



“You are so much sunshine in every square inch.”

Walt Whitman



»» SUCCESS STORIES

I am now about to celebrate three years clean from opiates. I have my family again and I am happier than ever. I do have bumps in the road but, that's just life. I am healthier than I have ever been before. I pray I stay on this track! Please give yourself a chance and realize you're not victim to your disease but, you can be victorious over it!

- Ms. Z, ALUMNUS

FOCUS ON QUALITY OF CARE: Patient Satisfaction Survey

Valley Hope is committed to providing an exceptional experience in every care interaction. To ensure we are holding ourselves to the highest standards, we collect ratings from patients on all aspects of their treatment stay at Valley Hope.

This feedback is essential to improving our quality of care as we work to help more patients find healing in recovery.

The latest results from our Patient Satisfaction Survey reveal:

Overall Performance: 92%

Likelihood of Recommending: 95%

Treatment Goals Met: 94%



We highly value all feedback as we continue to strengthen the Valley Hope patient experience.



JOIN US FOR IN-PERSON EVENTS + RENEWAL DAYS!!!

Explore the full
events calendar:
valleyhope.org/events

Join friends, make
new friends and build
community at our
recovery events!

You have an open
invitation to join Valley
Hope Alumni + Friends
for inspiration, support,
fellowship and fun.

SEE YOU SOON!



THE ULTIMATE SOBER SUMMER GUIDE

Whether you are new to recovery or firmly in long-term sobriety, engage in the best that summer has to offer and improve your overall health and wellness.

Dive into Recovery

The recovery community hosts a lot of events during the summer months, including 12 Step conventions and cookouts. Host a sober summer cookout for your friends in recovery, or pack up the car for a road trip to a sober festival.



Focus on Fitness

Summer is the perfect time to develop an active lifestyle, to play outside and relish a diet full of fresh fruits and veggies. Start with a healthy eating and nutrition plan that will fuel your fitness – and recovery – success. Frequently, sober organizations plan 5Ks and other fitness challenges during the summer.

Simplify Your Space

Summer is the perfect time to simplify your life. Stay out of the heat and get organized. Make a manageable schedule for the summer and stick to scheduled days and times for washing the car, yardwork, cleaning out the garage and organizing your closets.

Explore Your Community

Make a list of area attractions and festivals to attend during the summer months. Keep it fresh by including visits to museums, art galleries, amusement parks and everything in between. Art fairs, craft shows, even farmer's markets bring people together to learn and connect over culture and community.

Expand Your Skills

Checkout your local community college or vocational school for a list of summer, evening and weekend courses. Many community organizations offer summer courses to anyone seeking to learn a new skill or perfect a hobby from growing the perfect tomato to learning website coding.

Play Ball

Join a sober sports team such as a softball, volleyball or kickball team or participate in a golf tournament to raise money for treatment or recovery organizations. Whether solo or on a team, sport activities are an invigorating way to spend the summer.

Remember that recovery provides the opportunity to enhance your summer experience in entertaining, powerful and hopeful ways.

Make every effort to leverage your ongoing support community and recovery plan. It will empower you to have some sober summer fun while staying focused on your recovery journey and avoiding relapse.

RECOVERY SPOTLIGHT: Q&A with Keith C.

How has sobriety improved your life? What does your sobriety mean to you?

Before driving to Valley Hope, I was on the verge of losing my wife and two children due to a heavy alcohol/cocaine addiction. Since recovery, I have a new outlook on life. My relationship with my wife and kids is better than ever. I can finally sleep each and every night without a problem. And I have taken up several new hobbies, including woodworking, and fixing small engines for lawn mowers, snowblowers, etc. and flipping them for a profit.

What is something you found surprising in recovery that you never knew before getting sober?

That life can actually be more fun sober than not sober. Over half my life I've been getting either high or drunk, or both. I never knew how happy I could be and how much more productive I could be.

Based on your treatment experience, what lessons did you learn? Do you have any advice to give?

The biggest lesson I learned is one you've heard before: take it one day at a time! Also, AA meetings keep me sober 100%. Any time I have the urge to drink, I rush to a meeting and it levels me out.

How have you supported others in recovery?

I am on a Facebook group Alcoholics & Addicts Recovery Group and I am consistently providing advice. I am also on a Reddit group called Stop Drinking. I am working the steps and soon I will live by Step 12.

Why do you feel it is important to share your story with others?

If I can do it, surely others can do it too. I was an alcoholic for 10 years and I never could have quit without the help of Valley Hope.



Like, Share and help us spread the word about the power of treatment and recovery on all of your favorite social media platforms!



BUILDING HOPE

Upon arrival, most of our patients do not want to be in treatment. Upon discharge, most do not want to leave. Dr. William Leipold (Valley Hope's founding Program Director and President) was often heard saying, "You can lead a horse to water, but you can't make him drink...but you can sure make him thirsty." Valley Hope has been making people thirsty for recovery for 55 years! Founded in 1967 as a non-profit, Valley Hope's mission is to restore lives affected by addiction and support lifelong recovery. Patient comments summarize it best.

- Atchison- "This has been the best experience of my life. I never could have dreamed it would have been so family oriented. I owe my life to Valley Hope."
- Grapevine- "Food was excellent! More importantly though was the uncommon kindness and love, consistently demonstrated to all patients."
- Parker- "My experience was exceptional! I would recommend to anyone in need of treatment."
- Atchison- "I truly loved my time at Valley Hope. I felt like I was with family. This made me feel very safe so I could be vulnerable & heal."
- Chandler- "Everyone was incredibly kind and comforting. I immediately felt safe. There was no doubt in my mind that I was in a good place and was going to be cared for by people dedicated to service and their profession."

Valley Hope Foundation, founded in 2000, is the fundraising arm to support Valley Hope, by raising funds for scholarships, building improvements and patient essentials. An acquaintance learned of the impact of the Foundation and asked me, "How do you raise a lot of money?" My reply was quick and confident, "We ask people who care. We fight for our patients every day." My team and I are tasked with the great responsibility of finding people and organizations who care about Valley Hope patients and want to support our efforts. Donors have helped us with the BUILDING HOPE PARKER PROJECT, and to-date, we are just \$900,000 from our goal of \$2.5 million. Donors have helped us secure property adjacent to the Atchison center. They have also helped with the remodel of our new outpatient office in Overland Park. **Our gratitude runs deep!**

We are excited to welcome back in-person fundraising events after a two-year pause due to Covid. The 5th Annual Colorado Golf Tournament was held May 23rd at Black Bear Golf Club in Parker. More than 65 golfers participated along with 17 event sponsors. The tournament raised \$20,000 for the Colorado Patient Essential Fund! This fund provides clothing, entry into sober living houses, medical and dental visits for patients at Parker, Denver Outpatient and New Directions for Families. **A special thank you to Elevate Recovery Homes and Sophrosyne Sober Living for their generosity as Lunch Sponsors.**

The 2022 Spring Appeal, "From Darkness to Light," has been tremendously successful. As the spring appeal unfolded, we were graced with \$70,000 in matching dollars. The first \$70,000 in donations were 100% matched. A very generous donor also gifted \$100,000. As of this writing, a total of \$210,000 has been generated by supporters for patient essentials, scholarships, and unrestricted funds. We are astounded by the response to the Spring 2022 appeal.

GEM Members are Shining too – GEM (Give Every Month) members are donors working together towards one goal: ensuring financial assistance is available to Valley Hope patients. There are currently 83 GEM Members. Since the program's inception in July 2020, donors have given \$52,000 to help change lives.

As Valley Hope celebrates its 55th anniversary this August, I am in awe of all the great things occurring within the organization. Valley Hope continues to stand as a beacon of hope, with great leadership and initiatives and projects taking us to new levels of patient care and alumni support. I'm grateful for the team leading the charge to improve clinical care, outcomes, and for those creating new efficiencies in our operating systems.

Prouder than ever to be a member of this great organization. And grateful, more than ever for my fighting team, and for Valley Hope supporters!

With gratitude for your support,



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