



Valley Hope
ADDICTION TREATMENT AND RECOVERY

Recovery is not a single breakthrough, but a garden tended daily.
One seed, one choice, one step at a time.

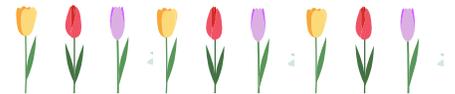


SOBER STORIES

"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."

~ Ed N. ~

Sowing the Seeds of Recovery



Each year, the arrival of spring reminds us to continue feeding and nurturing our recovery so that it will continue to bloom. Remember, each day of sobriety is another seed planted with dedication and perseverance.

Over time, with consistent cultivation, those seeds can grow into a strong foundation of long-term recovery.

As part of that foundation, we hope you will join us this spring for a Renewal Day, seasonal alumni event, or an alumni meeting. These experiences are provided to support and strengthen your recovery, while growing your sober community connections.

Happy Spring!
Valley Hope Alumni Support Team

Subscribe to Valley Hope E-News for the latest events & recovery resources: [ValleyHope.org/Subscribe](https://www.valleyhope.org/subscribe)



Come hang out with Alumni this Spring!

We would love to see you, so join us for a VH event that fits your schedule - we promise it will be time well spent.

RENEWAL DAYS:

/// March 20

/// April 17

/// May 15

Virtual Recovery Meetings every other Thursday.

FULL SCHEDULE:
ValleyHope.org/Events



Three Ways Gratitude Heals Relationships

Addiction often damages the most meaningful connections in our lives. Family bonds, friendships, and trust can become strained or broken as substance use takes hold.

But recovery offers something extraordinary, the chance to rebuild, repair, and reconnect. One of the most powerful tools in that process is gratitude.

1. Gratitude Builds Humility

Gratitude invites humility into relationships. It allows people to acknowledge their part in the past without being trapped by shame. Saying, "I'm thankful you never gave up on me," is a powerful way to honor someone's support and begin rebuilding trust.

2. Gratitude Strengthens Communication

In active addiction, communication often breaks down into defensiveness, dishonesty, and denial. Gratitude creates space for empathy and listening. When we focus on appreciation instead of blame, conversations become softer and more productive. You have to open yourself so that rebuilding trust can begin.

3. Gratitude Fosters Forgiveness

Forgiveness of self and others is one of the hardest parts of recovery. Gratitude helps make it possible. When we focus on what we're thankful for instead of what we've lost, forgiveness feels more attainable. It helps release anger and invite healing.

Recovery isn't about what you've lost, it's about what you can rebuild. Gratitude gives you the strength to reconnect, the courage to forgive, and the clarity to move forward.

Voices of Hope

ALUMNI RECOVERY STORIES

Jill J. /// Showing Up

When is your sobriety birthday?

August 22, 2015

How has recovery influenced the person you are today?

I am a new person, Valley Hope showed me to the steps and supported me in the early vulnerable days of recovery. I live my life now by the following principles. Honesty: Acknowledging the truth about one's addiction. Hope: Believing in the possibility of recovery. Faith: Trusting in a higher power or the process of recovery. Courage: Facing fears and taking action to change. Integrity: Being truthful and maintaining moral principles. Willingness: Being open to change and accepting help. Humility: Recognizing one's limitations and the need for support. Love: Cultivating compassion for oneself and others. Discipline: Committing to the recovery process and personal growth. Acceptance: Embracing reality and letting go of denial. Service: Helping others as a part of the recovery process. Perseverance: Continuing to work on recovery despite challenges.



What's something meaningful you've started doing since getting sober that brings you joy or purpose?

I learned that I enjoy sports and hobbies are a good thing to replace spending time and money on. I have been working in the field of Recovery now for almost nine years and get to share my experience strength and courage with so many others over the years

What goals have you achieved or are working toward because of your recovery?

I have made amends and continue to make amends to my loved ones daily by showing up as a clean and sober person. More travel! I spent way too many years staying close to the dealer and I get to explore the whole world now!

Is there a passion or talent you have pursued in recovery?

I learned that Yoga was a great way to practice meditation and maintain physical health.

> Explore the Voices of Hope Collection
at ValleyHope.org.

Building Hope



GIFT OF RECOVERY DRIVE

Thank you for supporting the 58th Annual GIFT OF RECOVERY Drive, Valley Hope's year-end appeal. The drive further boosts the work of Valley Hope Foundation to help Valley Hope patients, their families and to improve facilities. We are thankful beyond words for the 12 donors who created the \$164,500 "Matching Gift Pool". More than 400 donors from 26 states and 256 communities were inspired to give, bringing us to \$400,583 grand total. Last year, Valley Hope Foundation helped 2,300 patients with assistance and completed several treatment facility improvement projects. Thanks to donors, we will continue our efforts. Thank you for helping us help others!

CONSTRUCTION HAS STARTED!

The BRIDGE TO RECOVERY capital campaign to expand and renovate Valley Hope of Atchison has been propelled by a \$750,000 challenge grant from the J.E. & L.E. Mabee Foundation. We are happy to announce Phase One construction has begun and is scheduled for completion in September 2026. Karen Seaberg and Rick Berger, co-chairs of the capital campaign, have been the catalysts for fundraising success. We appreciate our Steering Committee and all who have contributed. We are grateful for Senator Jerry Moran's visit to the center on February 6th and his support for this expansion. "Good things happen when good people lead, and the Atchison community has stepped up to make a positive and lasting impact for the families and individuals receiving care through Valley Hope," said U.S. Senator Jerry Moran. "We change the world one person at a time, and quality addiction treatment saves lives and strengthens communities. Thank you to Valley Hope for the work they do to accomplish the betterment of other people."



Megan O'Connor
Foundation Executive Director
meganconnor@valleyhope.org
877-840-4483
PO Box 59
Norton, KS 67654



valleyhope.org

EMAIL marketing@valleyhope.org

CALL (833) 230-4673

CONNECT    