



RecoveryWerks!

Changing the world through recovery one **underserved** community at a time

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.

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

Advocate for the needs of the underserved communities at the local and state level.

Meeting Schedule:

RecoveryWerks! for Teens only

Mondays 7-8 pm
The Loft
6260 US Hwy 281 N
Spring Branch, TX

Wednesdays 7-8 pm
River City Advocacy
145 Landa St
New Braunfels, TX

RecoveryWerks! for Family members only

Mondays 7-8 pm
The Loft
6260 US Hwy 281 N
Spring Branch, TX

Wednesdays 7-8 pm
River City Advocacy
145 Landa St
New Braunfels, TX

Counseling services by appointment only. Call (830) 310-2585 to schedule.

Alternative Peer Groups

By Debi Dickensheets,
RecoveryWerks! Executive Director

When it comes to recovery from addiction, research shows:

1. It takes 18 months to 4 years to stabilize.
2. Families are important.
3. Peers are important.
4. Accountability is important.
5. Continuity is important.

This is true across all age groups but is especially true when dealing with teens. The Alternative Peer Group

(APG) model of recovery provides the framework to meet these 5 important criteria.

An APG is a community-based, family-centered, professionally staffed, positive peer support program that offers prosocial activities, counseling, and case-management for people who struggle with substance use, self-destructive behaviors, or

other mental health issues. RecoveryWerks! uses this model as our primary means of recovery support services.

For a deeper look into the APG model of recovery, consider watching the film GENERATION FOUND. It's a documentary that tells a powerful and intimate story of how one Texas community ignited a youth addiction recovery revolution in their hometown. The film can be seen on Netflix.

Spotlight: Big Give 2017

Give to what matters.

Join us in supporting teens and their families who are struggling with substance abuse issues in underserved communities.



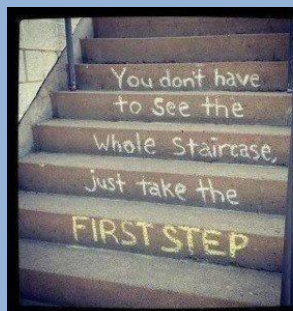
"You change for two reasons: Either you learn enough that you want to, or you've been hurt enough that you have to."

--Unknown



"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them"

--Thomas Merton



FAMILY MATTERS: New Beginnings

By Joanne Daxon, LCDC
RecoveryWerks! Program Director and LCDC

There are so many new beginnings in recovery. One of the first new beginnings is the awareness that there may be a problem. Maybe there is a tension in the family or with friends, or with school, or the law or even crisis after crisis in some area of our life. Maybe it's my problem, maybe it's theirs. We can try and deny it for a little while but each round of the cycle it gets harder and deeper and darker.

So we take a look. The awareness takes us to seek help somewhere. We find a place that might be right for us to grow in recovery. This may even become our "home group". Next we may seek out a sponsor, another new beginning. Then we start on our steps, step 1, step 2, step 3... to step 12, each new with its revelations, new beginnings. Meetings and counseling appointments reveal a little more, as does journaling and calling my sponsor. The process of recovery begins to open my mind to the real me.

Each day becomes a new beginning no matter what stage of recovery we're working on.

RecoveryWerks! Meeting Schedule:

Teens Only:

Monday evenings 7-8 pm
The Loft, 6260 US Highway 281 North, Spring Branch, TX

Wednesday evenings 7-8 pm
River City Advocacy, 145 Landa Street, New Braunfels, TX

Family Only:

Monday evenings 7-8 pm
The Loft, 6260 US Highway 281 North, Spring Branch, TX

Wednesday evenings 7-8 pm
River City Advocacy, 145 Landa Street, New Braunfels, TX

Individual counseling is available at both locations by appointment.
Call (830) 310-2585 to schedule.

Recommended Reading

Parents with teens struggling with addiction live with a lot of pain. Understanding that you are not alone is often the beginning of the recovery process. If you're looking for help in understanding the disease of addiction, how it affects the family unit and proven methods to regain sanity, the following books are a great place to start.

"From Monsters to Miracles" Parent-Driven Recovery Tools that Work by Anette Edens, PhD. A guidebook for parents living in the chaos of addiction.

"Codependent No More" by Melody Beatty. A guide to understanding codependency and tools for breaking the cycle.

"A New 'Normal' Now" by Joanne Daxon. A family's journey through drug addiction and recovery.