

Coffee Cup

A Valley Hope Publication

FALL 2024



“The best way to predict your future is to create it.”

Abraham Lincoln



Happy
Fall
Y'all!



SUCCESS STORIES

Today I am blessed to have over seven years sober and surrounded by an amazing sponsor family including multiple other women in recovery. Because of Valley Hope, I was able to connect with so many amazing women throughout the years both personally and professionally.

- HOLLY, ALUMNUS

CHAMPIONS OF RECOVERY

~ Voices of Hope 2024 ~

Each year during National Recovery Month in September, Valley Hope Alumni share personal recovery journeys to inspire others impacted by addiction through the Voices of Hope project.

This year, Valley Hope Alumni are called to join our story collection project to share how their recovery community supports sobriety: CHAMPIONS OF RECOVERY.

By sharing recovery stories, we can all help educate communities about the disease of addiction, effective treatment and the power of community in recovery, as well as celebrate the millions of Americans living in recovery, while aiming to reduce the stigma of addiction.

Share your voice at: bit.ly/voicesofhope2024

VOH ALUMNI
RECOVERY
STORIES



AUTUMN EVENTS



How to Make the Most of Recovery Events:

Participate Actively: Engage in discussions, share your experiences, and listen to others.

Network: Build connections with other attendees. Exchange contact information and offer support.

Attend Regularly: Consistency helps you stay engaged and committed to your recovery journey.

Remember, each event is an opportunity to strengthen your recovery and connect with others who can support you on this path.

So, make the most of these opportunities—your future self will thank you!

FALL RENEWAL DAYS
9/20 | 10/18 | 11/15

FULL EVENT CALENDAR:
[ValleyHope.org/Events](https://valleyhope.org/events)



Seven Keys to Recovery Community Connections

1. Build a Support Network: Recovery events are a powerful way to connect with others who understand your journey. These gatherings help you build relationships with people who share similar struggles, fostering a supportive community that can offer encouragement and advice.

2. Stay Motivated: Regularly attending recovery events can keep you focused on your goals. Hearing stories of others' successes and challenges can inspire you and reinforce your commitment to staying on track.

3. Learn and Grow: These events often provide valuable insights and strategies for maintaining sobriety. Engaging with new ideas and perspectives can enhance your personal growth and recovery skills.

4. Celebrate Milestones: Recovery events offer a space to celebrate your achievements and milestones, no matter how big or small. Recognizing and celebrating your progress can boost your self-esteem and motivation.

5. Gain Accountability: Being part of a recovery community creates a sense of accountability. When others are aware of your journey and progress, you may feel more driven to uphold your commitments and stay committed to your recovery plan.

6. Access Resources: Recovery events often provide information on additional resources, such as counseling services, support groups, and educational materials. This access can be crucial for finding the support and tools you need.

7. Strengthen Your Resilience: Sharing your experiences and hearing those of others can help you develop resilience. Understanding that challenges are a common part of recovery can prepare you to handle setbacks with greater strength and resolve.

8. Foster a Sense of Belonging: Recovery events help you feel connected and less isolated. Being part of a community that understands and supports you can significantly enhance your emotional well-being.

Voices of Hope

ALUMNI RECOVERY STORIES

This year, in celebration of National Recovery Month, Valley Hope welcomes our alumni to share how building community strengthens recovery.

Share your voice at: bit.ly/voicesofhope2024



BUILDING HOPE



Patients Helped with Scholarships & Essentials July 1, 2023–June 30, 2024

Location	Scholarships	Total \$
Kansas NE	20	\$39,415
Missouri	80	\$159,082
Arizona	109	\$218,438
Oklahoma	47	\$94,055
Texas	26	\$51,421
Kansas SC	23	\$46,051
Kansas NW	12	\$24,382
Nebraska	31	\$62,179
Colorado	72	\$144,479
General Fund	14	\$28,182
Total	434	\$867,684

Rick began drinking at the age of 8 when his family members thought it was funny to “get him drunk.” He used alcohol to cope with the many traumatic events he experienced. Rick’s father struggled with alcoholism and passed away of liver failure as a result. In addition, Rick’s mother became ill and he sought treatment to spend her final years sober. A partial treatment grant provided financial relief for Rick as he entered a new chapter in his life, sober.

Danielle completed a full stay in residential care. When entering treatment, she was unemployed and homeless. Danielle was accepted into a sober living environment. Assistance to the Patient Essential Fund provided financial support for her first month’s rent.



Sober Living:
191 patients



Laundry Assistance:
952 patients



Hygiene Products:
4,565 items



Clothing Items:
1,452 items



Treatment Materials:
803 books



With gratitude for your support,



Megan O'Connor

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



valleyhope.org

EMAIL communications@valleyhope.org

CALL 800.544.5101

CONNECT

