



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.

Healing the Family

By Debi Dickensheets,
RecoveryWerks! Executive Director

When your child suffers from substance abuse and/or addiction, parents often find themselves wondering where to go for help. Allison Bottke writes in her book "Setting Boundaries with Your Adult Child" that "As the first step of stopping our enabling behavior is being implemented, enjoying the support of others is crucial. Parents in pain need support, understanding, encouragement, and

accountability from others who have traveled this painful journey and come out on the other side – or those who are currently walking the journey with us. Some of us may also need a willing individual to intercede on our behalf during times of crisis." This is true for parents of teens as well.

Thanks to volunteers, donors and the grace of God, RecoveryWerks!

provides a safe and nurturing environment for parents, as well as teens, to learn recovery behaviors that heal.

RecoveryWerks! is now fully operational in New Braunfels, operating out of River City Advocacy and in Spring Branch, operating out of The Loft. All of our services are provided at no cost in order that none are left without recovery support. Please see side panel for meeting times and locations.

Spotlight: Hill Country Hope4Mental Health

Emotional & Mental Health Gathering March 23rd

Hill Country Hope4Mental Health is a collaboration of mental health professionals, community leaders and churches working to: increase education and awareness of mental health issues, share resources, reduce stigma, remove barriers, aid in early detection and develop support groups for all affected by mental health issues.

Open to everyone, Families, Teens, Pastors, and Professionals (No Childcare Provided)

Topics

- What is emotional and mental health?
- Why do some struggle while others don't?
- Who has mental and emotional health needs?
- What are the treatment options and resources in our area?
- How do I support those I love in a mental or emotional health crisis?

Featured Speakers

John Beach, PhD

Daxon Family

Dr. Ted Williams

Bulverde/Spring Branch Library

5:30-8:00pm

131 Bulverde Crossing Rd

Free meal provided at 5:30

Speakers and a panel starting at 6:00.

Let's Talk About It!

FAMILY MATTERS: The Disease of Dependency and Codependency

By Joanne Daxon, LCDC

In the last Newsletter, we took a look at how the disease of Chemical Dependency and Codependence progresses through the different stages showing consistent and predictable symptoms. (See: RecoveryWerks! Newsletter Nov/Dec Issue 9). This month, through the aid of the Jellinek Curve and "The Developmental Model of Recovery" in Terence T. Gorski and Merlene Miller's book "Staying Sober", we will look at the stages of Recovery and Restoration.

The Developmental Model of Recovery

1. Pretreatment: Recognition of Addiction
Recognition that you cannot control alcohol and drug use (or someone else's use).
2. Stabilization: Withdrawal and crisis management
Regaining control of thought processes, emotional processes, memory, judgment and behavior (PAWS)
3. Early Recovery: Acceptance and Non-chemical coping
 - a. Recuperation from serious physical and psycho-social damage caused by addictive disease
 - b. Allows to become educated about the disease
 - c. Allows self-assessment about the nature and severity of addiction/co-addiction patterns
 - d. Helps recognize, accept and resolve the resulting problems.
4. Middle Recovery: Balanced Living
 - a. Lifestyle change – instead of focusing on not using, focuses on normal life issues, job and family
 - b. Less need for a structured and intense recovery plan.
5. Late Recovery: Personality Change
 - a. Development of self-esteem, the capacity for healthy intimacy and the ability to live happily and productively.
 - b. Time to evaluate personal values, beliefs about self, others, and the world
 - c. Time for spiritual growth and meaningful living.
6. Maintenance: Growth and Development
 - a. Staying sober (emotionally, as well) and living productively.

Each stage can take months, if not years, to go through depending on the age of the chemically dependent and the kind of support they receive. Seeking early help to identify and confront drug use is a positive step in coping with the devastation of this disease. If family members participate to conquer their codependence the likelihood of recovery increases almost 80%. It's a common belief that "nothing can be done until the chemically dependent **hits bottom**" but with the help (not enabling) of an informed and understanding support system we can help raise the "bottom". Please see the Jellinek Curve for more details about the recovery process. Stopping drug use is only the first step.

