



# RecoveryWerks!

## **RecoveryWerks! Mission**

Provide recovery support services, in a safe and nurturing environment.

Partner with community organizations to facilitate access to resources and develop a strong community support network to enhance recovery success.

Identify support gaps and develop resources to improve recovery support services for those in need in Comal County.

Educate the public about the disease of addiction, the consequences of untreated addiction, and the various pathways of recovery.

Advocate for the needs of Comal County at the local and state levels to enhance addiction services for the community.

## **Local Recovery Support Meetings**

**RecoveryWerks!**  
210-845-8926

[www.recoverywerks.org](http://www.recoverywerks.org)  
Family members meet from 7:00-8:00 on Friday nights at member's houses.  
Call 210-845-8926 for more info

**Rise Recovery**  
(210) 697-9677

[www.riserecovery.org](http://www.riserecovery.org)  
In San Antonio most evenings.

**River City Advocacy**  
830-643-0200

[www.rivercityadvocacy.net](http://www.rivercityadvocacy.net)  
Teen Recovery Support Group Wednesday's 7:00-8:00 PM and Family Recovery Support Group Wednesday's 7:00 - 8:00 PM

## **"Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!"**

Extracted from SAMHSA

The 2016 Recovery Month theme, "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" highlights the importance of families, communities, and individuals sharing stories of recovery to encourage others to make a personal connection with the recovery movement. Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services sponsors National Recovery Month to increase awareness of behavioral health conditions. This celebration promotes the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental

and/or substance use disorders.

Mental and/or substance use disorders affect millions of Americans and directly touch the lives of individuals, family members, neighbors, and colleagues. Families often deal with the complex dynamics of supporting a loved one in recovery while at the same time learning how to take care of their own well-being. Given the widespread impact and societal cost of these behavioral health conditions, it's important for communities to make prevention, treatment, and recovery support services available and accessible for all who need them.

### **Why Supporting Recovery is Important:**

The prevalence of mental and/or substance use

disorders is high. Among adults aged 18 or older, 43.6 million (18.1 percent of adults) had mental illness in the past year.

Approximately 21.5 million people age 12 or older were classified with a substance use disorder in 2014. In spite of their high prevalence, most Americans believe that recovery from a mental illness or a substance use disorder is possible. For many people, recovery emerges from hope, which is fostered by friends, families, mentors, providers, colleagues, and others who have experienced recovery themselves; Occurs via many pathways, which may include professional medications, support from families and in schools, services through

*Continued on page 2*

## **Family Matters: Self-Care**

By Joanne Daxon

Once we realize that we are all in recovery from addictive substances or relationships or behaviors or anything else, the question becomes "What do we do different now?" It's been 20 years since I first asked myself that question. My answer came back as another question - Are all my needs being met? In order to respond to all the chaos and pain, I have to be at my very best for the moment. I cannot respond to someone else's

needs if I haven't taken care of my own. So then what are my needs? Since this is a disease of body, mind and spirit I must look at each area and see that there is balance. Then writing down my recovery plan for myself will give me the strength and courage and hopefully wisdom to walk through all my circumstances. I still go through a thought process of making sure each day has a balance of meeting MY needs in body, mind, and spirit. If you are having

trouble meeting these needs, please ask for assistance from a professional. You are important.

Sample Recovery Plan:

### **Physical (Body)**

Exercise daily  
Eat a variety of foods from all the food groups.  
Eat breakfast.  
Get an adequate amount of sleep (7-8 hours per night).  
Participate in recommended health screenings (blood pressure, etc.)

*Continued on page 2*



*"Let today be the day you love yourself enough to no longer just dream of a better life; let today be the day you create it"*  
— Steve Maraboli



*"It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself."*  
-Ralph Waldo Emerson

## Spotlight: Celebrate Recovery – Oakwood Church, New Braunfels

By Debi Dickensheets

Celebrate Recovery is a Christ-centered recovery program that uses the 12 steps of Alcoholics Anonymous along with 8 principles, based on the Beatitudes from the Bible, to help people overcome their hurts, habits and hang-ups. Celebrate Recovery allows participants to focus on a variety of trouble areas, to include substance abuse and addiction, as well as codependency issues. Meetings held in New Braunfels at Oakwood

Church embrace the entire family. While they say that childcare is available, it truly is more than just childcare. Children, up through 12<sup>th</sup> grade, are taught a Celebrate Recovery curriculum specifically for their age group. This allows the entire family to learn, grow and recover together.

A typical Celebrate Recovery meeting lasts for about two hours and ends with food and fellowship. All adult groups meet together for praise and worship, followed by a lesson from the Celebrate Recovery

curriculum. After the lesson, adults break out into smaller groups, based on gender and the specific issue they're working on. The small groups meet for about an hour and are strictly confidential. Throughout the year, additional workshops are offered to help enhance the recovery journey.

Celebrate Recovery meetings are available at Oakwood Church in New Braunfels on Monday nights at 7 p.m. For more information, please contact Dennis at (210) 845-4060. 🙏

## "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" *continued*

homeless programs, faith-based approaches, peer support, and other approaches; Is holistic—meaning that recovery encompasses a person's whole life including mind, body, spirit, and community; Is supported by relationships with peers and allies, and on social networks; Is culturally based and influenced; Is supported by addressing trauma, including physical or sexual abuse, neglect, domestic

violence, war, disaster, or profound loss; Is inclusive of positive youth development theories and concepts; Involves individual, family, and community strengths and responsibilities; and Is fostered by respect. These principles of recovery can help people establish a blueprint for their own journey. However, it's important for people living with these conditions to become aware that they are not alone in their efforts.

In honor of National Recovery Month, please join us for the First Annual Recovery Craft Show on Sept 10 at River City Advocacy at 145 Landa Street, New Braunfels, TX. The craft show starts at 9 a.m. and will feature local and national artists and craftsmen, food and entertainment for the whole family. For more information, please visit our website at [recoverywerks.org](http://recoverywerks.org). 🙏

## Family Matters, *continued*

Seek medical advice when needed.

### **Emotional / Psychological / Intellectual (Mind)**

Make decisions with a minimum of stress and worry.  
Attend recovery meetings weekly.  
Work on my Steps.  
Maintain balance between work and play.

Find life intellectually challenging and stimulating.

Save money.

Plan a manageable workload.  
Keep relationships with others positive and rewarding.  
Plan time to be with my family and friends.

### **Spiritual (Spirit)**

Make time for relaxation in my day.  
Make time in my day for

prayer, meditation, or personal time.

Talk with a spiritual advisor, mentor, sponsor, counselor or minister.

My values guide my actions and decisions.

The next FAMILY MATTERS article will focus on needs vs. wants. 🙏