

Coffee Cup

A Valley Hope Publication

SUMMER 2021



Valley Hope

ADDICTION TREATMENT AND RECOVERY

»» "Everything good, everything magical happens between the months of June and August." ««

Jenny Han



HAPPY SUMMER!

Throughout the summer, Valley Hope will celebrate Health and Wellness in Recovery. The summer season naturally inspires us to get outside and get active. A holistic approach to recovery includes essential practices that ensure a healthy body and mind. These practices also feed into intentional self-care.

In addition to your recovery program, take care of yourself by eating a healthy diet, getting enough rest, practicing mindfulness and staying active or exercising daily.

Congratulations if you have embarked on the Road to Recovery — you have taken the first, most important step toward healthy living on so many levels — emotionally, spiritually, socially and physically. As you step further down the road to good health, eating a balanced, healthy diet, staying active, practicing mindfulness and diving into the sober community will help you look and feel better. If you feel better, you will be more committed to recovery.

Stay connected to Valley Hope throughout the summer for access to best practices that will enhance your overall health and wellness and sustain your recovery.

Visit valleyhope.org for more Sober Summer Resources.

»» SUCCESS STORIES

"Valley Hope changed my life seven years ago. The people at Valley Hope saved my life and helped me become who I am. Today I am still happily married to my wife of 17 years I have a wonderful relationship with my son. I am forever grateful for everything Valley Hope has done for me... and I am enjoying life happy, sober and free."

JOHN, ALUMNUS





**LET'S GET TOGETHER,
YEAH, YEAH, YEAH!**

**Watch for special
Alumni In-Person Events!**

After a long year, several Valley Hope communities are planning in-person events this summer!

From BBQs to volunteer projects and picnics, many Valley Hope Alumni will be gathering once again to celebrate recovery — live and in-person!

Visit valleyhope.org/events to view the full calendar of Alumni Events, including Virtual Renewal Days, and the new and improved Virtual Recovery Groups with guest speakers, sobriety stories and more!

SEE YOU SOON!



**DISCOVER EVENTS,
MEETINGS +
RENEWAL DAYS**

valleyhope.org/events

SUMMER SELF-CARE STRATEGIES



Developing an effective self-care strategy can help you strengthen your recovery while enjoying the summer season. Use these tools to build an effective summer self-care strategy:

Recovery First

In any season, make your sobriety the priority by maintaining your recovery program and schedule. There are also online meeting options available for your safety and convenience. Skipping out on your recovery program can put your sobriety on a slippery slope as the summer progresses. Straying from your recovery program and schedule will weaken your ability to power through triggers including fear, anxiety and boredom. Remember: working your recovery program is the ultimate self-care practice.

Follow the Basics: Sleep, Eat, Move

A healthy body will monumentally boost your ability to stay on track with your recovery. The basics of self-care include a healthy diet, physical activity and sufficient rest. Take care of yourself by eating healthy, getting enough rest and staying active or exercising daily. The long summer days can easily throw your sleep schedule off. Make sure you are getting enough sleep, as well as resting your mind and body when necessary.

A healthy mind relies on a healthy body, so diet and exercise are essential pieces of the self-care puzzle. Staying active is an essential self-care strategy. Summer is the perfect time to take the dog for daily walks or go for a swim; regardless, reserve 30 to 60 minutes each day for an outdoor activity.

And, be mindful of your diet and nutrition, focusing on healthy eating choices and patterns. Summer is the perfect time to take advantage of fresh fruits and vegetables at the local farmer's market, and experiment with healthy seasonal recipes. Taking care of your physical health will support your emotional health and reduce stress levels.

Learn to Meditate

Mindfulness is a powerful self-care tool. Take control of your thoughts and emotions with a meditation practice. Even five minutes a day can make the difference. Meditation will calm your mind, reduce stress and enhance your overall health. As you build your routine, expand your meditation practice. Enhance your practice seasonally by meditating near a summer garden or other peaceful outdoor setting.

Have Fun

Self-care also includes having fun. Take some time to reward yourself with the seasonal things that bring you joy. Get out on the water, enjoy a summer sunset stroll, play in the garden, fire up the grill and cook a nice filet — treat yourself to some safe, responsible summer fun. New shoes, a round of golf, ice cream on a hot summer day ... whatever treats make you happy, treat yourself and enjoy.

Whether you are new to recovery or firmly in long-term sobriety, explore safe summer experiences and activities that set you up to engage in the best that the season has to offer while staying focused on your recovery journey and avoiding relapse.



FAMILY MATTERS: When a Loved One Relapses

When a loved one enters recovery, although it takes time, families turn to their own recovery process of healing. While the process can be difficult, rebuilding trust with a loved one in recovery can also bring much relief. Families begin again with new appreciation for their loved one's health and the joy of shared experiences in recovery.

But what happens when a loved one relapses? Relapse can be a part of the disease of addiction, but it does not have to be. When a loved one relapses, how can family members maintain their own recovery?

Practice Acceptance

The first three steps of Alcoholics Anonymous are essential reminders that you did not cause the relapse, you cannot cure addiction and you cannot control your loved one's behavior. The first step reminds families that they are powerless against addiction. This principle helps you to set boundaries with your loved one. When family members enable their loved one's addiction, their suffering grows and the addiction progresses. The principle of powerlessness can lead families out of chaos and into a healthy place of acceptance.

Stay Focused on Your Own Recovery

Just because your loved one has relapsed, you do not have to put the brakes on your own healing and recovery. Take care of yourself by surrounding yourself with support and engaging in family recovery. Consider attending Al-Anon, a 12-Step meeting. Al-Anon provides education and ongoing support for loved ones of addicted people. You can also see a therapist who understands families and addiction or find a family treatment program.

Keep the Faith, Sustain the Hope

Spirituality is essential to prevent a family relapse, because it promotes and preserves hope. Your higher power is greater than your loved one's addiction. Regardless of what your loved one does with his/her recovery, staying connected to your higher power will strengthen your resolve to work your recovery program. Through your higher power, you can bring peace and hope back to your life and home, regardless of the status of your loved one's disease. The Big Book of AA states that our higher power "could and would if He were sought."

Remember, your loved one achieved sobriety prior to relapse. That means recovery is possible. They can reclaim their sobriety after relapse. Your role in relapse and recovery is to take care of yourself, practice acceptance, work your own program, stay engaged with your higher power and never lose hope.



RECOVERY SPOTLIGHT: TERESA B.

I arrived at Valley Hope on June 29, 1989. I remember so vividly traveling by plane from Birmingham, Alabama to Wichita, Kansas. I was met at the airport by a Valley Hope employee who drove me to Norton. I had never been to the middle of our country and was amused that the trees leaned. In my detoxing mind, I hypothesized they were so far from the equator they were growing toward the sun. I was angry upon arrival at Valley Hope! Actually, now, I know I was scared to death. My only goal was to do what they said and get out of there and home to Alabama before the July 4th holiday so I could go to the beach with my friends and celebrate my 30th birthday on July 5th. That did not happen.

One day in the business office waiting to make arrangements for payment, I picked up a brochure that had these "trick questions" on the back. I answered "yes" to about 12 of the 16 or so questions. Then, it said to flip over the brochure where it stated, "If you answered 'yes' to four or more of those questions, you're probably an alcoholic." That's when it hit me, "Yes, I am an alcoholic and I need help."

I was in the perfect place, for me, with the perfect counselor for me to begin recovery.

I wrote volumes for the 4th step I did there, all on pink paper. After I shared it all with the Chaplain, he said to tear it up and I did. He then said, "Throw it in the garbage can," and I did throw all that torn up pink paper in the empty black garbage can. He said, "Make a mental picture of it and remember, when you think about these things, it's all in the trash." I can, today, still see that pink paper in the black garbage can and know it's in the trash. I've done many other 4th and 5th steps since then because, thank God, it doesn't all come back at once!

I believe, to my core, one of the reasons I celebrated 31 years of continuous sobriety this year is because of I was given a firm foundation of recovery at Valley Hope where I was taught to work the steps of AA. I have learned those same steps can, and have, helped me solve any issue that arises.

I am forever grateful for being dropped in the middle of Kansas wheat fields, where I was given the foundation which has led to a lifetime of ups, downs and too many blessings to even count.



BUILDING HOPE

Valley Hope Foundation

Donations propel a renovation at Valley Hope of Boonville.

The 31st Day, Inc. donated \$250,000 and Orscheln Industries Foundation, Inc. contributed \$60,000 to support improvements at our Boonville facility. The project scope included an expansion and renovation of the detox/recovery room and nursing station. Construction was completed in May!

The entire nursing station was redesigned for better access, improved services, and storage. The recovery room/detox capacity was increased from 12 to 16 beds. The front entrance to the area was opened up to avoid congestion and to improve safety, access, and patient experience.

We are particularly grateful to Dave Bear, one of the founders of The 31st Day, an organization formed to assist patients discharging from addiction treatment. The generous gift was a direct result of the work involved in the formation and operation of The 31st Day. The Orscheln Industries Foundation, Inc., has not only supported this project, but propelled our annual Gift of Recovery Drive for several years. We are immensely appreciative.

The expansion and renovation will directly benefit thousands of patients in the coming years!

On behalf of those we serve,

Megan O'Connor,
Foundation Executive Director
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(785) 877-5111 ext. 1011

POST COVID HOPE Fund Drive

Not a handout — but a hand up

POST COVID HOPE Fund Drive brings new hope with donations available for patients immediately. We are just \$12,000 from our goal of \$35,000. Thank you for the early outpouring of support for our patients in need. Thank you to our lead gift donors who contributed before the drive was publicly announced.

ANONYMOUS STAR LUMBER NEX-TECH

As the pandemic rolls into the rearview mirror, Valley Hope stands ready to help as more people are comfortable seeking help. Requests for scholarships, sober house rent, dental visits, treatment books, etc. arrive at the Foundation office every day.

This drive is crucial as fundraising events have been prohibited again this spring. **The drive ends June 30th.** Donors are encouraged to select a facility to benefit from their gift.

DONOR SPOTLIGHT

Dear Valley Hope,

My husband entered Valley Hope in 1986. He had contemplated suicide and found himself with a gun in his hand. By the grace of God, and the urging of another man who had received help at Valley Hope, he drove all night from southern Kansas to Valley Hope of Atchison. It was three days before he called me, although I suspected he was in treatment. I was at the point where I didn't think I cared what happened to him.

There is a happy ending to this story. I spent two weeks with him in Atchison. He was sober until his death in 2007. Our family was greatly blessed. I hope I can help other families through my yearly contribution.

- Shirley S.

P.S. Our 2 boys were in college and high school and (partying a lot) during the time my husband was struggling. Because of their father's journey, they both stopped drinking and continue to abstain to this day.



EMAIL recovery@valleyhope.org

CALL 800.544.5101

CONNECT

HELP 24/7 AT VALLEYHOPE.ORG