

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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"I strongly encourage people to 'meeting shop' until you find one that feels like home. Like a family, we might not like every person in our community, but we love them no matter what."

"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."

"But reality is there are no strangers in the recovery world. We are all there to get help, to give help, to get support, give support."



Alumni Stories





Shena

Valley Hope of Moundridge



When is your sobriety birthday?

November 14, 2013

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 its good...they will still be there to be happy with you.

Image provided by Darrin



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?

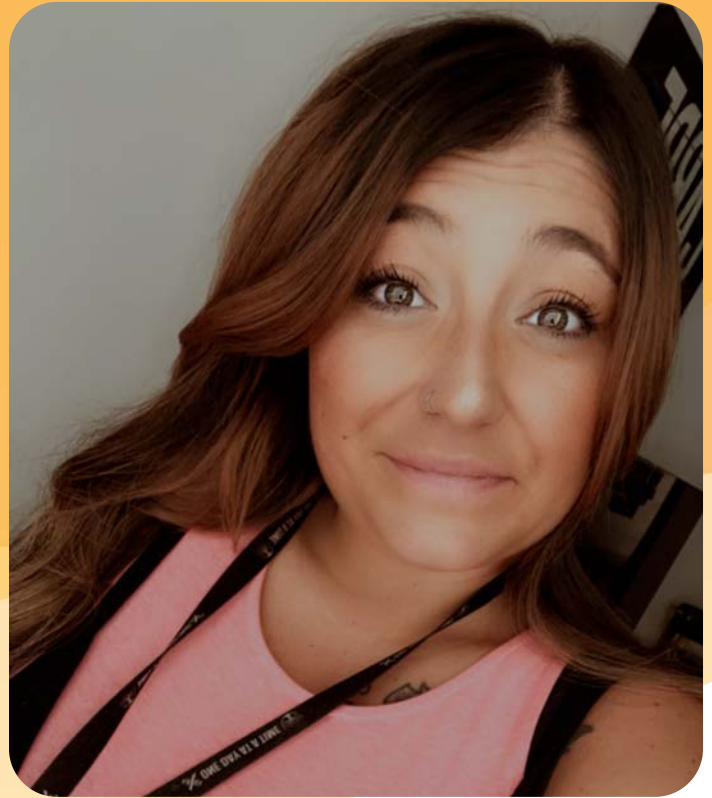
They are always there with encouragement and support on my tough days, and are never judgmental.

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.



Carey S.
Valley Hope of Atchison



When is your sobriety birthday?

July 24, 2024

What does your recovery community look like?

My wife, children, AA/NA home groups, some of my fellow Valley Hope of Atchison alumni.

How does your community support your recovery?

They love and support me, give me perspective and counsel.

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

If you're in active addiction: seek treatment. If you're newly clean and sober: attend meetings, therapy or spiritual counseling. Do the work by reading the big book and other 12 step literature. Get a sponsor and lean on other clean/sober fellows.



Cody W.
Valley Hope of Atchison



When is your sobriety birthday?

March 3, 2023

What does your recovery community look like?

I've stayed in touch with three guys that went through the program with me. Joe, Justin & Cole. We attend a 6am meeting every Saturday morning and then get breakfast together after. These guys have been my rock. When I feel like I am becoming stagnant, they push me forward. When I'm dealing with family & friends that don't understand where we've been or what we're dealing with, they are there.

I am also blessed with a beautiful wife who has been by my side from the beginning of this journey. She's seen me at my lowest and now supports me with my program.

I am currently attending weekly meetings at three different groups. Each group offers something different. These relationships provide accountability and opportunity.

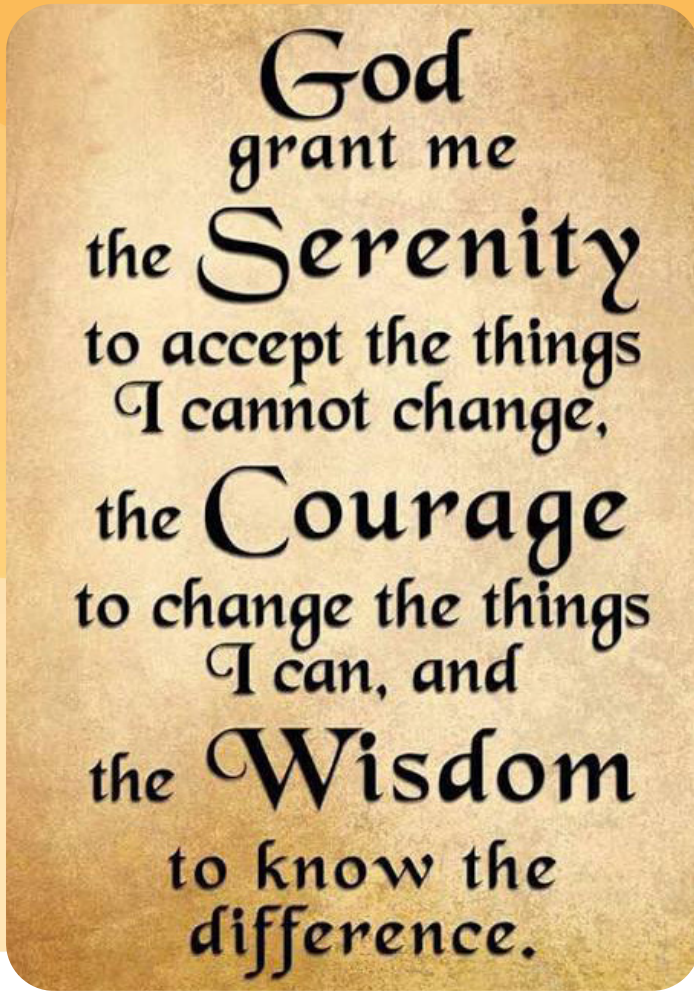
I also see a counselor that has quite a bit of experience with detox facilities, substance abuse and trauma. The work that I've been able to do with him has been extremely fruitful. I am actually proactive with my stress and problems now. We've explored coping tools and I've developed actual emotional intelligence. I don't just drown my feelings anymore!

How does your community support your recovery?

My sponsor and some of the old timers notice when I don't show up. That accountability is unlike anything that I've experienced. It's not like a parole officer harping at you or an angry employer when you're late. It's genuine support, love and respect. They're there for the good times and the bad. I had a slip a few months after Valley Hope and I was embarrassed as can be to walk back into that hall. When I did, I was greeted as family. That support, and specifically that interaction, made the difference for me.

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

Repeat the same actions and you'll get the same results. Try something new. AA, NA, whatever-A. School. Work. Church. The gym. Clinical counseling. Whatever it is, get involved. Try out half a dozen different meetings. Find a group that you can relate with and add to it. "Out of self-into service." Build your community. Add some positivity to the world. "Do something nice for someone and don't get caught."



Ed N.
Valley Hope of Norton



When is your sobriety birthday?

July 28, 1989

What does your recovery community look like?

Have many friends that know of my recovery process. We all stay in contact with each other and we know we can call anyone to get help in the time of need. I also still attend some AA meetings a couple times a month to keep me grounded.

How does your community support your recovery?

All of us have a number of years sobriety and have come to know when someone is struggling. A phone call or meeting to have lunch, we are there for each other.

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

Sometimes it is hard to be open and honest with a stranger. But reality is there are no strangers in the recovery world. We are all there to get help, to give help, to get support, give support. Companionship. You can get through anything with the support that you need.



Daryn B.
Valley Hope of Atchison



When is your sobriety birthday?

March 25, 2023

What does your recovery community look like?

I have a community of people who care about me and love me. We celebrate good things and laugh and have fun; but we also support each other and walk alongside each other through the tough times. It's a community of men and women who give freely what was given to them, sobriety.

How does your community support your recovery?

My community is there for me no matter what. They love me and support me by reaching out, a nice smile and kind words.

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

Finding a community of sober people is vital to my recovery. I strongly encourage people to "meeting shop" until you find one that feels like home. Like a family, we might not like every person in our community, but we love them no matter what.

Image provided by Millie



Millie R.
Valley Hope of Cushing



When is your sobriety birthday?

April 24, 2024

What does your recovery community look like?

I live in a sober living with wonderful women i consider family. I have so many loving family members including my mom, dad, and stepmom. I have wonderful girlfriends in my life and an amazing boyfriend.

How does your community support your recovery?

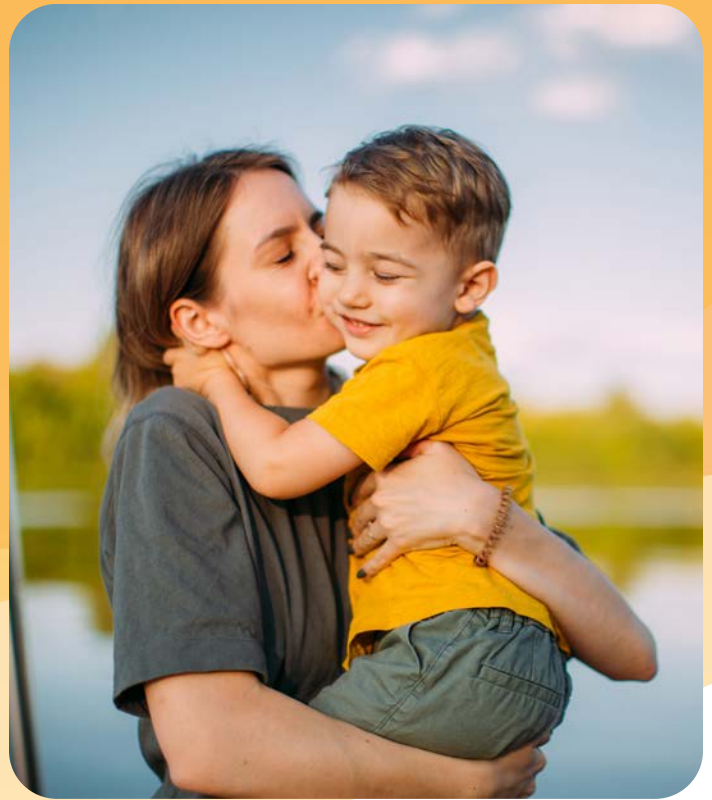
My community supports me by going to meetings with me and making me feel just as important as anyone else. They all remind me of the joys in life when sober. I can finally go grab dinner, go to a concert, enjoy mother nature and not be distracted by substances. It's truly freeing.

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

If you are still looking for a recovery community, I suggest finding people who do remind you of the simple things in life that make you happy. You'll find those people and they will come into your life for the best reasons when you least expect it, just be patient!



T.
Valley Hope of Atchison



When is your sobriety birthday?

October 2018

What does your recovery community look like?

From meetings, harm reduction, MAT (suboxone), drug court, family, my old PO, my doctors & my husband who is also in recovery with me. I'm always just a call or message away.

How does your community support your recovery?

I have stayed very active in the recovery community. When I got into recovery back in 2018, I was still fighting a felony possession case & was on drug court guidelines. Ironically those professionals are still my support more than anyone. They saw me go from homeless, pregnant & addicted, guardianship gone of my children, & sitting in prison to successfully graduating drug court, Valley Hope, concluding felony probation & eventually get my children back along with all the other things I have accomplished. To this day I can still call my old PO & she will sit with me through it, even on days when she is at work with clients. She made time when no one else did, something I'll always remember. Within a few years, I went from fighting for own life to fighting for my son's life where we would be hit with diagnosis after diagnosis.

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

I went thru a pregnancy in 2017 while in active addiction. It's a loneliness I don't wish upon anyone. My addiction stole my happiness. It stole my joy during my pregnancy. I spent each day in tears because of guilt. I frequently tell people, "This pain is the worst you will feel, you have the power right now to start making that better. When you decide enough is enough, I'll be waiting."

I also tell those in early recovery that this first year is the most difficult, most awkward time. I have so much I could put in this area. Because all I want to do is show people that there is a way out, that it does get better. That you find your way eventually if you really want it.



Christianna M.
Valley Hope of Atchison



When is your sobriety birthday?

July 9, 2022

What does your recovery community look like?

My recovery community looks like family, church, good friends, and a support group I am a part of online. I also work in the behavioral health field and am surrounded by great teammates that support recovery.

How does your community support your recovery?

They let me talk openly about what recovery is. They are comfortable asking questions and are understanding of why it is so important to me. They know they can direct people to contact me that are contemplating the sober life or are struggling in their addiction.

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

Surround yourself with people who want you to be better in life, who understand the struggle to want to hit an easy eject button when life isn't on our terms, and know how to help you stay the course. The view on life is so much better over here. The right people make it worth it.



Heather L.
Valley Hope of Atchison



When is your sobriety birthday?

March 29, 2019

What does your recovery community look like?

My recovery community includes AA, friendships within recovery, my co-workers that support not only my recovery but my work, my family, and my children.

How does your community support your recovery?

I have been very intentional about surrounding myself with people who support my recovery. That can be anything from small gestures of saying hi, giving a hug for no reason. The gestures can be supportive like celebrating the wins, celebrating the 24 hours I make it through, and sitting with me when I am struggling. Those moments can pull me from the fears that many of us live with in this disease.

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

Every recovery journey is different. What works for me may not work for you. I have seen far better success with those that surround themselves with like-minded fellows that can understand what the world of an addict/alcoholic looks like.

Image provided by Gregory



Gregory R.
Valley Hope of Parker



When is your sobriety birthday?

June 22, 2024

What does your recovery community look like?

I have a few sober friends who I do things with. I am new to the area so growing my community.

How does your community support your recovery?

I go biking, camping, hiking and attend festivals.

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

Surround yourself with positive people!



Paul
Valley Hope of Atchison



When is your sobriety birthday?

December 21, 2016

What does your recovery community look like?

In Wichita there are a lot of meetings and good sobriety time of those involved. Doesn't take much effort to get to a meeting and get involved.

How does your community support your recovery?

I have a great sponsor and close friends in AA. I was pushed to also sponsor other men, which I have dozens of times. As a result, this time committing to sobriety has been a pretty easy going. I also know to not let my guard down and continue to work as hard on sobriety and spiritual principles as I did when I first sobered up.

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

We are all just a phone call and zoom meeting away. During covid I zoom sponsored a man in treatment, he was able to get through the steps and is doing great. It is vital to have some kind of support, addicts and alcoholics lose at the battle of addiction everyday by isolating.

Image provided by Armando



Armando P.
Valley Hope of Parker



When is your sobriety birthday?

August 3, 2023

What does your recovery community look like?

I'm part of H&I meetings at Parker Valley Hope and also I'm part of CA Colorado.

How does your community support your recovery?

100%.

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

Get a sponsor!



Christine C.
Valley Hope of O'Neill



When is your sobriety birthday?

June 10, 2024

What does your recovery community look like?

I feel very fortunate to have had an incredible patient group when I was at Valley Hope. We all became very close and now have a daily text chain where we all communicate. I also see a lot of my patient group at local AA meetings. There is one in particular that we all try to go to on Saturday night. I have also met so many great people in local AA meetings whom I refer to as my AA family. I am so grateful to have each and every one of them.

How does your community support your recovery?

I live in Bellevue which has daily AA meetings within 5-10 mins of my house. I try to go to at least 2-3 per week. I have a ladies meeting on Thursdays where I met my sponsor, who now is one of my favorite people. There is such a diverse group of people in each meeting, all of which I can relate to in one way or another. There are some really cool people in AA! Who knew! Lol.

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

I would say just show up for a meeting. Any meeting...there WILL be someone there who you can relate too. When I first started going, I was a little nervous, but honestly, everyone was so friendly and encouraging right from the start.



Dan W.

Valley Hope of O'Neill



When is your sobriety birthday?

September 23, 2020

What does your recovery community look like?

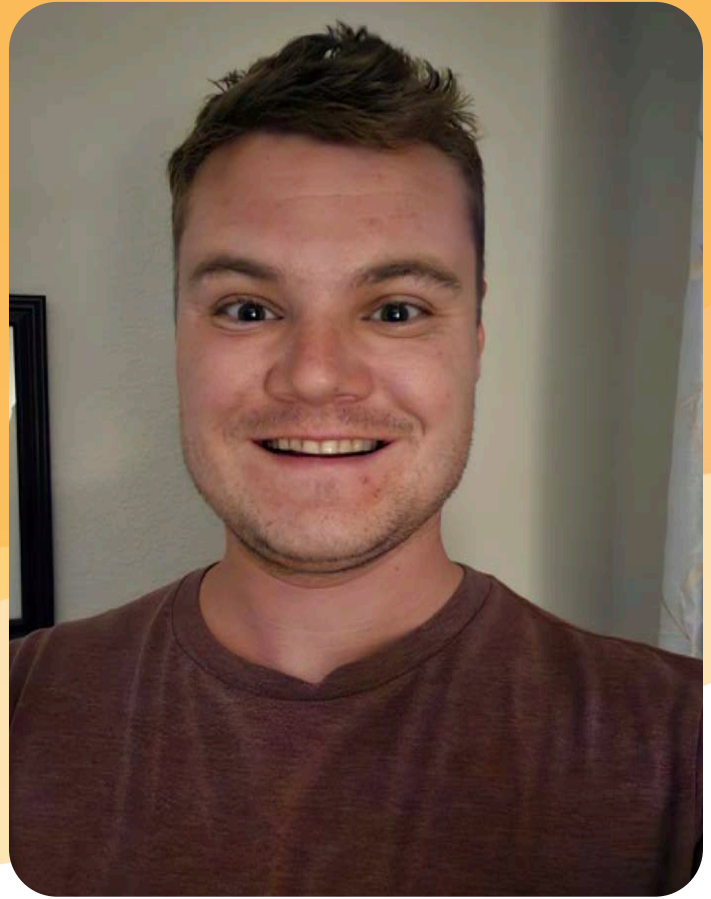
Look in the mirror, you must begin with that. Build from there; outward. You must build that community as though a recruiter would build a team.

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

If you do not have a recovery community and feel the need for that support, then you have some work ahead of you! That's OK, because YOU are capable and you're going to need to stay busy, especially in the beginning. Ask yourself: what do I want and need my recovery community to be? And then, create that. Do you need accountability? Then go to sober living! Do you need Spirituality? Then go to Nature! Do you need religion? Then go to Church! Do you need God? Then go where you know to find God! If you do not know where God can be found, start with Church and go from there. Not a service or a mass, just to a Church. Go and sit, just be quiet, still, and sit. God will show up in time, I promise this. AA will always be there, though if you find yourself lost, ask yourself those questions and do those things. From that your recovery community will manifest itself, into what is needed. YOU are capable and deserving. If you lead recovery with love, patience, and persistence, YOU will win! If you find yourself lost, it's not easy to hear, but do all the above again (persistence). If you find yourself frustrated, because you have been persistent, then be patient. If you find yourself angry because you have been persistently patient, then love. Love yourself enough to never give up. If you do not love yourself, then know, like it or not, many love YOU; we can be "blind" in many ways. So if not for yourself, carry on through recovery for them. Any and all of this will lead you to love yourself in the end. It's an amazing journey, an adventure that lasts!



Tim E.
Valley Hope of Denver



When is your sobriety birthday?

October 4, 2018

What does your recovery community look like?

I have been sober since October 4th, 2018 so I am almost at my 6 year anniversary. I am 31 years old now so I was 25 when I went sober. I had messed up my life pretty bad before seeking treatment, so I am thankful for Valley Hope of Denver.

How does your community support your recovery?

My neighbors and all my family support me.

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

It honestly comes down to willpower and a desire to make changes. Sometimes you need to be at rock bottom to realize you need a change, but sometimes that is too late. I compare my drinking to a lit oven, if I drink it's like putting my hand on an oven, I'm gonna get burned every time. My friend Kevin told me that years before I got sober but it sticks with me forever.

Community Stories





Valley Hope New Directions for Families Celebrates Our Community Champions of Recovery

New Directions for Families, Valley Hope's specialized treatment center for women with children located in Littleton, Colorado, has a broad range of community partners that work tirelessly to support our patients, staff and alumni.

We are truly grateful for our local Champions of Recovery, including:

Sheridan Health

Dr. Mia Roberts (Pediatrician), Shannon Pirrie (Midwife), and Dr. Pamela Swendseid (OBGYN), provide doctors for our moms and kiddos that go out of their way to ensure each person is made to feel special, and free of shame. They are encouraging and even help new mom's with much needed supplies and provide last minute appointments for patients and their children.

Luthern Recovery Nurses

Michelle Deuto, R.N., provides nursing and doula staff that meet with our pregnant and postpartum moms. They support them during this journey, meeting with them during the month, offering support around pregnancy, and parenting, and provide support during labor and delivery.

The Hornbuckle Foundation

This generous organization provides funding for our patients and to attend family events in the community events, while also offering assistance with peer coaching and funding for sober living.

Littleton Town Hall Arts Center

The local playhouse puts the fun in recovery, providing field trip tickets twice a year for family friendly productions.

Hard Beauty

An amazing recovery organization dedicated to supporting women offers our patients and alumni crochet classes, peer recovery coaching, plus special events and classes.

Field Elementary

We are lucky that so many of our school-aged kids attend this incredibly supportive school. Beyond focused support designed to support our students, the school helps with busing, backpacks, supplies and even clothing.

Kam Breitenbach (Mrs. Claus)

Christmas is always special at NDF for our families – starring Kam as Mrs. Claus!!!!

Susie Christian (Christmas Caroling)

Like Kam, Susie also makes the holiday season festive for our families with joyful Christmas Caroling.

Horizon Bible Church

Helping women reclaim their confidence is a key part of empowering their recovery. Horizon provides patients with a day of beauty every January where our patients are pampered with haircuts, pedicures, manicures, facials – a full day of beauty treatments. They also host a church service at our facility for those who chose to attend.

E*Motions

Owner Erica Trainer and her team host an interesting therapeutic event at their facility that is designed to help patients unload their stress, anger, frustration, etc. The women are encouraged to throw bottles of paint and then reflect in a meditation room.

The Phoenix

A major supporter of recovery, the gym offers patients a monthly private workout training session.

Elephant Circle

Attorney Sarah Lopez meets with patients who need legal help around parenting virtually each week to assist them with legal needs – fully pro bono.

Sober IS

This group hosts a meeting with patients each week to build the foundational routine of attending 12 Step meetings after treatment.

Tough as a Mother (TAAM)

TAAM is a major partner for NDF, from generous grants to support more women accessing our treatment services, TAAM also donates bags, pens, and journals for our moms to support their treatment journey.





The Phoenix Gym: Community Partner of Valley Hope of Central Kansas

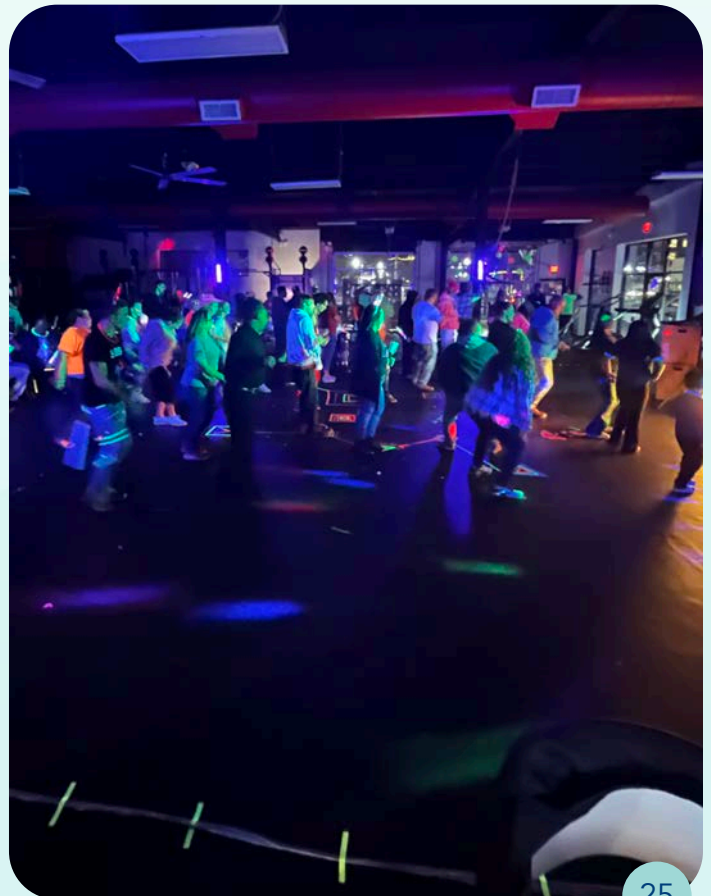
The Phoenix Gym has been extraordinary in their support for Valley Hope patients and staff.

In fact, they offer free access to the gym for individuals who have achieved 48 hours of sobriety. Through group workouts and events, they bring our patients together, connecting them with other individuals in recovery and empowering them to cultivate healthier habits.

Cody Palmer with The Phoenix has been pivotal in assisting with patient registration and partnering with Valley Hope to coordinate enjoyable events for their members and our alumni. The success of our alumni events has a direct link to our partnership with The Phoenix.

Our partnership with The Phoenix has a positive impact on our patients. It provides additional support, helps them make healthier choices, and empowers our alumni to be more active and present in their day-to-day lives.

Valley Hope's alumni are fortunate to receive support through several activities that The Phoenix creates for those in recovery to have fun and to know that they never have to be alone again. From Pop-Up Art Markets to Live Music and Mocktail events, The Phoenix has truly brought a new culture to the recovery community, and we appreciate all that they do.





The Peaceful Warrior's Way: Community Partner of Valley Hope of Oklahoma

Thank you to the Peaceful Warrior's Way for being a Champion of Recovery!

The Peaceful Warrior's Way provides recovery coaching using PRSS staff for our Cherokee Nation Alumni. This amazing organization leverages Wellbriety and Talking Circles to enhance their 12 Step foundation. Plus — one of their staff is a Valley Hope Alumni.



John Rupp, Insurance Specialist: Community Partner of Valley Hope of Central Kansas

A true Champion of Recovery, John has helped hundreds of individuals find the means to access quality care for addiction.

As a person in long-term recovery, John is passionate about helping others find ways and means to enter treatment and put an end to the cycle of addiction. Through his work with Health Insurance Specialists, he specializes in helping those in the late stages of addiction find the resources necessary to engage in treatment.





Convict Coffee: Community Partner of Valley Hope of Colorado

Convict Coffee is an incredible community-focused café in Parker, Colorado, run by Dan Klehm and family.

Dan is also in recovery and has a strong mission for his coffee shop to provide engagement opportunities and empowering community connections for people living in recovery.

Dan outlines his mission best:

1. "'Share the Wealth' with a first of its kind profit sharing model for employees at every level.
2. Impact the community by supporting programs that keep kids out of trouble and rehabilitate non-violent felons, so they do not reoffend.
3. Provide employment opportunities for offenders who have rehabilitated and want to change their life like I did.
4. Create a place where respect is shown to everyone, employees and guests alike.

I have been fortunate to have a second chance, and I want to do something impactful with it. If you want to support a company that makes a difference, come have a cup." -Dan

Convict Coffee attracts people who are mission oriented and driven by doing good. When VH staff have a meeting or drop in to caffeinate, we always meet new people who represent like-minded organizations in the community. In fact, it is also common to bump into VH Alumni. Dan has hosted a Valley Hope Alumni Coffee Social – we loved the punk rock music and grilled cheese, especially!





Guitars for Vets: Community Partner of Valley Hope of Nebraska

Thank you to Guitars for Vets for being a Champion of Recovery!

Guitars for Vets pursues its mission to share the healing power of music by providing free guitar instruction in a structured program run by volunteers, primarily through Department of Veterans Affairs facilities.



Breakthru Medical Withdrawal Management: Community Partner of Valley Hope of Moundridge

Breakthru at Summit is a medically managed detox that accepts most commercial insurance, including Medicare and Medicaid.

They are able to assist those in acute withdrawal in a hospital setting with 24-hour nursing and are able to treat those with more severe symptoms and/or complications. They do everything they can to ensure their patients are discharged to a residential treatment facility.

The staff at Breakthru are wonderful and can be seen at many community events and partnerships. They are passionate about what they do and fill a very specific and integral role in the lives of those seeking recovery from substance use disorders.

The image shows a man in a blue polo shirt and grey trousers standing next to a tall informational sign for BreakThru Medical Withdrawal Management. The sign features the BreakThru logo at the top, which includes a sun icon and the text 'BREAKTHRU Medical Withdrawal Management'. Below the logo, it says 'at Summit Surgical Hospital' and 'Addiction is a medical condition. It needs to be treated like one.' The sign lists 'BreakThru Keys to Success' with a bulleted list: 'Provide a safe withdrawal', 'Reduce immediate withdrawal symptoms', 'Prevent complications', 'Provide withdrawal management that preserves the patient's dignity', 'Establish immediate aftercare discharge plan', and 'Measure patient outcomes'. At the bottom, it lists '24 hour nursing and physician care', 'Average 3 day acute care inpatient hospital stay', and 'Covered by Medicare, Medicaid and most commercial insurances'. The sign concludes with 'Call BreakThru Today! (620) 218-0636'. The man has a name tag and is smiling.



Home Front Military Network: Community Partner of Valley Hope of Colorado

Valley Hope is proud to be a partner agency of the Home Front Military Network!

The Home Front Military Network (HFMN) is dedicated to assisting service members, veterans, and their families in navigating the complex landscape of support systems available to them. HFMN provides personalized case management to ensure that each individual receives the help they need. The organization prides itself on its hands-on approach, staying by the side of those they serve throughout every step of the process, from initial outreach to long-term aftercare. By offering tailored solutions and ongoing support, HFMN empowers military families to overcome challenges and thrive in both civilian and military life.

As a trusted aftercare resource for Valley Hope's military and veteran alumni, HFMN plays a crucial role in supporting individuals on their journey to long-term sobriety. Valley Hope, a leader in addiction treatment, recognizes the unique challenges faced by veterans and service members, and through this partnership, ensures that alumni receive the continued guidance and assistance necessary to maintain a healthy, sober lifestyle. HFMN's services provide a safety net, offering a range of support that addresses the specific needs of the military community, helping veterans and their families achieve stability and resilience.

Valley Hope was honored to sponsor HFMN's recent Honoring the Brave Golf Tournament. The event not only raised funds for vital programs but also served as a platform to celebrate and recognize the service and sacrifices of our nation's heroes.

