



BE THE CHANGE...

Use your setbacks
as guideposts to
learning where you
can make changes
for the better



Life is a series of ups and downs, twists and turns. You can approach the roller coaster of life with arms high in the air; willingly and ready for whatever comes next. Or you can grip the handlebars and fear for your life. The choice is yours.

Valery Satterwhite

Finding Myself on My Recovery Journey

Hi. My name is Jimmy Sadler. I am twenty-eight years old, and currently live in Pitt County. I have had many struggles in my life. I have lost loved ones that I cared about very much. I have battled drug addiction that caused me to lose everything I ever had.

During that time in my life, I thought of myself as a loser and a drug addict. For four years, I did the same thing over and over again. I would wake up and just get high. I made that my ordinary routine until one day I finally realized that I wasn't a loser anymore.

Once I realized that I had choices to better my life, it was an awesome feeling. I didn't want to be the person that I had become, so I went to rehab. After

leaving, I felt like a brand new person. I was able to finally think clearly again. It was then when I found myself on my recovery journey.

My recovery path has not been easy, but it hasn't stopped me from achieving success. Being in recovery is a day-to-day challenge. Sometimes people may slip or relapse as some say, but that's part of the recovery process. Recovery doesn't happen over night. For me, recovery is something that I will work on until my last, dying breath.

People may think that

recovery is boring and controlled. It's not!! My experiences with recovery have been an awesome part of my life. I have learned to have fun and make it my own pathway. The words "not able to recover" are false. I am a prime example that people can recover. Sure, it's not easy, but it's something that we work on until our goals are achieved. Being in a recovery environment is the best high I have ever been on because it allows me to be me.

My most recent achievement is having graduated a Peer Employment Training (PET) class. For me, that class has had a permanent impact on my life by making me a better person. It has opened my

(See Finding Myself, page 2)



The Winding, Bumpy Road to Recovery

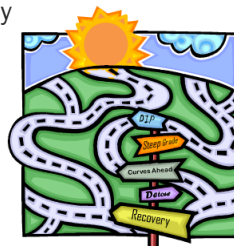
Most of the experiences we go through in life offer us "linear" growth, meaning we make progress at a fairly steady and predictable rate, often where one skill builds upon another. For example, when a person learns to cook, she may learn some techniques and try out a few recipes. She'll get instant feedback from those who eat what she cooks so she can decide whether to do something differently next time. If only recovery were as easy as cooking, right?

Recovery can be a struggle in many different arenas. A person may be going through physical changes in his body, may feel like he's on an emotional roller coaster, may have his thinking clouded by a mental fog and may be experiencing spiritual erosion—all at the same time. For lasting recovery, he must

make growth in all of those areas.

Being in recovery is a process of continual growth, occasional setbacks, and learning from experience. Having a lapse does not mean we're a failure. To help us get back on track, we can think: "It's important to keep trying." We can be open to reviewing and revising our care plan; and we can learn a new skill to use as a wellness tool. Recovery is not "put in a little, get a little bit out of it."

(See Winding, Bumpy Road, page 2)





In Our Own Words

Citizens share progress on their goals, plans and journeys of recovery . . .

If life gives us rocks,
it's our choice whether
to build a bridge or a
wall.

- Unknown



If one dream should
fall and break into a
thousand pieces,
never be afraid to pick
one of those pieces up
and begin again.

~ Flavia Weedn

I've completed the writing of my
very own WRAP. I'm proud of
myself now.

Outreach Citizen - Beaufort County

My Recovery Coach showed
me a way to break down my
big goal into small ones.

HOPE Station Wellness City Citizen - Pitt County

I learned that you have to help
yourself, also you have to talk
to Jesus and keep the faith.

Outreach Citizen - Perquimans County

It is important to know that the
community around me is a
great learning tool for me to grow.

Outreach Citizen - Tyrrell County

I learned what my boundaries
are and to identify them.

Outreach Citizen - Bertie County

I have been able to go forward
in my life because of the
environment within Wellness City.
The environment has allowed me
to look at the "real" challenges
that I had buried for so long, and I
feel like I am finally able to
express the feelings associated
with the challenges and feel hope
and a sense of purpose that for so
long had been lost deep within
me. It's a great feeling to have a
sense of beginning when I thought
all was lost.

Wellness City of New Bern Citizen - Craven County

FINDING MYSELF (continued from page 1)

eyes to so many choices and opportunities. My main goal now is to be a Peer Support Specialist (PSS). Having been clean over a year now, I realize I want to help others who may be going through some of the same struggles I have been through.

For many people, recovery has its own meaning. My definition of recovery is remembering who you are, and using all your strengths to become all you were meant to be. I live by that definition because it's the truth for me.

Having the right support is also a major factor for me. My supports were and still are family, friends and HOPE Station Wellness City. They

have helped my recovery journey to be fun, safe and supportive.

Because of my recovery, I feel empowered in so many ways. I am going to be a proud husband and father in the very near future. I will also be employed.

So for those of you who want recovery, please try it. For those of you who don't believe it's possible, all you have to do is want it for yourself. "I'm the evidence" (ITE) is something I heard in my PET class and now I know that I'm part of

the evidence that recovery is possible and works.

Being in recovery is nothing to be ashamed of. We all need help sometimes. Don't be afraid to ask. Once I finally asked, I received my blessing, and I continue pushing forward toward my future goals. I tell myself everyday that the sky is the limit for me, but I believe it applies to all who try. Reach for it and you will achieve it.

Sincerely,
Jimmy Sadler
Citizen

*HOPE Station Wellness City
Greenville, NC*



WINDING, BUMPY ROAD *(continued from page 1)*

Instead, it can be more like “Put in a little, then... relapse.”

Sometimes, we may feel like we’re putting our *all* into recovery, pushing ourselves every single day to grow and continue to do the right thing for ourselves, yet feel like it’s all for nothing—that our efforts just aren’t paying off.

We must remind ourselves that making small steps *in several areas* is really a good thing! Over time these will add up to a lot—in fact they can provide us with a truly awesome life in recovery. But growth can be tough and we may relapse before we round the corner.

When we start working our recovery and approach it from a holistic point of view, the benefits start multiplying over time. Once we’re

making progress and growth in *all* areas of our lives, things start to get exciting. Synergies develop—progress in one area of our lives will enhance the progress in other areas as things really start coming together. These aren’t connections we could have expected or necessarily predicted. Life becomes an exciting adventure again, something we never could have imagined before!

Recovery is not an expressway—it can be a long and winding road where we can expect to encounter ups and downs, twists and turns, detours and bumps along the way. It is also a very rewarding journey.

*Excerpts from
SpiritualRiver.com
AzureAcres.com
Providence.VA.gov*



Wellness City of New Bern



George Yulee
Peer Support Specialist

HOPE Station Wellness City



Carrie Starr Cooper
Peer Support Specialist



Richard "Ricky" Riley
Peer Support Specialist



Devarus Smith
Peer Support Specialist



Joanne Walker
PET Intern

Help SAMHSA Define Recovery . . .

Make your voice heard! Visit the Definition of Recovery Forum and let SAMHSA know your views on recovery.
<http://blog.samhsa.gov/2011/08/12/recovery-defined-%E2%80%93-give-us-your-feedback/>



When the world says,
“Give up,”
Hope whispers,
“Try it
one more time.”

~ Author Unknown

PEER EMPLOYMENT TRAINING

80 Hour Workshop
Limited Number of Scholarships Available

September 19-30, 2011
Manteo, NC

For more information, contact:
Stephanie Howard or Stephanie Hogate
OBX Wellness City
252-715-2244
Toll Free 855-833-0214

January 9-20, 2012
New Bern, NC

For more information, contact:
Kim Talbot
Wellness City of New Bern
252-672-8781





National Recovery Month

No-Cook Cooking Throwdown!

Join the fun and vote for your favorite entry prepared on the spot!



**Friday,
September 9th
11:30—1:30**

HOPE Station Wellness City

Each contestant will prepare a recipe of their choice using ingredients which require no cooking or heating and cost no more than \$10.00 total.

To RSVP, contact
Sonia Tucker
252-321-0179 or
Sonia.Tucker@
RecoveryInnovations.org

Second Annual Walk for Recovery

Saturday, September 17, 2011 - 8am-12noon

Greenville Town Common

Sponsored by A CALL TO ACTION

Pitt County Substance Abuse Coalition

For more information, contact:

Monica Shamdasani - 252-355-4725 or
m.shamdasani@restarthumanservices.com

Elisabeth Bridgewater - 252-752-0483 ext 209 or
ebridgewater@porthumanservices.com



We invite you to
Share Your Work!

- Painting
- Creative Writing
- Drawing
- Poetry
- Photography
- Basketry
- Jewelry Making
- Pottery
- Sculpture
- Needlework
- Music
- Stained Glass
- Textiles
- Woodworking
- Mosaics
- Printmaking
- Collage
- Floral Design
- Weaving
- Metalwork
- Carving
- Ceramics
- Calligraphy
- And More!

JOIN US IN CELEBRATING
NATIONAL RECOVERY MONTH
BE PART OF

Creative Xpressions for RECOVERY

An open exhibition showcasing a variety of original creative work by people in recovery from mental health and substance use challenges to express what wellness means in our lives and for our communities and to demonstrate artistic and creative outlets we use as wellness tools.

TUESDAY

SEPTEMBER 20, 2011

HOPE Station Wellness City
2407 S Memorial Dr - Greenville
9:00A-5:00P

Wellness City of New Bern
1311 Health Drive - New Bern
1:00P-7:00P

GET INVOLVED!

- Share your creative side by submitting items for display
- Help compile a booklet featuring artists and their works
- Encourage people you know to join in the celebration



For information about exhibiting one or more items, please contact your local Wellness City:

HOPE Station Wellness City, Greenville
Sonia Tucker 252-321-0179
Sonia.Tucker@RecoveryInnovations.org

Wellness City of New Bern
Kim Talbot 252-672-8781
Kimberly.Talbot@RecoveryInnovations.org

Our Mission

To create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, others, and meaning and purpose in life.

Recovery Innovations

is a nonprofit organization offering recovery-based services in Arizona, California, North Carolina, Pennsylvania, Virginia, Washington and New Zealand.

www.RecoveryInnovations.org

HOPE Station Wellness City

2407 S. Memorial Drive
Greenville, NC 27834
252-321-0179

Wellness City of New Bern

1311 Health Drive
New Bern, NC 28560
252-672-8781

OBX Wellness City

115 W. Meadowlark Street
Kill Devil Hills, NC 27948
252-715-2244
Toll Free 1-855-833-0214

Outreach Wellness City

252-876-3645
WRAPeastcarolina@
RecoveryInnovations.org

Bertie, Hertford, Martin, and
Northampton Counties
252-481-4010

Beaufort, Jones, Pamlico, and
Washington Counties
252-886-1104

Camden, Chowan, Currituck,
Dare, Gates, Hyde, Pasquotank,
Perquimans and Tyrrell Counties
252-702-2804

Recovery Innovations has been certified as a Critical Access Behavioral Health Agency (CABHA) by the NC Department of Health & Human Services

Recovery Innovations has earned the Joint Commission's Gold Seal of Approval™



Growing our Grassroots



...Our Garden of Recovery

NAMI North Carolina 2011 Annual Conference October 7 & 8, 2011

Jane S. McKimmon Center NC State University, Raleigh
CEUs and Scholarships Available

For more information, contact

Jennifer Rothman jrothman@naminc.org (919-788-0801 x 2) or

Brenda Piper - bpiper@naminc.org (919-788-0801 x 4)

<http://naminc.org/nami-north-carolinas-2011-annual-conference/>

Set backs are bumps in the road,
they are not the end of the road.

— Bob Greene



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