

Coffee Cup

A Valley Hope Publication

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Valley Hope

ADDICTION TREATMENT AND RECOVERY

valleyhope.org



"Acknowledging the good that you already have in your life is the foundation for all abundance." - Eckhart Tolle



>> SUCCESS STORIES

"Valley Hope makes you feel like family, and if you're open to the idea, you will become part of that family. Thanks to VH and my continued focus on working and living my program, I live a life full of joy and happiness that drugs and alcohol could never give me."

RANDY, ALUMNUS

INTRODUCING STEVE KNUTH: VALLEY HOPE PRESIDENT/CEO - AND ALUMNUS

Greetings Fellow Alumni, Loved Ones and Community Partners:

My Valley Hope journey began in Norton, Kansas, during the fall of 1989 and I came back for another round of treatment in 1992. Today I have 22 years living the miracle of sobriety and I owe Valley Hope more than I could ever repay.

I am a grateful recovering alcoholic.

Beyond treatment, I have served on the Valley Hope Foundation Board for 13 years and on the Valley Hope Association Board since 2016, currently serving as chairman. And now, it is an honor to serve as your President and CEO, to work alongside you as we serve the Valley Hope mission, together.

As we move forward into another chapter of this great organization, I want to share with you what you can expect from me, including my vision and goals for Valley Hope.

A couple of initiatives I am focused on include improving the patient experience and enhancing our recovery support resources. With two decades of recovery, I understand how important it is to have a strong community of support.

I look forward to working with you as we continue this journey of recovery and leading others to hope - for life.

Steve Knuth, Valley Hope Interim President and CEO



VOICES OF HOPE

Share Your Story

Join Valley Hope Alumni as we share how recovery has impacted our lives. Stories will be shared throughout National Recovery Month in September and throughout the year to help shine a light on the power of recovery and inspire hope in others.

Ready to share? It's easy!

1. Simply create/share an email, image or video that spotlights the impact of recovery in your life.
2. Email your story:
ashleybarcum@valleyhope.org

Visit the Voices of Hope project at valleyhope.org to explore recovery stories, addiction information and treatment resources. You can also find extensive resources and helpful information for loved ones, families and the recovery community.

GRATITUDE: FIVE DAILY ESSENTIALS



Practicing gratitude is an increasingly popular focus area for scientific research. Study after study has revealed a myriad of benefits for emotional and physical health built by regularly exercising the gratitude "muscle."

However, the recovery community has known the power of gratitude for a long time. More than creating a gratitude list, actively practicing gratitude has always been essential to recovery success.

The good news is that gratitude is a mental outlook that can be developed and strengthened over time. The great news is that the benefits occur almost immediately with significant impact on your recovery success and overall well-being.

Gratitude strengthens your recovery, ushering in joy, peace and selflessness that will empower your journey and positively impact, even inspire, your loved ones. It will usher you to a place where you truly, innately appreciate the gift of sobriety.

- 1. Offer Daily Affirmations:** Start your day in gratitude. Reserve five minutes each morning to offer appreciation while you enjoy a cup of coffee, head out for an early run or even after you hit the snooze button (the first time). Keep it simple or more profound, but make sure to start each morning in thankfulness and set the tone for the day.
- 2. Appreciate the Small Stuff:** Be grateful for the little things that make life great. Be grateful for the simple beauty of a clear blue sky, the grace of a flock of birds, the sweet hug from a friend, the majesty of a starry night – things that went long unnoticed and unappreciated before recovery.
- 3. Share the Love:** Gratitude involves more than self-reflection; it should be practiced as love in action. In recovery, the brain begins to heal and as it heals, with practice, selfishness and other damaging attitudes begin to fade away. Replacing selfishness with gratitude can be revealed through intentional service to others by volunteering, charitable giving and even supporting others in recovery.
- 4. Be Generous in Appreciation:** Throughout each day, be mindful of your interactions and observations of others. Be mindful of sharing your gratitude for others as they cross your path or as you observe good deeds on behalf of strangers. Be generous in sharing and showing your appreciation for their actions and efforts as you go about your day.
- 5. Keep a Gratitude Journal:** Gratitude journals are a popular resource for cultivating mindfulness. At the end of the day, simply write down a list of what you are grateful for in that moment. If you are having trouble, experts recommend asking the following questions: "Who or what inspired me today?" "What made me smile today?" "What's the best thing that happened today?"

Dive deeper into your sobriety by expressing daily gratitude for a life in recovery. Be grateful for a fresh start, for possibilities and opportunities. Be grateful for your recovery.



COMMUNITY FOCUS: VALLEY HOPE OPENS TREATMENT CENTER FOR WOMEN AND CHILDREN

New Directions for Families (NDF) is a specialized addiction treatment center in Colorado, helping women with children, ages 0-12 and pregnant women.

Located in a recently renovated facility in the Denver suburb of Littleton, NDF provides evidenced-based, family-focused substance use disorder treatment, staffed by fully licensed clinicians. The residential facility will provide trauma-informed addiction treatment for women and their dependent children under the age of 12 or expectant women.

"NDF services are unique in that our program is specifically sensitive to the impact of trauma on women and children," Angela Bornemann, Executive Director of Valley Hope in Colorado, said. "We meet families where they are and tailor interventions to the mother's motivation to change. Essential to that approach is supporting these women by identifying high risk situations and building the necessary coping skills."

NDF's specialized treatment services include intensive and transitional residential programs in a highly structured environment that provide customized treatment for women and their children. Patients receive treatment during the day while their children attend school or receive childcare.

NDF also plans to provide outpatient services that include help with finding housing, recovery support, relapse prevention, and individual and group therapy as needed.

"The impacts of addiction on children are often overlooked," Judy Edwards, NDF Program Director, said. "NDF focuses on the unique experience of mothers and children and the necessary treatment and support needed to rebuild that essential relationship."

For more information about New Directions for Families, please visit valleyhope.org or call (720) 623-0747.



RECOVERY SPOTLIGHT: Kay S., Alumni Coordinator

"When I went to Valley Hope in 2015, I was lost and broken. I was sick and tired of living the way I was. I knew I needed help. Little did I know, my whole life was about to change. It was comforting to know that people understood where I was coming from and knew how I felt. Valley Hope meets you where you are. They wrap their loving arms around you and treat you like family. They gave me the tools to live a life free of alcohol and drugs. I forged relationships with people like me. Many of the friendships I still have today. We all became one big family! Recovery is actually "Wecovery," as we cannot do it on our own.

Two years after treatment, I started working at Valley Hope of Moundridge as a Patient Care Assistant. I loved helping patients who are in the shoes I was in for many many years. I love what VH stands for. After a year of working as a PCA I became an Alumni Coordinator. It has been a very rewarding job. I get to stay in contact with patients after they leave treatment and help with recovery support services. We truly care about each and every patient. We pray that they are successful. I love organizing fun sober activities for alumni, family and friends.

Recovery takes hard work, perseverance and dedication. It is living each day one day at a time. It's about playing the tape all the way through. Studies show the more you stay active in your recovery the higher the success rate is. One must read the literature, attend meetings, work with a sponsor and do service work.

Without VH I would not be able to live life, happy, joyous and free. I am forever grateful!" - Kay S.

VALLEY HOPE FOUNDATION LAUNCHES GEM PROGRAM



GEMS (Give Every Month) are donors working together towards one goal: ensuring financial assistance is available to Valley Hope patients. The automatic giving program provides steady available resources to patients. Donors are removing financial barriers to those in need.

The new GEM Program is convenient and has a direct impact. To date, we have more than 50 GEMS signed up to help launch this very important program. We would be honored to recognize donors as GEMs. Visit valleyhope.org/donate to sign up for a recurring monthly gift.

For more information:
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HELP 24/7 AT VALLEYHOPE.ORG

BUILDING HOPE Campaign Exceeds \$15 Million

The BUILDING HOPE Campaign represents a multi-year effort to secure expanded charitable support for our facilities and programs. It is the first multi-million comprehensive campaign in the history of Valley Hope as an organization. As a result, our patients seeking treatment and those who are in early recovery have ever more resources focused on their success.

Campaign gifts large and small came from 49 states and 871 communities. Highlights include:

- \$15 million raised in total
- \$8.9 million committed through a new planned giving society, THE 1967 CIRCLE
- \$4.8 million in gifts and pledges for treatment and programs
- \$1.3 million in gifts and pledges for building projects/updates
- \$2.6 million has been distributed to assist patients since the campaign started
- 5,500 patients have been directly impacted to-date
- 1,400 patients have received a treatment scholarship from Foundation
- 1,300 patients helped with sober living rent after treatment
- 2,800 patients helped with treatment books, clothing, dental visits
- Several building projects/updates include: Norton, Cushing, Boonville and Atchison

"We are incredibly grateful to all those who responded to our call for support," said Megan O'Connor, Valley Hope Foundation's Executive Director. Steve Knuth, Valley Hope Interim President and CEO, said the historic campaign communicates the need for the organization's services, and the desire of thousands of supporters across the country to help those in need. "Alcohol and drug addiction is a cruel disease. It affects not only the victim but also family members, employers and the communities in which they live. We are proud that so many people join in this comprehensive campaign to help more individuals find recovery."

