

Coffee Cup

A Valley Hope Publication

WINTER 2024



Valley Hope

ADDICTION TREATMENT AND RECOVERY

»» "If you look for it, I've got a sneaky feeling you'll find that love actually is all around." ««

Love Actually

HOLLY JOLLY!



SUCCESS STORIES

Life now has gotten so beautiful; I learned how to cherish life. It is a great feeling to be of service. I never knew how great it feels to do something from the bottom of your heart.

- CARLOS, ALUMNUS



WELCOME 2025: MERRY & BRIGHT

With a New Year approaching fast, we want to take a moment to reflect on the progress you've made and the strength you've shown on your journey to recovery. The path to healing is never easy, but with each step you've taken, you have built a future filled with hope and new possibilities.

So, in 2025, may you continue to embrace growth, resilience, and the power of choice. Your journey is an inspiration, and we are proud of the commitment and courage you've demonstrated. Remember that the support of your Valley Hope Community is always here for you.

Here's to a year of continued progress, health, and happiness. May you find peace in each day and strength in every challenge that comes your way.

With gratitude and hope for you always, Happy New Year!



**WELCOME
2025!**



**ALUMNI EVENTS=
FUN IN SOBRIETY!**

Check it out ->

Valley Hope has a dedicated team of local alumni support staff who stay connected with you and host special alumni events!

Don't miss out on these opportunities to enhance your recovery network and reconnect with friends from Valley Hope!

WINTER RENEWAL DAYS

12/20 | 1/17 | 2/21

**NEW! VIRTUAL
RECOVERY MEETINGS!**

All are welcome.
Via Zoom.

FULL EVENT CALENDAR:

[ValleyHope.org/Events](https://valleyhope.org/Events)



My Sober Valentine: Self Love in Recovery

As you begin to rebuild your life in sobriety, the most important relationship you must build lies within – you must first learn to love yourself.

ACCEPTANCE: Regardless of past actions or behaviors, your work to find and live in recovery requires that you accept who you are, where you are. It can ease the burden of regret and the anxiety of future worries, freeing you from shame and guilt that prevent you from loving yourself fully.

BOUNDARIES: For people in recovery, existing relationships can be primary drivers of sobriety or relapse. Those we surround ourselves with have a significant impact on our overall health. Often, we must terminate toxic relationships to ensure success on the road to recovery, specifically early in the journey.

COMPASSION: At the beginning of recovery, you learn to love your authentic self, to embrace self-compassion not self-indulgence.

SELF CARE: A big part of learning to love yourself naturally evolves from intentional self-care. Take care of yourself by eating healthy, getting enough rest and staying active or exercising daily. Meditation and relaxation techniques are also important practices that enhance self-care.

GRATITUDE: Start your day in gratitude. Keep it simple or more profound, but make sure to start each morning in thankfulness, including being thankful for YOU, and set the tone for the day.

SHARE THE LOVE: Self-love should also be love in action. In recovery, the brain begins to heal and as it heals, with practice, selfishness and other damaging attitudes begin to fade away. Replacing selfishness with intentional service to others by volunteering, charitable giving and even supporting others in recovery can build your self-worth and self-love.



HOPE *for the* HOLIDAYS

Did you know Valley Hope has a YouTube channel dedicated to sharing powerful recovery stories and staff reflections on their service?

Clips include our Voices of Hope sharing about treatment during the holidays, life in recovery, sober best practices and more!



WATCH NOW
VALLEY HOPE BOONVILLE
ALUMNI
KRISTY



WATCH NOW
ALUMNI
ERIN

WATCH > LIKE > FOLLOW > SHARE!



WATCH NOW
HOPE FOR THE HOLIDAYS
DON'T
WAIT



WATCH NOW
CHAPLAIN DARIUS
WHO NEEDS A
HIGHER
POWER?

**Checkout the full video collection:
bit.ly/VOHYouTube**



WATCH NOW
Valley Hope
Moundridge/Michita
RECOVERY
JOURNEY AND
ADVICE FOR
SEEKING HELP

++++ VALLEY HOPE ++++



WATCH NOW
VALLEY HOPE OF CUSHING
OVERCOMING
OPIOID
ADDICTION
AT VALLEY HOPE

++++ VALLEY HOPE ++++

BUILDING HOPE



As the holiday season approaches, we can't forget you, the donors who support us. We want to express our deepest gratitude for your generosity. Your commitment to the Valley Hope Foundation has made an incredible impact. We could not do this important work without you. Together, we are making a difference in the lives of families impacted by drug and alcohol addiction.

We wish you and your loved ones a joyful holiday season filled with peace, happiness, and good health. We are truly fortunate to have you as part of the Valley Hope community of support. We look forward to all we will accomplish together in the coming year!

The 57th Annual GIFT OF RECOVERY DRIVE is underway! This historic drive provides much-needed support to ensure the Foundation's ongoing commitment to help our patients and improve our treatment centers. More than 8,000 patients sought treatment at Valley Hope last year. Thanks to donor support, 3,500 patients received assistance from the Valley Hope Foundation. Your gift is MATCHED, dollar for dollar! Thanks to donors who created a \$125,000 match pool. To make a gift, visit <https://valleyhope.org/giftofrecovery>.



Valley Hope patients are heroes! Every day we witness their bravery, open-mindedness, and honesty. They have drive and hope for a better future. Shari is one of these heroes.

SHARI'S HEROIC STORY OF HOPE

I struggled with alcoholism for 10 years. I never had any specific trauma or an event in life that caused me to drink, I just loved the effects of alcohol and couldn't get enough of it.



As years went on, consequences started to intensify: toxic relationships, loss of employment, anxiety, and DUIs. I felt hopeless and defeated. My drinking had become a daily necessity to function, and I was facing jail time from a third DUI.

One night in a drunken rampage, I accidentally called my sister on my cell phone. She came rushing over with my parents, not fully aware of the severity of my addiction. By the grace of God, they found Valley Hope, and I was able to admit to treatment that night.

When I woke up in treatment, I was terrified, broken, and hopeless. The staff went above and beyond to give me the individual attention I needed to feel secure. I was able to spend 30 days focusing on my addiction and the lifelong solutions they were offering me. For the first time in a long time, I felt hope, love, acceptance, and God. I discharged from treatment and moved into a sober living house. I was blessed to start working in the recovery community - giving back and helping others to find hope and a new way of life. I recently celebrated 11 years of continuous sobriety.

Valley Hope saved my life! Thank you so much for showing love, and compassion in my time of desperation. Thank you for giving back to this struggling community, for giving strength to the weak, and making each person feel worthy of a new life.

I will be forever grateful and an honored alumnus. —Shari



With gratitude for your support,



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