

Coffee Cup

An Alumni Support Resource

SPRING 2025



“When one flower blooms, spring awakens everywhere.”

John O’Donohue



SUCCESS STORIES

When you get sober, the world is clearer, the colors are brighter and you begin to appreciate everything and everyone around you. The world is a much better place. You feel comfortable in your own skin again.

- **Kim, ALUMNUS**



SEWING THE SEEDS OF HOPE: SPRING RENEWAL

Spring is a season of renewal, growth, and fresh beginnings — a perfect reminder of the transformation and progress you’ve made in your recovery journey. As nature awakens with new life, let this time inspire you to refresh your commitment to sobriety and personal well-being.

Just as flowers bloom after a long winter, recovery is a journey of resilience and renewal. Take this opportunity to nurture your mind, body, and spirit with healthy habits, meaningful connections, and continued self-care. Whether it’s reconnecting with support groups, attending Renewal Days, or simply enjoying the beauty of nature, every step you take strengthens your path to lasting sobriety.

Remember, you are never alone on this journey. We are always here to support and encourage you. If you need guidance or just want to reconnect, we welcome you with open arms.

Wishing you a season filled with hope, renewal, and happiness.



SPRING EVENTS

LET YOUR RECOVERY BLOSSOM



JOIN US >

Staying active and engaged with your Valley Hope Alumni community is an essential piece of maintaining long-term recovery.

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

SPRING RENEWAL DAYS

3/21 | 4/18 | 5/16



VIRTUAL RECOVERY MEETING SCHEDULE

Plus Local Meetings
Special Events
& MORE!

ValleyHope.org/Events



The Role of Personal Relationships in Recovery

Healthy personal relationships can provide emotional support, accountability, and encouragement throughout the recovery journey.

On the other hand, unhealthy relationships can trigger harmful stress and even relapse, making it essential to establish boundaries and prioritize connections that promote and enhance your well-being.

Rebuilding Trust in Relationships

1. **Open and Honest Communication:** Be willing to have meaningful conversations and acknowledge past mistakes.
2. **Set Realistic Expectations:** Recovery is a process, and rebuilding trust takes time.
3. **Demonstrate Accountability:** Follow through on commitments and show consistent progress.
4. **Seek Family Counseling:** Professional guidance can help improve communication and understanding between loved ones.

Establishing Healthy Boundaries

Boundaries are essential for maintaining personal growth and preventing relapse:

- Identify and avoid toxic relationships that may jeopardize recovery.
- Communicate personal needs and expectations openly.
- Learn to say no to situations that may compromise sobriety.
- Surround yourself with supportive and understanding individuals.

Managing Romantic Relationships in Recovery

Specifically in early recovery, engaging in a new romantic relationship can complicate and impede long-term sobriety. Some key factors to keep in mind include:

- Prioritizing personal healing before entering new relationships.
- Ensuring both partners understand and respect recovery goals.
- Avoiding codependency and maintaining independence.
- Seeking professional guidance when needed.

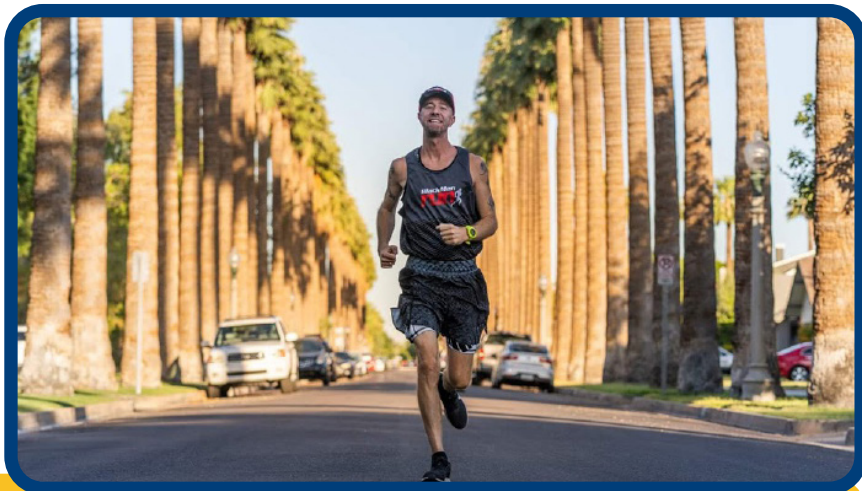
Building and repairing personal relationships in recovery takes patience, effort, and commitment, but with an informed approach and a trusted network of support, healing and growth are possible.



Voices of Hope

ALUMNI RECOVERY STORIES

HENRY W: Running for Recovery



Hello, my name is Henry, and I am a recovering alcoholic and addict and also an ultrarunner. With the grace of God I have been in recovery since November 17, 2008. I have a beautiful wife and son, a full-time job as a Food Service Director and I love to run.

For 22 years, I abused drugs and alcohol. I should be dead. I had numerous drug and alcohol-related arrests. I almost lost my family. I almost lost my life. So the biggest challenge of my life came when I had to finally admit my addiction and seek help. I made one of the best decisions in my life when I checked myself into Valley Hope.

I started running in 2013 and it has been critical in my recovery. I am thankful that I found running, and it has changed my life for the better. Not only does it help keep me sober, but it also helps me feel balanced, and live life on life's terms. When I start the day with a run the whole day seems to flow better. An afternoon run can help burn off the craziness of a busy workday.

I quickly realized that I really enjoyed pushing myself to go further and knew early on that I could be a distance runner. I registered for the Boston Marathon Half Marathon in October 2013. I was hooked on this distance, until I heard about ultrarunning. My 1st question was, "why would anyone want to run more than 26.2 miles?" Well, I did! I started asking questions, joining groups, and reading about this ultrarunning thing. My first ultra was Manchester to Monadnock. I thought I was prepared for this, but the reality is that I had no idea what I was in for. I really did enjoy all aspects of the event and learned a lot from it.

Once I started to have some success in my running, I realized that running could give me a platform to share my story of hope. Since 2017, I have used my running platform to raise funds and awareness about addiction. I have done two 24-Hour desert runs in the middle of the hot Arizona summer, four Boston Marathon quads, and two Mesa Marathon quads all in fundraising efforts. I try to tell people it's okay to be an alcoholic and addict. Most alcoholics and addicts don't want to be the way they are. But there is help, and there is hope. If there's a tomorrow, there is hope.

I am living proof that second chances matter. I am on a mission to pay it forward. I want to help others receive treatment. I want to expose them to a whole new world of clarity and optimism. I'm passionate about serving those living in recovery. I honestly believe that you can do anything you want to do. Sometimes you need help, treatment, guidance, and therapy. The first step is to want to change.



BUILDING HOPE



57th Annual GIFT OF RECOVERY DRIVE Update

We are grateful to the many supporters who have donated to our annual appeal.

Thank you for supporting Valley Hope's mission to restore lives affected by addiction and to support life-long recovery.

The drive provides much-needed support to ensure the continued work of Valley Hope Foundation to help our patients and improve our facilities. We especially appreciate the nine very generous donors who together built this year's matching pool of \$158,000. We are just \$25,000 away from unlocking the full match and maximizing this amazing opportunity.

\$133,000 contributed toward the \$158,000 matching pool to-date

552 Gifts \$1-\$500

54 Gifts \$500-\$5,000

10 Gifts over \$5,000

352 Donors

208 Communities represented from 23 States

Messages from Supporters:

"My gift to the GIFT OF RECOVERY DRIVE is the exact amount that was not covered by my insurance for my treatment at Valley Hope. This amount was a meaningful investment in my life in recovery. I am extremely appreciative to Valley Hope. Thank you for saving my life."
Teresa

"Valley Hope helped save my life 38 years ago!" Jim

"Thank you for all you do, Valley Hope!" Joe

"This donation is in honor of my wife. Cushing saved her life and our family. She has reached four years of sobriety and she could not be happier. God bless you and the work you do."
David

"To Valley Hope- Thank you again for the care you gave my son." Linda

With gratitude for your support,



Megan O'Connor

Megan O'Connor

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



valleyhope.org

EMAIL communications@valleyhope.org

CALL 800.544.5101

CONNECT

