“Today I celebrate 5 years of freedom from drugs and alcohol. I started my recovery journey at Valley Hope, and I am forever grateful to the staff and the recovery environment. Thank you for giving my life to me and caring so much for the patients.”

MICHAEL, CHANDLER ALUMNUS

NEW LOOK, NEW OPPORTUNITIES
Welcome to the new and improved recovery resource for Valley Hope alumni, partners and friends.

Coffee Cup is a quarterly newsletter focusing on sobriety stories, treatment innovations and recovery outcomes.

We look forward to working with you in 2020. Please share any feedback, thoughts or ideas with us anytime at recovery@valleyhope.org.

With gratitude,
Dan McCormick, Valley Hope President and CEO

Explore Valley Hope’s blog at valleyhope.org for extensive resources covering addiction, treatment and recovery topics for loved ones, families and the recovery community.
Addiction is a family disease that deeply impacts even the strongest of families, but there are ways to help a family member find recovery. Be proactive in helping your loved one while maintaining the necessary boundaries:

1. **GET EDUCATED**
   Educating yourself on the complex disease of addiction and understanding your role in the treatment program can increase the odds for a successful recovery. Stigma can intensify all of the toxic emotions and reactions that addiction causes. Family participation and support is essential during a loved one’s treatment and even more important to sustain long-term recovery.

2. **SHOW COMPASSION**
   Once the disease manifests, powerful negative feelings drive the addiction. These feelings typically include shame, guilt and worthlessness. It is important to understand that when your loved one is living in their addiction, they may have little self-worth. Expressing your love and care for them while also pressing your case for treatment is essential to help a family member find recovery.

3. **BE SUPPORTIVE**
   Once your loved one completes treatment, the recovery process truly begins. Long-term recovery is a lifelong journey for your loved one and the family as a whole. You can help a family member in recovery by remaining energetic in your support of their recovery plans, which should include continuing care, sober living, a 12 Step program and related recovery activities.

Family members, for their own well-being, must also be willing to put in the work to help overcome the pain and broken trust that addiction causes. To help ensure the entire family unit receives the care needed to be successful, Valley Hope offers a variety of services for family members at our residential and outpatient treatment centers. Family members should also consider attending or participating in their own 12 step program such as Al-Anon as a form of selfcare and support.

Remember, a life full of hope and health is possible for you, your family and your loved one. People can and do recover from drug and alcohol addiction with a strong support system, tailored treatment program and smart recovery plan. Explore Valley Hope’s Recovery Blog at valleyhope.org for extensive resources and information for loved ones and families.
ADDICTION TREATMENT AND RECOVERY

For women, the effects of alcohol on the body differ from men due to body chemistry. If a man and woman consume the same amount of alcohol, women will have a higher blood alcohol level and absorb more alcohol than men, speeding up and extending the effects of alcohol. These differences also increase the probability of long-term health problems among women who misuse alcohol.

Valley Hope’s Patient Access Center (PAC) Team combines clinical expertise with compassion to help determine the best treatment program for your client. With a simple phone call, you can complete our streamlined, thorough process from assessment to admission. Our team works with you and your client to position him or her for successful treatment and long-term recovery. Our team also helps maximize insurance benefits to help secure minimal out of pocket expenses. Call the Valley Hope Patient Access Center today at 800-544-5101 to begin the assessment and referral process.

COMMUNITY FOCUS: ALCOHOL AWARENESS MONTH

With alcohol misuse rates rising, women face particular challenges and health risks related to excessive drinking. During National Alcohol Awareness Month in April, Valley Hope will highlight issues surrounding women and alcohol. Visit valleyhope.org for extensive resources and information for loved ones, families and the recovery community.

How Heavy Drinking Impacts Women
For women, the effects of alcohol on the body differ from men due to body chemistry. If a man and woman consume the same amount of alcohol, women will have a higher blood alcohol level and absorb more alcohol than men, speeding up and extending the effects of alcohol. These differences also increase the probability of long-term health problems among women who misuse alcohol.

Do You Have Alcohol Use Disorder?
A definitive diagnosis of alcohol use disorder requires a clinical diagnosis, but there are clear warning signs. The symptoms include:
- Obsessive thoughts about drinking.
- Drinking at inappropriate times or alone.
- Drinking with the intention of getting drunk.
- Becoming defensive when confronted about drinking.

A Growing Women’s Health Epidemic
Although men have historically endured higher rates of alcoholism, women are catching up fast. More than 17.6 million people, or one in every 12 adults, suffering from alcohol misuse and several million more engaging in risky, binge drinking patterns.

Binge Drinking and Women
Binge drinking is a pattern that occurs after four drinks for women, assuming the drinks are consumed within about two hours. Although most people who binge drink are not alcoholics, alcoholism is a progressive disease and binge drinking could lead to alcohol dependence over time.

How Do I Make a Treatment Referral?
Valley Hope’s Patient Access Center (PAC) stands ready to help.

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A special part of the Valley Hope experience involves the coffee cup. The “cups” process at Valley Hope uniquely inspires and reflects the recovery journey of our Alumni. At the end of the treatment experience, each patient creates their own cup design that symbolizes their recovery. Before they leave Valley Hope, patients share their cups and the inspiration behind the design to fellow patients, family and friends. The cups are displayed along the walls of Valley Hope lecture halls and alumni return after one year of sobriety to claim their cups and share their recovery success stories with patients.

MICKEY’S CUP

Recovery has impacted my life in many ways. I have a brighter outlook on life. My relationships with my family have grown dramatically, especially my relationship with my wife. We both knew something had to change, so I went to Valley Hope for treatment.

I didn’t know what to expect, but after a few days, I knew it was where I needed to be. The people I met had the same problems and we managed to get through them together. They will always have my heart. My health has improved 100% and I will always be grateful for the staff at Valley Hope for saving my life. They gave me direction and guided me through the addiction.

I put the phrase “Stay the Course” on my Valley Hope cup. The phrase was used in the context of a war or battle meaning to “pursue a goal regardless of any obstacles or criticism.”

My cup is the center piece of my life.