

Coffee Cup

An Alumni Support Resource

FALL 2025



Valley Hope
ADDICTION TREATMENT AND RECOVERY



"Change is hard at first, messy in the middle, and gorgeous at the end."

~Robin Sharma~



SUCCESS STORIES

Life now is so beautiful I learned how to cherish life. I never knew about being of service and what comes back from doing something from the bottom my heart. It is a great feeling.

- Carlos, ALUMNUS



VOICES OF HOPE 2025: MORE THAN MY RECOVERY

Recovery is about more than staying sober, it's about rediscovering who you are and embracing the life that comes after. That's the heart behind our 2025 Voices of Hope project: *More Than My Recovery*.

VOH is our annual celebration of National Recovery Month each September. It gives us an opportunity to share your stories, remove stigma and inspire so many still struggling and their families that **RECOVERY IS POSSIBLE!**

Maybe you've found healing through art, coaching, or going back to school. Maybe you've launched a small business, taken up hiking, taken up a new hobby, or developed a new passion. These are the moments that show the world what recovery really looks like: courageous, resilient, and real.

This campaign is a chance to celebrate those victories. To remind others that life in recovery is not just possible, it's meaningful, purpose-driven, and full of possibility.





GRATEFUL FOR YOU >

This fall, we're grateful for the strong, supportive alumni community that makes Valley Hope feel like home long after treatment ends.

From weekly Alumni Small Groups and campus gatherings to family-friendly events and volunteer opportunities, our fall calendar is all about staying connected, celebrating progress, and giving back.

We can't wait to see you!

AUTUMN RENEWAL DAYS

9/19 | 10/17 | 11/21

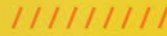


VIRTUAL RECOVERY MEETING SCHEDULE

Plus Local Meetings
Special Events
& MORE!

ValleyHope.org/Events

Music that Explores Recovery



Many musicians have produced songs inspired by their own addiction and recovery experience. Whether the song represents their own sobriety story or as a loved one supporting a family member's recovery, there are hundreds of songs that explore addiction and recovery. Here are four songs from artists who have shared their voices of hope to inspire and motivate recovery:

1. Sober - P!NK

Pink shared the meaning behind the lyrics: "We try to get away from ourselves, and find our 'true selves' and then we do these things that take us so far from the truth, I guess that 'Sober' is 'How do I feel this good when it's just me, without anything to lean on?'."

2. Not Afraid - Eminem

Eminem, who has frequently produced recovery music, achieved 11 years of recovery in 2019: "As I got sober, I started re-discovering things about myself that I had forgotten for so long that I kinda suppressed down, you know, or whatever [...] So, the whole theme of the record [is] as a person, I'm feeling better. See, this is how I feel; I feel good enough to be this, to say this, to do this."

3. Thank You - Keith Urban

Keith Urban wrote "Thank You" as a tribute to his wife Nicole Kidman for her support on his road to recovery: "(the song) became quite a confessional – much more intimate than I might have written had I intended to write about (her). It was very instinctual and very much from the heart."

4. Swimming Pools - Kendrick Lamar

Kendrick Lamar opened up about growing up in the family cycle of addiction and his determination to break the cycle by choosing sobriety: "Sometimes you have the trends that's not that cool. You may have certain artists portraying these trends and don't really have that lifestyle, and then it gives off the wrong thing."

Power your recovery with the official Voices of Hope playlist on Spotify, featuring recovery music curated and inspired by Valley Hope Alumni - available on the Spotify App or valley-hope.org!



GEORGIA G.'S PASSION

I've been teaching myself how to sew and I'm learning how to play the ukulele!

I've also really improved my editing skills and my travel accounts on social media have grown a ton! I've also gotten plugged back in with my university's alumni association. I recently hosted an event for my university that was attended by over 100 people.



Voices of Hope

ALUMNI RECOVERY STORIES

MORE THAN MY RECOVERY



JIM E.'S PASSION

I've lost 50 lbs. by being able to go to the gym and watch my diet. I wouldn't have cared about that when I was drinking. I volunteer for community activities and strive to be an asset to society.

Almost forgot — I've started scuba diving in my old age!



GLORIA R.'S PASSION

I pursued a volunteer gig reading for the blind, or others with disabilities that may keep them from holding reading material. My passion for reading has turned into a wonderful opportunity of reading for a network that helps others. I am now two years into my volunteer work and absolutely love it! I plan to continue this infinitely.



ANGELA Y.'S PASSION

I learned to woodwork and started a business, began foster parenting and then ultimately adopted a child — my greatest successes that weren't possible before sobriety.

In helping others through the recovery process, I continue to heal also.

BUILDING HOPE



Thank you Valley Hope Supporters!

**More than 2,300 patients were impacted by your support over the past fiscal year.
(July 1, 2024–June 30, 2025)**



**Clothing Items:
22 patients**



**Laundry Assistance:
1,272 patients**



**Sober Living:
220 patients**

Location	Partial Grants for Treatment*	Total \$
Kansas NE	42	\$45,546
Missouri	22	\$66,954
Oklahoma	21	\$40,112
Texas	10	\$29,947
Kansas SC	58	\$72,492
Kansas NW	36	\$58,832
Nebraska	11	\$38,314
Colorado	111	\$198,210
General Fund	38	\$66,827
Total	349	\$617,234



**Treatment Materials:
658 books**



**Hygiene Products:
66 patients**

* The Foundation distributes partial grants to assist with the cost of treatment to those committed and invested in the recovery process. The financial assistance is determined at the end of treatment based on individual need and clinical discretion.

Facility Improvements Supported by Charitable Donations

Location	Project
Parker, CO	New Dorm Windows; Patient Washer and Dryers
Moundridge, KS	Chairs for Lecture Hall & Group Rooms; Patient Gym Renovation
O'Neill, NE	Purchase of New Outdoor Furniture
New Directions, CO	Upgraded Living Center Furniture
Norton, KS	Enhanced Lighting for Nursing Station, Patient Room Renovations



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