



Valley Hope
ADDICTION TREATMENT AND RECOVERY

» "Every day is a renewal, every morning the daily miracle. This joy you feel is life." «
Gertrude Stein



» SUCCESS STORIES

Long-term constant sobriety has changed my life in so many ways. I've learned how to be an excellent daughter, a caring wife, and a nurturing mother. My sobriety means the world to me because without sobriety I wouldn't have any of those relationships today.

- *Katelyn M., ALUMNUS*

LEADING IN PATIENT EXPERIENCE

Valley Hope Addiction Treatment and Recovery has received three 2022 Human Experience (HX) Guardian of Excellence Awards® from Press Ganey, the global leader in healthcare experience solutions and services.

The awards are part of Press Ganey's annual ranking of the top hospitals and health systems in the country, according to performance in patient experience.

As a winner of the Press Ganey HX Guardian of Excellence Award®, three Valley Hope centers were rated in the top 5% of healthcare providers in delivering patient experience in the last year.

"Our highest priority over our nearly six decades of providing treatment has always been the patient experience, a prime driver of successful recovery outcomes," Steve Knuth, Valley Hope President and CEO, said.

The Valley Hope treatment centers specifically honored include the facilities located in Atchison, Kan., Boonville, Missouri, and O'Neill, Neb.



RENEWAL DAY ALERT



ALL RENEWAL DAYS: THIRD FRIDAY OF EVERY MONTH

Starting in March 2023, each Valley Hope treatment center will celebrate Renewal Day on the third Friday of each month.

Alumni are encouraged to call the facility for event time and schedule or visit valleyhope.org/events.

MARK YOUR CALENDAR!

March 17

April 21

May 19

June 16

July 21

August 18

September 15

October 20

November 17

December 15



Five Ways Spirituality Supports Recovery

Higher levels of spirituality have a protective effect against addiction relapse and is associated with increased length of sobriety.

Involvement in spiritually-based programs and fellowships during the recovery process, such as 12 Step and AA/NA, are also strongly linked to successful recovery behaviors and outcomes.



Five ways a spiritual care program can help a patient's sobriety include:

1. Healing Through Forgiveness

Spiritual care during substance abuse treatment can help a patient find healing through forgiveness of self and others. Forgiveness is an essential part of the healing process in treatment and recovery. Spiritual healing can help you let go of resentments and forgive yourself and others.

2. Finding Purpose

Exploring spirituality in recovery can help you find new purpose and meaning that will drive positive, healthy actions in life after addiction treatment. Spirituality can motivate people to focus outside of themselves and focus on helping others. Finding purpose helps you feel useful, important, and valued, fostering higher self-esteem and confidence.

3. Practicing Gratitude

Spirituality helps you build a more mindful approach to recovery, including practicing and showing gratitude through meditation and other mindful actions.

4. Connecting with Grace

Connection in recovery is essential to long-term sobriety. Especially key is developing a connection to a Higher Power that gives you grace. Private religious practices, such as prayer and reading, during treatment and recovery have positive impacts on sobriety success. Regardless of how you define and practice your unique sense of spirituality, connecting with grace through your higher power and others only strengthens sobriety.

5. Establishing Accountability

Spirituality in recovery helps a person develop accountability to a higher power. This spiritual accountability can be extended through your recovery community and loved ones.

RECOVERY SPOTLIGHT: BILL M.

"I still have days (and always will) that life is hard but I keep the tools I was given at Valley Hope all polished up and ready to use at any given minute as my life is at risk if I don't..."

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

My sobriety has had to be the #1 thing in my life every day because without it I will be back to having nothing. I now can do just about anything I would like and have my family back in my life. My kids are a huge part of my life today as well. They had once told me if I didn't get help that they were not going to come around anymore. I was also no longer allowed at family gatherings at my parents or even my grandparents homes. Today I can host these events at my new house and every one of them will show up with smiles on their faces.

What is something you found surprising in recovery that you never knew before getting sober? I was told by my first sponsor to make a list of things I would like to have or do in life and before I know it this list would start getting checked off as I worked my program of recovery. I am 5 years sober now and I realized that my list wasn't nearly extreme nor long enough. My BIG things on that list are happening. I am engaged to be married and we are currently planning a destination vacation (I have never really traveled out of the Midwest except maybe 1 or 2 times) for her 40th Birthday.

I still have days (and always will) that life is hard but I keep the tools I was given at Valley Hope all polished up and ready to use at any given minute as my life is at risk if I don't.

What is the most important thing you learned from Valley Hope?

I have learn to slow down in almost every aspect of my life. When I get worked up and rush things I tend to have expectations and resentments. I have learned to just stop and breath and enjoy the little things and be grateful for what is right in front of me and where I am at that moment.





BUILDING HOPE

50 Years of Sobriety! John and Karen Miller, from Lincoln, NE, joined the Norton Renewal Day celebration in February to commemorate John's 50th sobriety birthday.



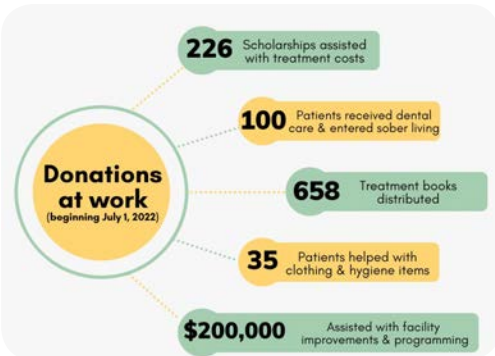
On February 3, 1973, John made the long drive in the middle of the night to Norton, Kansas. He was needing help and had been referred to Valley Hope by a good friend. He was hopeless and life was hard. John and Karen married in 1979; she never knew him in his drinking days.

John was a police officer, probation officer, banker, tree farmer and most recently a commercial developer and investor. John and Karen love their warm weather cruises to the Caribbean and driving Corvettes. John and Karen drove a yellow Corvette to Norton a few years ago, but they are driving a red one now in support of his Nebraska Huskers. They are also remembered as the couple who brought an 8' stuffed panda bear for the auction at Norton's 50th anniversary event in 2017.

John has delivered a lot of people from the Lincoln area to the doors of Valley Hope in O'Neill and Norton. He loves recovery and helps many people. He is a board member, and they have supported the Valley Hope Foundation as top donors, 1967 CIRCLE members, and GEM (Give Every Month) supporters.

Karen and John made the pilgrimage trip with their good friends Randy and Carol Johnson. They were excited to be in Norton, "where the good life began". Steve Knuth, President of Valley Hope, is often heard saying, "I wish I'd known John 40 years ago; I really like that guy."

John shared, "In the early morning hours of Feb. 3, 1973, my higher power was already working in my life, and I didn't even know it at the time. I'm very grateful."



Donations Helping Patients - Through the course of treatment, Amy became more talkative and very dedicated to her treatment. Her husband recently passed away and he was the sole income earner in the household. Her financial struggles are so great that she had to sell the home she shared with husband for many years. This scholarship extended her time in treatment and provided Amy much financial relief.

Michael is probation for a DUI and is working to reunify with his children. He completed residential treatment and outpatient treatment and has transitioned into continuing care. The scholarship provided additional treatment while Michael continues to work to regain custody of his children.

Sarah has recently divorced. She is also reinstating her license to practice as a physician after staying home 10 years raising her children. This scholarship assisted with another 6 months of continuing care with Valley Hope and provided financial relief while she establishes her new life.

Thank You. The 55th Annual GIFT OF RECOVERY DRIVE's results are record setting. More than \$310,000 has been received to help our patients. in the coming months.

With gratitude for your support,

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