

# Coffee Cup

A Valley Hope Publication

SPRING 2021



Valley Hope

ADDICTION TREATMENT AND RECOVERY



"A flower blossoms for its own joy."

Oscar Wilde



## HOW IT STARTED, HOW IT'S GOING: A HISTORY OF HOPE

*Explore the five decade history of Valley Hope, from the origin story to how the organization continues to serve a mission of saving lives.*

Founded in 1967 as a pioneering addiction treatment center, Valley Hope has built a strong legacy of recovery. Countless people in communities across the nation have worked with a relentless passion over the past five decades to fulfill the founding vision of Valley Hope.

The beginning of Valley Hope in the mid-1960s was unassuming: just a physician, a minister and a bowling alley. The friendship between Dr. Merlynn Colip and Rev. Bob Adams developed while playing in a Norton, Kansas bowling league. After recognizing a local Norton farmer suffered from alcoholism, both Dr. Colip and Rev. Adams recognized that their neighbor needed help. With the blessing of the farmer's wife and the use of the family car, a 600-mile journey to North Dakota resulted in the farmer entering treatment. This experience not only changed the life of the farmer, it has impacted hundreds of thousands of people by forming the genesis of Valley Hope.

It was during that journey that Dr. Colip and Rev. Adams decided to partner with Dr. William Leipold (Doc), a clinical psychologist, and develop a treatment program. However, in the mid-1960s there was no organized movement to treat a disease that many still firmly considered to be a moral issue, there was no money available and Dr. Colip and Rev. Adams resided in a rural part of Kansas.

It seemed like an impossibly tough mountain to climb, but these men had strong faith and the power of hope on their side.

More than five decades since our beginnings in northwest rural Kansas, Valley Hope has established a national footprint, with 17 treatment centers across the United States, with multiple locations in Arizona, Colorado, Kansas, Missouri, Nebraska, Oklahoma and Texas. We have helped more than 310,000 people find hope in recovery and restore their lives.

## >> SUCCESS STORIES

"My son and my husband [both] went through Valley Hope. If it wasn't for your wonderful staff my family members would still be active users. I know that Valley Hope will always be there to encourage not only my son and husband but me too. Thank you for the services you provide for those who need and want to be sober."

**SARAH, FAMILY MEMBER**





## Celebrate Online until COVID is Offline:

### FREE ONLINE RECOVERY GROUPS + NEW RENEWAL DAYS!

Great News: Renewal Days are  
**BACK - VIRTUALLY.**

Visit [valleyhope.org/events](https://valleyhope.org/events)  
to view the full calendar  
of Renewal Days available,  
plus checkout our new and  
improved Virtual Recovery  
Groups with guest speakers,  
sobriety stories and more!

IT'S EASY! Simply choose your  
virtual event on the Valley  
Hope events calendar at  
[valleyhope.org](https://valleyhope.org) and click the  
Zoom link to participate.

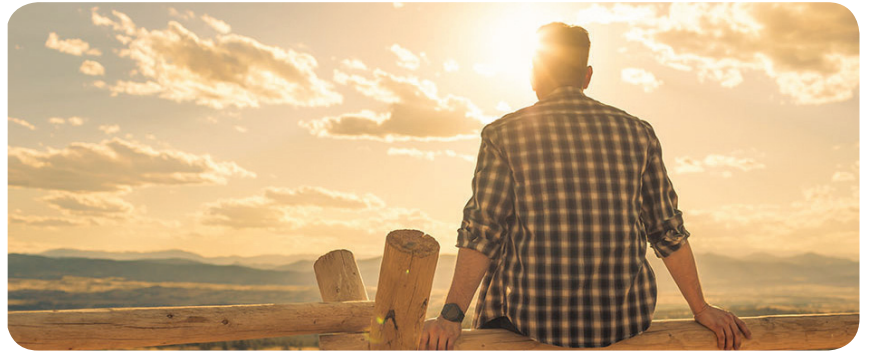
Renewal Days vary from  
location to location. Virtual  
Recovery Groups meet online  
for an hour every MWF at  
6:30PM CST.

**SEE YOU SOON!**

**FIND YOUR MEETING  
+  
RENEWAL DAY**

[valleyhope.org/events](https://valleyhope.org/events)

## RECOVERY DURING COVID-19: FIVE LESSONS LEARNED



As we look forward to the end of the COVID-19 pandemic, it is the perfect time to reflect on how the experience of the pandemic can inform and strengthen sobriety moving forward:

### 1. Stay Connected

In recovery, we learn that community is one of our strongest assets. We recognize that we cannot fight addiction alone, we need a support system and we need to provide support for others in recovery. COVID-19 has taught us the importance of leveraging technology to stay connected to our communities, our families — a virtual presence counts. We learned that helping others and being there for those we care about can take on a variety of forms — in person, socially distanced, online, on the phone. However 2021 unfolds, we know we must continue connecting, communicating and caring.

### 2. Embrace the Unpredictable

The challenges of 2020 seemed to come at us one after another, each disrupting every aspect of our lives. The important lessons learned in the unpredictability of 2020 are that embracing change, accepting disruption and adjusting intentionally are essential to a fulfilling life in any year.

### 3. Focus on Whole Health

One of the key lessons learned from the COVID-19 pandemic is the importance of holistic health — caring for the mind, body and spirit. Beyond the basics like washing your hands and wearing a mask to stay safe, the pandemic has put a huge emphasis on medical and mental health. Many have confronted these challenges by getting in shape, eating healthy and practicing meditation. We learned many of the coping skills we practice in recovery also help us manage our anxiety about the pandemic by taking care of ourselves mentally, physically, emotionally and spiritually.

### 4. Appreciate the Small Stuff

Appreciating the little things in the midst of unprecedented challenges is an essential takeaway from 2020. So many of us have spent most of the year in our homes with the opportunity to appreciate those small but still special moments with the people we share our lives with. Our jam-packed schedules suddenly became open agendas, with the opportunity to FaceTime with old friends, to clean out the clutter, to teach the dog new tricks, to master a new skill that has always been on our to-do list. One thing 2020 did give us was the time and space to appreciate the small stuff with the big stuff paused by COVID-19.

### 5. Practice Grace

This year we learned to practice grace with ourselves and others. From a pandemic to politics to protests, the trouble and tragedy seemed relentless and put everyone on edge. But we also learned how grace grew out of the turmoil as families, friends and communities pulled together to share kindness, compassion and the generosity of spirit.

Although the current health crisis can provoke anxiety and fear, do not use it as an excuse to drink or use. It is more important than ever that we put into practice the coping skills that we know will help us manage our anxiety and fear.





## FAMILY MATTERS: KEYS TO FAMILY RECOVERY

Recovery is a powerful force that can transform families, healing the impacts of a loved one's drug and alcohol addiction. Here are essential keys to healthy family recovery:

**PARTICIPATE IN A PROGRAM** — Family members can benefit from their own therapeutic treatment to help repair broken relationships, restore emotional wellness and learn how to support a loved one's recovery. These programs can teach family members how to heal from their loved one's substance use disorder and support

their recovery while protecting their own well-being. Family participation and support is essential during a loved one's treatment and even more important to sustain long-term recovery.

**GET EDUCATED** — An important first step for families involves eliminating the stigma surrounding the perception of addiction. Stigma not only puts up barriers for loved ones to be successful in treatment and recovery, it prevents families from healing and from being successful partners in recovery.

**SEEK SUPPORT** — Often, family members find that support with others who have loved ones in treatment and/or recovery groups such as Al-Anon. Others may need a deeper level of support and care to help facilitate long term healing and recovery.

**STAY ENGAGED** — Long-term recovery is a lifelong journey for your loved one and the family as a whole. Actively engaging in supportive resources and practicing self-care can empower family members to rebuild and renew healthy, loving and supportive relationships with loved ones in recovery. The work loved ones put in to achieve and maintain recovery requires hope, support, ongoing engagement and renewal. 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.

### RECOVERY SPOTLIGHT: TIM B.

*My story of recovery began the day I was born, September 14, 1977, in Yokosuka, Japan. My father was in the Navy and stationed there. My mom and dad divorced shortly after my sister was born. My father was an extreme alcoholic and was never around while we were growing up. My mom remarried twice. I don't know if I blocked out most of my childhood, but I remember I was never really happy. I really didn't start drinking until I went to college. I didn't drink all the time but when I did, I would make sure I got intoxicated. My alcohol problem started the day my sister was killed in a car accident.*

*I blamed myself and started drinking every day to mask the pain I was in. I was an extremely angry person for so many years. I couldn't understand why the good Lord could take the greatest person I ever knew away from me. My problem came to a head when my house was flooded and I had nowhere to go, living in a house that had no water or electricity. By this time, I didn't care about anything or anyone — especially myself. I had pushed everyone away. I was to the point where I was drinking before work, during work and after work (on the days I actually went to work).*

*On the day I decided that I needed help, I looked in the mirror and asked myself, "what am I doing to myself?" It was the first time that I admitted that I had a problem. I called my mom and told her I needed to go to treatment. Then we found Valley Hope. It turned out to be the best decision I have ever made. I was able to find myself for the first time. I realized that I had to work through everything instead of bottling everything up and trying to drink it all away. Being a recovering alcoholic means everything to me because if I continued to go down the path I was on, I wouldn't be here to share my story. I've been sober for over a year now. It's not been easy, but I keep reminding myself of the path that I was on and I don't want to go there again. It's been an amazing journey and I can't wait to see what comes my way.*



### 53RD ANNUAL GIFT OF RECOVERY DRIVE

Grateful alumni, family and friends have responded generously with \$260,000 in charitable gifts to the 53rd Annual GIFT OF RECOVERY DRIVE. Last year's drive total was \$284,000.

Donations from \$1 to \$20,000 have been received, representing 301 communities and 29 states. Hundreds of patients in need will be positively impacted with financial assistance because of donor support.

Thanks for all the great messages received during the 53rd Annual GIFT OF RECOVERY DRIVE.....your words are inspirational.

*"You saved my son's life. Just trying to return the favor so you can help other people." Chris (Colorado)*

*"I am a June-July 2006 Grad of Chandler Valley Hope. That is when and where the miracle began for me." Zane (Arizona)*

*"This is my annual donation where I get to give the \$10 per year of sobriety x 36 years! This is a very small price to pay for such a great gift to my life!" Bill (Nebraska)*

*"Thank you for helping my mom and saving our family! The impact you all had was absolutely unbelievable! We will be forever indebted!" Samantha (Texas)*

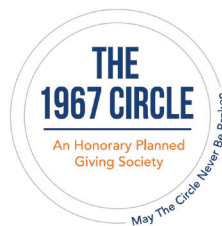
Thanks to all our NEW DONORS and our ANNUAL DONORS who have supported the GIFT OF RECOVERY DRIVE. Thank you for all you do!

On behalf of those we serve,



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### LEGACY MEMBERS JOIN THE 1967 CIRCLE



THE 1967 CIRCLE is an honorary donor society initiated to acknowledge, honor, and recognize individuals who have included Valley Hope

Foundation in their estate plans. Utilizing a bequest in a simple will, a trust document, insurance or other estate vehicle, these individuals have planned to leave a gift at their death for the benefit of Valley Hope patients. Doing so, these donors create a legacy of generosity and assistance to future generations struggling with addiction.

In addition to the 48 Charter Members who have communicated their intentions to Valley Hope, five new Legacy Members were added to THE 1967 CIRCLE in 2020. Our new Legacy Members are from: Arkansas, Kansas, Missouri, Nebraska, and Oklahoma.

Thank you to the individuals who has given or committed 'the ultimate gift' to help Valley Hope patients.

### DONOR SPOTLIGHT

Don Arends proudly celebrates 90 years of living in 2021 and 42 years sober. Congratulations Don!

In 1979, Don was working for the phone company and about ready to lose his job. His marriage had already fallen apart, and his family was struggling. He knew he needed outside help to quit drinking and a friend referred him to Valley Hope.



Don admitted himself to Valley Hope of Atchison and has been sober since. His painted coffee cup (a symbol of his commitment to sobriety) is proudly displayed in his home. His cup is a daily reminder of his work in treatment, his commitment to recovery. Valley Hope truly changed his life.

Don has referred many people to Valley Hope over the years. He has also supported the mission of Valley Hope with an annual contribution to support the GIFT OF RECOVERY Drive since 1981. That's 40 years of donating to Valley Hope! He is a great ambassador for recovery and a kind, warm and giving member of the Valley Hope family. Congratulations and hugs to you Don. And HUGS to all the Valley Hope ambassadors out in the world today sharing the message of hope. For life.