



# 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.

## Let's Talk About It!

By Jennifer Bagby

A common quote in recovery circles says "We are only as sick as our secrets." We find that when we talk about our fears and bring them into the light, they hold less power over us. The less power they hold, the more quickly and effectively we can find

solutions and recover. This concept works for all types of fears and problems and is one of our goals for the "Let's Talk About It" event on October 12<sup>th</sup> hosted by Hill Country Hope 4 Mental Health.

Join RecoveryWerks! and our community

partners at Smithson Valley High School at 6:30pm as a panel of experts leads the conversation of hope and help around suicide. What is suicide and why does it happen? What are the warning signs and how can I get help? Together we can make a difference.

## Let's Talk About It!

*A Conversation of Hope and Help Around Suicide*

October 12th : 6:30pm

Smithson Valley High School Auditorium



## RecoveryWerks! Meeting Schedule

### Teens Only:

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

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

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

### Families Only:

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

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

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

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

*“My worst days in recovery are better than my best days in relapse.”*

*--Unknown*



**Upcoming Event:**  
 Mark your calendar now  
 for  
**RecoveryWerks!**  
**Craft Show**  
**Saturday, December 2**

**Earn \$\$\$ and**  
**Support recovery**  
**Sign up for a table now!**  
**Call (830) 310-2456**



## FAMILY MATTERS

By Joanne Daxon, LCDC  
 RecoveryWerks! Program Director

While suicide is a well-known risk for those with mental illness, it also requires the same attention in the assessment and treatment of Substance Use Disorder. According to Carolyn C. Ross MD, MPH, people with Substance Use Disorder are six times more likely to commit suicide than the general population. Substance use not only increases the likelihood that a person will take his or her own life, but it is also used as the means to do it.

Parkland Health, a leading health care system in the US, has identified 13 common warning signs of potential suicide risk in adolescents.

- Threats or comments about killing themselves, also known as suicidal ideation, as well as preoccupation with death in conversation, writing or drawing
- Increased alcohol and drug use
- Aggressive or hostile behavior
- Social withdrawal from friends, family, school activities and the community
- Dramatic mood swings or personality change, such as from upbeat to quiet
- Giving away belongings
- Impulsive or reckless behavior
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Changes in sleeping habits or feeling tired and low energy
- Changes in school performance
- Running away from home
- An intense fear of weight gain or concern with appearance or neglecting personal appearance

These warning signs are very similar to the symptoms of the Disease of Substance Use Disorder which would suggest that any recovery plan should ask the difficult questions regarding suicide and contain a list of suicide-prevention resources. Any person threatening suicide should be taken seriously and a professional should be called. Dr. Ross states that “Professionals can help people recover and prevent suicide. There are a number of promising medications, and therapies such as cognitive-behavioral therapy and dialectical behavior therapy that may reduce the risk of suicide attempts by as much as 50 percent”.

If someone you know is contemplating suicide, or says they are going to commit suicide, take them seriously and call 911 immediately. The National Suicide Hotline: 1-800-273 TALK (8255) and Crisis Text Line: 741741 are also good resources.

## Stay connected!

Like RecoveryWerks! on Facebook and visit our website for more resources at [www.recoverywerks.org](http://www.recoverywerks.org)

