



“A flower blossoms for its own joy.”  
*Oscar Wilde*



## A SEASON OF RENEWAL

The last two years have been challenging in almost every imaginable way.

With so much stress and monumental change impacting our daily lives, it is more important than ever to stay connected to your recovery community: meetings, sponsor, Valley Hope alumni resources.

This spring, make a commitment to join us for a Virtual Renewal Day or in-person alumni event. Reconnect and strengthen your ties to your Valley Hope home.

Although many in-person alumni events, specifically Renewal Days at our facilities have been limited to Zoom gatherings, we truly look forward to welcoming you back on campus very soon.

In the meantime stay engaged and find renewal with us — visit our events calendar at [ValleyHope.org](http://ValleyHope.org) for recovery events near you!

### » SUCCESS STORIES

Valley Hope changed my life. I came in as a troubled alcoholic abusive father and horrible husband. And the people of Valley Hope saved my life, 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 and I am forever grateful for everything Valley Hope has done for me... and I am enjoying life happy sober and free.

- John D, ALUMNUS





## RECOVERY SPOTLIGHT: Q&A with Shari M.

*How has sobriety improved your life?*

SM: Sobriety has changed my life completely. No more secrets, lies and manipulation. Sobriety is everything to me, without it I couldn't live like I should. Sobriety to me is about doing the next right thing, showing up when I say I will, doing what I say I will—just being honest with myself and others and when I don't, to make amends. Live my life by kindness and love.

*Do you have any advice to give?*

SM: What they tell you in treatment works. Get a sponsor, go to meetings, read your literature and use your higher power whatever that may be. Find a solid support system. Sobriety may seem selfish at first but you have to think of yourself.

*How have you supported others in recovery?*

SM: By sharing my experience, strength and hope. By reaching out to others and taking direction from my sponsor. Kept me out of my head. There is hope and life after addiction; not only is recovery possible, it's the best life and gift I could've given myself.



## SELF-CARE KEYS TO HEALTHY RECOVERY

In recovery, self-care strategies should focus on prioritizing your mental, emotional, and physical well-being. To develop those self-care strategies, people in recovery from drug and alcohol addiction need to build self-awareness of their individual situation and what will help each individual achieve their needs and wants, while also being mindful of healthy boundaries.



### 1. Put Your Recovery First

Working your recovery program is the ultimate self-care practice. Your sobriety must always take priority in your self-care efforts. Achieve this by maintaining your recovery program and schedule. Establish a 12 Step meeting schedule and attend regularly. Adjust your meeting schedule if you need to, but do not skip. Skipping out on your recovery norms can put your sobriety on a slippery slope. Straying from your recovery program and schedule will weaken your ability to power through potential triggers.

### 2. Meditate

Meditation is a simple, powerful self-care practice. In AA, Step 11 tells us, "Sought through prayer and meditation to improve our conscious contact with God as we understand him..." 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 and enhance your spiritual health. There are several apps and podcasts that offer free guided meditations to help you build and expand your meditation practice.

### 3. Eat Healthy, Stay Active, Sleep

The basics of self-care include a healthy diet, physical activity and sufficient rest. 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. Whether it's walking the dog or going for a long run, reserve 30 to 60 minutes each day to get up and move.

And, be mindful of your diet and nutrition, focusing on healthy eating choices and patterns. Taking care of your physical health will naturally feed into your emotional health and reduce stress levels, a basic but core self-care strategy.

### 4. Practice Gratitude

Keep a daily list of at least three things you are grateful for and reflect on each thing and why you are thankful. Taking a few minutes each day to think about the positive things in your life is a small action with a huge impact on your overall well-being. It can improve your emotional, mental and physical health, strengthen relationships, and even help you foster empathy and compassion.



## How Does Outpatient Treatment Help Addiction Recovery?

Most patients who participate in an outpatient program have already completed residential treatment and require continued high-level care to help them successfully transition to daily life in sobriety.

In substance use disorder (SUD) treatment, the “continuum of care” refers to a treatment system in which patients enter treatment at a level medically and clinically assessed as the most appropriate to their needs and, as needed, step up to more intense

treatment or down to less intense treatment. The typical patient journey through an addiction continuum of care begins with medical detoxification, followed by residential treatment, intensive outpatient treatment (IOP), and outpatient continuing care.

This continuing care system is built to provide the patient with the most successful addiction treatment plan for long-term recovery. The more time a person remains in a continuum of care, the greater the odds of sustained sobriety.

**In the continuum of care, an outpatient program helps patients avoid relapse by:**

1. Staying connected to and involved with quality treatment.
2. Effectively managing co-occurring conditions.
3. Building recovery community, such as attending 12 Step programs.
4. Rebuilding relationships with loved ones.
5. Developing coping skills that help manage toxic emotions, compulsive behaviors, and potential triggers.
6. Transitioning back into life and the community as a sober individual.

### The Importance of an Intensive Outpatient Program (IOP)

An intensive outpatient program (IOP) reinforces the progress achieved in residential treatment. Recovery from drugs and alcohol is a journey and IOP is a vital step to strengthening and supporting that journey.

Most IOP patients gather three times a week in the evening for three hours, either in-person or online. Providing care after the average 8-5 workday makes IOP a convenient option for most people. Most private insurance plans cover intensive outpatient treatment programs, making it cost-effective as well.

### Exploring Online IOP Options

Virtual IOP or online outpatient treatment programs provide the same evidence-based and customized care components and licensed clinicians as in-person IOP, but in a virtual environment.

Online IOP fills a significant gap in treatment services by making treatment more accessible, 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 and more. This virtual care solution can be an effective treatment option for anyone requiring an outpatient level of care.

The most successful individualized, comprehensive care approach includes customized aftercare planning and coordination with you and your treatment team to help reduce the risk of relapse. That often includes participating in weekly one-hour Continuing Care small groups that focus on relapse prevention and peer recovery support, as well as guidance on 12 Step involvement and developing strategies for managing a sober life.

**For more information about Valley Hope IOP options, visit [ValleyHope.org](https://valleyhope.org).**

**DISCOVER EVENTS, MEETINGS + RENEWAL DAYS**

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





# BUILDING HOPE

It is with great appreciation for our supporters that I'm able to share some good news with the Valley Hope family. Fundraising helps our patients with scholarships and essentials AND with facility improvements and expansions. We have some exciting things happening across the organization.

**BUILDING HOPE Atchison** - Valley Hope Foundation supporters were able to help with \$350,000 for the purchase of a large parking lot and school building to the north of our Atchison treatment center. Funds for Atchison were raised in 2018-2019 for an Atchison expansion. The purchase of the new property opens up long overdue possibilities for additional space at the facility. Given the space restrictions at Atchison, there is an element of excitement with the project and a desire to use the new space as soon as possible. The reality of a project of this size is that it entails a process that generally takes more time than most anticipate. A master planning process will begin following complete inspections for mold, asbestos, and lead. The planning process will determine use of space, upgrades and design will be completed in the months to come. Once the Valley Hope Board has determined direction for the project, bidding and general contractor selection can begin.

**BUILDING HOPE Parker Project** - The \$13 million expansion and renovation of Parker is slightly delayed but moving forward. Our fundraising goal is \$2.5 million, and to-date, we have raised \$1.6 million from supporters. The 20,000 square foot expansion will reduce the waiting list for admission and relieve general overcrowding at the center. The new detox wing with 16 beds, a nursing station, private lounging, and dining area is the focus of the project. In addition, the lecture hall, dining, and community rooms will be expanded to relieve congestion in all areas. The landscaping and outdoor spaces will be beautiful, and we are adding parking to accommodate all patients, staff, and visitors. Ground is breaking in 2022!

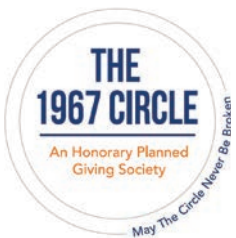
### GIFT OF RECOVERY DRIVE sets new record of support!

The annual year-end drive is all about addiction recovery becoming a reality. The GIFT OF RECOVERY DRIVE began November 15th and ended on January 31st. Donations to the drive (1) help patients to remain in treatment, (2) give loved ones the opportunity to participate in family programming, and (3) aid with essential patient items.

The 54th Annual GIFT OF RECOVERY DRIVE generated \$316,273 in charitable donations this year! This is the largest in Valley Hope's history. Thank you very much to the 544 donors who participated in the important drive. Your support is saving and changing lives.

A very special thank you is extended to the Orscheln Industries Foundation for the lead challenge grant to help propel our drive this year. We appreciate their charitable support of Valley Hope patients in Boonville, Missouri.

### Estate Planning Leaves Legacy to Help the Next Generation.



Valley Hope opened its doors in Norton, Kansas, in 1967. During 55 years of treating addiction, we have helped over 300,000 people and 450,000 family members on the road to recovery. Valley Hope launched The 1967 Circle, an honorary planned giving society in 2018 to ensure the circle of support for future patients will never be broken. The 1967 Circle was formed to honor and recognize individuals who have included Valley Hope Foundation in their estate plans.

We're thrilled to announce a total of 64 members, 45 Charter and 19 Legacy members. 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.

Valley Hope considers a planned gift the highest honor a donor can bestow on our organization. It's a comforting assurance of support for our patients for years to come. Thank you to our Charter and Legacy members for your dedication to our patients.

With gratitude for your support,

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