



The Recovery Council RECOVERY JOURNAL

December 2017

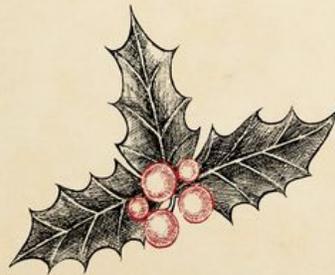
And the Grinch,

with his grinch-feet ice cold in the snow,
stood puzzling and puzzling
How could it be so?

It came without ribbons, it came without tags
It came without packages, boxes or bags
And he puzzled and puzzled
'till his puzzler was sore

Then the Grinch thought of something
he hadn't before,

What if Christmas, he thought,
doesn't come from a store
What if Christmas perhaps,
means a little bit more?



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Site Updates

ADMIN OFFICE

SUBMITTED BY: MARCIA HALL

All the sites attended a Thanksgiving luncheon at The Ridge on Wednesday, November 22nd. The food was delicious, and a big Thank You goes out to everyone who made the dinner possible!!

We would like to welcome Carly Price to ADMIN.

Be sure to note: The 2nd Annual Talent Show will be Thursday, December 14th from 9-3 at The Ridge. Be sure to sign up early and let's make this talent show as good as – if not even better than – last year. Good luck, everyone!

ADMIN will be having a Christmas Luncheon, Friday, December 15th at noon at Tumbleweed in Chillicothe. We hope all the other sites are planning something also.

We will be closed Monday, December 25th and Tuesday, December 26th in observance of Christmas. We will be back in the office on Wednesday, December 27th.

Facts about December:

- The birthstone of December is turquoise.
- An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
- National Read a New Book Month.
- On December 17, 1903, the Wright Brothers made their first flight
- December 27th is National Chocolate Day.
- The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that were dyed green!

From all of us at Admin: Merry Christmas, everyone!

ALWAYS BE ON THE
LOOKOUT FOR THE
PRESENCE OF
WONDER.

E.B. White

*Above all, watch
with glittering eyes
the whole world
around you, because
the greatest secrets
are always hidden in
the most unlikely
places.*

ROALD DAHL

ADMISSIONS & RECRUITMENT

SUBMITTED BY: JOSH HUGHES

After our brief reprieve in October, the pace picked up again in November. Between Ed's and Kent's, we admitted 25 men this month. An additional 2 men and 10 women were admitted into Recovery Housing during November.

December looks to be another hectic month, with 22 men projected to complete Ed's and Kent's. Furthermore, we have been meeting with many of our referral sources to discuss the changes coming with the Behavioral Health Redesign, and we have many more of these meetings scheduled in December. Overall, the reception to these changes as well as the future "Johnson House" program has been very positive.

On a more personal note, after several months of hard work, I was able to obtain my LCDC III credential in November, and look forward to continued growth in my journey here.
(From all of us at the Recovery Council: CONGRATULATIONS, JOSH! Way to go!)

WAVERLY RECOVERY/SUPPORTIVE LIVING HOUSE

SUBMITTED BY: KAREN CASEBOLT

Hello and Merry Christmas from Waverly Recovery House! We are going to have a very busy December. This month, clients are going to go caroling and will be going to visit the Christmas Cave in Lucasville. Our clients are all excited about the talent show on the 14th and we have some very good acts! The clients have decorated both houses and they look great! We drew names so clients can enjoy a gift exchange. They will be making gifts for each other and making new, positive memories. Also planned for this month, we will be going to see a free concert at the Majestic Theater in Chillicothe on the 17th. Additionally, we will be enjoying one of our December traditions of a full day of cooking and baking. We all really look forward to that day, of course! A few clients will be graduating this month and we wish them the best.

CONGRATULATIONS to Kelly Buckley for being clean and sober for 2 years! We are so proud of you, Kelly! Way to go!

I would like to take the time to Thank Chad Hickman and his crew for doing all of the deep frying of the 26 Turkeys for our big Thanksgiving feast! It was such a wonderful day, filled with laughter and a lot of fellowship. I would like to thank my clients who made fudge and cakes, they were great! I would also like to thank everyone that had a hand in helping with that wonderful feast. I am so blessed to work with so many people who truly care. I know Tom would have been so happy with that day – I think we are doing him proud.

December encourages us to take time and reflect on the busy year that we have had. From all of us at Waverly Recovery House, we would like to say thank you and we all feel so blessed to be able to help those who are on the path to recovery. Merry Christmas to you all and we hope everyone has a great holiday season!

GEORGIE HARRIS HOUSE

SUBMITTED BY: LORI ROYAL

BH redesign schedule has taken over at GHH. We are working through the obstacles and conquering all (well, I exaggerated a bit). We now have three groups running simultaneously and so far we have kept our sanity. On a brighter note, we have settled in at our new sites. We are decorated for Christmas and looking forward to the upcoming holiday season.

In November we did the following activities: camping at Pike Lake, moved, unpacked, cleaned, went to two church dinners, and celebrated Thanksgiving with our families at Grace United. Here are some responses to what GHH staff are thankful for during this season:

Lori - family and friends who tolerate me during my work week!

Belinda - family at home and work.

Lizz S. - Jesus, make-up, and my amazing co-workers and a wonderful boss lady. Also, for pizza and most importantly, thankful for Xzavier.

Sherri - my job, my house, my kids, my grandson, my car, and my sisters.

Cindi - everything!

Kellie - my family, my friends, and my wonderful job!

Kathy - my family and having a job that I love!

Tina - my two wonderful kids, my family, and friends. Thankful I have a car which may not be new but thankful I have one; a roof over my head, thankful to have a job I love so I'm able to support my children. Thankful to work with such amazing people who I'm able to call friends.

Missy - thankful that judge Harcha gave me the second chance that he did because I had 26 years that I could be serving right now. If I didn't have that second chance I wouldn't be able to help other men and women overcome their struggles.

Tiffany - I am thankful for so many things; of course my husband, my children and my family in general, but specifically this year, I am thankful that my mom is still alive because we almost lost her over the summer due to a car accident that was no fault of her own. I am also thankful to have a job that I truly love because although, I am not a morning person, I am able to get out of bed in the mornings to go to work without dreading it. That's because it's not a job to me; it's my home away from home, where I'm thankful to have the opportunity to make a difference in the lives of our clients, staff and communities. I should also mention that I am thankful for restaurants because I'd rather eat out than cook or pack my lunch. I can't forget leggings! I am thankful for leggings because I don't have to go up pant sizes from eating out too much. My leggings just stretch with me!

Liz W - my family and friends

THE WORLD IS FULL OF
MAGIC THINGS, PATIENTLY
WAITING FOR OUR SENSES
TO GROW SHARPER.

W. B. Yeats

WAVERLY OUTPATIENT

SUBMITTED BY: WILLA BOWMAN

WOP hopes everyone is enjoying the fall season. As we reflect on the Thanksgiving season, we all have so much to be thankful for. We have a great employer and the people that walk in and out of our lives (clients and staff) make our lives richer. It is indeed a blessing to those staff who have the chance to help others. We are thankful for that opportunity. Also we are thankful for the Director and executive staff who are working hard to carry out Tom's vision. Please take the time to reflect and be thankful. Being thankful is good for you! "Thankfulness creates gratitude which generates contentment that causes peace." Todd Stocker

*Believe in your heart
that you're meant to
live a life full of
passion, purpose,
magic, and miracles.*

ROY T. BENNETT



In November, we honored two of our staff who are Veterans by buying them lunch for Veteran's Day. Thank you Janice Kubiak and Becky Hertenstein-Wilson for your service to our country. We also treated Roy Lowery, who works for Men's Transitional for Veteran's Day and want to thank him for his service as well.

WOP had our Thanksgiving lunch at the Outpatient office for clients and staff on 11/22/17. Clients played games and got plenty to eat. Great sober fun!

We have Christmas activities planned for clients in December. We are looking forward to December 15th when we will have Santa and Mrs. Claus coming to visit with the clients and their children. We will let you all know more about it in January's newsletter.

Ashley Pennington is a member the Post Overdose Response Team and attends Pike County Coalition meetings each month and this month she was voted in as Vice Chairperson for the Coalition. Congratulations Ashley!

Statements of Gratitude from Clients:

P.F. *"I am grateful for my sobriety, for this facility and for drug testing. Drug testing helps keep me accountable. I am grateful for the knowledge I am learning here."*

G.M. *"I am thankful for the Recovery Council. The staff and other clients are great. They are helping me get through my problems. I like that I always have someone to talk to."*

B.M. *"I am thankful for my counselor. She understands me."*

COMPLIANCE

SUBMITTED BY: BRENDA SCOWDEN

Safety is always on our minds. Keeping our workplaces safe while considering the different facilities and types of work each of us do is a big job and each of you play a big role. We have a maintenance staff working at all of our sites, working with tools and equipment. We have safety officers working to create a safe environment at each site. The 10 safety tips below came from a site I visit occasionally and as you read it don't think about what doesn't apply to you but what does apply to you. Stay SAFE.

1. Know the Risks There are some jobs that are going to come with certain risks. It is important that you understand these risks before taking on a certain job. Then, you will be better prepared to take the proper steps to avoid a work-related injury, especially if you are working with dangerous equipment.

2. Reduce Stress in the Workplace Many people don't realize that workplace stress can lead to work-related injuries as well as illness. Things that can cause workplace stress include working too many hours, having too much of a workload, insecurity in your job, and conflicts with bosses and coworkers.

3. Take Breaks It is important that you take breaks as they are scheduled. This is going to help you to stay alert, and that will help you to avoid stress and injuries. Try to schedule the toughest tasks for the times in the day when you have the best concentration levels, such as first thing in the morning.

4. Be Careful When Lifting If your job involves heavy lifting, moving heavy items around, etc., make sure that you are doing the work properly. Use the right equipment, ergonomically designed furniture, and make sure things are within easy reach.

5. Use Mechanical Aid Mechanical aids are there to help you, so take advantage of them. Use conveyer belts, cranes, forklifts, wheelbarrows, etc. to do the heavy lifting for you to avoid injuries on the job.

6. Check out Safety Resource It is always a good idea to check out tips on various safety resources from time to time. There may be new information available that can help you stay even safer in the workplace. Some of the safety resources include:

7. Know Your Surroundings It is important to know your surroundings in the workplace so you can assess any possible risks. Once you know where hazardous areas are, you can potentially avoid hazardous situations. Be careful around machinery as well, as inattention can lead to serious injuries.

8. Keep Good Posture When you are working, make sure that you keep good posture. This is going to help keep you from having a lot of back, neck, and shoulder pain, and help to avoid back injuries. It is easy to stay in perfect posture. Simply shrug your shoulders, move them back, and then drop them, and you are in perfect posture.

THAT'S THE THING ABOUT
MAGIC — YOU'VE GOT TO
KNOW IT'S STILL HERE, ALL
AROUND US, OR IT JUST
STAYS INVISIBLE FOR YOU.

Charles de Lint

9. Have Accessible Emergency Exits If there ever is an emergency, you need to know that all emergency exits are easily accessible. Make sure that you know all escape routes from the building and that there is no equipment or anything else blocking these exits.

10. Report Unsafe Conditions to Management It is imperative that your supervisors are aware of any unsafe conditions in the workplace. It is their job to correct these issues, but if they are not aware of them, nothing will get done. The more they know, the safer your workplace will

(Source: www.lifehack.org)



December is Natural Disasters training month. The Safety Team will be sharing information on what to do if there was a natural disaster.

RELIAS | LEARNING

Don't forget to log onto Relias Learning and keep your required trainings up to date. If you've lost your password or if you've never logged on please send me an email @ b.scowden@therecoverycouncil.org and I will be happy to assist you or help you get started or solving any problems you have.

*If you carry joy in
your heart, you can
heal any moment.*

CARLOS SANTANA



CARF will be visiting us sometime in FY18 Quarter 3. (January, February or March). As soon as we have a date we will pass it on to you. We are looking forward to our recertification visit and looking forward to working with you to get ready.

Find Ohio Department of Mental Health and Addictions Services eUpdate here:
<http://mha.ohio.gov/Portals/0/assets/News/eUpdates/eUpdateNOV17.pdf>

A MESSAGE FROM THE DIRECTOR

PAM JOHNSON

We are nearing the end of 2017. It has been a busy year. We have endured much change as an agency. People have left us, and we wish them well. Others have joined us, and we welcome them warmly. The state has made many changes and we have prepared for the new way. People have experienced uncertainty and we have offered reassurance. People have been given opportunities for bigger responsibilities and we have applauded their motivation. People have enrolled in academic programs and we have been in awe of their commitment. People have celebrated work anniversaries and we have thanked them for their dedication. People have had struggles in their personal lives and we have offered support and encouragement.

We are not perfect, but we truly care about each other. We truly want what's best for those we serve. We truly believe in the power of recovery. We truly have heart.

And we truly thank you for your service to our mission. Merry Christmas, everyone.



WITH AN EYE MADE QUIET
BY THE POWER OF
HARMONY AND THE DEEP
POWER OF JOY, WE SEE
INTO THE LIFE OF THINGS.

William Wordsworth

8 WAYS TO PREVENT RELAPSE

Howard C. Samuels, Psy.D., has been clean and sober for 28 years and is currently the Founder and CEO of The Hills Treatment Center. Find the full article here: https://www.huffingtonpost.com/dr-howard-samuels/relapse-prevention_b_3326444.html

In many 12-step programs, there is an adage, “Relapse may be part of my story, but it doesn’t need to be part of my recovery.” And it sounds great on paper. The truth is, there are many men and women who get clean and sober and stay clean and sober without ever suffering a relapse. But I was not one of them.

If we were to perform an autopsy on my relapse, you would find a set of universal precursors to my taking that first drink, which eventually led up to my sticking a needle in my arm again. And although I realize that in hindsight, vision is usually 20/20, I also realize that a primary component of my relapse was my ability to rationalize my behavior, or rather, my ability to rationalize the behaviors that led up to my relapse. Because, like many addicts and alcoholics, I have the uncanny ability to talk myself into taking that first drink, regardless of the consequences. That said, I have to tell you that I don’t live like that anymore.

Because I grew up.

Reparenting yourself and then, conversely, policing yourself in sobriety is no mean feat. Men and women who are new to recovery face challenges that for normal people seem small and easy to cope with, but for the alcoholic or the drug addict are almost overwhelming. This is why the newly-recovered person needs structure and support in the beginning, and why it is vital for them to accept that they are not like normal people — that they have a very real problem for which abstinence and vigilance are only part of the solution.

To that end, I offer you these eight simple ways to help prevent relapse. But I’m afraid I can only offer these tools to you; it is ultimately up to the addict/alcoholic to incorporate them into his or her recovery and use them.

1. Flex Your Willpower Muscles. Research studies show that willpower can be limited, but only if we believe it is limited. The truth is that temptation is everywhere. However, when you resist one temptation, you can better resist the next one more easily. And, every time you let an urge pass without giving in to it, you strengthen your neural connections so that with time, it gets easier to resist those urges. Long story short: You are only as strong as you will let yourself be.

2. Be Proactive and Positive. It’s not easy to maintain a positive attitude at all times, but there are things you can do to stay away from obsessing over a negative thought. Call your sponsor or therapist, have that person on speed-dial, because knowing that support is right there at your fingertips can build your ability to stay positive. When you are restless, you need company; go find some.

3. Live in the Moment. Vigilance is the key, and you can’t be vigilant if you’re romanticizing the past. Most of your self-esteem will come from being sober and working through your issues, but don’t take your renewed self for granted. If you are overconfident, you may want to “prove” to someone that you can handle a drink or two. Live in the truth and understand that every moment you spend glorifying your past or obsessing over your future is a moment that diminishes your power in the now; and today, we’re all about taking our power back so that our lives aren’t ruled by alcoholism or drug addiction.

4. Stay in Therapy. Now that you are sober, you have a world of emotional issues to confront without the numbing agents of drugs and alcohol. You may find familial, platonic or romantic relationships that are causing problems for you, and all of you need to learn how to resolve conflicts in healthy ways. But you are the key. Continue weekly appointments with your therapist (for at least a year or two after getting sober) as well as group meetings. This will complete your healing and provide the coping tools that are your insurance.

5. Have Patience. Patients and their families all need lots of patience as they wait for the healing to set in. Emotions are volatile, insomnia is rampant, and patients begin to feel as if they will be miserable for the rest of their lives. Their loved ones are also seemingly on constant vigil, thinking, “Is he late because he’s out drinking?” No one needs to assume that relapse will happen, and there’s no point in constantly worrying about it. If you get bored, however, join a health club, get out of the house, plan a trip — expose yourself to new things. Don’t waste time feeling sorry for yourself. Everything that you’ve accomplished so far has been nothing short of heroic, but things aren’t going to change overnight. In many 12-step programs, there’s a concept called “slowbriety” that I think you should explore, especially when you feel as though you are climbing out of your skin. Take your time with this; be kind to yourself. You’re right on schedule and you’re on the right track.

6. Sleep. Sure, we need to exercise and eat healthy foods, but nothing we can do has the health-restorative benefits of simple sleep. Our overall sleep patterns keep us healthy for a lifetime. As addicts, of course, many of us have lost the ability to get enough rest. Our abuse of drugs and alcohol has totally untrained our bodies in the art of falling asleep. We’ve tampered with our brain chemistry. During deep sleep and REM (rapid eye movement) sleep, the brain regulates all of its chemicals and resets the neurotransmitter systems. The only caveat I have about sleeping is that you shouldn’t sleep during the day and isolate yourself from the rest of the waking world because, frankly put, it’s counter-productive. Reestablishing healthy sleep patterns is an important component of early recovery, but you need to approach this component in an intelligent manner; the last thing you want to do is make sleeping too much your new problem.

7. Avoid Being Around Alcohol and Drugs. You can still be crazy, funny, daring, and cool. Your life can still be full — actually, *fuller* — of great times and memorable people and places. That’s good crazy. Recovering addicts are probably the most fun, smart, and entertaining people I know. And they enjoy huge success by staying out of harm’s way, especially in the beginning. Bars, nightclubs, neighborhoods, or environments where you used to drink and use — it should be a conscious choice to avoid these places until you develop the ego strength to go there. Long story short: If you hang around the barbershop long enough, you’re going to get a haircut. Am I telling you to join a monastery? No. But, I am asking you to take your power back and decide where you want to go and why you want to be there. You got clean and sober to have a new life. And, I don’t know of anyone who gets a new lease on life and then dances on a minefield. You have options today. Use them.

8. Realize That Your Symptoms Are Normal. Your emotions are sensitive in early recovery, because they are no longer covered up by your substance abuse. This can be overwhelming when you’re not used to dealing with your feelings. You might get depressed or develop resentful thoughts. It’s totally normal to feel this way. Your feelings will eventually start to calm down. You may even start to embrace these emotions once you can respond in a healthy way. Can you imagine the triumph in that? You’ve been a human piñata for so long, taken from pillar to post by your feelings that you had to self-medicate with drugs and alcohol, that just getting through the day knowing what to say or do when those same feelings come up is a really huge deal. I’m here to tell you that not only is it possible, it happens all the time. You don’t have to be alone in this. Even if you are in an igloo in the middle of the frozen tundra, there are resources at your disposal. All you have to do is realize that you haven’t used every resource at your disposal until you’ve asked for help.

Is relapse going to be part of your story? Maybe. But, the unfortunate truth is, you may not make it through that relapse alive. And believe me, I know a lot of people who didn’t survive their relapse. They just didn’t make it. It’s a terrible, tragic reality of the disease of addiction.

But if you open yourself up to the possibility that there might be a way to prevent relapse from becoming a part of your recovery, you may find yourself not only clean and sober, but immersed in a life worth staying clean and sober for.

Feeling Stressed??



We hear ya!!

We've got a couple of things planned to help!

1) Our very own Cindy B will be doing exercise classes at Kent's Place from 4:30 - 5:30 pm on Mondays, Wednesdays, and Thursdays. Mats and hand weights provided. Bring your workout clothes and come burn off some stress. (We also have a gym... just in case you have forgotten 😊)

2) Our very own 'Kip-ster' will be offering some in house sessions on dealing with stress and managing emotions. He will do 2 sessions on 12/13 (9 - 11 am and 1 - 3 pm). We will have sign up sheets out soon. He has a very special way of presenting very helpful information.



Birthdays and Anniversaries

HAPPY BIRTHDAY!

Courtney Bartley 12/25

Leigh Bloss 12/22

Jennifer Breitenbach 12/16

Keith Bryant 12/26

Shawna Bush 12/13

Randy Cable 12/30

Jody Colley 12/17

Michelle Colley 12/9

Katie Dyer 12/24

McKinlee Gray 12/27

Traci Harris 12/2

Janet Hartlaub 12/12

Rebecka Hertenstein 12/12

Anthony Justice 12/1

Teresa Lawson 12/10

Kari Molebash 12/11

Sherri Mollett 12/18

Jason Rhodes 12/6

Valena Roberts 12/21

Jennifer Schmidt 12/3

Charles Smith 12/3

Corey Summers 12/5

Rick Tennant 12/9

Cindy Trimble 12/7

CONGRATULATIONS & THANK YOU!

Kelly Buckley 12/29, 1 year

Regina Davis 12/29, 8 years

Janet Hartlaub 12/15, 7 years

Brenda Jones 12/30, 7 years

Dana Langford 12/3, 5 years

Jennifer Schmidt 12/11, 3 years

Bill Shepherd 12/10, 2 years

Charles Smith 12/18, 3 years

Corey Summers 12/10, 1 year



NEW COVENANT CHURCH OF CHRIST AND CHRISTIAN UNION

535 E. Second St.
Waverly, Ohio 45690
Loved Ones Group meets the first Thursday of each month at 7:00 pm
Contact Linda Gullion 740-708-0751 or Mary Deacon 740-947-0050

REJOICING IN RECOVERY

Cornerstone UMC
808 Offnere Street
Portsmouth, Ohio 45662
Dinner 5:30
Loved Ones Group meets 6:15

LIGHTHOUSE

291 South Paint St.
Chillicothe, Ohio 45601
Daily Meetings at noon

Breakfast Lead Meeting
Doughnuts and Coffee, 8:30 am
Lead, 9:00 pm
(Successful Recovery Stories)

GEORGIE HARRIS HOUSE

111 N. High Street (use rear entrance)
Waverly, Ohio 45690
Tuesday 7:30-open discussion
Thursday 7:30-women only NA meeting

GRACE UNITED METHODIST CHURCH

104 N. High Street
Waverly, Ohio 45690
Sunday 7:00-open discussion
Wednesday 7:30-open discussion

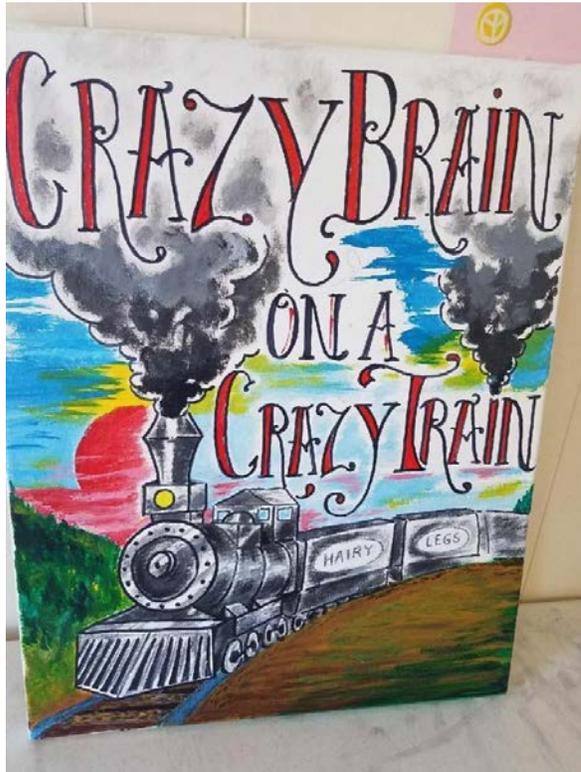
UNDERSTANDING AA'S 12 STEPS

Waverly Presbyterian Church
Monday 7:00 pm
211 Schmitt Drive (Behind Kroger's)

MONDAY LEAD MEETING

Senior Citizens Building
25 E Mound Stree
Jackson, Ohio 45640
7:30 pm

Complete AA/NA Meeting Listing for Pike & Ross County now available in all treatment facilities and in the Administrative Building.



Artwork from Mike R in honor of "Bill-isms"

WANTED:

poetry + art + stories + music

from our talented clients and staff.

please send all submissions to

newsletter@therecoverycouncil.org

if clients wish to use their full name rather

than just first or initials only,

please be sure to sign waiver before submitting.

FOR ALL NEWSLETTER SUBMISSIONS:

Please put MONTH of the newsletter the information will appear in and SITE NAME in the subject line.

Ex: September Waverly Outpatient.

So, if you are submitting your September information to appear in the October Newsletter, you would put "October [site name]" even though the information is from September. This will help clear up some confusion with submission information.



Contact Us

Give us a call for more information about our services and updates.

The Recovery Council

P.O. Box 226 Waverly, Ohio 45690

(740) 947-6727

Visit us on the web at www.therecoverycouncil.org and
www.facebook.com/therecoverycouncil

The Recovery Council is a Contract Agency of the Paint Valley ADAMH Board and is governed by a Board of Directors as well as community leaders who give their time and talents to further the mission.

**NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED, CITIZENS CAN CHANGE THE WORLD.
INDEED, IT IS THE ONLY THING THAT EVER HAS.**

Margaret Mead