



Valley Hope  
ADDICTION TREATMENT AND RECOVERY



“The root of joy is gratefulness.”  
David Steindl-Rast



## RECOVERY MONTH 2021

### Sharing Voices of Hope

People can and do recover from the disease of addiction.

Inspired by National Recovery Month, Valley Hope Alumni are sharing the power of sobriety through a collection of diverse, inspiring recovery stories: Voices of Hope.

Voices of Hope celebrates the millions of Americans living in recovery, while offering hope and healing to loved ones and families seeking help.

#### »» SUCCESS STORIES

“I was an addict for as long as I can remember. When I entered treatment at Valley Hope, I realized my addiction was my problem to solve, not others. I have been sober since the day I walked in. Due to the tools given to me at Valley Hope, I have found sobriety is worth it.”

**BRIAN, ALUMNUS**

#### EXPLORE

Read and watch our collection of Valley Hope Alumni Stories at [valleyhope.org](http://valleyhope.org) and power your recovery with the Voices of Hope playlist on Spotify, curated and inspired by Valley Hope Alumni.

#### SHARE

You can help inspire others by sharing your recovery story. Email [ashleybarcum@valleyhope.org](mailto:ashleybarcum@valleyhope.org) for details.



## RECOVERY SPOTLIGHT: Michelle O.

I walked through the doors of Valley Hope on November 21, 2006. Needless to say, I didn't want to be there and had my guard up against any guidance. So, near the end of treatment, when I was asked to design a cup, I thought it was a dumb idea. I sat looking at this cup not sure what to do, then someone suggested that I "just keep it simple."

I started painting the inside black because, I felt like I was trying to climb out of a black hole that had become my life and soul. On the outside of my cup I wrote "free" and "one day at a time." I also drew a couple of doves. Very simple, but very telling. I remember thinking, "I might really be sick."

After finishing my cup design, I didn't think about it again, until the day I received a box in the mail: My cup.

I was happy and proud that I had made it one year sober. I put my cup on my shelf that day and 12 and a half years later, it is still on that shelf. I look at it every morning and thank God for the journey I have been on.

For something that I originally thought was a dumb idea, is now one of my most precious belongings.



## FINDING GRATITUDE IN DIFFICULT TIMES



When facing extraordinary challenges, in between the difficult times, we can still find the good by recognizing the big and small moments that fill us with gratitude and joy.

Develop a personalized gratitude routine and give yourself relief from the negativity with these best practices:

### 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.

### Appreciate the Little Things

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 majesty of a starry night – things that went long unnoticed and unappreciated before recovery.

### Love in Action

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.

### Show 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.

### Write It Out

Gratitude journals are a popular resource for cultivating mindfulness. Keeping a gratitude journal is a simple activity that can further deepen and exercise your attitude of appreciation. At the end of the day, simply write down a list of what you are grateful for in that moment. Some days your entries may be brief, other days may encourage an intense, lengthy entry. 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?" No writing skills required – the practice itself is enough to work on your gratitude "muscle."

Even in a challenging world, you can be grateful for a fresh start, for possibilities and opportunities. Be grateful for your recovery.



## FAMILY MATTERS: NDF Celebrates One Year of Service

Last year, Valley Hope opened New Directions for Families, a specialized treatment center dedicated to providing life-changing drug and alcohol addiction treatment for women with children (ages 0-12) and pregnant women. Judy Edwards, MS, LAC, the NDF Program Director, shares insight on the incredible first year of the pioneering treatment program.

**How many women have been through the program?** JE: We have currently served 78+ women.

**Any stories stand out?**

JE: We had a mother give birth while in treatment at NDF. She initially struggled with the lifestyle changes but has been thriving since discharge. She called the other day to let us know the baby is doing well and she continues to receive countless blessings in recovery. She has also been reunited with her other children as a result of her hard work throughout treatment.

**How many children have been through the program?**

JE: We have had approximately 17+ children in treatment with their mom or have been reunited with their mom while she has been in treatment.

**How many pregnant women?**

JE: We have served approximately 10 pregnant women, 2 of which gave birth while in treatment. The mothers and children continue to thrive as they maintain their recovery through the community support.

**What unique partnerships are you leveraging to provide services?**

JE: We have built an excellent relationships with various providers in the area. This includes help with housing/sober living, mental health providers, women's services as well as pediatrics, a local church who provides baby items for new moms, Medicaid client services like supplies and transportation, and employment services including business attire. We also work closely with the Department of Human Services regarding the excellent care provided by NDF and the ability to provide visitation with and reunite children with their moms.

**What are you most proud of?**

JE: I would have to say the team at NDF. My staff is exceptional and they absolutely love what they do. They work together as a team to help the women succeed in treatment and push through adversity. They form a special bond with both the patients and the little humans. It is amazing to see the healthy behaviors emerge.

**What has been the most significant impact NDF has had in providing these services to the community?**

JE: NDF helps women in the community who otherwise lack resources for substance abuse treatment. The women are able to have their children up to age 12, with them in treatment. They also benefit from the many relationships and resources available through NDF to help in the long-term recovery.

**What is your vision/goals for NDF in year two and beyond?**

JE: We are continuing to build the facility to double our census as we move past the challenges from the pandemic. We are working on building our family program and to continue to build relationships in the community. We continue to maintain the vision and mission statements of Valley Hope, for our patients and their families. I would like to continue to build this program and others like it to minimize the wait lists that some many women experience.



**DISCOVER EVENTS, MEETINGS + RENEWAL DAYS**  
[valleyhope.org/events](https://valleyhope.org/events)



# BUILDING HOPE: THE PARKER PROJECT

Valley Hope seeks to invest \$12 million into an expansion and renovation of the Parker, Colorado, residential addiction treatment center. The campaign serves to develop a portion of the funding for the expansion, with a goal of \$2.5 million.



The treatment center has a waiting list for admission due to demand for services and a lack of recovery room detoxification (detox beds). General overcrowding is evident in all areas of the center, including the admissions center, dining hall, lecture hall, therapy rooms, community rooms, and parking.

### Description of the Project

- 23,000 square feet to 43,000 square feet
- One expansive, all-inclusive building
- New detox wing with 16 beds, living/dining area, and nursing station
- Addition of 14 (non-detox) beds
- 5 private meeting/counseling rooms added
- Community room doubled in size
- Expansion of the lecture hall
- Dining hall and kitchen enlargement
- Additional parking for patients, visitors, and staff
- Upgraded outdoor amenity space and landscaping

### Benefits of the Project

- Reduced waiting lists for admission
- More treatment beds resulting in more lives saved
- Improved safety by bringing all campus buildings under one roof
- Chapel, dining hall, and lecture hall no longer multi-purposed

“We cannot allow more people to put their recovery on a waiting list and risk losing their lives when the solution is at our fingertips. We want to be a part of the solution, but we don’t have the space.”

*Steve Knuth, President & CEO  
Valley Hope*

### The Campaign KICKOFF Event

On August 17, 2021, we had a KICKOFF event at a nearby church (due to Covid restrictions) to launch the BUILDING HOPE Parker Project Campaign. The campaign is strictly a brick and mortar campaign, with an intensive 18-month period and opportunities for 5-year gift/pledge payment periods. During the special event, we announced donations received to date. Several significant gifts include generous contributions from The Daniels Fund, The Recovery Foundation, and The Anschutz Foundation. Several other donations, including \$20,000 from Valley Hope’s CEO, Steve and Jan Knuth, have been received for the project.

We are happy to announce \$1 million dollar has been gifted toward our \$2.5 million goal. Thank you to all those who have supported the project to-date.

The groundbreaking is scheduled for Fall of 2021, with construction scheduled to be completed in 2023. The facility will remain open during construction. We are going to be able to help 300 more patients each year with the expansion and renovation.



To learn more, visit [valleyhope.org/parker-project](http://valleyhope.org/parker-project).

On behalf of those we serve,

**Megan O’Connor, Foundation Executive Director**  
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