



# 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.

## Grand Opening Ribbon Cutting Ceremony!!

August 23<sup>rd</sup> at 4pm

273 E Mills Street New Braunfels, TX

## David's Story

By David Garcia

My childhood and teen years were spent living in the beautiful city of McAllen, Texas. I lived in a home with one of my sisters and both my parents. During middle school, I started to lose interest in my dream of playing professional basketball and started to love the idea of being a rock star. I watched a video of Woodstock 1999 and from then on, the seed was planted.

When I was 13 years old, some friends of mine started drinking alcohol and smoking grass. Most rock bands I listened to promoted the use of drinking and using drugs, so I thought that was what I needed to do to become a great musician. Instead of practicing playing the bass guitar my dad bought me, I hunted down people and places that could get me alcohol. I eventually moved

onto smoking grass daily at the age of 14. Drinking, using, experimenting with hard drugs, and selling grass were normal for my friends and me. I thought I was a clever sneaky teenager that could lie and talk my way out of anything. My only goal when I was drinking and using was to not get arrested or busted by my parents.

I joined a local punk hardcore band at the age of 15 that was already playing local shows around the Rio Grande Valley. I took a bottle of vodka to the first day of practice and asked if any of them smoked pot or did drugs. They said "we are a straight edge band that does not drink or do drugs but we don't discriminate on people that do." I noticed that the best sounding local bands where the ones with the hardest work ethics, not the ones who used or abused drugs or alcohol.

My road to recovery was slow with seeds being planted at the Palmer Drug Abuse Program in Houston Texas when I was 22 years old. My addiction brought me to the lowest point in my life when I was 25. I ended up living at a faith based sober living home for a short time in San Antonio, Texas. Shortly after that, I started to constantly use all the resources given to me to maintain my sobriety.

I am very blessed to have the obsession of drugs and alcohol taken away from me. Somehow my dream of living in the big city, holding a job, being a college student, and being sober in a rock band have all come true. Without my sobriety, I would not be able to handle any of the responsibilities and hobbies I have today. I truly believe that having a sponsor, working the steps, being of service and spreading the message to others is the key to maintaining my sobriety.

## 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.

***"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***

***Ribbon Cutting Ceremony  
August 23, 2017 at 4pm***



***We are so blessed to have this wonderful building as the official RecoveryWerks! office!***

***Thank you, McKenna Foundation!!***



## FAMILY MATTERS

By Joanne Daxon, LCDC

RecoveryWerks! Program Director and LCDC

I'd like to share some **facts** recently released by Partnership for Drug-Free Kids that might help family members when trying to seek help for their child.

1. **Substance use changes the brain, which can make drug use compulsive.** An adolescent may start out doing drugs occasionally or may be prescribed medicine by a doctor. Over time, continued use rewires the brain to compulsively seek substances, despite negative consequences.
2. **Expecting your child to "just quit" cold turkey is unrealistic.** Changing substance use behavior is a process. In the beginning your child may not think there is a problem. Next, she may realize it is a problem, but feel conflicted about addressing it. Then she needs to figure out how to deal with it and take steps in a healthier direction, including getting professional help, changing friends, learning drug refusal skills, and more.
3. **Intervening early is more effective than waiting for "rock bottom".** Because behavior change is a process, instead of letting your son or daughter hit their lowest point, it's important to help right away. And it is much easier to help when they are still engaged in school or work, have social supports, and interest in sports or hobbies. In other words, they have structure, purpose and social connections – scaffolding needed for a good outcome.
4. **Your child can be ambivalent about treatment and it can still be effective.** While some welcome the opportunity for treatment, most will be conflicted about stopping their substance use. Studies show those who enter drug treatment programs as a result of loving pressure do comparatively better in treatment, regardless of the reason they sought treatment in the first place.
5. **Relapse is common and represents a learning opportunity.** Relapse doesn't mean that treatment hasn't worked. As with all chronic diseases, many people have one or more relapses before achieving long-lasting recovery. Relapses happen both when the person is doing well or when struggling. They can serve as a learning opportunity to identify what triggered the relapse and help to find ways to address it in the future.
6. **Positive behavior and communication are more effective than punishment.** Addiction is a brain disease and needs family support as with any other chronic illness. Shaming, detaching and punishing often backfires, with kids spiraling further into risky substance use and isolation. What does work is reinforcing positive behaviors, finding healthy activities that compete with your child use and letting him or her experience natural consequences. Coupled with empathy and compassion, this approach (known as CRAFT) is scientifically proven to help parents change their child's substance use.
7. **Finding an effective approach for treatment can mean investigating different doctors or programs before finding a "good match".**
8. **Medication-assisted treatment, coupled with counseling, is the preferred treatment for heroin and other opioids.**
9. **Many people struggling with substance use require longer-term and/or repeated treatment.**

Please know that RecoveryWerks! is located in New Braunfels, Spring Branch and Atascosa County to help teens and their families. See Fact #3. For help or information please call 830-310-2585. In San Antonio please call Rise Recovery at 210-697-9766.