

Coffee Cup

An Alumni Support Resource

SUMMER 2025



"And so with the sunshine and the great bursts of leaves growing on the trees, I had that familiar conviction that life was beginning over again with the summer."

F. Scott Fitzgerald



SUCCESS STORIES

I learned at Valley Hope with my willingness of participation, helped mold me to the human being I am today. That place is magical. It wasn't easy, but with the patience of my counselor, my chaplain, my case manager, and all of the staff, I have been living the life of my dreams. Clean and sober.

- Patricia, ALUMNUS

RECOVERY LOOKS GOOD ON YOU — ESPECIALLY IN THE SUN!

As the days grow longer and the warmth of summer surrounds us, we're reminded of the beauty of transformation. Just as the season brings growth and renewal, so too does the journey of recovery.

This summer, we celebrate your strength, resilience, and the continued steps you take each day toward lasting freedom. Whether you're enjoying the stillness of a quiet morning, reconnecting with loved ones, or soaking in the sunshine of a life restored — know that your story inspires others who are just beginning their path to healing.

At Valley Hope, you are forever part of our family. We encourage you to stay connected, reach out, and share your hope. Join us at upcoming alumni events, support others in recovery, or simply check in — your presence matters.



Voices of Hope

ALUMNI RECOVERY STORIES

T's Story: "I'll be waiting..."



JOIN US >

Summer: a season of meaningful moments, community, and celebration. From alumni picnics and recovery speaker nights to family BBQs and volunteer opportunities, our summer events are all about staying connected and having fun in recovery.

Stay tuned to your local campus or alumni group for dates and details — we can't wait to see you!

SUMMER RENEWAL DAYS

6/20 | 7/18 | 8/15



VIRTUAL RECOVERY MEETING SCHEDULE

Plus Local Meetings
Special Events
& MORE!

ValleyHope.org/Events



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 and 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 and was on drug court guidelines. Ironically those professionals are still my support more than anyone. They saw me go from homeless, pregnant and addicted, guardianship gone of my children, and sitting in prison to successfully graduating drug court, Valley Hope, concluding felony probation and eventually get my children back, along with all the other things I have accomplished.

To this day I can still call my old PO and 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.

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

I went through 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.

RECOVERY TOOLS 101

MANAGING MENTAL HEALTH CHALLENGES



Why Healthy Coping Strategies Matter in Recovery

Recovery often brings up a flood of emotions — some new, others long buried. When the numbing effects of substances are gone, people in recovery must learn to:

- Cope with stress without using
- Process painful emotions
- Build new relationships
- Navigate daily life challenges

Keys to Building Recovery Resilience:

1. Build a Strong Support Network

One of the most powerful tools in recovery is connection. Surrounding yourself with people who understand your journey can offer emotional relief, practical advice, and a sense of belonging.

2. Practice Mindfulness and Meditation

Mindfulness practices like meditation can significantly reduce anxiety, depression, and cravings. By focusing on the present moment, you can quiet racing thoughts and better regulate your emotions.

3. Develop a Consistent Routine

Recovery thrives on structure. Having a daily routine helps you stay focused, reduce stress, and promote stability.

4. Engage in Physical Activity

Exercise isn't just good for your body—it's one of the best natural remedies for mental health. It releases endorphins, improves sleep, and reduces symptoms of depression and anxiety.

5. Limit Triggers and Create Safe Environments

Avoiding people, places, and situations that trigger cravings or anxiety is a vital part of relapse prevention. But this also includes emotional triggers, like high-stress conversations or overwhelming workloads.

6. Seek Professional Mental Health Support

No one should face mental health struggles alone. Working with a therapist or psychiatrist can provide deeper healing, especially for those managing conditions like PTSD, bipolar disorder, or chronic anxiety.

7. Practice Gratitude

Recognizing how far you've come in your recovery can be incredibly motivating. Practicing gratitude can help keep you on a healthy path and focus on what truly matters.

At Valley Hope, we understand that mental health plays a crucial role in sustainable recovery. Whether you're coping with anxiety, depression, trauma, or stress, having the right tools in your toolbox makes all the difference.

Learn more about our recovery support resources at valleyhope.org/recovery.



BUILDING HOPE



A capital campaign to expand and renovate Valley Hope of Atchison



Valley Hope of Atchison has been a beacon of hope for 53 years, restoring lives affected by addiction and supporting lifelong recovery.

The capital campaign serves to expand our campus and enhance the patient, family, and alumni experience. The cost for Phase one is \$5.6 million. To date we have raised \$3.8 million.

The Mabee Foundation has selected Valley Hope for a \$750,000 challenge grant. To secure the challenge grant, \$1.1 million must be raised by October 1, 2025.



Phase One - New Clinical Care Center

Counselor and Chaplain Offices
Group Therapy Rooms
Patient Lounging Areas
Art Therapy Room
Full Gymnasium
Outdoor Courtyard
Outdoor Recreation
New Lecture Hall

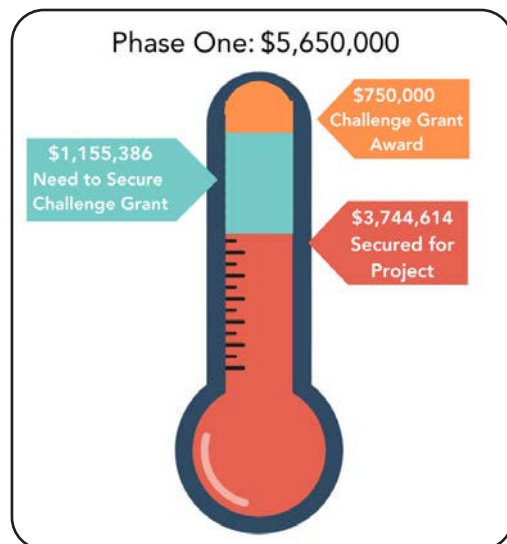
To contribute to the project and help Valley Hope secure this challenge grant, scan the QR Code, or visit valleyhope.org/atchison-project, or mail your gift to the Valley Hope Foundation with Atchison in the memo line.

Thank you for your consideration to help this important project.



"Valley Hope of Atchison saved my life. I found hope and a future I never imagined."

- Maggie



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CONNECT

