

Coffee Cup

A Valley Hope Publication

FALL 2022



Valley Hope

ADDICTION TREATMENT AND RECOVERY

»» "I awoke this morning with devout thanksgiving for my friends, the old and the new." ««

Ralph Waldo Emerson



SUCCESS STORIES

My life changed seven years ago. I came in as a troubled alcoholic, abusive father, and horrible husband. The people of Valley Hope saved my life and helped me become who I am today — happily married to my wife of 17 years, with 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

GRATEFUL FOR 55 YEARS: Thank you for being the biggest part of our story.

Founded in 1967 as a pioneering addiction treatment center, Valley Hope has built a strong legacy of recovery.

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 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 19 treatment programs across the United States. We have helped more than 350,000 people find hope in recovery and restore their lives.

Thank you for being the most important part of this legacy of recovery.



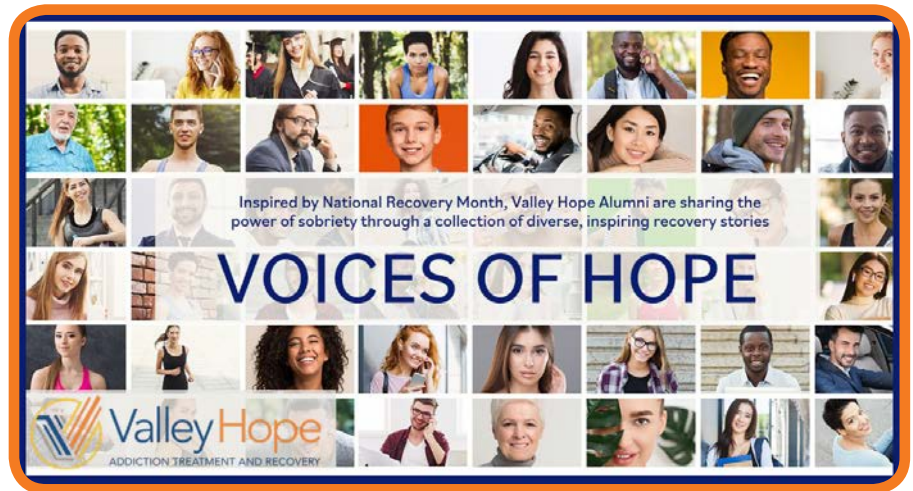
JOIN US FOR IN-PERSON EVENTS + RENEWAL DAYS!!!

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!



People can and do recover from the disease of addiction. Voices of Hope celebrates Valley Hope Alumni living in recovery, while offering hope and healing to loved ones and families seeking help...

Rodney S.

"I believe that anyone who shares about recovery and their story can help someone stay sober; my story isn't worse or better than others. The fact that we made it into recovery means we have a story, but that story is about resilience, perseverance, and gratitude."

Susan C.

"My story is especially important because I've been told more times than I can count, 'Wow. You don't look like an alcoholic.' That's why it's imperative I share my message. I do look like an alcoholic, because we look like everyone. Like anyone. We look like soccer moms. CEOs. Baristas. Drive-through workers, on-camera reporters, teachers, grandmas, doctors—we are everywhere. This disease isn't relegated to a specific group of people. It can, and does, affect anyone. It does not discriminate."

Brad D.

"Since I have gotten sober my life actually has meaning to it. I no longer drift by day by day trying to find drugs. I have goals, ambitions and a desire to enjoy life now. My sobriety means everything to me because it unlocked the door to my future. I am 20 years old and got sober at 18 through Valley Hope. People have this idea that young addicts can't stay sober. So I like to give young adults hope. And to show them they are more than a relapse statistic."

Renee K.

"Everyday, we have choices that we ourselves are responsible for. Everyday, I chose to embrace my sobriety with pride. I am living proof that if you truly want to, you can change. You can live a life of happiness in sobriety, even through the toughest of times."

Laura T.

"Since I've been sober: I bought a condominium and a sports car; I earned a master's degree and a doctorate; and, I gave birth to an exquisite daughter. However more important things I've derived from sobriety are that I've learned to rely on a higher power. I've also learned that sobriety is about taking the good with the bad. It is so empowering to be able to cope with life without drinking and using. I know that I can get through anything with the support of my higher power and my sober comrades. Thank you for letting me share."

HOW DO YOU SAY GOODBYE TO A DEAR FRIEND?

John "JJ" Miller, Valley Hope Alumnus

This past June, we lost a dear friend and Valley Hope legend, Kaye (Scott) Chohon.

She passed away with her family at her side at her residence in O'Neill, Nebraska.

In addition to her being a counselor, she held other positions throughout her 32 years with Valley Hope of Norton; from Business Manager, Assistant Program Director and finally Program Director at Valley Hope of O'Neill in northern Nebraska.

Kaye was my counselor when I attended Valley Hope in 1973.

I had the pleasure of maintaining a close relationship with Kaye and her husband Don throughout the years. One of her greatest passions was her family. I don't think we ever had a conversation without receiving a full run-down on all her kids. The night before her service, I got the other side of the story ... laughs and tears from all.

Two days prior to her passing, I had the opportunity to visit Kaye at her home. She knew the end was near and was fully prepared to meet her higher power. A very spiritual person, Kaye was always reading spiritual books as well as being very active in her church. She even recruited her pastor to be a chaplain at Valley Hope.

During the visit we laughed and cried together talking about gratitude and reliving old times. The next day she just slept and I held her hand.

Kaye was a special person. She, without reservation, sincerely cared about her patients. One of her greatest claims to fame was she made the term "bull---t" a clinical term. Many of us know that very well.

I have yet to meet anyone with greater insight. Valley Hope and Kaye gave me and countless others a life we could not have imagined.

We were blessed to have Kaye and the staff in our lives.

How do you say goodbye to a dear friend? You don't.

You say thanks for being in my life, and I'll see you later.

Love you, Kaye.





BUILDING HOPE

SURPRISE IN OREGON—On a recent visit to the Oregon Coast, my husband and I went to church on Sunday morning. At the pastor’s encouragement, we enjoyed coffee and donuts in the parish hall. We met a husband and wife from Missouri. Through the course of a friendly conversation, we were stunned by the grand connection.

There we were - alums of Valley Hope sharing a conversation more than 1300 miles from any Valley Hope treatment center. Joe shared about his 12 years of sobriety and his wife talked about her gratitude for the family program. They still receive the quarterly Coffee Cup newsletter and coincidentally, respond to my fundraising letters. I was reminded of the far-reaching good works of Valley Hope.

The Foundation’s mission is to support Valley Hope so encounters, like the one above, continue to occur... along with all the other little miracles happening around us daily.

Foundation funds assist with patient scholarships, essentials, and facility improvements. **THANK YOU** to all those who support us. In our recent fiscal year ending June 30, we were able to provide direct assistance to **789 patients**. Donations helped a record number of 475 patients with partial scholarships for treatment. In addition, 314 patients were helped from our Patient Essential Fund. Valley Hope was able to purchase a building and property next to our Atchison facility. More to come on that topic! Donors are currently helping us with significant and much-needed renovations and improvements.

The **IMPACT** of donations is tremendous. The fiscal year ended on 6/30/2022 with a record number of distributions to help patients and improve facilities.

DISTRIBUTIONS

Patient Scholarships, ranging from \$500-\$4,000	
475 patients received partial scholarships	\$879,900
Patient Essentials:	
7 patients received dental care	\$2,020
145 patients received recovery literature	\$5,220
105 received help with sober housing expenses	\$35,680
57 patients helped with laundry and other	\$14,260
Facility and Buildings	
Atchison Purchase of Building across the street	\$350,000
Boonville Nursing & Detox Renovation	\$273,000
Chandler Lecture Hall Remodel	\$50,000
All Other Facility Improvements	\$112,000
TOTAL	\$1,722,080



“A young man in treatment arrived with nothing. We needed to buy him some socks, underwear, shirts, and a pair of jeans. Another patient needed to be in court by 9am for a court appointment to regain custody of her children, and she discovered her tire was flat. We were able to get her tire patched and she made it to court on time. As an employee, I feel fortunate to be able to do simple things for patients. I appreciate all the donors who help us help others.” – Employee of Valley Hope

With gratitude for your support,



Megan O'Connor

Megan O'Connor
Foundation Executive Director
meganconnor@valleyhope.org
(785) 877-5111 ext. 1011



valleyhope.org

EMAIL communications@valleyhope.org

CALL 800.544.5101

CONNECT

