



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 substance use disorder, 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.



How YOU can help...

Share and share alike. Online days of giving are successful because of our own networks. Help us grow our network by sharing RecoveryWerks! emails and Facebook posts to your network and ask your friends to do the same.

Be socially (media) active. Use your social media networks: post on Facebook, tweet about the Big Give, and share your support for RecoveryWerks!

Become a fundraising champion. Everyone loves a champion, including us! We really need fundraising champions to help drive people to our Big Give profile on March 22. Contact us for more information on how to become a fundraising champion!

Thank you in advance for support!

RecoveryWerks! Meeting Schedule

Teen Meetings:

Monday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Tuesday: 7-8 pm, **2nd Baptist Church**, 539 East Adams, Pleasanton

Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Young Adult Meeting:

Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Family Meetings:

Monday: 7-8 pm, **The RecoveryWerks!**, 273 E Mill St., New Braunfels

Tuesday: 7-8 pm, **2nd Baptist Church**, 539 East Adams, Pleasanton

Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

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

"When we are no longer able to change a situation – we are challenged to change ourselves."

-Viktor E. Frankl



RecoveryWerks! is supported by generous donors, The McKenna Foundation and United Way of Comal County!



Family Matters

By Joanne Daxon, LCDC and Program Director, RecoveryWerks!

Ninety percent (90%) of addiction (Substance Use Disorder) begins in the teen years. Waiting for someone to "hit bottom" is a myth. Early intervention, by way of parents, the law, or school can make a significant impact on an early recovery. Look over the following list and discuss your answers with an LCDC or Peer Recovery Coach. (Not every statement by itself is a sign of drug/alcohol issues.)

PARENT CHECKLIST: For Substance Use Issues

1. Changes in Appearance: Sudden weight gain or loss, blood shot eyes, dilated pupils, and strange smells on their breath or clothing. Use of Visine.
2. Change of Appetite: Lack of Interest in eating or sleeping. Or increased appetite due to "munchies".
3. Lack of Personal Hygiene: Drug users often cease personal grooming – such as washing clothes, showering, and brushing teeth.
4. Memory Loss: For instance, unable to recall what they did last night or if injured, unable to recall how it occurred.
5. Loss of Interest in Activities: A loss of motivation for school, hobbies, exercise, or for things that they enjoyed in the past. School grades dropping and truancy.
6. Financial Requests: For instance, a sudden unexplained need for money – i.e., borrowing or stealing to pay off unexplained debt or coming home with items that don't belong to them or having extra cash.
7. Secretive Behavior: They act sneaky, withdraw from those they love and remain secretive about where they spend their time. Spends much time alone.
8. A shift from long-time friends and relationships to new friends, hangouts, and pastimes. Strangers coming to your door at all hours and not staying long – Sign of buying and selling drugs.
9. Unexplained changes in attitude, mood, increased irritability, and angry outbursts.
10. Highs and Lows: Periods of extreme hyperactivity-followed by periods of fatigue where they seem "out of it".
11. New Health Care Concerns: Such as headaches, seizures or tremors, and nosebleeds (meth and cocaine use). Flu like symptoms – red eyes, coughing, or fatigue.
12. Paranoia: A sudden fear or distrust of others with no rational explanation. Complains of school officials or peers' mistreatment of them.
13. New contacts in cell phone, inappropriate pictures and language. Talks on phone late into the night.
14. Listens to offensive music and admires the band.
15. Prescription drugs and/or alcohol missing from home cabinets.

If you are noticing SOME of these or other changes in your teen, please seek professional help and assistance. RecoveryWerks! offers confidential services at no charge. Reach us at 830-310-2585.

Stay connected!

Like RecoveryWerks! on Facebook and visit our website for more resources at

www.recoverywerks.org

