

Coffee Cup

A Valley Hope Publication

SUMMER 2020

valleyhope.org



Valley Hope
ADDICTION TREATMENT AND RECOVERY

» "Adopt the pace of nature. Her secret is patience." - Ralph Waldo Emerson «

EXPANDING ACCESS TO TREATMENT AND RECOVERY SUPPORT



Now more than ever, we are here for you, your loved ones and our partners and communities. Valley Hope is expanding access to addiction treatment and recovery support during these uncertain times. At every level, we are taking the steps necessary to continue providing life-changing treatment to people struggling with addiction and essential support to the recovery community. While we continue to treat patients at our residential centers, we have launched a virtual outpatient treatment program and online recovery support groups to fill the gaps in care and community during COVID-19. Stay safe and stay connected. The future looks bright for Valley Hope and those we serve.

Dan McCormick, Valley Hope President and CEO

» SUCCESS STORIES

"Valley Hope holds a place near and dear to my heart. I still go back and visit several times a year even though I graduated ten years ago. The cement for this program is the staff and how much they care, it's a constant I have seen in the time I've been associated with them."

GEOFF, CUSHING ALUMNUS

COFFEE CUP CORNER



At the end of the treatment experience, each Valley Hope patient creates their own coffee cup design that symbolizes their recovery.

DENISE'S CUP »

"My cup starts with the 12 steps coming up and out of the inside of my cup. I also listed family which has been my rock and major support system during my journey and included my counselor who helped me overcome hidden traumas that I couldn't seem to part with. She was such an inspiration and blessing during my treatment experience. I look at my cup every day, count my blessings and thank my higher power (whom I choose to call God)."



RECOVERY SPOTLIGHT: Helping Your Employees

“I believe the impact Valley Hope had on him was immense, maybe even saved his life.”

“While we have referred (employees for substance use disorder treatment) to Valley Hope before, the most recent instance involved an employee I work closely with. He reached a breaking point in his struggle with alcohol. After he completed his treatment, I picked him up from the center and I believe the impact Valley Hope had on him was immense, maybe even saved his life. This was not his first go-round with treatment programs and, unlike the others, he had nothing but amazing things to say about the people and the Valley Hope treatment approach. He said it was different — in a great way. Thanks again...”

Tyler Marsh, CFO
Sapp Bros., Inc.

VOICES OF HOPE: MANAGING RECOVERY DURING COVID-19

Are you experiencing additional anxiety these days due to the COVID-19 pandemic? In recovery, we learn that community is one of our strongest assets.

Practice these coping skills to manage anxiety and stay healthy — mentally, physically, emotionally and spiritually:

GUIDED MEDITATION

Many of us have a lot of extra time on our hands these days, making it the perfect opportunity to begin or continue that meditation you’ve always heard about but perhaps never really dove into. Explore the free online sources and apps that provide guided meditation exercises.

JOURNALING

Journaling can reduce depression, relieve stress and lighten anxiety. The various types of journaling include keeping a diary, listing daily reflections, maintaining a gratitude journal or using a goal-focused journal. Pick your preferred method and start writing.

GENTLE DISTRACTIONS

Now is the time to start working on those little projects around the house that have been on your to-do list for months. Gentle distraction can help take your mind off of what is initially provoking anxiety and also help us to feel accomplished once those to-dos are completed.

DEEP BREATHING

Breathe in through your nose for five seconds and out through your mouth for five seconds until you feel relaxed. Lift your hands above your head and deep breathe. This allows oxygen to continue to pump through your body and to your heart.

ONLINE COMMUNITY SUPPORT

It is essential that we continue to receive the support of others in recovery, even if you are in quarantine. Valley Hope hosts free online Peer Support Recovery Meetings at valleyhope.org every Monday, Wednesday and Friday at 9AM, 12PM and 6PM CDT (Central Daylight Time).

It is more important now than ever that we put into practice the coping skills that we know will help us manage our anxiety and fear.

Remember — take it one day at a time and continue to practice gratitude toward the here and now.



TeleCare: Online Treatment

COMMUNITY FOCUS: THE BENEFITS OF ONLINE SUD TREATMENT

With the spread of COVID-19 requiring stay at home orders for millions of Americans, many people seeking help for substance abuse are turning to online, virtual treatment as an alternative to in-person care.

Virtual programs make addiction treatment more accessible by removing barriers for people that do not live close to a treatment center, for people with disabilities, as well as people with challenges ranging from lack of childcare or transportation to those living in remote communities. At Valley Hope, this virtual care solution is designed as an effective treatment option for anyone requiring an outpatient level of care.

In addition, online programs make SUD treatment convenient for patients and families. Virtual care platforms, such as Valley Hope's **TeleCare** program, are designed for patient convenience, simply requiring an internet connection, laptop or desktop computer, smartphone or tablet and camera. By using your existing technology, you can receive addiction treatment in your home at the click of a button.

How Does Online Addiction Treatment Work?

TeleCare provides services that parallel the face to face experience of an outpatient treatment program. Valley Hope's online treatment services include: Small Group Therapy, Addiction Education, Individual Counseling Sessions, Relapse Prevention Planning and Continuing Care Coordination.

Is Virtual Addiction Treatment Effective?

Even before the coronavirus, virtual treatment was regarded as a viable, effective option for treating drug and alcohol addiction. In fact, a study by Yale University in 2018 revealed that "[patients] are more likely to complete treatment and use less drugs and alcohol, both within treatment and through a six-month follow-up if they use an online program teaching skills and strategies to control behavior rather than undergoing standard therapy." Another study published by *The American Journal of Psychiatry* revealed that online treatment programs reduced active addiction among the patient group. And, according to a study by the *Addiction Science & Clinical Practice Journal*, virtual treatment programs have approval rates above 75 percent.

Even in isolation, help is available. Valley Hope's **TeleCare** virtual treatment program can help you, your loved one or your client begin the healing from drug and alcohol addiction. Learn more at valleyhope.org or for help 24/7, call (800) 544-5101 to speak confidentially with a treatment and recovery expert.

HOPE
BUILDER CLUB

Free Online Peer Recovery Support Groups

All are welcome: Introducing the Valley Hope virtual recovery community.

Checkout Valley Hope's free online Recovery Support Groups. These free virtual meetings are open to anyone in recovery — whether you received treatment at Valley Hope or not.

JOIN A MEETING:

ValleyHope.org/Events

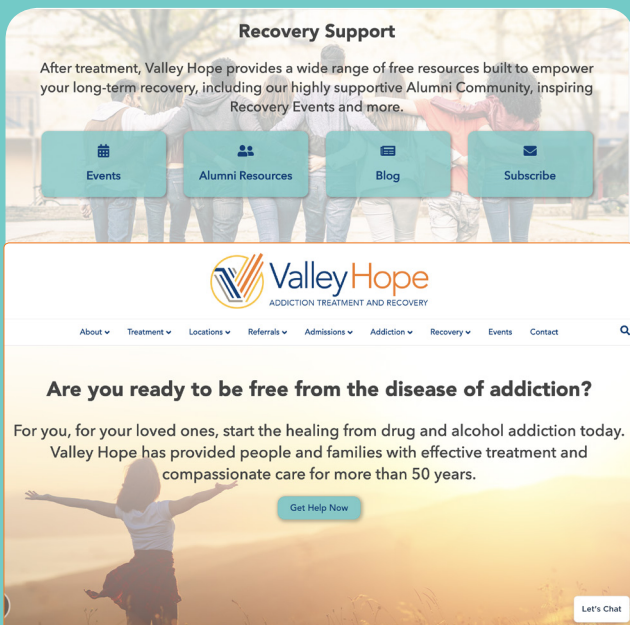
Mondays / Wednesdays / Fridays
9AM CDT / 12PM CDT / 6PM CDT

EXPLORE THE NEW VALLEYHOPE.ORG

Valley Hope has launched a new website at valleyhope.org, dedicated to connecting communities with expert help for substance use disorder and recovery resources.

The new ValleyHope.org includes optimal treatment resources for individuals and families seeking dedicated SUD information and recovery support.

LEARN MORE AT VALLEYHOPE.ORG.



A SPECIAL REQUEST From the Valley Hope Foundation

SPRING DRIVE ENDS JUNE 30

With crisis, come angels.

In response to the COVID-19 crisis, Valley Hope has cancelled many vital fundraising events. Last year, event dollars raised \$61,000 for the Immediate Patient Aid Fund and provided 954 patients with direct support for treatment books, dental visits and sober living housing.

With more than \$55,000 gifted to-date, our **SPECIAL REQUEST** Spring Drive continues through the end of June. More than 200 donors from 18 states have made a gift to this drive. Thank you to all who have responded to our direct mail and on-line digital appeal. We appreciate our event sponsors and donors who have helped bridge this gap.

The need in the coming months will only increase, as the dangers of addiction escalate in the face of heightened anxiety, stress and isolation. Thank you again to all our angels.

Megan O'Connor, Executive Director
Valley Hope Foundation
(785) 877-5111
meganococonnor@valleyhope.org
Make a gift online: valleyhope.org/donate



EMAIL recovery@valleyhope.org

CALL 800.544.5101

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

CONNECT     

HELP 24/7 AT VALLEYHOPE.ORG

