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The Phoenix

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Administrative Office Hours

Mondays - Thursdays
9:30am - 6:00pm

Fridays
10:30am - 4:30pm

Weekends by appointment



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What is Recovery Month?

Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Each year, Recovery Month selects a new focus and theme to spread the message and share the successes of treatment and recovery. The 2020 Recovery Month observance will work to inspire people across the country to recognize the strength and resilience of individuals living in recovery as well as to support those with substance use disorders or co-occurring disorders to consider seeking treatment.

The 2020 National Recovery Month theme, "Join the Voices for Recovery: Celebrating Connections," reminds people in recovery and those who support them, that we all have victories to celebrate and things we may wish we had done differently. This is true of everyone and, as in most cases, we cannot do it alone. Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But, with strength, support, and hope from the people we love, we are resilient.

How to Help

Addictions of all kinds can be incredibly difficult to overcome. When loved ones are suffering from addiction, it can greatly affect you as well. Naturally, you do not like to watch them suffer and you are searching for ways to help.

Here is a list of tips to keep in mind when helping those with addiction:

- **Help your loved ones make wise choices.** Sometimes it is not easy to make a wise choice for yourself. A pair of eyes on the outside may be just what your loved ones need. Suggest alternatives to the addictive behaviors. Make sure not to belittle or judge but, instead, listen to what they have to say.
- **Offer love and support.** Your loved ones need to know that they will have love and support even in vulnerable times. Make sure you are there for them no matter what. It can be the difference between getting help for the addiction and suffering from it forever.
- **Help them through cravings.** Your loved ones will endure many cravings, especially when they first withdraw from their addictive behavior. Make suggestions for alternative things that they can engage in, instead of the addiction.
- **Get medical help.** You need to be wise enough to realize that sometimes a medical professional is required to intervene. If these situations arise, have the necessary phone numbers available to get help as quickly as possible.

- **Attend a meeting.** There are local meetings about addiction for the user and the family. You can attend these meetings as well to offer support and gain a better understanding about this affliction.
- **Understand withdrawal.** It will help you to further educate yourself on what happens when a person hits withdrawal. If they are suffering from a drug addiction, there may be many unsettling physical symptoms that occur as well as psychological ones. You can expect headaches and vomiting just to name a few.
- **Avoid boredom and stress.** After withdrawal symptoms have settled down, relapses can occur if the sufferer is bored or stressed. While you may not be able to always physically be there for your loved ones, you can equip them with ideas on how to combat boredom or severe stress. Give them a list of specific things they can turn to if they feel their addictions calling.

Remember that it is also important to make time for you. Most people do not realize the large impact that addictions have on the loved ones of the person suffering. It is difficult to watch on the sidelines. Just keep in mind that, with your love and support, they will be far more likely to overcome addiction and return to normal.



Listina Ford
9/9

Joie Laws
9/17

**Have you missed a
previous newsletter?**

**Visit our website to
read them.**

www.OKLifeRecovery.org



Spicy Sausage Pasta

Ingredients

- 1 (12-ounce) package orecchiette or small shells pasta
- 2 tablespoons olive oil, divided
- 12 ounces fresh spicy Italian sausage, casings removed
- 3 tablespoons spicy harissa (such as Mina), plus more to taste
- 1 pint multicolored cherry tomatoes, halved (about 2 cups)
- 1/2 teaspoon kosher salt, plus more to taste
- 1 cup very thinly sliced zucchini and/or yellow crookneck squash
- 1/4 cup thinly sliced fresh mint, plus more for garnish
- 4 ounces feta cheese, crumbled (about 1 cup)



Instructions

Step 1

Cook pasta in a large pot of generously salted water until very al dente (about 2 minutes less than package directions). Drain pasta, reserving 3/4 cup cooking liquid. Set pasta and cooking liquid aside.

Step 2

Heat 1 tablespoon oil in a large, deep skillet over medium-high until shimmering. Add sausage in 1-inch clumps, and cook, undisturbed, until browned on bottom, about 3 minutes. Stir and cook, breaking up sausage with a wooden spoon, until almost cooked through, about 2 minutes. Drain and discard drippings, reserving cooked sausage and 1 tablespoon drippings in skillet.

Step 3

Add harissa to skillet; cook over medium-high, stirring constantly, 30 seconds. Cook, stirring occasionally, until slightly reduced, about 2 minutes. Stir in tomatoes, salt, cooked pasta, and 1/2 cup reserved cooking liquid. Cook, stirring constantly, until a creamy sauce forms and coats pasta, about 3 minutes, gradually stirring in remaining 1/4 cup cooking liquid as needed to reach desired consistency. Remove from heat.

Step 4

Scatter sliced squash and mint over pasta. Drizzle with remaining 1 tablespoon oil and toss to combine. Let stand until squash is slightly wilted, about 2 minutes. Season with harissa and salt to taste. Divide pasta among bowls and top evenly with feta. Garnish with sliced mint.

Services Spotlight



Peer Recovery Support Services help you navigate through your recovery journey.



Contact Victoria, Eileen, Joie, or Shauna for more information

Services are available to anyone age 16 or older.

Professional Development

Wellness Coach Training
September 15
ODMHSAS

Mental Health 1st Aid Training
October 6
ODMHSAS

2020 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

September 7
Labor Day
Closed all day

October 12
Indigenous Peoples Day
Closed all day

November 11
Veteran's Day
Closed all day

November 26-27
Thanksgiving
Closed all day

December 24
Christmas Eve
Closed at Noon

December 25
Christmas
Closed all day

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools.

Flamingo Flocking Fundraiser

Each year we set at least one fundraising opportunity on the calendar. This year we have decided to have some unusual fun! We invite you to be a part of it.

We are sending flocks of flamingoes to your friends' yards. Nominate a household today. You may choose from the options listed below.

A \$40.00 donation will send the flock to your friend's home.

A \$50.00 donation will send them to your friend's home and ensure they won't get sent back to you.

Each donation receives a memorable flamingo inspired keepsake.

Give us the following info to get started...

Your Contact Info:

Family Name:

Family Address:

Family Phone Number:

Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services both in the office and in various confidential settings within the community.

We have staff who speak English, Spanish, and Vietnamese.

We offer urine testing, ADSAC assessments, pre-marital counseling, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment or visit us on Tuesdays from 9:30am – 3:30pm for walk-ins.

Donations are tax deductible!

💰 Cash App: \$LifeRecoveryServices

🖥️ www.OKLifeRecovery.org

📞 405-600-3252

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📲 Give Download the Givelify App

