

Voices of Hope

Recovery Month 2024

CHAMPIONS OF RECOVERY



Throughout September, in celebration of National Recovery Month, we will be sharing our Voices of Hope with staff, alumni, and our communities, with a mission to inspire people and families living in sobriety and to remove barriers for those seeking healing in recovery.

This year, we are highlighting the stories of Valley Hope community partners and how their support impacts our patients, alumni, and staff.

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Community Stories coming soon!



"My community never gave up on me and I owe many people lots of stuff but staying sober means debt is paid in full."

"Find honest people to surround yourself with and never be afraid to ask for help."

"Get a sponsor, go to 90 meetings in 90 days, find a home group. There are tons of fun sober people in the world, be one of them!"

"Pick up the phone even if it feels like it weighs 100lbs. Call people, get connected, get out of your comfort zone...your life will be more than you ever imagined as the promises begin to come true."



Alumni Stories



Shena

Valley Hope of Moundridge



When is your sobriety birthday?

November 13, 2023

What does your recovery community look like?

I have a lunchbox full of the recovery tools I need and the people to help me along the way.

How does your community support your recovery?

Everyone back in my addiction knew I was a drunk. On November 14, 2013, I said, "Allow me to reintroduce myself as sober Shena". I go to meetings near the town I live in currently. I visit other meeting halls as well. My community never gave up on me and I owe many people lots of stuff but staying sober means debt is paid in full.

What advice would you give to someone who doesn't have a recovery community?

Call me! I can help you find one, or borrow mine! I'm always willing to make friends and help the next addict/alcoholic newcomer.



Blake M.
Valley Hope of Norton



When is your sobriety birthday?

October 24, 2022

What does your recovery community look like?

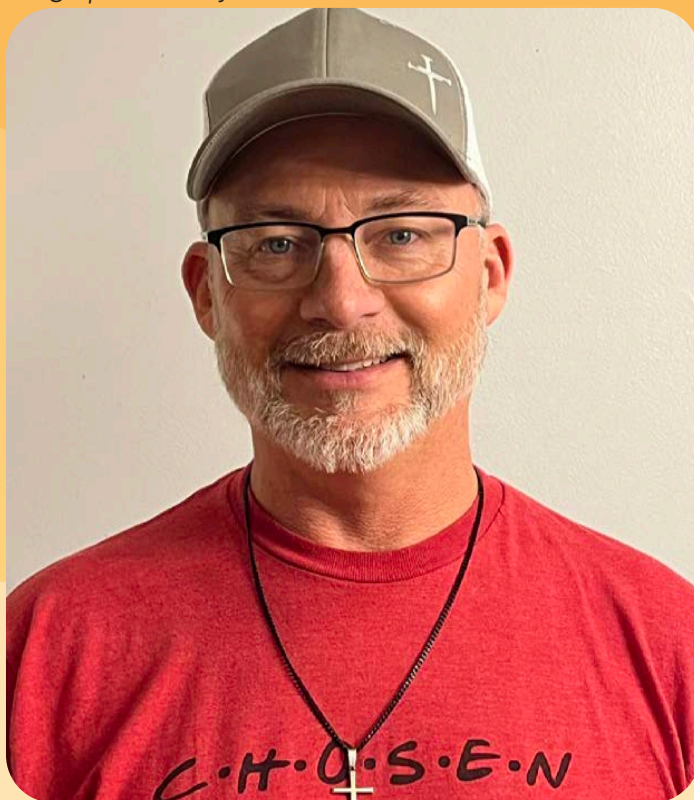
I stick close with my family and my fiancé's family. They support me in anything I do.

How does your community support your recovery?

They help me with staying on track, keep me positive and never make me go through anything alone.

What advice would you give to someone who doesn't have a recovery community?

Find someone who will stick with you through thick and thin, all the hard times eventually get better, find the people who will be there through it all, and then when it's good...they will still be there to be happy with you.



Darrin H.

Valley Hope of Moundridge



When is your sobriety birthday?

February 7, 2024

What does your recovery community look like?

A very supportive group of people I have met in recovery as well, and a group of believers that God is their higher power, and with him anything is possible!

How does your community support your recovery?

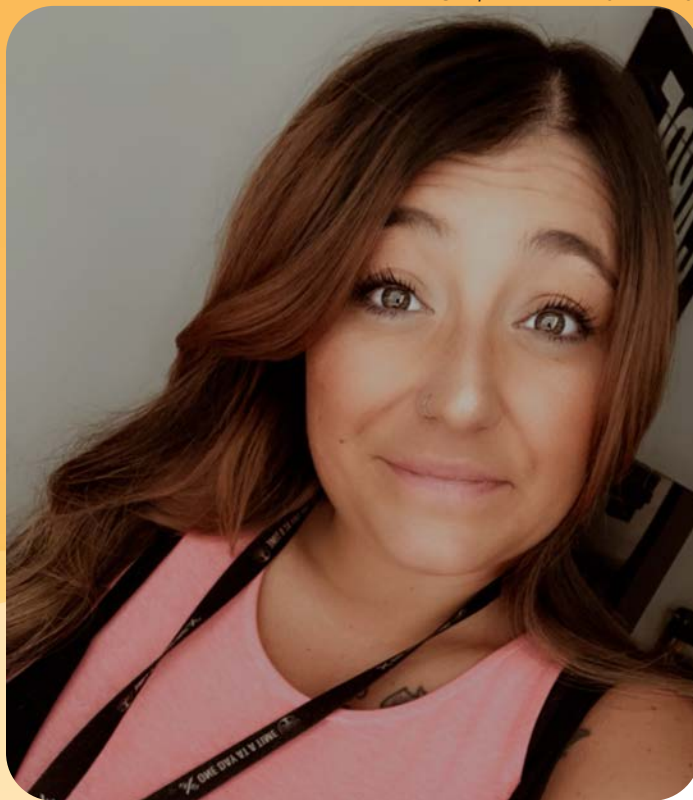
They are always there with encouragement and support on my tough days, and are never judgmental.

What advice would you give to someone who doesn't have a recovery community?

Try as hard as you can to get one and never give up on yourself. Find honest people to surround yourself with and never be afraid to ask for help.



Kailey H.
Valley Hope of Parker



When is your sobriety birthday?

November 11, 2022

What does your recovery community look like?

I work a NA program with an NA sponsor and I have a chosen family today that I GET to experience this journey with. Unconditional love and support!

How does your community support your recovery?

By not co-signing my bull. They let me recover on my time and just love me through it but they don't let me sit in my head because that is a dangerous neighborhood and I cannot be left ALONE there.

What advice would you give to someone who doesn't have a recovery community?

Reach out and show up. Stay in the middle of the boat and hold on tight. The 10,000 pound phone is your biggest asset in recovery because "the therapeutic Value of one addict helping another is without parallel."



Dave A.
Valley Hope of Parker



What does your recovery community look like?

My recovery community is centered around AA. I actively go to 3 groups a week. One speaker meeting, one closed group meeting and one open meeting along with meeting with my sponsor and a meeting with my sponsee. I am now working on starting a Recovery Residence to serve my community.

How does your community support your recovery?

My community supports each of its members through fellowship activities, meetings, service work and spiritual growth. Monthly potluck dinners are always a good time.

What advice would you give to someone who doesn't have a recovery community?

Get a sponsor, go to 90 meetings in 90 days, find a home group. There are tons of fun sober people in the world, be one of them!



Holly P.
Valley Hope of O'Neill



What does your recovery community look like?

Today I am blessed to have over 7 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.

How does your community support your recovery?

The community support I am able to be a part of does everything from getting to meetings together, to sponsor family dinners, to book studies. These women are not only my friends, but my family.

What advice would you give to someone who doesn't have a recovery community?

Pick up the phone even if it feels like it weighs 100lbs. Call people, get connected, get out of your comfort zone...your life will be more than you ever imagined as the promises begin to come true.