



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.

All donations to RecoveryWerks! are tax deductible and have a huge impact in bringing recovery to teens and families in our community.

Visit our website for online giving or for more info.

www.recoverywerks.org

Thank you!

Unmasking Addiction

There is a sinister, and often subtle, slide that happens when individuals and families experience substance use disorder. Bringing out the truth of this disease is just one of the classes we teach at RecoveryWerks! to help clients understand how the disease progresses and how recovery happens. This article provides a brief overview of this education class.

The Sinister Slide of Substance Use Disorder for Individuals

The first phase is where the introduction to the substance occurs. Many people report later that they still remember their first experience and the powerful effect of their first substance use. In phase two, individuals may become preoccupied with substances and those around them may see increased rebellion. At this phase, many people will self-impose rules about the time, place, and type of substance they'll use. For example, "I'll only drink on Friday and Saturday nights when I'm out with friends". Moving into phase three, individuals tend to begin suffering losses in life, like failing grades or the loss of friendships. Often, having a 'good time' is defined through using and risk-taking and tolerance levels increase. The last phase of substance use disorder is characterized by needing substances to feel "normal". Lying about consumption, using during work/school, and having difficulty facing the day with substance use are common.

The Sinister Slide of Substance Use Disorder for Family Members

Just as someone with untreated substance use disorder slides down through various phases, the entire family unit will experience corresponding phases of family illness. In phase one, family members gradually become aware of increased stress in the family which may result in increased arguments and tension. In phase two, family members may begin using defensive behaviors in an attempt to manipulate or control the substance user. In phase three, the family may feel helpless or experience feelings of guilt, shame, or self-blame. (continued on page 2)

Thank you!!!

With the Support of 44 donors,
together we raised \$20,941 to help
teen, young adult & family recovery!



Your piece matters!

The **Big Give**

Meeting Schedule

Teens (up to 18):

Monday & Wednesday
7-8pm
790 Landa Street, New Braunfels

Young Adults (18+):

Wednesday
12:30-1:30pm
790 Landa Street, New Braunfels

Thursday

7-8pm
790 Landa Street, New Braunfels

Family Members (18+):

Monday & Wednesday
7-8pm*
790 Landa Street, New Braunfels
*Call for Zoom option

Thursday Education

7-8pm in person only
790 Landa Street, New Braunfels

New Gens (Family members between 9-17) *Must have a family member participating in the program

Monday
7-8pm
790 Landa Street, New Braunfels

Our services are available at no cost to clients because of generous individual donors and support from our community partners.



Frequently, family members will blame the substance user. In phase four, families may experience repeated major crises and feelings of overpowering rage, guilt, and disloyalty towards the substance user. At this phase, all members of the family are in need of help.

The Remarkable Renewal of Recovery

The good news is - - Recovery does work and RecoveryWerks! can help. Recovery from substance use disorder happens in recognizable phases for both individuals and families. As individuals and families come to understand the disease of addiction and learn the tools that support healing and recovery, both groups move from chaos to self-evaluation to personal growth to meaningful living. At RecoveryWerks!, our age-appropriate support groups, counseling, recovery coaching, 12-step work, and sober social activities all work together to help individuals and families heal. Love and support flow freely at RecoveryWerks! where judgment and shame are not allowed. If you're interested in learning more, why not give RecoveryWerks! a try? There is no cost, so you have nothing to lose and everything to gain. Visit www.recoverywerks.org for our meeting schedule or call (830) 310-2456 for more information.



Let's celebrate together!
RECOVERYWERKS!
HOLIDAY Market

Free Admission

7 DECEMBER 2024

790 Landa St, New Braunfels, TX

10 am - 2 pm

Crafts, Gifts, Food Trucks, Games,
Prizes, Silent Auction, Shopping, Santa



Stay Connected



Follow RecoveryWerks! on Facebook & Instagram.

For more resources visit www.recoverywerks.org

790 Landa Street, New Braunfels, TX 78130 - (830) 310-2456 or (830) 310-2585