

# The Phoenix

## National Recovery Month 2019

September is recognized as National Recovery Month. This year celebrates the program's 30<sup>th</sup> Anniversary.

Celebrate with Life Recovery Services this month as we focus on the theme "JOIN THE VOICES FOR RECOVERY: TOGETHER WE ARE STRONGER."

During our groups and individual sessions this month, we are encouraging people to share their stories about their own personal recovery journeys.

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JOIN THE VOICES  
FOR RECOVERY:

**TOGETHER  
WE ARE  
STRONGER**



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## Sophie: Spreading a Message of Hope for Recovery

**Sophie**  
**Young Person in Recovery**  
**Houston, TX**

The symptoms of my alcoholism and drug addiction appeared long before I decided to pick up and use. Growing up I had very low self-esteem. I had low self-worth and I didn't know there was a solution out there for the things that were taking place internally. I was emotionally unstable.

Mentally, I knew there were a lot of things that were wrong with me, but I had no idea how to ask for help and talk about them; so I acted out. I destroyed several different aspects of my life. Socially, I didn't really have many friends, so I connected with a lot of people that used. I had a really chaotic family life. I fell off the radar for a really long time, but I showed up making good grades, playing sports, doing things that kept my parents' attention off of me and my acting out.

Before I got into recovery, I had no idea who I was. Getting into recovery, having the opportunity to go to a sober high school, and connecting with people who have the same goals as I do, has allowed me to be the young woman that I am today. Through recovery, I have regained my true potential that I thought drug addiction and alcoholism had taken from me.

This spring I'll be three years sober. In the fall I will be headed to a university. I hope to spread the message that there is a solution, and there is hope for other people who have been through the same things that I have.

<https://recoverymonth.gov/personal-stories/read/sophie-spreading-message-hope-recovery>



## The Importance of PRSS Services

Many clients feel that if the staff they work with are in recovery personally, it is often easier to relate to them.

We know and understand the value of having people in recovery on our staff.

Life Recovery Services encourages all of our clients to utilize the PRSS on staff to supplement the services that they receive.

There is evidence that individuals who engage in wholistic treatment experiences are more likely to succeed.

Our program incorporates therapy, rehab, case management, and peer recovery services to help an individual address their needs through a variety of methods, interventions, and curriculums.



## What are Peer Recovery Support Services?

Article adapted from SAMHSA's Recovery Community Services Program Manual

Research has shown that recovery is facilitated by social support. Four types of social support have been identified in the literature: emotional, informational, instrumental, and affiliational support.

Projects have found these four types of social support useful in organizing the community-based peer-to-peer services they provide to recovering people. These four categories refer to types of social support, not discrete services or service models.

Peer recovery support services capitalize on the desire among many in recovery to "give back" to their communities by providing services to others.

Peer leaders can provide social support services to individuals at all stages on the continuum of change that constitutes the recovery process.

The Prochaska, Norcross, and DiClementi (1995) stages of

change model has identified the stages of precontemplation, contemplation, determination / preparation, action, maintenance, and relapse.

Peer recovery support services that meet needs of people at different stages of the recovery process. The services may:

- ❖ Precede formal treatment, strengthening a peer's motivation for change
- ❖ Accompany treatment, providing a community connection during treatment
- ❖ Follow treatment, supporting relapse prevention
- ❖ Be delivered apart from treatment to someone who cannot enter the formal treatment system or chooses not to do so.

Furthermore, peer services can provide social support within the context of many different pathways to recovery.

The PRSS program incorporates a strengths perspective that builds on people's resiliencies and capacities rather than providing services focused primarily on correcting their deficits, disabilities, or problems. Emphasis is on uncovering, reaffirming, and enhancing the abilities, interests, knowledge, resources, aspirations, and hopes of individuals, families, groups, and communities. The ability to recognize one's own strengths and resources enhances a person's chances of success in setting and achieving goals and in realizing his or her aspirations.

Improved outcomes are particularly notable when peer support services are provided to people with chronic conditions.



# What have we been up to lately?

This Summer has been a very active Summer for all of us. I thought that Summers were meant for relaxing by the pool, going on vacations to remote locations, etc. But for those of us at Life Recovery Services, we stayed extremely busy.

We participated in numerous activities within the community to help promote recovery.

Back-to-School events started in July and extended through late August. We partnered with the Greater First Deliverance Temple to be a part of the “Dr. Anita L. McCarther Memorial Back 2 School Festival.” Our staff sought donations and purchased pencils, markers, and colored pencils for the event. The event was a success. Planners expected 200 students but found many more seeking supplies.



Our staff also enjoyed participating in the “Day of Hope” at People’s Church and the Urban League’s “11<sup>th</sup> Annual Back to School Bash.” We were able to share information about our agency and the services that we provide.



This Summer was a great opportunity to reach out to the teens in our community. Star and Bobbie started a program that was specifically geared toward teens and the needs that they have. Sessions focused on topics such as suicide, peer pressure, trauma, substance abuse, etc.

At the end of August, we hosted our 2019 Open House. We were blessed to have visitors from the Oklahoma Department of Corrections, Midwest City Courts, DHS, and a variety of other referral sources.

Numerous guests had a great time singing in our version of karaoke called “Sober Okie.”

Did I mention that we had a silent auction? We were able to raise approximately \$200 that was put towards program needs.

We want to say a special thank you to those volunteers who brought food, prizes, and supplies! Without you the event would not have been as successful. You all have truly made a difference!



## Services Available

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

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

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

Group options include Anger Management, Cognitive, Coping Skills, Parenting, Peer Recovery Support, Relapse Prevention, Substance Abuse, and Victims of Domestic Violence.

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

If you or someone you know are in need of services, please call the office to schedule an appointment or visit us on Tuesdays from 9:30am – 3:30pm for walk-ins.



## Professional Development

ASI-ASAM-ODASL

September 18 – 20

OSU - Tulsa

\$405.00

2019 Justice & Recovery Conference

September 25 – 26

Sheraton Hotel – MWC

\$290.00

ODAPCA Conference

October 3 – 4

NCED - Norman

\$247.50

PRSS Certification Training

October 14 – 18

ODMHSAS - OKC

\$25.00

Wellness Coach

Certification Training

November 19 – 20

ODMHSAS - OKC

\$25.00

## Upcoming Community Events

18<sup>th</sup> Annual Recovery Walk

September 28

Washington Park - OKC

\$15.00



## Staff Spotlight

### Star Young, CM II, LADC/MH Candidate Therapist

- Has 2 Middle Names
- Graduated with 6 Degrees from Rose State College, Redlands Community College, Oklahoma State University, University of Central Oklahoma, and Southern Nazarene University
- Favorite Color is Blue
- Has a 5 Year Old Puppy Named Lady
- Loves Chinese Food
- Born and Raised an Okie
- Had 6 Brothers and 2 Sisters

