



RecoveryWerks!

*Changing the world through recovery one **underserved** community at a time*

Our Mission:

RecoveryWerks! provides proven recovery support services in a safe and nurturing environment for teens and families in rural communities affected by substance use. We educate, partner with local agencies, and advocate for strong community support systems to reduce the stigma of addiction and increase recovery success.



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.

Staff Highlight - Renea's Story

My story of addiction started for me when I was very young and honestly I believe it started long before I even put a substance into my body. From the time I can remember I was always trying to fit in or was always feeling like I wasn't enough. My emotions and levels of what others would call "over sensitivity" were always on alert and in high drive. I was raised in a home with 5 siblings and with parents who also struggled with addiction & mental illness. This all fueled the flame to my decreasing low self-esteem, lack of stability & the family roles of addiction were active like a 5 ring circus daily.

By the time I was 13 I was drinking heavily and smoking weed and by the age of 15 it progressed to coke & psychedelics. This way of living put me in very dangerous situations and around very dangerous people. Unfortunately, I had to endure a horrific experience at a very young age but I am proud to be a survivor of a brutal sexual assault and able to help women today because of it. It was a very traumatic experience for me and we did our best as a family to get over this but that basically means "shhh is she ok" and "don't talk about it, she'll get over it". Then try to forget about it as fast as we could and never discuss it again. It took me years and years to get to that point though where I could get past the shame and hurt and I survived for the most part coping the only way I knew how. Wasted and high and on any and everything. All of the years and years of hard drug use and lack of psychological care did take its toll and when I did finally make it to my first treatment in 2005 I discovered that I was dealing with not only addiction but mental health as well. This scared me. I wasn't sure how to cope with the idea of having a mental illness and a disease of addiction.

I'm grateful for that first glimpse into recovery because it gave me the opportunity to see there is a way out of this madness and I wasn't alone. For the 1st time, I saw how the disease of addiction worked and played in my mind and it gave me hope. Although I wasn't ready yet to cope with my full pain and the sadness continued. For another 10 years I grappled in and out of what seemed like life and death. During those 10 years, I was homeless on the streets, had started IV drug using, made a trip to prison, and was to the point I would pray for death. The fact that I'm writing these words today is a miracle and to be given the opportunity of life and recovery is a miracle that I'm so blessed to share every day.

Finally, when I was able, willing and ready to fully surrender and let go absolutely miraculous things took place. I surrendered. I faced my past and shared my struggles with someone. I stopped fighting myself and allowed others in. Today I'm blessed to be able to allow my story to be something of strength, dignity, and courage. I choose life today and its rewards are far greater than any other false promise or faded dream. I get to live a life of recovery enriching my life and the lives of others.

I currently work at RecoveryWerks! as a Peer Support Specialist helping enrich the lives of teens and young adults by providing an example of recovery on a daily basis. With hard work, resilience and a willingness to keep coming back I'm blessed with a life I couldn't even have dreamed up myself. My spiritual foundation, service work, and self-love are my one day at a time motto. I couldn't ask for anything more!