

# Coffee Cup

WINTER 2020

valleyhope.org



Valley Hope

ADDICTION TREATMENT AND RECOVERY



"One kind word can warm three winter months." — Japanese Proverb



## A NEW YEAR, A NEW OPPORTUNITY

Welcome to the new and improved recovery resource for Valley Hope alumni, partners and friends.

Coffee Cup is a quarterly newsletter focusing on sobriety stories, treatment innovations and recovery outcomes.

We look forward to working with you in 2020. Please share any feedback, thoughts or ideas with us anytime at [recovery@valleyhope.org](mailto:recovery@valleyhope.org).

With gratitude,  
Dan McCormick, Valley Hope President and CEO

## SUCCESS STORIES

"Today I celebrate 5 years of freedom from drugs and alcohol. I started my recovery journey at Valley Hope, and I am forever grateful to the staff and the recovery environment. Thank you for giving my life to me and caring so much for the patients."

**MICHAEL, CHANDLER ALUMNUS**

## RECOVERY BLOG



Explore Valley Hope's blog at [valleyhope.org](http://valleyhope.org) for extensive resources covering addiction, treatment and recovery topics for loved ones, families and the recovery community.





## RECOVERY SPOTLIGHT: Meet Chase

“My marriage is better than ever and I can say I’m truly happy and healthy.”

I attended Valley Hope in Cushing, Oklahoma. I was broken and my self-worth was at an all-time low. Every person at that facility was caring and uplifting during my time at the center. The nurses cared, after working long hours they still always asked how I was doing and remembered details about my personal life.

My counselor knew exactly how to handle my personality. I was blessed to have her guidance. She also reached out to my wife multiple times during my stay and helped comfort and guide her as well. And, my chaplain made me feel at ease during such a stressful time of my life.

My marriage is better than ever and I can say I’m truly happy and healthy. Valley Hope is a big reason why I can say that. Valley Hope gave me the tools I need to fight addiction daily.

## YOUR GENEROUS SUPPORT SAVES LIVES

Contributions to the Valley Hope Foundation build better lives for our patients and families. Learn more about how to support hope and healing in treatment and recovery at [valleyhope.org](http://valleyhope.org).

## FAMILY MATTERS: THE FAMILY’S ROLE IN TREATMENT & RECOVERY

Addiction is a family disease that deeply impacts even the strongest of families, but there are ways to help a family member find recovery.

Be proactive in helping your loved one while maintaining the necessary boundaries:

### 1. GET EDUCATED

Educating yourself on the complex disease of addiction and understanding your role in the treatment program can increase the odds for a successful recovery. Stigma can intensify all of the toxic emotions and reactions that addiction causes. Family participation and support is essential during a loved one’s treatment and even more important to sustain long-term recovery.

### 2. SHOW COMPASSION

Once the disease manifests, powerful negative feelings drive the addiction. These feelings typically include shame, guilt and worthlessness. It is important to understand that when your loved one is living in their addiction, they may have little self-worth. Expressing your love and care for them while also pressing your case for treatment is essential to help a family member find recovery.

### 3. BE SUPPORTIVE

Once your loved one completes treatment, the recovery process truly begins. Long-term recovery is a lifelong journey for your loved one and the family as a whole. You can help a family member in recovery by remaining energetic in your support of their recovery plans, which should include continuing care, sober living, a 12 Step program and related recovery activities.

Family members, for their own well-being, must also be willing to put in the work to help overcome the pain and broken trust that addiction causes. To help ensure the entire family unit receives the care needed to be successful; Valley Hope offers a variety of services for family members at our residential and outpatient treatment facilities.

Remember, a life full of hope and health is possible for you, your family and your loved one. People can and do recover from drug and alcohol addiction with a strong support system, tailored treatment program and smart recovery plan. Explore Valley Hope’s Recovery Blog at [valleyhope.org](http://valleyhope.org) for extensive resources and information for loved ones and families.



## Women & Alcohol



## COMMUNITY FOCUS: ALCOHOL AWARENESS MONTH

With alcohol misuse rates rising, women face particular challenges and health risks related to excessive drinking. During National Alcohol Awareness Month in April, Valley Hope will highlight issues surrounding women and alcohol. Visit [valleyhope.org](http://valleyhope.org) for extensive resources and information for loved ones, families and the recovery community.



### How Heavy Drinking Impacts Women

For women, the effects of alcohol on the body differ from men due to body chemistry. If a man and woman consume the same amount of alcohol, women will have a higher blood alcohol level and absorb more alcohol than men, speeding up and extending the effects of alcohol. These differences also increase the probability of long-term health problems among women who misuse alcohol.



### Do You Have Alcohol Use Disorder?

A definitive diagnosis of alcohol use disorder requires a clinical diagnosis, but there are clear warning signs. The symptoms include:

- Obsessive thoughts about drinking.
- Drinking at inappropriate times or alone.
- Drinking with the intention of getting drunk.
- Becoming defensive when confronted about drinking.



### A Growing Women's Health Epidemic

Although men have historically endured higher rates of alcoholism, women are catching up fast. More than 17.6 million people, or one in every 12 adults, suffering from alcohol misuse and several million more engaging in risky, binge drinking patterns.

With women consuming alcohol at higher rates and frequency than ever before, the impacts on society could be severe.



### Binge Drinking and Women

Binge drinking is a pattern that occurs after four drinks for women, assuming the drinks are consumed within about two hours.

Although most people who binge drink are not alcoholics, alcoholism is a progressive disease and binge drinking could lead to alcohol dependence over time. The health risks for heavy drinkers and alcoholics are very similar in danger and diagnosis.



## How Do I Make a Treatment Referral?

Valley Hope's Patient Access Center (PAC) stands ready to help.

Valley Hope's Patient Access Center (PAC) Team combines clinical expertise with compassion to help determine the best treatment program for your client. With a simple phone call, you can complete our streamlined, thorough process from assessment to admission. Our team works with you and your client to position him or her for successful treatment and long-term recovery. Our team also helps maximize insurance benefits to help secure minimal out of pocket expenses. Call the Valley Hope Patient Access Center today at 800-544-5101 to begin the assessment and referral process.





EMAIL [recovery@valleyhope.org](mailto:recovery@valleyhope.org)

CALL 800.654.0486

WRITE P.O. Box 510 | Norton, KS | 67654

CONNECT     

HELP 24/7 AT [VALLEYHOPE.ORG](http://valleyhope.org)

# HOPE

## BUILDER CLUB

### HAPPENINGS WINTER 2020

For a complete local listing of alumni group meetings, recovery renewal days and special events, please visit [valleyhope.org](http://valleyhope.org).

#### >> Valley Hope of Parker Renewal Day Celebration 3rd Friday of the Month | 8AM

GET CONNECTED!! Join fellow alumni, staff and patients as we celebrate one-year sober anniversaries and share recovery best practices.

#### >> Valley Hope of Grapevine Weekly Alumni Group Wednesdays at 7:30 pm

Focuses on the positives of living sober and the ways we can share where we are and what keeps us strong in our recovery.



## COFFEE CUP CORNER

A special part of the Valley Hope experience involves the coffee cup. The "cups" process at Valley Hope uniquely inspires and reflects the recovery journey of our Alumni. At the end of the treatment experience, each patient creates their own cup design that symbolizes their recovery. Before they leave Valley Hope, patients share their cups and the inspiration behind the design to fellow patients, family and friends. The cups are displayed along the walls of Valley Hope lecture halls and alumni return after one year of sobriety to claim their cups and share their recovery success stories with patients.

### MICKEY'S CUP >>

Recovery has impacted my life in many ways. I have a brighter outlook on life. My relationships with my family have grown dramatically, especially my relationship with my wife. We both knew something had to change, so I went to Valley Hope for treatment.

I didn't know what to expect, but after a few days, I knew it was where I needed to be. The people I met had the same problems and we managed to get through them together. They will always have my heart. My health has improved 100% and I will always be grateful for the staff at Valley Hope for saving my life. They gave me direction and guided me through the addiction.

I put the phrase "Stay the Course" on my Valley Hope cup. The phrase was used in the context of a war or battle meaning to "pursue a goal regardless of any obstacles or criticism."

My cup is the center piece of my life.