



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.

Getting Real

By Jennifer Bagby

I tried to kill myself when I was 16 years old because of drugs and depression. I went to inpatient rehab shortly after that. I was sober for a little over a year. I didn't go to church or pray, but I claimed to have a relationship with my higher power, who I thought was God, but was really my friends. I watched my friends relapse one by one. I felt alone. I relapsed when I was about 17. I became pregnant and continued to do drugs. I decided to have an abortion. I felt

awful that day. I made a promise to God that the next time I got pregnant I would make up for what I had done by being a great mom. I continued to do drugs. My parents found out I wasn't sober and said if I wanted to do drugs, I could leave. I left. I was homeless, but I always had somewhere to stay. I had a job and friends and complete freedom from my parents which is what I always wanted and I STILL wasn't happy. One night and I asked God "What else can you do to me! You have

taken everything." The next day is when I found out I was pregnant again. The only reason I got sober, was because of the promise I had made to Him. This is who I am without God, left to my own will. I am a liar, a thief and a drug user. I always knew of God, but didn't realize I could have a relationship with Him or that He loved me. I started using drugs because drugs made me feel good. It didn't matter what other people said about me. I felt great about

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Family Matters

By Joanne Daxon

Many people believe that when someone enters treatment for chemical dependency, either outpatient or inpatient, the disease will soon be under control, or in remission. This may be because of our instant gratification society or because the expectation is that most diseases don't take very much time to recover from. Regardless of why, as a person is going through recovery learning to abstain from mind-changing chemicals, it is common to think that all will soon be well and life will return to "normal"

when treatment ends. This way of thinking keeps the chemically dependent and their family living in a fantasy of wishful thinking. The power and persistence of the disease of addiction is truly underestimated by most people. This is a disease that never goes away or is "cured". It is always lurking nearby. I say this not to make us paranoid or depressed but to help combat the disease from a realistic point of view. It's similar to a child on antibiotics for a sore throat. The soreness gets better but we need to

continue the medication until it is completed. Or, consider a person who is predisposed to being overweight. Once the initial weight loss is complete, maintaining the ideal weight is now at hand. How many times have people said they can lose the weight but then gain it right back? In both of these examples, the person looks fine on the outside but all the while the "disease" is continuing on the inside. Very few people believe that the disease of addiction is always

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RecoveryWerks!

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

“Recovery is not simple abstinence. It’s about healing the brain, remembering how to feel, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to accept help from others, daring to be honest, and opening up to doing.”

Debra Jay

“Suffering has been stronger than all other teaching, and has taught me to understand what your heart used to be. I have been bent and broken, but – I hope – into a better shape.”

Charles Dickens


Spotlight: River City Advocacy

According to the Substance Abuse and Mental Health Services Administration, recovery from addiction and drug abuse flourishes with community support and personal connection. River City Advocacy, a non-profit organization specializing in mental health support services located in New Braunfels, leads the way in both community support and personal connection. Their mission is to provide peer based mental health recovery support systems

needed in our community, and they walk the walk!

In March 2105, RecoveryWerks! set out to increase addiction recovery support services in Comal County. We were directed to Merideth Erickson, Executive Director of River City Advocacy as someone with a heart for recovery. Today, River City Advocacy hosts two support group meetings, one for teens struggling with substance use issues and the other for their family members. Since the first

meeting on April 15, 2015, we regularly welcome new parents who are so thankful to have these recovery support services available in New Braunfels.

River City Advocacy is involved in many aspects of Mental Health recovery, not just recovery from addiction. Multiple support group meetings are held Monday through Thursday throughout the day. To view their entire schedule, please visit <http://www.rivercityadvocacy.net/schedule>. 


Getting Real, *continued*

everything. So if I felt so great, why was my life falling apart? Nothing ever seemed to go my way. I was always searching for the easy way out thinking the easy way equaled happiness. I thought that selfishness equaled happiness...even though I would never admit that I was selfish. I thought that if everyone would leave me alone I would be fine.

My brother invited me to church in 2000. I liked it but I didn't feel like I fit in. Everyone seemed so happy. When the lights went out and they were singing I always felt like crying. I was still living a life of sin even

without drugs. I didn't understand why it was so hard for me to make good choices. For about 2 years I went to church and didn't really get it. One day, the pastor said to close your eyes and to picture the worst thing you have ever done. I thought of when I had the abortion. Then he said, now picture it forgiven. God has forgiven you. You don't have to be ashamed anymore. At that point, I felt alone in church with God. I realized the reason I was uncomfortable in the church was because I was judging myself. I had felt like I didn't deserve God's love. On that day I understood for the first time what it meant to be

forgiven and what God's love felt like. It is the day that I started my relationship with God.

Getting sober, becoming a Christian, and having a working relationship with Christ are all wonderful things, but it doesn't make my life perfect. Being sober helps me deal with day to day problems with a clear head and enables me look for God in all things, good and bad. Becoming a Christian and having a relationship with God gives me someone to turn to in a time of crisis. Life is not always perfect. The imperfections of life are what build character. God breaks us down to build us up. 

Family Matters, *continued*

progressing whether symptoms are readily seen or not. Unfortunately, this misunderstanding tends to result in insanity, jail or premature death.

Inpatient and outpatient treatment programs are simply the beginning of remission.

Most inpatient programs are very short, 1 to 3 months, a sort of emergency room, crisis intervention, or stabilization time. The true work of healing and recovery for the chemically dependent and the family comes once a person is out of treatment. For the next several months to several

years, all family members would be wise to consistently and actively work their own recovery program. Please don't underestimate the power of addiction.

As a friend says, *“While I'm in my meetings, my disease is outside doing push-ups.”* 