



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.



Our Beliefs:

Recovery works when there is a belief in a Higher Power.

Recovery works when physical, mental and spiritual issues are addressed as a whole.

Recovery works when clients are empowered to break the cycle of addiction and dependency through the 12 steps.

Recovery works in fellowship when clients feel safe and have access to education, counseling, sponsorship, and support groups.

The Big Give

By Debi Dickensheets,
RecoveryWerks! Executive Director

Thank you to everyone who supported RecoveryWerks! during the Big Give SA on May 4th! We are grateful to report that over \$3500 was raised to keep RecoveryWerks! programs and services running in Comal County. Every dollar raised went back into our operations which provide counseling services and

support group meetings at no charge to our clients.

When addiction is present in families, often times, a great deal of financial resources are used to provide recovery help through doctors, psychiatrists, therapy, inpatient rehabilitation, outpatient follow up, etc.

Because of this financial strain, and because we feel very strongly that everyone deserves an opportunity for recovery, we do not charge for RecoveryWerks! services. If you donated during the Big Give SA, you are helping to make that possible. On behalf of everyone at RecoveryWerks!, **Thank You!**

Spotlight: McKenna Foundation



MCKENNA
WELL-BEING FOR LIFE

RecoveryWerks! was recently awarded a community grant, allowing us to become a partner agency with the McKenna Foundation, supporting their mental health initiative to bring "unfettered access to quality, community-based mental health services throughout Comal County for families, children and adults".

We are incredibly grateful for the financial support of the McKenna Foundation! Their generous support allows us to rent a physical location in New Braunfels for counseling and support group meetings AND provides assistance to fund peer coaching and counseling services. What an amazing blessing! We couldn't do it without you!

Thank you, McKenna!

RecoveryWerks! Meeting Schedule

Teens Only:

Monday: 7-8 pm, **The Loft**, 6260 US Hwy 281 N, Spring Branch

Wednesday: 7-8 pm, **River City Advocacy**, 145 Landa St., New Braunfels

Families Only:

Monday: 7-8 pm, **The Loft**, 6260 US Hwy 281 N, Spring Branch

Wednesday: 7-8 pm, **River City Advocacy**, 145 Landa St., New Braunfels

Individual counseling available by appointment. Call (830) 310-2585 to schedule

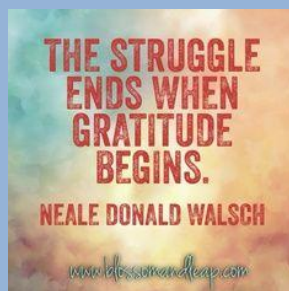
***"The fears we don't
face become our
limits"***

--Robin Sharma



***"Courage is what it
takes to stand up and
speak, courage is also
what it takes to sit
down and listen."***

***--Sir Winston
Churchill***



FAMILY MATTERS: It's Just Marijuana!

By Joanne Daxon, LCDC
RecoveryWerks! Program Director and LCDC

So many parents that I see in counseling sessions to get help for their teenager's drug use say:

"My child is smoking pot and he/she says 'It's just marijuana...It's going to be legal here soon... I don't know what the big deal is if I smoke once in a while'... "I don't know how to answer them."

I ask if they allow their teenager to drink alcohol and the usual response is "no but they (their teens) say pot is less dangerous than alcohol." So I'd like to address the issue of "It's just marijuana".

First, any drug use, or drinking alcohol, is abuse, except when following a medical prescription. So this is a good time for getting an assessment from a qualified professional. How long would you wait to get an assessment for a lump, or an infection or some other medical condition?

Second, being less dangerous than drinking alcohol is not a very good defense and is untrue. The symptoms are different but just as dangerous. According to Jan Copeland, author of Quit Cannabis and Marijuana Brief Intervention, some evidence based harms are a decrease in fertility, a loss of 6 points in IQ, and a six times higher risk of developing Psychosis in your twenties, especially if you start using as a teenager (double the risk if you start later in life). We don't hear about people having a toxic overdose of pot but what they do die from is acute coronary distress (strokes), lung cancer, or road traffic accidents. We also don't hear much about Schizophrenia induced by using marijuana or the brain damage done by pregnant mothers to the fetus.

Third, and last, 10% of people who smoke marijuana have what the DSM-5 calls Cannabis Use Disorder - People who can't quit despite clinically significant impairment.

To be diagnosed with the disorder, individuals must meet at least two of 11 symptoms that assess craving, withdrawal, lack of control, and negative effects on personal and professional responsibilities. Severity of the disorder is rated as mild, moderate, or severe depending on the number of symptoms met.

There is no quick "fix" but there is quick "help".

Starting June 6, 2017 RecoveryWerks! is coming to Atascosa County!

Teen meeting:

Tuesday evenings 7-8 pm
2nd Baptist Church, 539 East Adams, Pleasanton, TX

Family meeting:

Tuesday evenings 7-8 pm
2nd Baptist Church, 539 East Adams, Pleasanton, TX

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