



The Recovery Council

RECOVERY JOURNAL

February 2023

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*in
this
issue*

We are all connected; To each other, biologically. To the earth, chemically. To the rest of the universe atomically.”

~Neil DeGrasse Tyson



Site Updates

“The reason it hurts so much to separate is because our souls are connected.”

~ Nicholas Sparks

ADMIN SITE

Medicaid News

You might have noticed some changes in CareLogic. We have some new Medicaid payers: Aetna OhioRise, Amerihealth Caritas, Anthem, and Humana. We say goodbye to Paramount who is no longer an active Medicaid MCO.

Important information about Next Generation member ID cards

Effective February 1, Ohio Medicaid managed care members should all be using a Next Generation member ID card. These ID cards were mailed to them from their managed care plan and contain all the essential information they need to access their healthcare and pharmacy benefits. See the sample below to ensure members are

using a Next Generation Member ID. If a member does not have their member ID card, please see the guidance below to ensure they can receive the services they need.

If a member actively selected a new plan (Anthem Blue Cross and Blue Shield, AmeriHealth Caritas, or Humana Healthy Horizons) during the member transition and open enrollment period (March 1 - November 30), they should have received their new member ID card.

Members that were receiving benefits from Paramount Advantage, will now receive benefits from Anthem Blue Cross and Blue Shield following Anthem's acquisition of Paramount's Ohio Medicaid offering. If they

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ADMIN SITE (continued)

did not actively select a different plan, they should have received a new member ID card from Anthem to begin using on February 1. Members that have been receiving benefits through Ohio Medicaid fee-for-service and are transitioning to a managed care plan should also have received their new managed care member ID card.

What does the Next Generation Managed Care Member ID card look like?



“If we have no peace, it is because we have forgotten that we belong to each other.”

~ Mother Teresa

Other CareLogic News

Treatment plan updates! As of 02/01 we've added a couple of things to the treatment plan. First you may notice that the frequency module is slightly easier to fill out, now some values will default so you don't have to select anything in the drop down! The second change is on the Interventions module of the treatment plan which now has a multitude of new interventions to choose from. If you have any to add let us know and we can get them added!

A couple things to remember about roll ups

- Services only roll up for the activities scheduled on the same day. An activity won't roll up with any other activity from a different day.
- Roll ups only work with matching credentials.

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ED'S PLACE

SUBMITTED BY: JOSHUA ADKINS

January was an exciting and productive month at Ed's Place. We are thrilled to announce that **Dustin Shorter** has successfully passed his exam to become a Licensed Social Worker. He has been putting in tireless effort to improve his clinical skills and better serve our clients.

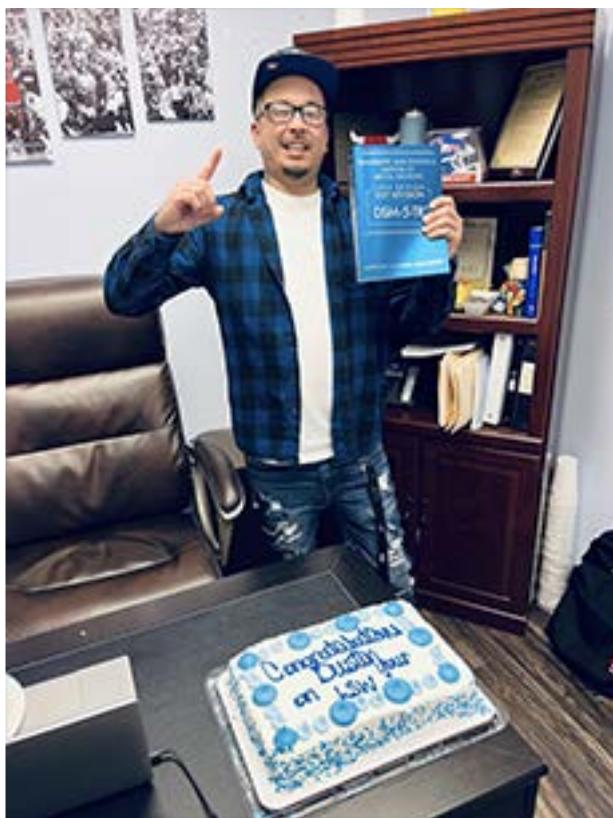
We had the opportunity to take the people we serve on a fun trip to the Air Force Museum, where everyone had a great time.

In addition, we want to give a special shoutout to **Jarrod**, one of our exceptional case managers,

for winning his first BH Hero Badge. This recognition is a testament to his dedication to going above and beyond in his role. Lastly,

we are proud to announce that **Luke Culp**, an aspiring Residential Aid Supervisor, will be filling in for **Ben Glispie** and facilitating a 12-step focused group in the afternoon.

As we enter the beginning of February, it's a common trend for many individuals to give up on their New Year's resolutions. However, here at Ed's Place, we remain steadfast in our commitment to continuously improving and reaching new heights. Our dedicated team has been working tirelessly to ensure that all operations run smoothly and efficiently, leading to an overall successful year so far. We understand that success is not only achieved through hard work, but also through maintaining a strong commitment to our goals.



Dustin Shorter

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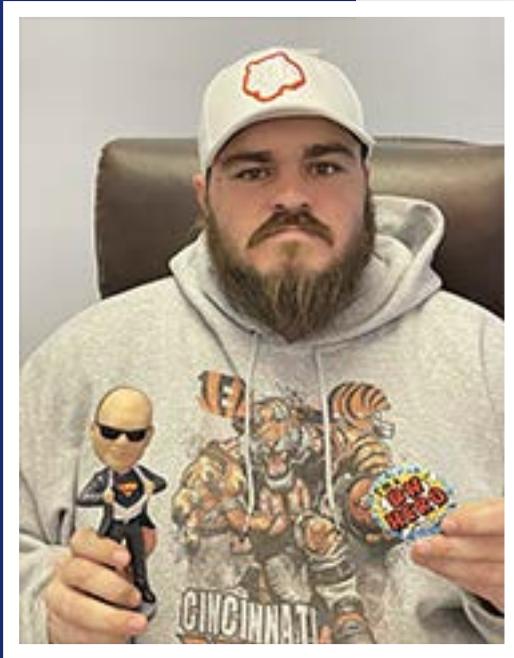
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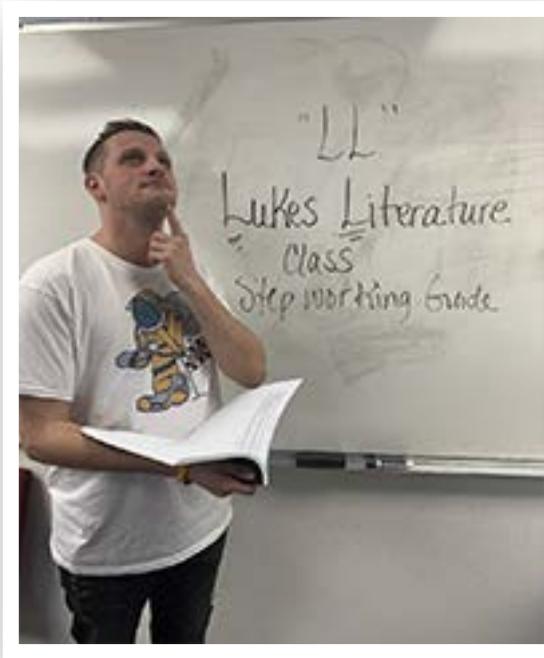
ED'S PLACE (continued)

At Ed's Place, we are committed to fostering an environment of growth and development for everyone involved. We

are proud of our team's efforts and achievements, and we look forward to continued success in the future.



Jarrod



Luke Culp



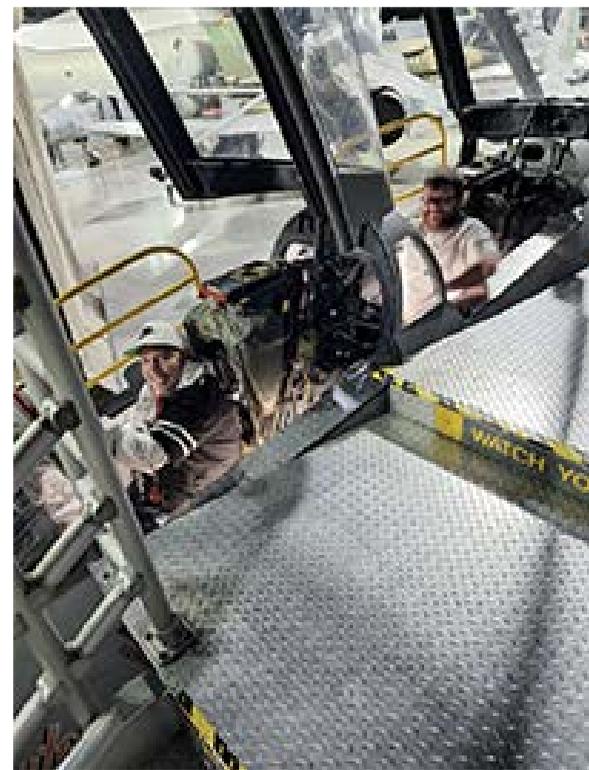
Air Force Museum

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ED'S PLACE (continued)



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Eventually everything connects - people, ideas, objects. The quality of the connections is the key to quality per se.”

~Charles Eames

GEORGIE HARRIS HOUSE

SUBMITTED BY: NATALIE HILL

Hello all! We here at GHH have been hunkered down and staying warm with all this freezing weather! The ladies have been attending lots of meetings and gaining knowledge and understanding of who they are. **Rachel** comes once a week to provide education on why the mind and body working together is important. We also have **Peggy**

who also comes once a week to increase the ladies' knowledge of healthy eating and cooking. We are crossing our fingers and toes that we will start moving to the Oasis (new building on Adams Rd) in the spring. We hope everyone has a wonderful month and stays warm!



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JOHNSON HOUSE

SUBMITTED BY: TAMMY FEE

The New Year has begun as if to say, "Ready or not, here I come!" Like millions of other people around the world, we tried to prepare for the upcoming year by making plans and resolutions according to the direction we thought we were going. With careful preparations and a strategic plan in place, we are exploring opportunities for growth and change. Perspective is key as we step forward into the unknown and embrace what lies ahead for this New Year, 2023

In our efforts to encourage our clients to also choose growth and change, we have a new incentive program we would like to share. Clients who demonstrate positive behaviors, make progress toward their

goals, and meet program expectations have the opportunity to receive tickets. The number of tickets each client receives weekly is determined by clinical staff based on client behaviors demonstrated that week. Tickets can be redeemed for items such as lotions, hair color, journals, apparel, socks, etc. Tickets can also be redeemed for extra phone time, pizza for the group, trips to coffee shops and more. Our clients were excited to start receiving their tickets. We have included a picture of the first, of many tickets, being redeemed. Our client chose the EYELASHES! Congratulations to our clients who are demonstrating positive behaviors and embracing change for their futures.

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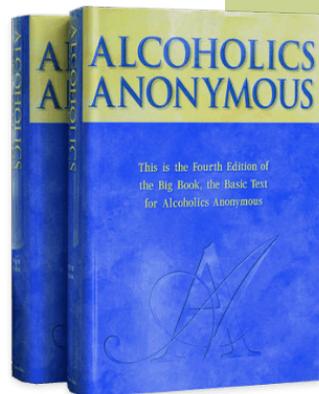
“I define connection as the energy that exists between people when they feel seen, heard, and valued”

~Brené Brown

KENT'S PLACE SUBMITTED BY: ASHLEY PENNINGTON

With the changing of the year, Kent's Place has also been experiencing changes. I can practically hear Tom Johnson reciting page 417 from the Big Book daily inside my head. We have continued working with Ed's and Men's Transitional to have smooth transitions between programs for our clients.

In January, we had five graduations and four clients transferred to Men's Transitional! February is packed full of graduations and several of them are planning to go to a transitional program.



ACCEPTANCE

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.”

*The Big Book of Alcoholics Anonymous,
Fourth Edition, Page 417*

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PREVENTION

SUBMITTED BY: JESSICA COOK



Greetings from the Prevention Team! January is notorious as being the month many focus on new hopes, dreams, goals and adventures. This is applicable to us in the prevention world as well. It has been an exciting month of preparation and planning for the upcoming conference; Operation Get Smart...about prevention. It will take place at the OU-C campus on March 2nd and 3rd 2023. You do not want to miss out on this amazing opportunity to gain knowledge, insight and free CEUs! These will be available for pretty much all professionals; not just those working as prevention specialist! Come learn about how you can be a part of the solution.

In other news, Kayla and Jess have gained 150+ students this month. That is a whole lot of names to remember, but it also means a

whole lot of youth who will be gaining valuable knowledge and skills that can last a life time!

Another way in which we work to impact the lives of our young people is through being active members of several coalitions. The Pike County Suicide Prevention Coalition has made youth a HUGE focus for this year. We are delighted to be a part of a youth sub-committee. We are always looking to add members to the coalition, so if you are interested feel free to reach out to Jess and/or Kayla for more information.

Lastly, we are super excited to be traveling with our Piketon youth to attend the Columbus Blue Jackets Student Leadership event. What a great way to end January! Here's to continue to hope, dream, set goals and be adventures despite the fact that we are moving into a new month.

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“A good friend is a connection to life - a tie to the past, a road to the future, the key to sanity in a totally insane world.”

~ Lois Wyse

WAVERLY MEN'S TRANSITIONAL

SUBMITTED BY: HEATHER TYLER-WOOTEN

Men's Transitional Program has been a busy place since the start of the New Year as staff adjust to the many program changes to better meet the needs of our clients. Thank you, Men's Transitional Staff for having patience as we experience these growing pains together.

Staff have been attending agency trainings and the infamous Jeff Garrett trainings to assist in enhancing their skills and knowledge to better serve our clients. We are excited about the learning and growing opportunities The Recovery Council has to offer us. Thank you, Recovery Council!

The case managers set up a regular time and date for staff from Ohio Means Jobs to come to our site to assist our clients connect to resources that help our clients overcome

many barriers such as paying off fines, assist with first month rent and deposit, help pay SR22 for up to 6 months, assisting with utilities, assisting with furthering their education and many other wonderful things as a way to help client's gain independent living while maintaining their sobriety. Our case managers are on the go, getting it done at Men's Transitional! Thank you,



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WAVERLY MEN'S TRANSITIONAL (continued)

Bobby Dray and **Jenny Vest** for all you do for our clients!

We have had situations in which we needed assistance to provide services or to get clients to meetings/appointments and are excited to have staff at other sites willing to help us out when we are in pinch. Thanks, **Jody Colley, Mogan, Cody Webber, Ryan Rogers** and our **RA staff** for coming in early or on their day off to assist!

We went on a few outings this month to engage clients in healthy activities and assist with overcoming the winter blues. They went bowling and got to explore Slate Run Living Historical Farm. We even had a group show off their artistic skills.

Many good things are happening at Men's Transitional that we are excited to share. Come by and visit us sometime!



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WAVERLY MEN'S TRANSITIONAL (continued)



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Special Events

“You belong
where you're
loved.”

~Cassandra Clare

JAMIE JOHNSON

FEBRUARY 2, 2023



Our women's programs all went to the Fairgrounds to meet Jamie, hear his story, and then work with him to write their own recovery song. Lyrics are to the left and video to the right. Enjoy - and then tell our women how awesome they are!

The men's programs got to repeat the experience on February 3.



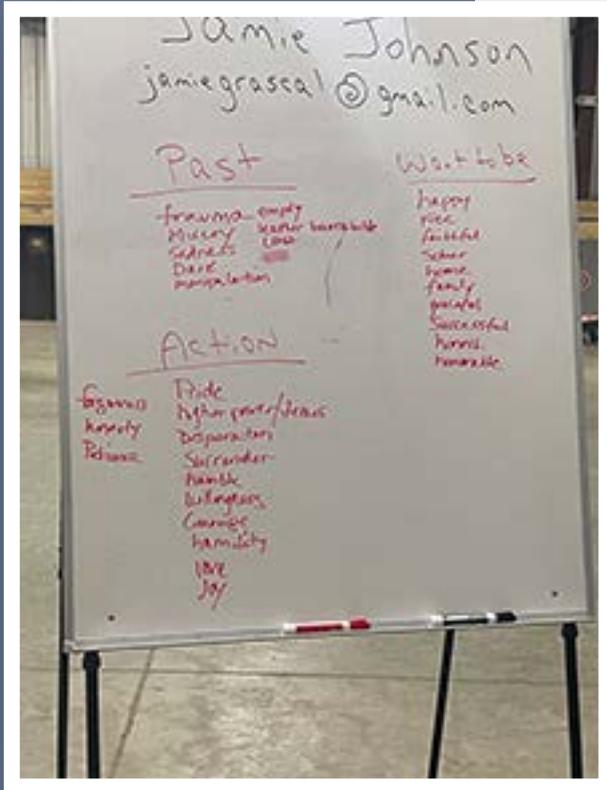
<https://www.youtube.com/watch?v=aIMtdNtj4eo>

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SPECIAL EVENTS: JAMIE JOHNSON (continued)



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SPECIAL EVENTS: JAMIE JOHNSON (continued)



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SPECIAL EVENTS: JAMIE JOHNSON (continued)



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“Invisible threads are the strongest ties.”

~Friedrich Nietzsche

JEFF GARRETT TRAINING

FEBRUARY 1, 2023

Jeff Garrett PhD LPCC, Professor at Marshall University Counseling program has been working with our staff the past few months, and we are excited to see how this benefits our clients and programs. The Recovery Council continues to invest in staff by providing internal and external training opportunities. This photo is from the intervention and documentation

session offered on January 31st. There are two sessions left for interested staff to have the opportunity to work with Jeff. The remaining sessions are 2-23-23 Clinical Interventions and 3-2-23 12 Step CBT. Those interested should discuss this with their supervisor. The Recovery Council has arranged for transportation and lunch on training days.



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SPECIAL EVENTS: JEFF GARRETT TRAINING (continued)

“Conflict brings
out truth,
creativity, and
resolution.”

~Chris Voss



January 24th Training with Jeff Garrett

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SPECIAL EVENTS: JEFF GARRETT TRAINING (continued)

“The future belongs to those who believe in the beauty of their dreams.”

~Eleanor Roosevelt



January 19th Training with Jeff Garrett

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“Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another.”

~Thomas Merton

SPECIAL EVENTS (continued)

UPCOMING EVENT SAVE THE DATE

Our fantabulous prevention team has been busy coordinating this training. Plan on attending or sending staff—prevention hours for CDCAs are sometimes hard to find. These hours also good for all renewals.



The poster features a yellow background with white text and graphics. At the top left is a circular logo with a lightbulb and a hand, surrounded by the text "Project Get Smart... About Prevention". Below the logo is the text "The Southcentral Ohio Prevention Conference". The dates "MARCH 2 & 3 2023" are prominently displayed in the center. At the bottom left, it says "Ohio University Chillicothe, Ohio". On the right side, the words "SAVE THE DATE" are written in large, bold, white letters.

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What's Happening?

“We are like islands in the sea, separate on the surface but connected in the deep.”

~William James

GUS MACKER

FEBRUARY 7, 2023

Pike County Community Action will be hosting Gus Macker again this year. Our only commitment is to be on site to set up the baskets and then take them down after the tournament. If you have a burning desire to help with the event, you can contact Amber or attend their meetings. We will not be committing staff to do so this year so it's on your own. We have no commitment to help but I wanted to share the opportunity in case someone wants to volunteer on their own time.

The next meeting is Tuesday, February 14, 2023 from 4:00 - 4:30 pm. It will be held in the Market Street Large Conference Room (941 Market Street, Piketon, OHIO 45661.

CAREFACTOR INSTRUCTIONS

FEBRUARY 1, 2023

You can log on to MyCarefactor.com and set up your account to view your benefits and search “Doctors.” The flyer attached has step by step instructions on how to do this. Pay attention to the highlighted area, if you don't put “-01” behind your member number it WILL NOT work.

If you have any questions, please feel free to contact Shawna or Gina.



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“Kindness connects to who you are, while niceness connects to how you want to be seen.”

~David Levithan

WHAT'S HAPPENING (continued)

HR HUDDLE

JANUARY 27, 2023



FEBRUARY IS BLACK HISTORY MONTH:

Why Do We Celebrate Black History Month? Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa to African Americans living in the United States today.

FROM THE DIRECTOR:

We are now looking at the 7% raise being in effect the week that started 1/22 and it would be reflected on 2/9 paychecks. This increase does not impact any other raise or bonus you might receive. For example, if you just got a 4% raise at your annual evaluation, you will still get this increase. That means you would have an 11% increase this year.

There is no guarantee of any additional bonus this fiscal year. I know I say that all the time but I just don't want people to count on something.

We want our current staff to have the opportunity to grow. If you are interested in being considered for other agency positions, even if you told us NO before, let your supervisor

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“Be content with
what you have;

rejoice in the way
things are.

When you realize
there is nothing
lacking,

the whole world
belongs to you.”

~”Lao Tzu

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WHAT’S HAPPENING: HR HUDDLE (continued)

know. Supervisors will pass that info along to HR.

Some jobs require specific licenses. Some require a clean driving record. Some require flexible work schedules. Some require an CQE. Everyone won’t be a candidate for every opening. Come talk to us so we can help map out a plan on reaching goals if you find yourself lacking some specific skills or experience.

We can’t even have the conversation, if we don’t know your goals! Let us know!

Ask yourself this: What are you doing or willing to do to prepare yourself for the next step?

Hope to hear from some of our supervisors that some of you are ready for change!!

OTHER HAPPENINGS:

- We are working on finalizing the merger with FRS out of Hillsboro.

- We have ongoing trainings being provided to our staff.

NEW STAFF:

Kelly Steppe is an intern at admissions.
Sarah Wallace is a float nurse, so welcome her if you see her at your site.

CARF TRAINING DUE IN FEBRUARY:

Strategies for Preventing and De-escalating Hostile Situations (in Relias)

JUST FOR FUN:

Here is a link to some fun/unusual holidays in February:

[Unusual and Weird Holidays in February](#)



“Be resolutely and faithfully what you are; be humbly what you aspire to be.”

~Henry David Thoreau

WHAT'S HAPPENING (continued)

TIME CLOCK EMAILS

JANUARY 31, 2023

When you either receive an email from your employees requesting time off or your supervisor approving time off, replying to this email is not sending the email to who it appears to, I am not sure why it is doing this and I am looking into it.

So for example you will receive an email saying from *supervisor@therecoverycouncil.org or *employee@therecoverycouncil.org

Examples below:

*Your time-off request on 01/26/2023 from 06:00 AM to 04:00 PM has been APPROVED by *supervisor.*

Or

*A time-off request on 01/31/2023 from 04:00 AM to 12:00 PM for Vacation has been CREATED by *employee.*

Again, these will show that it is from the supervisor or the employee, BUT it is generated by the system generically and is coming from or going to one of our system emails, not the supervisor or employee.

If you have one of these emails you can see what I mean by clicking on the supervisor or employee email address and see that it is not their email but info@

So, if you need to follow up with, say thank you or communicate something about the requests, create a separate email to the employee/supervisor.

JJ Nelson

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“I belong deeply
to myself.”

~Warsan Shire

WHAT'S HAPPENING (continued)

UPDATE ON INCREASE

FEBRUARY 24, 2023

I wanted to circle back to this topic. There were some delays in being able to reconcile the budget and financials as I've previously talked about. This is one of those clear instances where late documentation impacts decisions.

We are now looking at the 7% raise being in effect the week that started 1/22 and it would be reflected on 2/9 paychecks. This increase does not impact any other raise or bonus you might receive. For example, if you just got a 4% raise at your annual evaluation, you will still get this increase. That means you would have an 11% increase this year.

There is no guarantee of any additional bonus this fiscal year. I know I say that all the time but I just don't want people to count on something.

If we serve our clients appropriately, help them meet their needs, the financial part takes care of itself. To meet financial goals, all we have to do is do what we do—admit people who need help, provide groups and individuals to address the whole person, identify case management needs and help them clean up all areas of their life, provide medical support services, work with them to successfully stay in and complete treatment (retention), help them transition. It's not rocket science, it's good clinical care. And it's what we are called to do. It's good for those we serve. It's good for staff. It's good for the agency. Easy and simple.

Thank you immensely for doing just that!
Those efforts are what support this raise. What you do truly makes a difference.
Pam

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“They grew up on the outside of society. They weren't looking for a fight. They were looking to belong.”

~SE Hinton

WHAT'S HAPPENING (continued)

JERRY MAGUIRE MANIFESTO – BIG DREAMS

JANUARY 23, 2023

In November of 2021, I sent out an email asking people what they wanted to do in their professional growth process. I received 52 responses. I put them in a spreadsheet and have kept track of where those people are. We have offered support and guidance and opportunities based on that spreadsheet. I want to give you an update:

- 52 responses
- 8 no longer work here (N = 44)
- 3 goals outside of this agency (I hope they have made progress on those goals but it was out of my area of influence) (N = 41)
- 5 had goals that involve completing school, etc. and are in that process. (N=36)
- Of those 36, 16 are in positions now that are what they identified as a goal. That's fantastic!!

Two things are going to happen in the next few weeks:

1. I will be contacting people from the original list to see if their goals have remained the same or if they have new goals.
2. I will be adding people to the list that have responded to my last email about opportunities. (I've already added 2)

For those that weren't here in 2021, the bulk of that email is pasted on the next page. Basically, we can't help you reach your goals if we don't know what they are! This time I'd like you to share it with your supervisors so I don't miss someone's response. Let us know what you want to accomplish in your life!

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“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.”

~John Joseph Powell

WHAT'S HAPPENING: JERRY MAGUIRE MANIFESTO - BIG DREAMS (continued)

ORIGINAL EMAIL:

I want to give people an opportunity to talk about what goals YOU have related to employment. This information can be very helpful for planning for the future.

Is there a job in the agency that you really want to move in to? I'm not really talking about those that just want to change shifts but keep the same job or just want to change jobs to get a specific shift I'm talking about people that have specific career goals. I want to know what they are!

- Do you want to be part of administration?
- Would you want to be part of the admissions staff, going to pick people

up and being part of their initial contact with the agency?

- Do you want to be a supervisor, and if so, what kind of supervisor?
- Do you want to be a BH counselor?
- Do you want to be a case manager?
- Do you want to be a counselor?
- Do you want to oversee Recovery Housing?
- Or, is there a job that we don't even have that you think you would be perfect for?

Can't wait to hear from the supervisors about what all you are are sharing!

Pam



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“We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.”

~Herman Melville

WHAT'S HAPPENING (continued)

MLK, JR. DAY AND MERGER UPDATE

JANUARY 16, 2023

Happy MLK, Jr. Day, Everyone!

Martin Luther King, Jr. was a complex, driven and brilliant man. If you are not familiar with his life, I hope you find time today to read just a little snippet about him. One of my favorite quotes of his (there are so many to choose from) is:

"I have decided to stick with love. Hate is too great a burden to bear."

Additionally, I wanted to give you an update on the merger as well.

We are now scheduled to finalize the merger around 2/26. There are many things going on right now behind the scenes as we prepare. Here are just a few of them:

- Working with Qualifacts / CareLogic, adding their clients and programs

- Adding their staff to our agency billing information, benefits, payroll, etc.
- Coordinating some planned renovations at FRS
- Getting emails, payroll, quickbooks set up
- Combining job descriptions
- Coordinating IT, billing, and vehicle needs

Things to come:

- A trip over to Highland Co to get a better look at their facilities and property
- A meeting with their staff to talk about benefits and agency mission
- Combining of our work flows inside CareLogic; coming to a consensus about changes in forms
- Change our table of organization - they have positions we don't have!

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“Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another.”

~Thomas Merton

WHAT'S HAPPENING: MLK DAY AND MERGER UPDATE (continued)

This is a really big endeavor - at least it is to me! It's been a lot of work and there's no end in sight right now. Still, there are a number of reasons I really like this merger.

1. It is not a buyout. We are not "buying" FRS. They approached us about taking them on and so there isn't some \$\$ amount we are paying someone.
2. We get their facilities as part of the deal. We didn't have to buy property and then renovate it. We get 3 buildings and a piece of land - free and clear.
3. We will get to expand our services into Highland County.
4. They have a men's residential type building that serves 16 and can act as part of our continuum of care for men.
5. They currently provide a lot of mental health counseling and utilize tele-psychiatry. We can learn about all of this and figure out if it is helpful (or not) to duplicate that in Pike and Ross.

6. They provide medical services. We can learn about this set up and figure out how to do that in Pike and Ross.
7. Their CareLogic setup is very different from ours. We will be able to spend some time to figure out what is the best approach for everyone. We might end up with a simpler version.
8. They do Children's Day Treatment (in the schools). I know we have a need for that service in Pike and Ross County. This will let us understand how it works. It will possibly develop a new service for those that want to work with kids!
9. It will make us a more stable and well rounded agency and allow us to serve more people.

There's an old business saying that goes like this: If you're not growing, you're not growing or if you're not growing, you're dying. I guess this type of growth feels different to me than just expanding and growing just for the sake

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“A dream you
dream alone is
only a dream. A
dream you dream
together is
reality.”

~John Lennon

WHAT'S HAPPENING: MLK, JR. DAY AND MERGER UPDATE (continued)

of being bigger. It's important to me to share that with you all. We aren't just buying up buildings and land and expanding into new areas. This is a type of growth that stays within our ADAMH area (Highland, Pickaway, Ross, Fayette, and Pike Counties). For me, it makes sense at this time.

I appreciate all the nice comments many of you have shared with me about this merger. I've heard great comments about how proud some of you are to work at The Recovery Council and how exciting it will be to share the good parts of this agency with new clients and new co-workers.

It's an exciting and busy time, that's for sure!

Take care and be kind to yourself and others!

Pam

FUN FACTS ABOUT FEBRUARY

Here are a few fun facts about February:

1. February (do you see the extra “r”?) it is one of the most frequently misspelled words in the English language. In 2015 even the White House press office got it wrong several times over the course of the month.
2. For more than 40 years, February has been Black History Month. February also marks other observances, too. It's the month for President's Day, American Heart Month, Valentine's Day, and Groundhog Day.
3. The odds of being born on February 29 are about 1 in 1,461. If you're born on a leap-day, you're typically known as a “leaper” or “leapling”. Depending on where you live, February 28 or March 1 is considered your birthday in non-leap years.
4. The first Sunday in February is Super Bowl Sunday. It wasn't always that way – until 2001, the game was played in January.
5. I misspelled February in item No. 4. Did you catch it?

Hope everyone has a great month, be safe out there!!

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“Attention is vitality.
It connects you
with others. It
makes you eager.
Stay eager.”

~Susan Sontag



From the Director

CONNECTION

Addiction is all about isolation, separation, disconnection. It isolates people from their families. It separates people from society in general. It disconnects people from their feelings. It disconnects people from themselves.

In addiction, people feel like they don't belong.

12&12 Step Five, p.57

Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite **belong**.

12&12 Step Five, p.57

Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't **belong**.

The opposite of addiction is recovery. Recovery is all about connection. Recovery is about coming home, belonging.

People connect by hearing the stories of others.
People connect by sharing their own stories.
People connect over a shared experience.
People connect by feeling seen, heard, and valued.

12&12 Step Twelve, p.124

Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely

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“The greatest thing in the world is to know how to belong to oneself.”

~Michel de Montaigne

FROM THE DIRECTOR (continued)

given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and **belong** in God's scheme of things—these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes.

This is why the heart of the agency is so important. Do we scoot over so everyone feels welcome at our table, or do we spread out and take up space so others can't sit down?

You might be asking, “Is she talking about clients or staff?” The answer is YES! I am talking about either! Both!

Are we the agency that is welcoming and accepting? Are we the place where new staff feel like they belong? Do our clients feel accepted immediately and feel like we value and respect

them unconditionally (look up unconditional positive regard)?

This is why taking clients to recovery support meetings is so important and valuable. They get to hear the stories of others. They get to connect and belong to a larger recovery family. This is why new client orientation is so important. They get to learn about the programs and see their rooms. This is why it is important for staff to talk to new admissions – check in, talk to them, welcome them. This is why it's important for a counselor to meet with the new client as soon as possible.

And how do we welcome new staff? I think our onboarding process is welcoming and friendly, but what happens when new staff get to their site? Is it a soft landing? If you are brave, go find the newest staff person on your site and ask them what it was like coming to work at their new site on that first day. We will probably learn a lot!

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“You are imperfect, you are wired for struggle, but you are worthy of love and belonging.”

~Brené Brown

FROM THE DIRECTOR (continued)

As we move into 2023, and a merger with around 40 new staff members and a couple hundred new clients, I hope the answer to all of those questions above is a resounding YES.

If not, let's commit to doing better, to being better.

Be kind to yourself and others (especially new clients and staff!)

Pam



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February Birthdays & Anniversaries

Happy Birthday

Kacey Ryan * February 1st

Sarah Wallace * February 2nd

Brenda Jones * February 3rd

Clint Williams * February 7th

Kelli Martin * February 8th

Nina Cockrell * February 9th

Elizabeth Mockler * February 9th

Evan Brown * February 10th

Robert Merz * February 11th

Alicia Liming * February 13th

Aaron Engle * February 15th

James Nelson * February 16th

Janet Delay * February 17th

Tracy Pederson * February 17th

Willa Bowman * February 18th

Barry Downing * February 19th

Jessica Cook * February 21st

Raeann Hurst * February 22nd

Megan Musick * February 23rd

Misty Steele * February 24th

Congratulations

Diane Wilson * February 7th * 1 year

Mary Brown * February 11th * 10 years

Danielle Snyder * February 11th * 10 years

Amy Robles * February 15th * 6 years

Benjamin Glispie * February 17th * 3 years

Robert Merz * February 17th * 2 years

Shae Steele * February 17th * 3 years

Ryan Rodgers * February 24th * 6 years

Amy Fyffe * February 25th * 2 years

Anthony Mogan * February 29th * 7 years

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Meeting Information



Complete AA/NA meeting listings for Pike & Ross County available in all treatment facilities and in the Administrative Building.

CELEBRATE RECOVERY

Vanguard Ministries
706 E Main Street
Piketon, Ohio 45661
Mondays at 6 pm

REJOICING IN RECOVERY

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

LIGHTHOUSE

291 South Paint St.
Chillicothe, Ohio 45601
Big Book Study 7 pm Wed (AA)
Women's Meeting 7 pm Tues (AA)
Keep it 100 8 pm Thurs (NA)
Daily Meetings at noon

FREEDOM SEEKERS (NA)

111 E. Water Street
Chillicothe, Ohio 45640
Wednesdays at 6:00 pm

HANG IN THERE

Grace United Methodist Church
104 S. High Street • Waverly, Ohio 45690
Tuesdays at noon.
Everyone is welcome!!
Contact Jody Colley 740-935-6083 or
Kayla Havens 740-648-5116

UNSPUN MEETING (NA)

Grace United Methodist Church
104 S. High Street • Waverly, Ohio 45690
Fridays at 8:00 pm.

BASEMENT MEETING

Grace United Methodist Church
104 S. High Street • Waverly, OH 45690
Tuesdays at 7:00 pm (NA)
Thursdays at 7:00 pm (AA)



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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

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.



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