



RecoveryWerks!

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

Mondays 9:30am – 10:30am:

Family Group Book Study

Rise Recovery

(210) 697-9677

Wednesdays 7pm-8pm:

Family Group meeting & Teen meeting

Wednesdays 1pm-6pm

Free Counseling

Services provided by

Rise Recovery at

River City Advocacy.

Call (210) 454-6588 to

schedule an appt.

Changing the Stigma of Addiction

By Debi Dickensheets

Addiction is an equal opportunity disease and it doesn't discriminate. Addiction knows no social class, ethnicity, gender, race, or disability. No one is immune to the devastating effects of addiction and it's impossible to tell who will get it until the disease manifests itself. But the good news is that RecoveryWerks! (No matter how you spell it.) Recovery works for teens, for adults and for the people who love them.

Recovery is a family effort and it flourishes in the communities that support healing and change. I know because I'm a mom with a teenage daughter who has addiction.

Our media is flooded with horror stories about addiction and I'm not here to say those stories aren't painful and awful. I've lived through some of them and know many others who have too. But it's even more important to know that people do find

recovery from addiction. Families and those suffering from active addiction do heal and lives change. According to the National Council on Alcoholism and Drug Dependence, Inc., over 20 million Americans are in long term recovery from addiction. Why is it that we don't hear about their stories and how they've been successful? Well, that's one of the goals of RecoveryWerks!. We want to share the hope of

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Family Matters

By Joanne Daxon

"How do I get my loved one to get help?"

So many times parents and spouses feel powerless to get their loved ones the help they need to recover from mind changing chemicals. We stand by and watch helplessly as any consequence seems insignificant to our loved one. We "ground" our teenager and still the behavior continues or progresses because anything we do does not seem to "work". We give ultimatums and nothing changes with our teenager, adult children or spouses.

The first step in getting our loved ones help is for us, as a family member, to get help for ourselves. Going to a family meeting is good, but if we are going to tackle a chronic, progressive and deadly disease, we need a lot more knowledge and understanding than a meeting can provide.

At Rise Recovery, we encourage parents, spouses, siblings, and friends to make an appointment with a family group counselor once a week for the first month of recovery while attending 2 family group meetings a week. Give this process a

3 month try and if it doesn't work we have a money back guarantee. (We are free of charge!) There is so much at stake here that if there was ever a time to take a chance on the health and life of our loved one and family, earlier is better than later. You may ask, "Why does my getting help, help them? There is so much to learn--inpatient and outpatient treatment resources, boundaries, symptoms of the disease, "normal" teenage behaviors, mental illness symptoms of withdrawal (acute and chronic),

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RecoveryWerks!
(210) 845-8926

Rise Recovery
www.riserecovery.org
(210) 697-9766
Mon – Fri 12pm-5pm
Wed – 12pm-6:30pm

River City Advocacy
www.rivercityadvocacy.net
(830) 643-0200

“Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress.”

Melody Beattie

“Do not wait; the time will never be 'just right'. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.”

Napoleon Hill

Spotlight: Rise Recovery, Home of the Palmer Drug Abuse Program

RecoveryWerks! is excited to announce that Rise Recovery is now available in New Braunfels to help teens, who are struggling with substance abuse, and their families. Rise Recovery, formerly known as PDAP, has been a long standing resource for people in the San Antonio area. This agency has literally helped thousands of teens, adults and family members get their lives back from the destruction of drugs.

The Palmer Drug Abuse Program's mission is to help

teenagers, young adults and families overcome the effects of mind-changing chemicals while assisting the community through partnerships in education and prevention.

On Wednesday nights from 7-8 at the River City Advocacy building at 145 Landa St., teens in need of help meet with a counselor for a group meeting. At the same time, parents are meeting in another room with their counselor. This is part of “HOW” teens and parents recover--by being Honest, Open, and Willing to attend and

participate in group meetings, meeting one on one with a recovery counselor and going on any of the many outings that Rise Recovery provides.

All a person who would like help, either for themselves or a loved one, has to do is show up. All the services are free and teens can attend without parents and parents without a teen. If someone in the family is receiving help the chances for long term sobriety increase exponentially. The services are also confidential. 🙌

Changing the Stigma of Addiction, *continued*

recovery and help bring resources to families and communities so that they too can begin to heal and recover.

I've had the privilege and honor to walk the journey of recovery with my daughter since she was 14. Along the way, I found my own recovery path and continue to work on my own compulsions to “fix” my daughter and control things that aren't mine to control. The road hasn't always been easy but the

benefits of recovery have been life changing in ways that I never dreamed possible. For me, working a 12 step program is crucial. Meeting with others who share the same problems continues to be an incredible source of support. Finding ways to share this message and reduce the stigma associated with addiction along with bringing programs and services into communities that need them has now taken a central role in my life and has become the organization RecoveryWerks!.

If you or someone you love is struggling with addiction, help is available and healing is possible. You'll find resources in this newsletter and future editions or you can call 210-845-8926 for help finding support in and around your area. 🙌

Family Matters, *continued*

recovery resources, grief symptoms, the recovery process, and family symptoms. The list can go on and on. What a difference knowledge and understanding make in our response to chemical use. More times than not the chemically dependent wants help on some level and

the “window of opportunity” will come around for them to experience recovery. With guidance, understanding and knowledge we will be equipped to confront this disease with love. I will leave the newcomer with this thought. The Johnson Institute states that there is an 80% greater chance of recovery

if a family member is in recovery, even if the chemically dependent is not. Why would I not take the risk of recovery? 🙌