



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

Family members meet at 6:30-7:30 Friday nights at member's houses.

Call 210-845-8926 for more info

Rise Recovery

(210) 697-9677

www.riserecovery.org
In San Antonio most evenings.

River City Advocacy

830-643-0200

www.rivercityadvocacy.net
Teen Recovery Support Group Wednesday's 5:30 - 6:30 PM and Family Recovery Support Group Wednesday's 7:00 - 8:00 PM

What do you mean, "Self-Care"?

By Debi Dickensheets

Loving someone in active addiction is emotionally exhausting, physically painful and spiritually draining. I know from experience. When I first started my personally journey into recovery from codependent issues, I heard a lot of people talk about self-care and how important it was. "You need to get out and enjoy life", they said. I thought they were crazy. How on earth could I enjoy life while my 15-year-old daughter was in the throes of addiction? Didn't they understand how painful this was? There was nothing about life that was enjoyable back then. Self-care was a luxury I could not

afford and it made no sense to me. How could I possibly be a good Mom if I was out having fun while my daughter was fighting demons that could very likely kill her? Fortunately, I had committed to continuing my recovery journey because I was told that addicts have an 80% better chance of recovery if their family members are also in recovery. This was the only hope I held on to. I would stick to recovery out of my obligation to do everything I could to help my daughter get better. My sponsor kept telling me "go out and do something fun, just for you". My counselor would ask "what have

you done just for fun this week?" Week after week, month after month, I struggled to do my own self-care. But I kept trying. At first it was things like getting my nails done. It's easy to sit in the nail salon and continue to obsess over how your child is doing. It wasn't really much fun for me, but it was all I could muster up for self-care. I also went through a period of reading every self-help book I could find on addiction. I called that self-care for a while, even if I was still crying over each page that reminded me of how sick my child was. As I grew in recovery and starting learning, at a
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Family Matters: Setting Boundaries

By Joanne Daxon

Boundaries for Parents of Teenagers (under 18 years old) Using Illicit Drugs and Alcohol taken from my book, *A New "Normal" Now*, page 48

Sample Boundaries

1. No drugs or alcohol in the house or carried on you or we will call the police or send you to an addiction treatment

center for help.
2. If we find drugs or paraphernalia we will call the police.
3. If you go out without permission we will call missing persons and list you as a runaway.
4. If you go out with kids we don't approve of, we will call the police or missing persons. (This one is good only if you actually don't know where your child is, so

don't try to find out. You can't say that they're missing if you know where they are.)
5. You must attend 2 recovery (outpatient) meetings and one counseling session per week or we will send you to inpatient rehab.
6. You must follow the city curfew or we will report you.
7. No obscene language
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Spotlight: Connections

By Jennifer Bagby

Connections Individual and Family Services is a non-profit organization dedicated to helping the homeless, at risk youth and the abused. Their mission statement is **“Providing youth, families, and communities opportunities for a brighter future.”** They do this by providing counseling and educational services, providing a safe place to stay temporarily for runaways or the homeless, having a crisis hotline, providing a supervised visit location for children called Kid Exchange, providing help for substance abuse and a live in center for the youth ages 16-21 called Chrysalis Transitional Living Center. Connections

started in 1983 and has been going strong since then. The headquarter county is located in Comal and New Braunfels. They also serve many communities in the area. Connections offers two emergency shelters for kids ages 10-17. They accept runaways, victims of abuse or those suffering through family conflict. They will also accept ages 5-9 that are part of the foster care program. Kid Exchange is another service that Connections provides. It allows a neutral meeting spot for parents who are divorced, separated or having custody issues. They provide a safe place for supervised visits or a meeting place for pickups and drop offs. Their substance abuse

prevention program consists of prevention education, alternative activities, problem identification services and providing opportunities to bring the community together. There is a calendar of events on their website that contains everything from the Family Fun Day on 05/14 to Kids Day in the Park on 10/22. The Chrysalis Transitional Living Center is there to help the youth, ages 16-21 in developing skills they will need to survive on their own. There is a list of criteria that must be met and an application that will need to be filled out. For more information, please call (830) 620-0214 or (830) 629-6571. If you are having a crisis, please utilize their crisis hotline at 1-800-532-8192. 🍷

“I have found that the process of discovering who I really am begins with knowing who I really don't want to be.”

— *Alcoholics Anonymous*



“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*

What do you mean, “Self-Care”?, *continued*

deeper level, how to trust God to take care of my daughter during her darkest times, I started to believe I could enjoy life a little bit more. It's as if God took my hand and gently loosened my grip on my daughter. The more I could trust Him, the more enjoyable life became. The pain I felt about the uncertainty of my daughter's future didn't go away, but it was becoming bearable; bearable enough to start exploring opportunities to

enjoy myself. One of my problems was that I had been so engrossed in my daughter's life that I didn't really know what I enjoyed doing. Being a part of a family group program gave me many opportunities to get out and practice having fun. The added benefit was that if I was having a bad day, these folks had also experienced the same situations as me in having a loved one with addiction. I felt no need to hide my sadness, fears or

loneliness. Practicing self-care was a slow road for me, but one of the best roads I've ever taken. If I had not been willing to forge ahead, even when I didn't want to, I would likely be holding on to resentments and bitterness towards my daughter for taking my joy. Instead, I have a more balanced view on life and feel more capable of handling the ups and downs of life. 🍷

Family Matters, *continued*

In the house or we will not participate in the conversation.8. If you don't go to school, we will report

you to school authorities. It is good to write your list and talk it over with an addictions counselor. Only write the

boundary if you can enforce the consequence. 🍷