

Coffee Cup

A Valley Hope Publication

WINTER 2022



Valley Hope

ADDICTION TREATMENT AND RECOVERY



"Every moment is a fresh beginning."

T.S. Eliot



SUCCESS STORIES

Valley Hope is exactly as the name suggests...a place filled with HOPE. The staff is very invested in the wellness of their patients. You can sense the love from everyone on staff from the housekeeping, groundskeepers/maintenance team, nursing staff, counselors and the administration. These people change lives.

- TIM, ALUMNUS

Celebrating the Season

~ Warmest Wishes from your Valley Hope Family ~

As you celebrate the season of giving, celebrate the life changing gifts possible through dedicated recovery.

This holiday season we are reflecting on two specific gifts of recovery that empower our sobriety: **Hope** and **Joy**.

Hope is the gift that keeps on giving and fosters healing. Empirical evidence shows hope is a vital part of recovery. Hope gets us out of bed and it helps us sleep soundly. Believing in yourself, working to achieve your goals and persevering through challenges; all of these efforts are motivated in large part by hope.

Joy. Your work to maintain a body and mind clear and free of substances – you have put in the hard work to experience joy. And in recovery, relationships are stronger and more meaningful, small things can yield great pleasure, your eyes are open to all the beauty around us - the inner peace you have achieved enables you to embrace all of it with pure joy.

The holidays are here: embrace the hope and joy you have worked so hard for.





HOPE FOR THE HOLIDAYS

Our Elves are busy decking the halls for patients to enjoy — and to claim the Holiday Decor Trophy! Find Valley Hope on Facebook to learn how you can vote for your favorite facility!



BOONVILLE



ATCHISON



THE TROPHY!



PARKER



NORTON



GRAPEVINE



CUSHING



O'NEILL



MOUNDRIDGE

VOICES OF HOPE: Susan C., Alumnus

How has sobriety improved your life? What does your sobriety mean to you? My sobriety hasn't just improved my life. It's completely changed it, all for the better.

To me, sobriety means so much more than not drinking. It's being accountable for myself, my actions, and my place in this world. It's living in the present, always aware I have choices to make every day. Sobriety is being intentional with things—my choices, my words, my interactions with others, and the impression I make on people, especially those in early recovery. How I make them feel. How I help them see.

Sobriety has given me a whole new life, and it's better than I could've dreamed. That's not just a catchphrase. It's the truth.

What is something you found surprising in recovery that you never knew before getting sober? I'm a writer and artist. I was fully convinced my "creativity" was tied in with being altered. Oh, was I wrong!

It took a bit of time, but once I had the courage to begin creating again I was stunned at the depth and clarity of my work, both writing and painting. It's almost as though something inside me has been freed, and it's churning out endless ideas, endless inspiration. It's humbling, it's exhilarating, and it's created a whole new chapter for me—figuratively and literally.

Based on your treatment experience, what lessons did you learn? Do you have any advice to give? My experience at Valley Hope was, again, a game-changer. What lessons did I learn? I'll start with the biggest one: the importance of addressing past trauma, the emotions associated with that, and understanding how that caused me to stuff everything down and "play happy." Once I accepted I was in a safe place, and that I was being asked to feel and talk and emote, things started to happen for me. We can't heal if we don't feel, and as much as it can completely suck at times to ride that roller coaster of emotions, it's imperative to do so.

My advice to others is this: recovery isn't easy. It's soul-searching, hard work, but it brings you to authenticity, to emotional and physical health, and it's life-changing in more ways than I can express. It's worth it 1,000 times over. Hell, a million times over.

How have you supported others in recovery? I journaled during my time at Valley Hope. Little did I know that journaling would turn into a book: "The Optimistic Drunk's Recovery Guide." It's a collection of the most important things I learned during my rehab and early recovery time, and what I know to be true for continued sobriety.

I've donated hundreds of books to facilities, AA groups, individuals and family and friends of alcoholics and addicts, and VH Atchison. I've learned it helps those who love us understand us better: it's a little like peeking inside our heads, and explaining why it's not as simple as "just don't drink or use." I created a website, I post recovery-themed videos, and I'm very active in the Twitter recovery community. I've spoken quite a bit to groups in the KC area, I've been on podcasts and panels, and I take every opportunity to talk to people about addiction, mental health, and what recovery can do. The changes it brings, if a person is just willing to stick with it.

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

There is still a ridiculous amount of stigma associated with addiction and mental illness. I'm using the fact I'm an outgoing, well-spoken, funny, caring, bright middle-class, middle-aged caucasian lady to show people it does (and can) affect anyone, at any time, in any place. I know these discussions can make people uncomfortable, and that's okay. We must keep talking until it's normalized enough to become part of the everyday conversation.

Valley Hope saved my life. It helped me find who I really am—the Susan who was waiting there for me, just under the surface, ready to break free.

I am so unbelievably grateful.

- Susan C.





BUILDING HOPE

The 55th Annual GIFT OF RECOVERY DRIVE is in full swing. We know financial constraints are the number one barrier for individual's seeking help. The GIFT OF RECOVERY DRIVE began in 1967 and was powered by an idea—to help save lives and restore families.

Your first gift is MATCHED!

We are grateful for the donors who have pulled together to create a matching pool of dollars.

By supporting this drive by January 31st, your gift will help families break the cycle of addiction. You can designate a specific Valley Hope center to benefit from your gift by including a note on the enclosed envelope.

To make a gift online, visit valleyhope.org/donate or scan the QR Code.

Thank you for considering helping suffering families find hope.



Federal Employees are the "Face of Change." The Combined Federal Campaign (CFC) is one of the largest successful workplace fundraising campaigns in the world.

Valley Hope has been accepted as one of the non-profits in the program. The campaign provides the opportunity for federal employees and retirees (including military and postal personnel) to make donations directly to Valley Hope through their payroll.

Valley Hope is listed in the Heartland CFC Zone. There are only seven addiction treatments organizations listed throughout all 40 zones. Although we are registered in the Heartland CFC Zone, we can receive donations from employees and retirees throughout the entire federal government.

For more info: see QR Code or visit GiveCFC.org

The Coffee Cup tradition from 1967 continues to make an impact on patients and alumni. Alumnus, George C., recently celebrated four years of recovery and shared his coffee cup experience.

"For me, it's a symbol of sobriety and achievement, decorated as I saw myself at that time in my life. It an inspiration to continue with the tools Valley Hope gave me. I'm four years sober now, one day at a time. "The Cup" is a reminder of the start of a new life." - George C.



With gratitude for your support,



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