



WVFSRS NEWSLETTER

MARCH 2023



Daylight Savings >

March 12 is the start of Daylight-Saving Time. Don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!



Women's History Month >

A big shout out to all the amazing women in the lives of our staff members and clients that are inspiring and changing the world in their own ways.



www.wvfsrs.org * 304-917-0021

Spotlight

Shout out from - Amy 'Nicci' Walker

There have been many women that have inspired me on my recovery journey, but the one that has affected my recovery the most is my sponsor Crystal M. She is such a strong woman that works an honest program.

She is an example of what honesty, open-mindedness, and willingness looks like in action. She lives by spiritual principles and practices what she preaches. She gave me hope when I was in treatment and has pushed me to be better. I can honestly say I wouldn't be where I'm without her love and support.



Success story - WVFSRS Client/ST Resident



My name is Aaron Albury. I am 32 years old. Being in recovery is the best thing to happen to my life. What started my addiction was being put on pain pills after a knee surgery at the age of 17. I now know I have a voice that matters, and I am going to use it.

I have chosen to do this by helping advocate for the recovery community side by side with our delegates. We need more people to stand up and be proud of our selves for making this change. I also want to be able to show our African Americans that recovery isn't just for one race. There is a new way of life for every person that is struggling with this disease.



House Report - 801 6th st

02/24/23, Clients in the ST home enjoyed a pizza party. "The reason for this celebration was to recognize how far we have come and how greatly we have come together despite having a house full of very different personalities. Things are going much better... We're having meditation every morning, we're all sticking to holding each other accountable, Chores are being done, people are communicating effectively, and there is an all-around improvement. I believe all of this was possible because of structure and regular house meetings and meditations".

MARCH CELEBRATION



Erin Arthur
PRSS

BIRTHDAY
03/06



Dallas Williams
Program Manager

WORK ANNIVERSARY
03/07



Jamela Brown, MS, LSW
**Clinical
Assessor**

BIRTHDAY
03/11



Suleiman Abimiku
**Director-IT/Network
and Cybersecurity
Engineer**

WORK ANNIVERSARY
03/28

Soberversary



Before Recovery

My Name is Heather Shaw, PRSS and I'm a recovering addict. My sobriety date is 3-25-2019. I'm so grateful and blessed that I made it to recovery, a lot of my friends didn't. Recovery has taught me how to love myself and others. I went from being homeless, hungry, cold, hopeless, broken, scared, alone, unemployable, un-responsible, and not knowing how to be a friend or think of anyone but myself, TO learning to have respect for myself and those around me, to practice love and tolerance, I've learned to show up when I say I will, I have gained employment consistently these past few years, I have gained a family and get to raise kids, I get to give back to our community and help others find recovery. I thank God every day that the promises just keep coming true in my life. It's not always easy having to work on myself or deal with life-on-life terms BUT it is always worth it! I'm here to be the voice for every friend I've ever lost. R.I.P Tiffany W., Mason W., and Julia W.



In Recovery



Mikhaela Young, MA

My first day of freedom was March 20, 2018. I started drinking, smoking marijuana and cigarettes, and using pills at age 14. My teens and twenties were a blur, as I rarely spent a day without alcohol after age 18. I experienced a lot of trauma – from medical trauma as a child to assault and domestic violence in my late twenties, a lot of pain from which I was constantly trying to escape. In the first year of my sobriety, I was isolated, alone, gaslit, feeling unworthy, not knowing where to turn for healing. In 2019, however, I went to The Ark in Huntington and was introduced to the recovery community there. It was that community where I found real healing; I realized that I was not alone, that so many other women went through similar circumstances. I found a family, a sisterhood there. When I found recovery, I was able to take back control and go from being a victim to being a survivor, from living in chaos to finding God in the waves. I have the rare opportunity to help others realize their full potential and watch their journeys, to help others find their joy, hope, and healing. It is an honor to be a therapist to our clients. They are worthy of recovery, healing, autonomy, and self-actualization. It is in my recovery, with a community of sisters, that I found myself and realized how much I am worth. What each of us does is so vital; the recovery community is vital. Helping others heal and realize their self-worth makes this job a calling instead of a career.

NDAFW²⁰²³

National Drug & Alcohol Facts Week

Join us **March 20-26, 2023**

Learn more at nida.nih.gov/ndafw

Mark Your Calendars for National Drug and Alcohol Facts Week[®] (NDAFW). NDAFW is an annual, week-long health observance that inspires dialogue about the science of drug use and addiction among youth. Learn more: <https://fal.cn/3vOxs>

WEBINAR:

Opportunities for Changing the Culture of Addiction Treatment through Science & Education

WEST VIRGINIA
**HOPE
IN ACTION**
ALLIANCE



Presenter:

Lynn M. Madden, PhD, MPA

Dr. Madden's work is focused on identifying treatment gaps in substance abuse/mental health treatment and improving both access to services and retention in treatment, with an emphasis on inclusion of marginalized persons and integration with primary care/treatment for infectious diseases such as HIV/AIDS and HCV. She is affiliated with Yale School of Medicine, Internal Medicine - AIDS. Since 2006, Dr. Madden has served as Chief Executive Officer of APT Foundation, a non-profit agency founded in 1970. Under her leadership, APT has grown from serving 1,300 persons to over 8,000 persons every year regardless of ability to pay. Dr. Madden is also a well-known consultant and NIATx Coach working throughout the United States since 2004, Ukraine since 2014, and the Kyrgyz Republic since 2021, specializing in improving treatment access and program outcomes through the use of rapid cycle process improvement.

WEDNESDAY
MARCH 1, 2023
2:00 PM - 3:00 PM

Webinar Objectives:

- To review WV buprenorphine prescribing practices through PDMP data
- To examine SUD program level and regulatory burdens on patients and their effect on treatment access and retention
- To consider using multiple touch points to identify, engage and treat SUD, HIV and/or HCV.

Register: <https://bit.ly/HopelnActionWebinar>



Announcements

TRIVIA

How well do you know your teammates? Let's see! First person to send in their correct answers to ella.eke@wvfsrs.org wins a \$10 gift card. Ready, set, go!

1. Whose birthday in WVFSRS falls on Halloween?
2. Which PRSS has worked here the longest?
3. What is the most common last name in the staff directory?
4. Guess which month has the most staff birthday?
5. How many letters are in the longest staff's first name?

EMPLOYEE OF THE MONTH

You are invited to a
WVFSRS Employees of the Month
CELEBRATION
March 3rd, 2023
11:00am

214 8th Street
PARKERSBURG, WV 26101

Join us in celebrating WVFSRS February's
Employees of The Month from each
department!

Food and beverages will be provided!
Everyone is welcome!

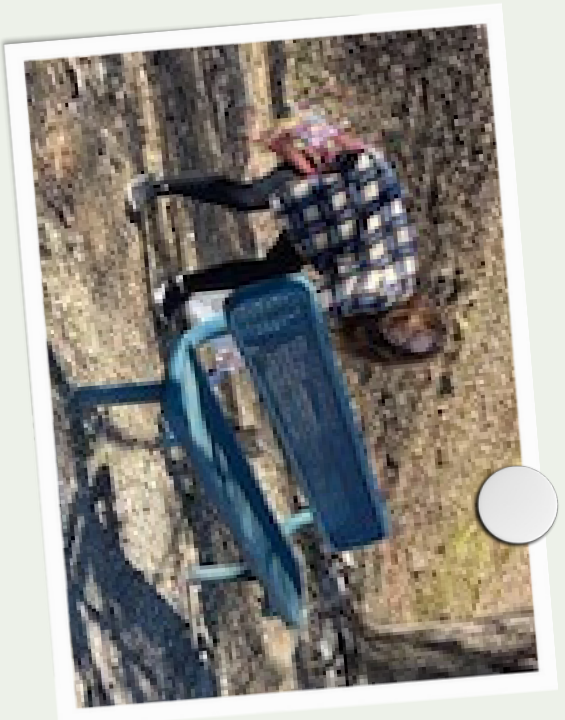
POSTPONED

UNTIL FURTHER
NOTICE

MARCH FACTS

- March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.
- The birth flower of March is the daffodil - Daffodils are synonymous with spring and new beginnings. The gifting of a daffodil is said to be one of the purest expressions of love.
- March 20 Equinox Earth Day, First Day of Spring*, International Day of Happiness





CLIENTS

Top pictures: Clients participating in community service.

Bottom pictures: clients and staff at JLAT event in KY supporting one of our own telling her story of her struggle in addiction and how God assisted her into Recovery!



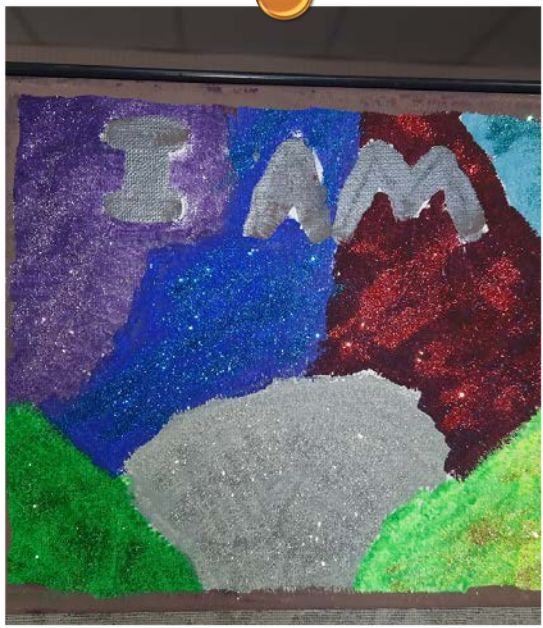


Phoenix Rising
first graduation
ceremony

"we were all a
little over
excited, but it
was a great
event and the
clients really
enjoyed it".

Creativity requires the courage to let go of certainties. -Erich Fromm

One thing that stops people from creative pursuits is the fear of making mistakes. But creativity is always about bringing forth the unknown or bringing forth something new. Here are some creative samples by our clients at WVFSRS as inspired by their journey.



HOW TO MAKE THE MOST OF EVERY MINUTE

GET OUTSIDE

Explore Adventure Awaits

Realizing Our Power

CREATIVITY IS CALLING

TIME TO PROTECT THE DREAMERS

Wonder Woman and the God Squad

The New Home

Roll With It

Take Me Out to the Ballgame

FOR CHANGE

Fighting for Fair Representation

THE PATH FORWARD

THE NEXT GENERATION IS LOOKING TO A BRIGHTER FUTURE

Adventure Awaits

Roll With It

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FOR CHANGE

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THE PATH FORWARD

THE NEXT GENERATION IS LOOKING TO A BRIGHTER FUTURE

Before

Down to Earth

During

After ~ New

change your life

escape

From setback to comeback.

FUN AGAIN

Powerful

Revelous Wrap

HELP

DRUGS

meditation

EVIL

My Vision board

CLASSIC THE GREATEST GENERATION

Down to Earth

During

After ~ New

change your life

escape

From setback to comeback.

FUN AGAIN

Powerful

Revelous Wrap

HELP

DRUGS

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EVIL

My Vision board

LOST

MISERY

HOPE.

HOLD ON. PAIN ENDS.

ACCEPTANCE

FORGIVENESS

SISTERHOOD

UNITY

RECOVERY

MY KIDS

TRUST

HIGHER POWER

JOB

OPPORTUNITIES

SOBRIETY

RECOVERY

UNITY

SERVICE

MY children may not have everything they want in life. But they have a mom who loves them more than anything in this world.

Happy Healthy

THE GREATEST GENERATION

Down to Earth

Around the Campfire

SNIFFILES & ITCHES

WE'RE NOT CHANGING A THING.

Miscup

What's your head a-hurty?

THE GREAT ESCAPE

KEEP MOVING TOWARDS RECOVERY

Longhaul

IT'S YOUR HEART THAT TAKES YOU PLACES

PURE JOY

THE TRUTH ABOUT

then & now

What a STELLAR THROWBACK

LAST LAUGH

Do Good

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Client Testimonials

S.
Mcfeeley
2/09/23

Thanks to WVFSRS, I am a better mother, sister, daughter, and friend. My PRSS, Donna Watts has helped me find my way back to living a positive and productive life

“ My Shirley Temple experience has been the best thing that could have happened to my life. When I came into this program, I had nothing. No license, no job, no car, no money, no support system. I never thought I'd be able to go back to school. I have now been here for 5 months. Tim and Amanda have helped me take my life back! Today, I work 40hrs. a week, go to school full-time, I have my license and have money saved up and will have a car by the end of February. ST and their staff, along with the staff at WV FSRS have saved my life! They have put every resource I need to succeed and then some in front of me. If you apply yourself to this program like you applied yourself to drugs, you can take your life back too.

J.
McCauley
2/03/23

S.
Harmon
2/15/23

“ Having been a client of WVFSRS through my recovery journey I have been able to complete a recovery program, move into my own apartment, complete an improvement period successfully with CPS and regain full custody of my son. I have almost 3 ½ years of continuous sobriety. I have also achieved getting my fines paid off and obtained my license and going a step further and going to school and graduating a program to have a class A CDL. I have a beautiful family and an amazing job. There have been to many blessings to go on but without the support and services that WVFSRS provide I wouldn't be where I am today.

“ Since I have been in this program, I have gained a lot of things back in my life. The main thing is that it has taught me to be responsible and to become a reliable person. It has also given me the gift of money managing with which I am moving into my own place. I now have 8-months clean; I have a good job, I have mended a lot of broken relationships and I also have never been closer to my family than I am now. The program has helped me change into a much better person and I am deeply grateful for this opportunity. Thank you, Shirley Temple, WV FSRS, Amanda, and Tim!

C.
Smith
2/015/23

J.
Markley
2/15/23

“ Shirley Temple has been my life's hero. Through thick and thin they have held my hand on the days I felt I couldn't go on. I came with the clothes on my back, nothing more. With their help I've managed to have more than the clothes I needed, my learners permit, helped me hold employment to where I now hold my own keys to the company, and so much more! I now have contact with my daughter and pushing to have her full-time. Shirley Temple has been the place that has helped me get my life back and for that, I will be forever grateful.