, we often speak your name. All we have are memories and your picture in a frame. Your memory is our keepsake, with which we'll never part. God has you in his keeping, we have you in our hearts. Forever and Always,

Marty and Debbie Goldsmith
-Adapted from Author Unknown

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Strength - a river cuts through a rock not because of it’s power but it’s persistence
Kirk Kasson, M. Div., Chaplain, Norton Valley Hope

Steps 8 & 9

“Don’t lie to me, young man.” I was busted and I knew it. At nine years of age I was the topic of gossip for the entire school. Only the night before an older boy and I had been throwing rocks at each other from long distance. No harm had been done until he finally connected, hitting me in the head with a rock about the size and shape of a smashed golf ball. I promptly hurled it back with a renewed vigor. It sailed over his head and crashed through the kindergarten window.

“Did you break that window?” the high school football coach interrogated. I shook my head no. “Don’t lie to me young man.”

“Easy Dale; he’s just a boy.” Thankfully Mrs. Votta, my third grade teacher intervened and directly escorted me down the hall. She suggested we discuss this with the principal, and at that point I would have done anything for that dear woman.

In the principal’s office I was met with compassion and respect by the man who ran our school. He was direct and I confessed to my wrong doing. He said I would have to pay for the window and I agreed. It was May of 1977. I think my allowance at the time was twenty-five cents, enough to buy a Hot Wheels car once a month. The window cost six dollars and some change and it took me all summer performing every chore my parents could think of to fill that Kerr jar in the kitchen window sill with enough coins to cover the payment. My Hot Wheels collection suffered terribly.

In late August my dad drove me to the principal’s house and coached me with a script to say before he opened the pickup door and let me walk alone up the walk to the front door. I knocked and waited. As Mr. Seifred answered the door I thrust the jar up to him and blurted out, “I’m sorry I broke the window and if this is not enough money please let me know and I will get you the rest and I’m sorry.” “I’m sure it will be just fine,” he replied, and before he could utter another word I turned and sprinted down the sidewalk, jumping in the open pickup door, slamming it shut in hopes no one else in town had seen the transaction.

That is my first memory of restitution. As painful as it seemed at the time I look upon that moment as a defining moment in my life. I felt relief from making amends. I learned that it is better to own up to the harm I had done than to deny it. I learned that restitution provides not only for the victim but the sinner. What’s passed is past. New life can begin again.

Unfortunately we can’t always make up for the injuries we have caused to others. Steps 8 and 9 offer us the blessing of making right what we can and trusting God with the rest.

Why does “I’m sorry” have a healing effect? How does it make us feel better? 12 Steps and 12 Traditions says that making amends “clean[s] away the debris of the past.” (p. 77) Addict or not, everyone has hurt someone sometime. We hurt spouses, children, parents, romantic partners and even people we may not know. No act can completely undo the harm we may have caused, but when it is possible, when it is the loving thing to do so, we will find peace in doing our part to make it right.
Atchison, KS
Alumni group meets each month at Atchison Valley Hope on Renewal Day, 3rd Friday of every month, 9AM for a Business meeting, then we'll enjoy Renewal Day starting with patient cup hangings and at 10:30AM Road to Recovery begins where we answer questions from the patient group.

Dodge City, KS
Alumni Group meets the 3rd Sun. of each month for breakfast, fellowship and speaker at 9 am. Casey's Cowtown, 503 E. Trail St., Dodge City Dates: Sept 20, Oct 18, Nov 15 Contact: Damon P. (620) 339-0687 or congsports@msn.com

Hays, KS
Group meets once per month on Sunday morning at 9:30AM for breakfast, fellowship and speaker. Golden Corral (south of Walmart). We'll meet in the back room and enjoy the buffet. Dates:Sept 20, Oct 18, Nov 22 Contact Ron S. (785) 650-1064

Norton, KS
Alumni group meets weekly every Thursday evening, 6:50 pm for a 1 hour meeting. Come early for coffee and cookies. Norton Valley Hope Dining Hall. Also join us for Renewal Day the 2nd Friday every month for alumni meetings 9AM and 1:30PM.

Salina, KS - New Group
Mondays: Sept 14 - Oct 6 - Nov 3 from 6PM-7:30PM in private room at Martinelli’s Italian Restaurant, 156 S. Santa Fe. Contact Bill B. - 785-482-5567 or wbill70@yahoo.com for more information

Tempe, AZ
Weekly meetings held at Tempe Valley Hope, Rio Sureno Med Plaza, 2115 E. Southern, (480) 831-9533 Tuesdays 6pm - Co-Anon 12 Step meeting 7:15pm - Pills Anonymous 12 Step meeting Wednesdays 4:30pm - Alumni Big Book Study one hour meeting Thursdays 6pm - Speaker and open meeting format. Open to patients, alumni, family and friends. Renewal Day - last Thurs. of month.

Tucson, AZ
NEW TIME & NEW PLACE- Alumni and Friends, join us for a great one hour meeting at 7PM every Thursday. 4653 E. Pima, Tucson, AZ 85712 (2 blocks west of Swan). Contact Paul (520)283-4299 pserra@yahoo.com

Denver, CO
Alumni and current patient group meet for an open discussion in the Denver Valley Hope lecture hall. Patient group is encouraged to ask alumni questions about recovery, meetings, sponsorship, etc. 2nd Friday of each month at 6PM Contact: Lex P. (303) 809-7777

Parker, CO
Alumni and current patient group meet for an open discussion in the PVH lecture hall. Patient group is encouraged to ask alumni questions about recovery, meetings, sponsorship, etc. 2nd and 4th Saturday of each month at 7PM Contact: John W. (303) 808-4861

Grapevine, TX
Join us every Saturday night for Recovery Meeting, as we lead the patients through Steps 1, 2, and 3. We meet from 6-7 pm every Saturday in the Lecture Hall. Alumni and friends welcome. Contact Jim E. for more details (512)968-1000 or email james.epperson55@gmail.com

Movie Night
Join us on the 4th Saturday of the month, @ 8:00 pm as we bring Movie Night to GVH residents in the lecture hall! Bring your favorite movie time candy and enjoy the show! Contact Luis A. for more details or to volunteer to help setup/break down (817)805-9116. Alumni, family and friends welcome

Omaha, NE
Join us every Tuesday evening at 7 pm at Omaha Valley Hope. Alumni & friends welcome to celebrate recovery & share experience, strength & hope. Speaker meeting is the first Tuesday of every month. Omaha Valley Hope (402) 991-8824

St. Louis, MO
Group meeting is every week on Tuesday nights at 6PM-7PM. Renewal Night 4th Wednesday each month from 5:30-7PM. St. Louis Valley Hope, 12777 Olive Blvd. (314) 514-9220 bncleansober.SLAAG2010@gmail.com

Tulsa, OK
Every Thursday evening at 6:00 p.m. join us for a great one hour meeting. Room 1 of the meeting hall at the Fellowship Church, 2900 S. Harvard. Contact: Peter G. (918) 760-6011 or Lori G. (918) 510-1713

Tulsa, OK
Join us every Tuesday evening from 6-7PM in the Coffee Shop for a great meeting. Friends and family are welcome to attend! OKC Valley Hope, 6110 NW 63rd - Ph: (405) 946-7337
FOUNDATION NEWS

Save a life. Change a life. Create a meaningful life. That’s what we do with help from a lot of supporters. Whether you bring travel size shampoo for our patients or send a check, every gift means a lot to someone in need.

Donations for partial scholarships help patients with limited or no insurance for chemical dependency treatment. They also help us keep patients from choosing to leave treatment because of financial concerns. Donations to the Patient Assistance Fund help with basic items, such as treatment books, urgent dental care and help with down-payments for sober living.

We’ve set some new records for helping people as a result of donations received and many fundraising events. Our fiscal year ended on June 30, 2015. Donation distributions look like this compared to last year:

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<thead>
<tr>
<th></th>
<th>Fiscal year end June 30, 2015</th>
<th>Fiscal year end June 30, 2014</th>
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<tbody>
<tr>
<td>Patient Treatment Partial Scholarships</td>
<td>$259,877</td>
<td>$156,550</td>
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<tr>
<td>Patient Assistance (sober living, books)</td>
<td>$64,173</td>
<td>$50,590</td>
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HOW TO GIVE

If you want to make a gift of support, please let us know where and how you want your gift to make a difference. Be assured that 100% of your charitable contribution will be designated for the purpose intended.

- Donate online www.valleyhope.org/donate or mail VHA Foundation, P.O. Box 59, Norton, KS, 67654
- Contact Megan at megano@valleyhope.org or phone (785)877-4483 (GIVE)
- Choose the center you want to benefit and designate your gift for a specific purpose or leave as unrestricted

BIRTHDAY CLUB - 2015 MEMBERS

Gifts Received April 8 - July 15

Gail P. 1/7/2015 - Booneville
Patrick O. 3/15/2004 - Atchinson
Shane F. 3/9/2009 - Parker

Earl M. 1/1/1991 - Norton
Gerald L. 8/6/2007 - Cushing
Kevin C. 4/27/1991 - Atchison

Send a dollar (or more) for each year of your recovery and your gift will provide immediate needs for patients, such as treatment-related books, urgent dental work and sober living down-payments.

Recovery Birthday __________________________ Donation Amount________________

My gift is to help a patient at (location) __________________________________ Valley Hope!

Name _______________________________________________________________________
Address _____________________________________________________________________
City __________________________________________ ST __________ ZIP______________

Mail to VHA Foundation, PO Box 59, Norton, KS 67654
## Valley Hope Association Foundation
### Donations Received from April 8, 2015 - July 24, 2015

### Norton

- **Unrestricted**
  - Nancy Hastings
  - In Honor of William Beardslee-Sally Beardslee
  - In Memory of Sharon Englert’s grandson-Leaura Plummer
  - In Memory of Gary Martinez-Linda Green

- **Patient Scholarships**
  - Tom and Patty Meagher
  - Britt Smith

- **Patient Assistance**
  - Ambassadors Class Christian Church
  - Anonymous donor
  - In Honor of Dakota Fisher-Mr. & Mrs. Doug Fisher
  - Derek Jones
  - Jim Knothe
  - April Mull
  - Earl Murphy
  - Oxford House Charity
  - Timothy Parkman
  - In Memory of Brian O'Connor-Megan O'Connor
  - Eddie Park
  - Gregory Schaefer
  - Bernard & Dixie Schroder
  - In Memory of Derek Zabokrsky-Julie Siefers
  - Brit Smith
  - William Sturm

- **Hope in Color Fun Run/Walk**
  - Almena State Bank
  - Anonymous Donor
  - Larry & Terri Black
  - C & C Tire and Repair
  - Community Hospital
  - Engel’s Sales & Service Center, Inc
  - Farm Bureau Financial Services
  - First State Bank
  - Fit To Go
  - JBN Inc.
  - Little Bo-lique
  - Moffet Drug Store
  - Natoma Corporation
  - Nex-Tech, Inc.
  - Nick’s Distribution, Inc.
  - Norton Color Run Participants
  - Norton Country Hospital
  - Prairie Land Electric Cooperative Inc.
  - Renew Chic Boutique
  - Donald Schlatter
  - State Farm
  - The Bank
  - Doris & R.W. Yeager

- **Hays Putt Putt Tournament & BBQ**
  - In Memory of Rikki Betts-Alex Ashbaugh
  - Anchor Bay Petroleum
  - Fred & Georgine Barber
  - Ferguson Angus
  - Tom Hirsh
  - Bruce and Virginia Korbka
  - Chuck McGinnis Family
  - Larry and Gloria Milnek
  - Tess Dunkel-McKnight
  - Mini Motors
  - Putt Putt Participants
  - Schwartz & Park, LLP
  - Ron Smith
  - Paul & Sara Stroup
  - Zimmerman Family

### Atchison

- **Unrestricted**
  - Bob & Carol Williamson
  - In Memory of Janet Reeves-George Reeves

- **Patient Scholarships**
  - Brandon Beagle
  - Regan Floor Covering
  - In Memory of Christian Cleveland-Olive’s Good Karma Foundation

- **In Memory of Janet Reeves**
  - Ron & Rose Bahr
  - Becker-Dyer-Stanton & O’Trimble
  - Barbara Jean Gaither
  - Marvin & Linda Gaither
  - Varga & Grant Gladhart
  - Sheila & James Henning
  - Dean & Marilyn Horner
  - Deborah Hower
  - David Johnson
  - Wynnona & Diana Kelly
  - Bernard McManaman
  - Gary and Diana Moxley Family
  - Homer Pederson
  - Diana Servaes
  - Art & Nancy Squire
  - Mr. & Mrs. John Stock
  - Susie Strasser
  - Edward & Susan Wright

### Cushing

- **Patient Assistance Fund**
  - Kevin Cummings
  - Patrick O’Riley
  - Gerald & Janis Leischner
  - In Memory of John Halbrook-Sandy Horner

- **Oklahoma Golf Tournament for Scholarships**
  - Aqua Haven
  - Renfro Family Foundation

- **Al & Susan Roberts Scholarship Fund**
  - Chesapeake Operating, Inc.
  - Sunoco, Inc.

### Boonville

- **Unrestricted**
  - Noel Kopriwa

- **Patient Scholarships**
  - St. Andrew’s Lutheran Church

- **Patient Assistance**
  - Gale Parks

### Parker

- **In Memory of Aaron Goldsmith**
  - Susan & Howard Petteson

- **In Memory of Aaron Goldsmith**
  - Marty & Debbie Goldsmith

- **In Memory of Julianne Johnson-Halbrook**
  - Sandy Horner

### Grapevine

- **Grapevine Golf Tournament**
  - Ceda Realty
  - CCT Plastics
  - ClayMoore Engineering, Inc.
  - Grapevine Golf Tournament Participants
  - Tyler Kuebs
  - Kelley Moore
  - Moni’s Pasta & Pizza -Arlington
  - Park Place Dealerships
  - Quality Roofing
  - Darren Smith
  - Eddie Turner
  - Trae Winn

### Oklahoma City

- **Patient Scholarship**
  - VizOwn

*Thank you for all you do for patients and their families. We have been forever blessed by you!*
Patient Scholarships
Daniel Taylor
In Honor of Sister Alma Janousek-Telephone Pioneers of America

Ride through Valley
John & Jamie Beel
Kathy Carr
Angila Cisneros
Consolidated Concrete
Family Practice of Grand Island, P.C.
Robert Frazier
John Kavanaugh
Kershaw Insurance Inc.
James Leadabrand
William McCabe
Mead Building Centers of Grand Island Inc.
Monty & Marcia Regier
Ride through the Valley Participants
Steven Schaal
Gregory Shea
T&T Enterprises, LLC
Michael Timmerman

William D. Leipold Endowment
Fund for Scholarships
Christina Dunham
- In Honor of Warren Whitehead III
Daniel Steffensmeier

Facility Improvements
Agricultural Services
Anson Insurance Services
John and Jamie Beel
Cole Redi Mix
Bob Grubbs & Sons
Natural Choice Chiropractic
State Farm Insurance
Strope and Gotschall PC, LLC

Patient Assistance Fund
Jerry Johnson
Kersenbrock Dental
O'Neill Helping Hands in Chapel
Russell Schwartz

Virginia
Please accept this donation in Honor of Sister Alma Janousek. I have the privilege of attending a water aerobics class with her. She is a delight to talk to and we enjoy her so much. When we knew we would have monies to donate, I thought of you first. I want the money to stay in our own area. We have great needs right here in Nebraska. When I told her what I was doing she gave me a big hug. Thanks for all you do to help people who need so much help to recover. Hugs to you also.

Sally
My gift is in honor of my husband. His Mom took him to your place on her birthday in 1978 or 1979. I married him in 1981 and we have 4 wonderful children and a grandchild. May God bless those starting their new life! No day is too hard to throw it away on a drink. Life is precious; be brave and experience it.

St. Louis
Patent Scholarships
University of Georgia

CHANDLER UNRESTRICTED
Byrd Preston
United Way Valley of the Sun

CHANDLER PATIENT SCHOLARSHIPS
Tim Staskus
UCR Healthcare LLC

CHANDLER PATIENT ASSISTANCE
Chandler Alumni Group
Evan Fischer Foundation Memorial Fund

AZ Golf Classic
Ambassador Group
Steve Amelotte
Gonzalo Ardavin
AZ Golf Classic 2015 Golfers
AZ Golf Classic 2015 Mulligans
AZ Golf Classic 2015 Pay to Play Up
AZ Golf Classic 2015 Raffle
Blue Media
BMG
BRH Surveying
Carla Vista Sober Living, LLC
Complete Testing Solutions, LLC
CTS
Gary Cox
Dean Notaries of Arizona
Dominion Diagnostics, LLC
Roth Eddings
Earnhardt Auto Centers
Evan Fischer Foundation Memorial Fund
Freedom Recovery Center
Jacob Garcia
Griffin Capital
Jeff Hanley
J&J Sober Living
Dan Kyle
Legacy Air, Inc.
Lifeline Professional Counseling
Hugh Maroney
Kandi Morris
Bradley Murphy
Terry Murphy
Mike Pico
Realty Capital Securities
Jeff Roeder
Rosen Investment Advisors
Silkworth Institute
Sonora Quest Laboratories
Tim Staskus
Summit Group Investments
Storage West
The Benefits Department, Inc.
Mark Tryhus
Andrew Valulkas
Richard Ward
David Waxberg
Shon Yellowhair

CHANDLER PATIENT SCHOLARSHIPS
Tim Staskus
UCR Healthcare LLC

CHANDLER PATIENT ASSISTANCE
Chandler Alumni Group
Evan Fischer Foundation Memorial Fund

AZ Golf Classic
Ambassador Group
Steve Amelotte
Gonzalo Ardavin
AZ Golf Classic 2015 Golfers
AZ Golf Classic 2015 Mulligans
AZ Golf Classic 2015 Pay to Play Up
AZ Golf Classic 2015 Raffle
Blue Media
BMG
BRH Surveying
Carla Vista Sober Living, LLC
Complete Testing Solutions, LLC
CTS
Gary Cox
Dean Notaries of Arizona
Dominion Diagnostics, LLC
Roth Eddings
Earnhardt Auto Centers
Evan Fischer Foundation Memorial Fund
Freedom Recovery Center
Jacob Garcia
Griffin Capital
Jeff Hanley
J&J Sober Living
Dan Kyle
Legacy Air, Inc.
Lifeline Professional Counseling
Hugh Maroney
Kandi Morris
Bradley Murphy
Terry Murphy
Mike Pico
Realty Capital Securities
Jeff Roeder
Rosen Investment Advisors
Silkworth Institute
Sonora Quest Laboratories
Tim Staskus
Summit Group Investments
Storage West
The Benefits Department, Inc.
Mark Tryhus
Andrew Valulkas
Richard Ward
David Waxberg
Shon Yellowhair

ALL FACILITIES
Unrestricted
Luz Aguilar
Joann Sheibal
Union Pacific Company
Fred Vocasek
In Honor of Pat George-KS Dept of Commerce's leadership team

Patient Scholarships
Pat George
In Memory of Brenda Maupin-Dave & Sally Retz
In Memory of Brenda Maupin-Susan Gausnell
OLD DOG……NEW TRICKS - By Deona Cook, BS, LAC, - Counselor

We are all familiar with the saying, “You can’t teach an old dog new tricks!” Since I have been employed by Valley Hope, there have been many changes along the way that this wise dog has learned and continues to learn. When I first started at Valley Hope, the counselor initial interviews, discharge summaries and chaplain’s initial interviews were dictated and then transcribed and given to the counselor to review. Within a few years, we were entering everything in the computer into a system called Electronic Health Record (EHR) and did away with the tape recorded transcription. As time moves forward, more changes have emerged in all departments. The AC/ESS program is one of the programs that have progressed leaps and bounds. I have to admit when I first heard about AC/ESS, I was not real convinced that on-line therapy was going to work. I thought you had to be able to see the person in order to see their body language to understand what was going on with them. Boy, was I ever wrong. It did not take long for me to change my mind especially after I became an AC/ESS counselor. I always tell my patients I have the best job ever, because I have the privilege of staying connected to them for another 6 months or longer. The AC/ESS program is another part of Valley Hope that continues to grow with time. AC/ESS now has the capabilities to chat within the group rooms, and we are now “test driving” video conferencing that is right around the corner and will be a great asset to our patients. Thinking back to my childhood….wait I am not going to think back to my childhood, because I am not as old as the years think I am, because you see this wise dog is able to learn new tricks and looking forward to learning more as we grow with Valley Hope.

OVERLAND PARK

Peggy Lucas, MS, LCPC, LCAC - Outpatient Program Director

My last article had to do with all the changes in life and how we need to have a program to help us through those changes. Overland Park Valley Hope recently experienced another change. We lost a long time counselor, Pat Peterson, to a very short illness. Her passing was swift and unexpected. She had been with Valley Hope for over 30 years and I personally worked with her for nine. Her passing is a reminder of one of the most important sayings of 12 step program “One Day at a Time”, and more importantly to live that day with passion and gratitude, not to take it for granted. Hopefully today, as you are reading this, finds you living in recovery and that you are “Happy, Joyous and Free”. We honor Pat with our prayers and she is missed but I know that she would counsel us all to not stay stuck in the past but to move forward!

Also, in the theme of more changes, we have added two new counselors to provide excellent care to our patients, Heather Hughes and Pete Gasser.

Make sure you come by for alumni night, the last Friday night of the month, so you can meet them and perhaps share your own experience, strength and hope as an alumni.

Note from Dave Ketter, Clinical Supervisor

Overland Park counselor Pat Peterson died in June, just a few short weeks after retiring due to illness. Pat joined the Valley Hope family as a counselor at Mission Valley Hope in 1981. Over her 34 year tenure with Valley Hope she provided able care to some thousands of suffering addicts.

She was a master of her craft, a rock-solid addictions counselor. She had a no-nonsense style and could always be counted on to provide loving and conscientious direction to her patients. She had a knack for knowing when to challenge, when to confront, when to nurture and when to encourage her patients. She was astute in her ability to assess her patient’s needs, to effectively respond to those needs and to promptly refer patients to other professionals when she recognized a need for additional care.

Pat was consistently humble and always interested in improving her counseling skills. She would regularly return from trainings and workshops with new ideas about promising interventions and exercises that she had learned about. She maintained a large library of these helpful materials which she shared with her colleagues and recommended to her patients.

As a supervisor it was always a comfort to me to know that our Mission and Overland Park patients were being well provided for under Pat’s care. Her legacy is instilled in the hearts of the patients she has counseled over these many years.

RENEWAL Last Friday of the month

Alumni will start arriving at 6:00 PM and the evening will end at 9:00 PM. We would like to invite Alumni and Friends to share their stories, experience, strength and hope. We will also provide refreshments for the evening activities. We hope that you can come join us for a very fun and exciting evening.
Overland Park Valley Hope - 10114 W. 105th St., Overland Park, KS (913) 432-4037
Jenna Maley, LAC, BS, LAC, BS - Admissions Counselor

There is a new alumni group in Salina! This is exciting because there are many Valley Hope alumnus from the area that can be part of this new group of folks in recovery.

NEW ALUMNI GROUP - MONDAYS
Sept 14, Oct 6, Nov 3 - From 6PM - 7:30PM - Private Room. Buy your own dinner, speaker & fellowship. Martinelli’s Italian Resturant - 156 S. Santa Fe, Salina, KS Contact: Bill B. 785-452-5567 or wbill70@yahoo.com

We absolutely love our patients and think they’re fabulous! Moundridge had their annual Black Kettle Festival in June. There was a parade and food and a street dance and volleyball tournament. The patients put together a team and played mud volleyball and they won! Some of the local folks were invited to our volleyball court here and they played another game. They had so much fun and it was great having support from locals!

Mark your calendars for the 2nd Annual Moundridge Golf Tournament on September 19th. The following weekend, September 26th is our Reunion and the theme is “Field of Dreams”. We will be having a speaker and barbeque, auction and raffle, ice cream social and medallions. Remember, there will be no Renewal on the last Friday so come out Saturday and celebrate! The day will start at 3PM. We hope to see a lot of alumni and friends!

RENEWAL DAYS

Last Friday of every Month
Start at 8:50AM “Hurdles” group followed by a patient cup hanging. At 11AM birthdays in the lecture hall - Lunch is at noon followed by an Alumni Group at 1PM in the family room.
Moundridge Valley Hope - Wedel Recovery Center
200 S. Avenue B - Moundridge, KS 67107 - (620)345-4673

SUNDAY - SEPTEMBER 20TH
4PM TO CLOSE
SPECIAL NIGHT TO HELP PATIENTS!
Jason’s deli will donate 25% of sales to help Valley Hope patients - Both Wichita locations 7447 W. 21st St. N. or Bradley Fair, 2000 N. Rock Rd. (Bring this coupon or show a copy on your phone to cashier)

Field of Dreams
Saturday, September 26
3:00pm-8:00pm
3:00pm - Welcome, Golden Heart Award & Medallions
4:30pm - Speaker
5:30 - Dinner (Provided by MVH)
6:30pm - Silent Auction and apple pie contest results
7:00pm - Ice Cream Social

We have added an event to the party Apple Pie Bake-Off. Bring your tastiest apple pie and you could win a prize. We also have raffle prizes and a silent auction to help raise funds for our Patient Care Fund.
It’s always strange writing these letters from home. I’m writing this in July, knowing you won’t read it until late summer, early fall. So when I’m talking about things that happened in June, you know why.

Some really good things happened in June at Norton Valley Hope. Our June renewal day was held on the 12th. I’m proud to say it was the biggest turnout any of us could remember. Steve H, our community relations counselor has worked here for 20 years and it’s the biggest turnout he can remember. The lecture hall was packed full and medallions and birthdays took a full 2 hours to complete. It was an amazing celebration of recovery and something that I don’t think I will ever forget. Thanks to everyone who honored us by allowing us to be a part of your celebration.

We had our annual hamburger cook out that day, serving burgers to alumni, patients, family members, VHA and NVH staff and friends from Norton. It was great fun we all got to see lots of familiar faces and Steve, Johnny and Tim cooked A LOT of burgers.

The capper to the weekend was the 3rd annual Hope in Color Run. More than a hundred walkers and runners came out on a beautiful Saturday morning to run or walk around Elmwood Park. It had been raining the whole week, including the night before the event, and lots of people were worried that we would get rained out. Mother Nature smiled on us by giving us sunny skies and perfect temperatures for the event. More than a hundred people participated. While the turnout was a little less than last year due in large part to fears about the weather and other color runs in the area, it was still a marvelous event and a fun morning.

We are excited about a new training class starting for case managers at the Valley Hopes in Kansas. We believe employing case managers can greatly improve our ability to help our patients with not only their recovery, but with developing life skills and connecting with support in their home communities. The prospects are exciting.

The staff at Norton Valley Hope would like to welcome Pat George as the new President and CEO of Valley Hope. Pat and his family have a long and warm history with Valley Hope and we are excited about what the future holds under Pat’s leadership. Welcome.

That’s it for now. Stop by and see us some time.

**RENEWAL - 2nd Friday of the month**
Meet and greet at 8:00 AM in the Living Center for coffee and cookies. 9:00 AM we will meet as a group in the ‘staff’ room in the counselor building. 9:30 AM Lecture Hall for cup hanging ceremony. 10:30 AM Lecture Hall for a Medallion Ceremony. Buy a $5 meal ticket at the nurse’s station and enjoy lunch with the patients and staff. 1:30 PM Meeting in the lecture hall. Give us a call if you plan to pick up your cup or share a birthday! Call if any questions.

Norton Valley Hope - 709 W. Holmes, Norton, KS 67654 - (785) 877-5101
Matthew Broxterman, M.Div. - Chaplain, Atchison Valley Hope

An old African proverb says, “If you want to travel fast, travel alone. If you want to travel far, travel together.” This wisdom has always resonated with me as I have tried life both ways. When I came to Atchison Valley Hope as a patient a few years ago I had been traveling on my own strength for quite some time and I felt very tired and very alone. I quickly learned that there were plenty of people who were very much like me and sharing my struggles helped lessen the burdens I was carrying immensely. When I left Valley Hope I found more people I could share life with in local AA meetings. This fellowship continues to be a source of strength for me in my recovery and I have learned that traveling together is a much better way to live.

In addition to attending AA meetings, I also enjoy monthly Renewal Days at Atchison Valley Hope and other special occasions, such as the Anniversary Dinner and Alumni Weekend. July 17 - 18 was our most recent Alumni Weekend and we had an incredible time catching up with old friends. We ate barbecue prepared by the amazing kitchen staff and a massive number of patients, alum and staff took the field for the Don Duncan Softball Classic. For those wondering, the staff and alum team managed to take the trophy back in a very, very close game. Program Director, Jack S., scored the final run and secured the victory by a narrow margin of 1. If you were unable to attend this year, we would encourage you to put this on your calendar for next summer! We would also encourage you to include the upcoming Anniversary Dinner in your holiday schedule.

This year’s Anniversary Dinner will be held Saturday, November 7 at Elizabeth’s in downtown Atchison. Elizabeth’s is located above “Jerry’s Again” on the southwest corner of 5th & Kansas Ave. Doors will open at 5:00pm and dinner will be served at 6:00pm. There will also be an open house on the Valley Hope campus from 2:00pm - 4:00pm. Reservations for dinner are necessary so be sure to call.

**Setting Ourselves Up** - Cindy Bauman, MFT, LAC - Outpatient Program Director

We all know that we can set ourselves up for relapse, but can we set ourselves up for success too? I think so. If we do today what we need to do for our recovery we will be setting ourselves up for a good day tomorrow. If we do that each day, our recovery will continue. If we stop, then our recovery will falter. Most positive activities or behaviors are simple to do, yet are easy to let slip out of our daily routine. Step 10 is a good example. Each evening simply review your day. Look at both the positives and negatives that you remember. Step 10 isn’t about beating ourselves up. It’s about looking at ourselves with clarity to see how far we have come and what we need to continue to work on. If you see that you need to make an amends, then do so quickly. Don’t let any poor behavior linger, it’s not good for you or for the person harmed. Be willing to give yourself a pat on the back when you deserve it. If, in the past, having a hairline trigger was a problem and today you are able to express anger appropriately, then kudos are in order. If you find that a hairline trigger is still a problem, then come up with ways to stop and think before you blow. It’s also a good idea to talk over the behaviors that are still troublesome with your sponsor. That person has the experience to give you some good ideas about how to get rid of such behaviors.

Setting ourselves up for a good tomorrow isn’t just about looking at things we need to change. It’s also about being proactive. Do you have some family communication problems? Then perhaps a sit down family conference is in order. Do you wish to change jobs or careers? Then polish up your resume or apply at higher education institutions to get the ball rolling. Is there a deadline looming? Don’t put off tasks until the last minute. Doing so causes unneeded stress which can lead to irritability, sleeplessness, difficulty in making decisions, anxiety, depression, headaches, upset stomach and the list goes on. In our addiction, most of us allowed life problems to come to us instead of being proactive to ward off life problems. In recovery, we can learn new ways to live so we don’t get caught up in our old ways which sooner or later will lead to a return to substance use.

We invite all Alumni to return the 3rd Friday of each month to share with our current patient group how you are setting yourself up to have continued sobriety.
O’NEILL

O’Neill Valley Hope Motorcycle Ride, June 2015: By what terms does one define success? How about a great sunny day, good company, good food, a ride mostly without incident? Note also, per the picture, the ability to ride out of the driveway onto 10th street, not the case as summer progressed. The ride was held the same day as the Cattlemans’ Ball south of Lynch and a tractor ride across Nebraska which made its way across Boyd County, showing the state that North Central Nebraska was THE place to be this first weekend of June, 2015. As always, monies raised in fundraisers go toward helping patients with expenses of treatment/recovery such as down payments for recovery house living, purchasing clothes or other necessities for patients, or reducing cost of treatment. The Ride Through the Valley Ride, taking bikers through the Fort Randall area, is a tranquil, beautiful ride. If you are a biker, please keep this in mind for next June.

As noted, as summer progressed, the ease of getting to Valley Hope declined. Kudos to all those patients who may have wondered if they would ever find us, as they meandered through the streets in search of the vacant lot south of the center, which was turned into a parking lot. By the time this is in print, we should have our accesses back, our street should be smooth and wonderful and we shall appreciate progress. Thanks to all those who pursued in finding us. It has been a busy summer, patient-number wise, despite the hassle of finding us!

We at O’Neill Valley Hope have been blessed with visits from alumni who update us on their lives and remind us afresh of the miracle of recovery. There too, has been sadness at losses, including those we have hung black-ribbon cups for. Let us keep these souls in our hearts and memories and be thankful for having had the opportunity to know and work with them. Our theme for our August reunion was “Bridge to Recovery, One Step at a Time”. We shall continue to strive to build and maintain that bridge and thank all of you who share this endeavor.

OMAHA

Sally Stephens, BS LADC, Outpatient Program Director-Omaha

As happy as we are for cooler weather to arrive; with that drifts away the summer months where so many recovery related memories are made. The new friends we make by attending more meetings, the fun outdoor activities we do such as campfire meetings, BBQ’s and firework shows.

With that being said; fall is here and winter is right around the corner. Many of us tend to fall short on our recovery. We here at Valley Hope encourage everyone to continue placing recovery first despite the cold weather or icy roads. If you were doing one meeting each day in the spring and summer stick to that or challenge yourself with two meetings in one day. If you feel like there are not enough group activities then we challenge you to make one.

The staff here is so grateful to the alumni that keep the Tuesday 7-8pm meeting open no matter what and a celebration every first Tuesday of the month. Valley Hope is known for our welcoming hospitality but it’s the alumni here that encourage our new comers and take them under their wings as they trudge the road to happy destiny. We invite you all to come join us on Tuesdays to meet the alumni who are an essential part of our success and have a great time. May god bless you and remember that recovery always comes first.

RENEWAL - 1ST FRIDAY OF THE MONTH

Events start Thursday 6:30 PM Continuing Care group. Friday morning chapel services at 7:40 AM, lecture at 8:50 AM. “Brunch” at 10:00 AM. Medallion ceremonies at 11:00 AM. Lunch at 12:00 PM and alumni group at 1:00 PM. Give us a call if you plan to attend Thursday Continuing Care. O’Neill Valley Hope - 1421 North 10th St., O’Neill, NE 68763 (402) 336-0008

RENEWAL - 1ST TUESDAY OF THE MONTH

Omaha Renewal will start at 7:00 pm. There will be medallions, a speaker, and celebration cake. We will start with the Serenity Prayer, introductions, and celebration of various lengths of sobriety. We ask alumni to share their experience strength and hope to others. This is a great place to re-connect and meet new friends! Come be part of the celebration of recovery! Omaha Valley Hope - 7703 Serum Ave, Ralston, NE 68127 - 402-991-8824
Service in sobriety, for me, is the most important element. It gets me out of my selfishness needs, lets me help others and be a part of something bigger than myself. When I first came to AA, my sponsor suggested that I needed to step up and be of service because positions in AA are endless. I started flipping pancakes at fundraisers, making coffee, and within six months, I was voted in as chairman of my club. I learned how to become a productive member of society, a son, friend, husband, father and grandfather. It took on a new meaning to be loving, caring and respectful to all.

Walking through the doors of Chandler Valley Hope as an employee in 2012 offered me another avenue in which to be of service. Greeting our patients by name, with a smile, and giving them nourishment for the day is very rewarding. Our patients also work in the kitchen on a weekly basis which lets them be of service to the community. By working in the kitchen we try to instill service work and its importance to their sobriety from the very beginning of their journey. We are very blessed to be able to witness the patients' transformations from day one until they hang their cups. It is very humbling and an honor to know that the kitchen staff plays a part in the patient's recovery program.

The main lesson I have learned in sobriety is that it is all by God's grace. God works through me on a daily basis and allows me to be his instrument to aid in his will. God brought me to AA and AA brought me to God.

Congratulations to all of the following Chandler Valley Hope alumni who have celebrated one year of sobriety since January 2015!

February: Rachel B., Jeffrey D., Faith H., Kathryn G., Siavhan O., Monica H., Timothy O., Anne Marie O., Destry S., George A., Demonte M., Kevin W., Joe M., and Scott J.
March: McKenna M., Brandon F., Richard S., Michael W., Robert B., Mark M., and Marissa M.
April: Rechanda H., Charles L., McKenna M., Brandon F., Laura D., Joseph A., Alec G., Rachae W., Amedeo F., Steven B., Edgars E., Pearl T., and Sharon R.
May: Jared W., Stephanie F., Sarah D., Don M., John B., Erica J., David M., and Cory O.
July: Brian G., Brooke B., Kimela H., and Marissa M.

CHANDLER RENEWAL - 3RD FRIDAY OF THE MONTH
Brunch at 10:00 AM. At 11:00AM we will honor Alumni. Give us a call if you plan to pick up your cup or share a birthday! Please call with any questions. Chandler Valley Hope - 501 N. Washington, Chandler, AZ 85225 480-899-3335

CHANDLER AND TEMPE ANNUAL ROUND-UP
Saturday, November 7th from 10-2 at the Chandler facility
Fun, games, fellowship and food with some great speakers.
A reunion and celebration of recovery

Save the Date: Chandler and Tempe will be celebrating x-mas on December 11th from 6-9 and this will also be the medallion ceremony for the month of December. Please come and celebrate the holidays. Santa is coming!

TEMPE RENEWAL
Join us every Thursdays from 6-7 PM at Tempe Valley Hope for our alumni and friends! Our Renewal Night is the last Thursday of the month. After patients who receive their one year medallion, share their experience strength and hope, a speaker shares for approximately 20 minutes and then the meeting is open for other members to share. (480)831-9533
Greetings to all our DVH patients, alumni, family and friends! We hope this letter from home reaches each of you.

Each of you probably has your personal favorite season of the year and for good reasons. However, I think we would all agree that Fall brings forth significant change.

Fall is a time of changing colors and seasons. With change comes the unknown expectation of tomorrow. Sometimes people try to hold onto yesterday because they are afraid to move forward, afraid to see what change can bring their way. Each day we have the opportunity to grow and better ourselves from our past. With each new day comes a chance to LIVE another day. Take advantage of this gift of another day! We’re always changing and growing. It can be scary, but we can find comfort in knowing when we wake up each morning, we have been given a new day to change and to grow. We have to push ourselves, trust ourselves, to make each new day better than yesterday. Tomorrow is unknown, but it’s full of opportunities for growth. Fall brings change, but just like Spring, can bring NEW LIFE if we embrace our chance!

Stacy Delbaugh, BS, CAC III - Assistant Program Director

Heroin has become such an enormous epidemic here in Colorado especially with our young adults, we have identified that sobriety has been a tremendous challenge for these young people. This heroin epidemic has grabbed a hold of these young people so tight that it is difficult for them to be released from this horrendous monster that holds on so strong. No matter how hard they try, recovery continues to be very challenging for them.

We have noticed here at PVH that our admissions for young adult opiate addicts have increased considerably over the past five years, and continues to be the most prevalent substance being used for our young adult population. As a multi-disciplinary team we have tried many different strategies in developing interventions and solid continuing care plans to help these young adults be more successful. For example Intensive Outpatient and sober living has not been enough for them to maintain sobriety, it has not been easy for them and we are losing so many young people to this horrific disease.

Carla Vista Sober Living (Gonzalo Ardavin), and Corporate Clinical Supervisor Alison Dean, came up with the idea of creating an extended care program for our young adult opiate addicts. “Legacy House, a part of Carla Vista Sober Living, is an 8 week program highly structured and designed to teach young people life skills, communication skills, recovery skills, and the importance of developing a strong network of support within their community and fellowship of their choice. Most importantly it has created an environment where recovery is possible for them. In addition to the structure of this intense sober living they are also attending Valley Hope Intensive Outpatient with their peers from Legacy house. They attend 12 step meetings together five times per week where they are learning the importance of meetings, sponsorship, fellowship and most importantly giving back. The Legacy house program is designed to specifically help our young adult opiate addicts break the cycle of addiction. One day a week they have a family dinner which teaches them healthy ways to bridge the gap and have healthy relationships with their families. I have had the pleasure and honor to watch these young people immerse themselves and become hungry and excited for recovery. So far, since May 2015, we have had 6 people successfully complete and graduate and move on to begin their journey in recovery. It has been a true gift to be a part of this new program and witness the miracles that are happening for these young people daily. Carla Vista is now opening sober houses in St. Louis, MO. We are so excited to see the opportunities this program will continue providing for young adults who continue to battle with this horrendous disease.

RENEWAL - 3RD FRIDAY OF THE MONTH - NEW FORMAT
Join us for Alumni Group at 9:00AM in the Dining Room. At 10AM enjoy brunch with staff and alumni. Medallion ceremony is at 11 AM where we celebrate alumni returning to retrieve their one year cup or commemorating multiple year birthdays. If you are celebrating 1 year or more and plan on attending this event, please let us know. - Parker Valley Hope - 22422 East Main Street - 303-841-7857

SAVE THE DATE - 1st Annual Charity Golf Classic
April 23, 2015 - 9:00am
Spring Valley Golf Club - Elizabeth, CO

Bree Shawcroft, - Secretary

Greetings to all our DVH patients, alumni, family and friends! We hope this letter from home reaches each of you. Each of you probably has your personal favorite season of the year and for good reasons. However, I think we would all agree that Fall brings forth significant change.
Shelly Parkman, MS, LADC - Program Director

Hope this letter finds you having a wonderful, exciting, and blessed summer. Our June reunion was lots of fun and there were lots of alumni here for the fun. Chaplain Ish did an awesome magic show for the kids (and big kids). We were able to give away many wonderful items that were donated by an array of folks. Miss Jan in the business office had a beautiful throw blanket made, with a collage of photos of the facility, which was given away at the end of the day. Staff and family members conducted the cake walk and I'm not sure who had more fun, the participants or those overseeing the cake walk. John S. from Stillwater and Kathy D. from Oklahoma City were our guest speakers and did a wonderful job of sharing their experience, strength, and hope. We are hoping that our reunion next year will be even more exciting.

Also, we have been letting folks know that beginning with the September 18th Renewal Day the schedule for the day will be modified from how we have been doing it in the past. Upon arrival at the facility, alumni and visitors will need to sign in on the guest register and get a name tag. In the patient kitchen there will be a welcome table set up with refreshments. One year medallions, cups, and saucers will be awarded during the 11:10AM lecture hour. Any time remaining before the noon meal will be spent with a question and answer time pertaining to the recovery side of the V-chart. The question and answer session will be between the returning alumni and current patient group. Then at 1:00PM the alumni will have their own alumni group meeting in the basement which will be facilitated by one of our amazing counselors. Meal tickets for the noon meal will be available in the business office for $5. We look forward to seeing our alumni any time, but especially on Renewal Day.

Finally, we have our very first fund raiser golf tournament coming up September 12th. It will be hosted at the golf course in Perkins, OK. Proceeds from the event will be used for treatment scholarships to help those in need of financial assistance to help offset the cost of treatment at either of the Oklahoma facilities. We are very excited about this event. More information can be found on the website.

In closing we just want to thank all our alumni and friends for their support in helping us to carry out our mission of helping people live and establish a new way of life in recovery. Have a blessed day,

Renewal - 3rd Friday of the month - New Format

Alumni begin arriving at the center early and are welcome to attend the first lecture at 8:50AM. At 9:40AM, we’ll have patient cup hanging ceremony in the lecture hall. We’ll enjoy a little break then at 11AM we’ll have Renewal Celebration in the lecture hall celebrating 1 year and multiple years. There will also be an alumni recovery panel with the patient group. Many alumni stay and enjoy lunch with us by purchasing a meal ticket when they sign in on the guest register and get a visitor name tag. At 1pm there will be a counselor facilitated alumni group meeting in the large room in the basement.

Cushing Valley Hope - 100 S. Jones, Cushing, OK 74023 - 913-225-1736

1ST ANNUAL OKLAHOMA VALLEY HOPE

LONG DRIVES TO SAVE LIVES
SEPTEMBER 12, 2015 - 8:00AM

CIMARRON TRAILS GOLF CLUB
1400 LOVERS LN
PERKINS, OK 74059
$75 PER PLAYER (MEAL INCLUDED)
$200 HOLE SPONSORSHIP

INFO/REGISTRATION: VALLEYHOPE.ORG/SPECIAL-EVENTS
CONTACT: KENSIE LYON 405-482-0448

HOLES IN ONE PRIZE
A NEW EQUINOX FROM
WILSON CHEVROLET - STILLWATER, OK
Greetings to all of you friends and alumni of Valley Hope! I pray this letter finds you well as you journey through this life. Oklahoma City is hot and unusually humid due to the large amount of rain that we have had here recently. By the time this issue of the Coffee Cup hits the stands, fall will be approaching which means cooler temps along with changing in the colors of the leaves. We can expect this because we know that the changing of the seasons is inevitable, just as change in general is inevitable. I am sure that you have heard that there have been some recent changes in the upper echelon of our leadership within Valley Hope. Recently our CEO/President Dr. Ken Gregoire and our Vice-President Dr. John Leipold retired. While this news leaves many of us saddened, we can all take comfort in our new leadership. We can take comfort in this because Ken and John were good leaders and they did what good leaders do to prepare good leaders to follow behind them. We also can take comfort in our Higher Power which is at the center of it all. We will miss Ken and John and look forward to the new season of leadership.

We are very excited for our upcoming 1st Annual Charity Golf Classic in Perkins, Oklahoma on September 12th at 8 a.m. at the Golf Club at Cimmaron Trails!!! The event is called Long Drives to Save Lives to benefit our Valley Hope patients that may not have the funds to meet their treatment needs. I’d like to thank in advance all of the patients, alumni and staff that have been a part of making this event possible. If you have not signed up to play yet, please do so. There is registration information listed here in the Coffee Cup.

**Renewal - 1st Tuesday of the Month**
Join us 5:30 – 7PM. Evening starts with fellowship and potluck at 5:30PM; then we will recognize those celebrating varying lengths of sobriety and then the speaker is introduced. Oklahoma City Valley Hope, 6110 NW 63rd, Oklahoma City, OK 73132 - (405) 946-7337

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Scott Ehrlich, M. Div. - Chaplain

Last week I was honored to officiate the funeral of a young man who had died very unexpectedly. This young man, Derek, was born with a number of challenges, most of them mental and emotional, which made his life, well, challenging, to say the least. Many people would say that this man was “flawed,” or “imperfect,” or that God had made some kind of mistake when He made Derek; but I beg to differ.

During the funeral there was a time for those in attendance to share their thoughts and memories of Derek, and did they ever! They spoke of how loving he was, what a good friend he was, what a good worker he was and what a joy he was to be around, or what they learned about living simply by watching Derek live his life. At that moment I realized something.

I went home and told my wife about what I’d experienced, and said, “Never again will I think of people as ‘mistakes’ or as somehow flawed or ‘less than’ other people.” My sainted spouse, with her usual candor and insight, looked me straight in the eye and said, “Including yourself?” I nearly choked on my tongue before I was able to say, “Yes, including myself.”

Those of us who have alcoholism are often labeled by the world as flawed, or imperfect or “less than” others. Sadly, we tend to own those labels and see ourselves in that way. But today I’d like to offer you a little Derek sobriety; and I’d like to challenge you to begin seeing others in the light of the fact that God never makes mistakes. I wish you peace.

**Boonville Heritage Days**
Every year Boonville celebrates “Heritage Days.” During this time many local businesses and artisans set up booths and tables in order to share with the community what they are doing. This year Valley Hope joined in the fun. Several counselors manned our little table throughout the day in order to remind the community that we’re here and what we’re all about.

**Renewal - 2nd Friday of the month**
8:30 AM Registration in the Common Area. Enjoy coffee and goodies. - 9:40 AM Cup Hanging Ceremony in the Lecture Hall. 10:00 AM Alumni Group in the Lecture Hall - 11:00 AM Medallions Ceremony in the Lecture Hall. - 12:30 PM Lunch. Give us a call if you plan to pick up your cup or share a birthday! Call if any questions. Boonville Valley Hope - 1415 Ashley Road - Boonville, MO 65233 - (660)882-6547
Janet Worthy, CRADC - Outpatient Program Director

Anyone who has traveled the road from addiction to recovery knows it’s not always easy navigating a safe route home from treatment. The road we travel between the secure environment of residential treatment to return to what some call the Real World is often surrounded by a churning sea of change. You may have heard people use the term Real World to refer to the world outside of treatment, a world set apart from the world of recovery. Sometimes we’re not really sure where in our personal atlas we’ll find either one of these places. Some feel they left the Real World behind when they became more and more caught up in the behaviors, emotions, and distortions of thinking that characterize active addiction. For those who became involved with their own or another’s active addiction at an early age, the very real and lonely world of addiction may be the only world they recall.

So how do those of us in recovery build a bridge between these very different worlds? A strong bridge is built by skilled and experienced craftsmen using proven materials, and what better way to build a bridge than to follow residential care with an Intensive Outpatient Program (IOP) to ease the initial transition, and then adding Continuing Care to forge the connections over time. To bolster this bridge, there is nothing more accessible than the time-tested, life-long recovery support of community-based 12 Step programs. Add to this an opportunity to share the common bond of a treatment experience with Valley Hope while attending our weekly alumni group held every Tuesday from 6:00pm to 7:00pm. This group strengthens connections among Valley Hope alumni, both who are newcomers and those who have stood the test of time, to strengthen the bridge even more.

Extended care homes that provide recovery programming and sober living houses offered by organizations such as Oxford House are good options for those who aren’t sure they are ready to return to their previous home environment after they leave residential treatment. Sober living environments such as these provide additional structure and social support to individuals wanting to establish and sustain the recovery behaviors common to those enjoying a successful long-term recovery. Call us. We can help you identify supportive living resources available in the St. Louis area.

St. Louis hosts a monthly Renewal/Alumni Group on the fourth Wednesday of each month beginning at 5:30pm for refreshments and fellowship. This is followed by a speaker meeting shared with current patients in IOP. It’s a special time each month for celebrating recovery milestones while supporting those just starting new lives in recovery. Many thanks to recent speakers Erick W, Brent R, Bart O, Jon D, Mark H, and Brad M.

Alumni, we are honored by the time you give to us and to one another as you celebrate, listen, offer a hand of support, or reach out for help in times of need. You reinforce the bridge between two worlds, the bridge that all must cross in the journey from active addiction to recovery. You are always welcome here, so come by or give us a call during our new hours 9:00am to 10:00pm. Monday through Friday at (314) 514-9220.

DID YOU KNOW...
The left-hand side of the V on the Valley Hope emblem represents the symptoms related to the downward progression of addictions. The right side of the V represents recovery. The circle around the V represents the human being who is afflicted. Yellow means life!
Hello Valley Hopefuls, it’s good to be writing to you again. I hope this letter finds you in good health and enjoying the sobriety you found here. We, here at Grapevine, are starting to get ready for Ocsoberfest. This year it will be on October 17 from 10 am to 2 pm. We hope you are making plans to come and be a part of the festivities. We have had a rather busy year with a lot of people coming through our facility. A new thing we have done on grounds is a serenity garden off of the chapel. We placed some plants outside and the greenery is conducive to meditation and prayer. We invite anybody to contribute to the garden and offer it to you as a place where you can commune with God in a natural setting. Our chapel plates have begun to stretch around the chapel and are there to commemorate the full chapels we have been having.

We welcomed a new counselor and had to say good bye to one. Lisa took the place of Kodie and has been fitting in well in our community. Christine is our new Community Service Clinician and seems to be working well in getting our name out in the community. Recovery keeps rolling on here at Grapevine and it is always good to see the alumni organization working to make that happen. We still have renewal days on the last Friday of every month and would like to have a visit with you if you can make it on that day. We miss you and think of you often. Hope to see you soon.

Summer is definitely here and it is HOT in Texas! Lately we have had several patients come back and share with us their successes in recovery. It is so awesome to see former patients doing so well! This is one of the best parts of our jobs as counselors. It brings joy to my heart to hear about families reconnecting, trust being rebuilt, job opportunities becoming available, new additions to families, continuous sobriety, and people furthering their education. These are true rewards of sobriety! Our coffee shop is being used as a place for patients to meet up with their sponsors and we love this too! It is always nice on Renewal Day to see alumni come back, pick up their cups/medallions and share their experiences with current patients.

**RENEWAL - LAST FRIDAY OF THE MONTH**
Start at 9AM for Renewal day. At 10AM brunch with staff and alumni and 11AM Medallion and Cup Ceremony. Grapevine Valley Hope - 2300 William D. Tate Ave., Grapevine, TX, 76051 (817) 424-1305
Now that you are living your life in recovery, are people noticing changes in you?
If so, what do they see? In other words, what are you known for now?

**Julie W.**
Instead of being painful to be around, I’ve been told I am joyful. Instead of feeling haunted by the past, I have accepted it and all of my choices. My HP has tugged me into my life and each day I wake up and have a choice as to how I will grow. I have awakened to a new life.

**Ron S.**
People have noticed that I am calmer and more at ease. More at peace with life and situations life throws at us.

**Briana H.**
Now that I am sober, I am known for being reliable and showing up. I am also known for being a hard worker and responsible. It feels good.

**D. S.**
Eight years ago, headlines in our local county newspaper read, “Local doctor found in his jeep, incoherent, arrested for DUI and possession of meth and paraphernalia (syringes).” This year the county paper read that same doctor, “Voted people’s choice #1 doctor in the county”. Only God can do that!

**Mike H.**
My wife says I think of her first and show it in my actions. I’m a giver now, not a taker. I will celebrate 2 years August 3. I started my new life at Valley Hope, Atchison.

**Lori V.**
People tell me I’m a nicer and kinder person now that I’m not drinking. I feel a lot better about myself and I care about others.

**Blair H.**
I’m known for being reliable, dependable, and early. I’m known as a man who does what he says he is going to do. I’ve learned (usually) say what I mean, mean what I say but not say it mean.

Stay in Touch

Visit www.valleyhope.org and click on Alumni link & ‘STAY IN TOUCH’ to receive emails about Renewal Days, special events & participate in the Coffee Cup questions and answers. You’ll be the first to see the Coffee Cup newsletter online.

Just for Laughs

By: Ben Ben the Fisherman  www: recoverycartoons.com
Ask about our Fly to Recovery Program!

**AC/ESS Services:**
(785) 874-5208

**ARIZONA:**
Residential – Chandler (480) 899-3335
Outpatient – Tempe (480) 831-9533

**COLORADO:**
Residential – Parker (303) 841-7857
Outpatient – Denver (303) 694-3829

**KANSAS:**
Residential – Atchison (913) 367-1618
Moundridge (620)-860-1904
Norton (785) 877-5101
Outpatient – Overland Park (913) 432-4037
Wichita (316) 264-7369

**MISSOURI:**
Residential – Boonville (660) 882-6547
Outpatient – St. Louis (314) 514-9220

**NEBRASKA:**
Residential – O’Neill (402) 336-0008
Outpatient – Omaha (402) 991-8824

**OKLAHOMA:**
Residential – Cushing (918) 225-1736
Outpatient – Oklahoma City (405) 946-7337

**TEXAS:**
Residential – Grapevine (817) 424-1305
Outpatient – Grapevine (817) 424-9013

* Red indicates new phone number