

FEBRUARY 2020

SAUK VALLEY VOICES OF RECOVERY

NEWSLETTER

info@svvor.org



COMMUNITY NEEDS CRISIS AND RECOVERY ASSISTANCE

Last weekend, I overheard a phone call between my Dad and an acquaintance dealing with an addict in crisis. The caller's family member was done drinking and now asking for help--right now. The caller asked my Dad (5 years in recovery), "What now? Who do we call? Where do we go for help? Especially now, during this Covid-ridden world?"

Members of the local recovery community assembled the following list. These organizations offer free mental health crisis counseling, as well as addiction and substance help.

1. Sinnissippi Crisis Hotline: 1-800-242-7642. Help is available 24 hour/7 days a week.
2. Whiteside County Health Dept: 1-815-626-2230 (Ext 8). Medication Assisted Treatment (MAT) Programs available.
3. Addiction Resources Center at 1-833-301-HELP for free, confidential help, 24 hour/7 days week.
4. Illinois Warmline: 866-359-7953. Free phone support for anyone living in Illinois. Emotional support, recovery education, self-advocacy support and referrals.
5. NAMI (National Alliance on Mental Illness) 1-800-950-6264 or text "NAMI": to 741741 for 24 hour/7 days week for confidential, free crisis counseling.
6. CARES line for children: 1-800-345-9049.
7. LSSI is located at 1901 1st Ave in Sterling and accepts walk-in's for crisis during office hours M-Th 8:30 -7 and Friday 8:30 -5. The number to call for any other times is 386-547-9508.

We here at SVVOR are attempting to create a recovery oriented system of care in the Sauk Valley Area. We would like to see a dedicated facility, peer educators, family and friend support teams who will help with meetings, advice, education, and most importantly, long-term recovery support. If you are able to donate time or effort to our cause, please email us at contact at SVVOR.org.



Is there a virtual or socially distant sober event coming up that you'd like to share with the community?

Contact us to get the word out! INFO@SVVOR.ORG

RECOVERY 101 6 WAYS TO CELEBRATE VALENTINE'S DAY SINGLE AND SOBER

Valentine's Day may sound like fun and romance when you're in a relationship, but it might not be so enticing if you're single. Hearing your friends talk about their romantic plans for the weekend may, understandably, have you feeling a bit down.

So what should you do? First, take the idea that Valentine's Day is only for couples and throw it out the window.

Valentine's Day is instead about love--and we're not just talking romantic love. As you commit to loving yourself abundantly, make plans that reflect this.

This year, make a commitment to celebrate love single, sober and proud. Here are 6 ways you can be an inspiration to those who are in the same shoes as you (because, whether it feels like it or not, there are many). *Due to Covid, many activities this year will be socially distant, virtual or on hold until Covid ends.

1. Have a Spa Day

This idea works better for women than men, but men can certainly enjoy a spa day as well. Make an appointment for a massage, facial, manicure, pedicure and, if you can get to a Jacuzzi, soak yourself in the hot tub for a while. You deserve to spoil yourself at such times and you'll feel so much better at the end of the day.

2. Get Together with Friends for Dinner

Chances are you have single friends so invite them either out to dinner or cook dinner for them yourself. This can be a wonderful time to reconnect and simply enjoy each other's company. Smile, laugh and celebrate the love you have for yourselves and each other.

3. Throw a Valentine's Day Party

If you like to host people for parties, throw a single and sober Valentine's Day party and invite your friends and acquaintances. You don't have to keep the party only for singles thought--invite couples if you'd like. Make some great appetizers and have everyone bring a dish to pass. Celebrate this holiday with those closest to you.

4. Buy Yourself a Gift

If you love to get flowers and/or chocolates on Valentine's Day, go ahead and buy yourself some. If you've got some extra cash, go shopping and buy yourself that cute outfit you've been wanting or those new pair of shoes you've had your eyes on. Treating yourself once in a while is a great way to celebrate your love for you.

5. Take a Bubble Bath

You've probably wanted to take a bubble bath for a while but for one reason or another, you've just never made the time. Valentine's Day is a great day to soak in a hot tub with your favorite music playing or in complete silence. Take some deep breaths and relax for a while. Think about how far you've come in life and make some mental notes about how great your future will be. Make room for the simple pleasures in life.

6. Go See a Movie

There's probably a movie playing in the theater right now that you want to see, so make plans to go see it alone or with a friend. If you don't like going to the movies alone, ask around ahead of time to see if anyone wants to join. Most likely, you've got a friend or two who are single and not too thrilled to be sitting at home on Valentine's Day either. Make their day by asking them to go with you.

You don't have to fret this Valentine's Day. If you adopt a positive perspective and be proactive when it comes to celebrating your love for yourself, you'll be able to have a fantastic day without any romantic pressures or regrets.

www.soberrecovery.com



How Does Helping Others Join AA Help Me?

The twelfth step of Alcoholics Anonymous asks members to carry the message of the program to other alcoholics and encourage individuals to seek help through AA. While this is understandable through the standpoint of growing the program's community, many may wonder whether or not helping others join AA can be helpful to them as well. The answer is yes.

Talking About Your Journey

It can be very helpful to talk about your journey, from your early drug use to your decision to join AA. This can always work to remind you that you are on a path of your choice and that you are working your way toward a better life, one day at a time. Though we already understand many of the positives of the group therapy model, which "capitalizes on the social reinforcement offered by peer discussion" as stated by the National Institute on Drug Abuse, talking to a peer one-on-one and helping them realize their need for the program can also be extremely beneficial to both parties.

Strengthening Your Support Network

By helping someone join AA, you are strengthening both of your support networks while aiding in your own recovery. Once you talk to the individual and help them see how AA could truly benefit them, you have another person in your life who is now a part of your own support network. Friends, family members, coworkers, and others are all important to the social network of those who support your recovery, but individuals who are also going through the process themselves are indispensable. This is why AA helps so many people every year.

Now, you will have another person to talk to about your recovery while you provide them with the kind of help and support they need, thus strengthening both of your support networks and the community of Alcoholics Anonymous as a whole.

Program Affiliation and Recovery

According to the US Department of Veteran Affairs, one of the critical factors that appears to aid long-term recovery from an alcohol use disorder is "affiliation with a group that provides a sustained source of hope, inspiration, and self-esteem, such as AA or a religion." Even though it is a part of the program to help other individuals join in once you are stabilized, being a program like AA and feeling confident and comfortable enough to talk to others about it can be truly helpful to your long-term recovery. If you genuinely feel that AA has helped you and given you hope for the future, wanting to share that message only reinforces these positives, helping to silently solidify your recovery as you begin to help others find theirs.

Encouragement and Support All Around

Attesting to the program's ability to help you and encouraging others to join will continue to support your recovery in many ways. It is also how you can manage to give back after the program has helped you, and to find others who need AA just as much. There is a level of involvement in the recoveries of others in the program that doesn't exist in any other treatment option, and this can work heavily in your favor in many ways.

www.alcoholicsanonymous.com

Community Service Hours Scarce During Covid-19

Here's something I never considered – if the world shuts down, so do the places that let people satisfy their court ordered Community Service. I was recently contacted by a friend in recovery about this very problem. He needs a few service hours to satisfy a court order and can't find any organizations that are active during the Covid lock-down. Voices of Recovery to the Rescue!!!! We need help. We have several initiatives that need volunteers and can be done from home or can be done while keeping social distance. Of course, all of our service activities relate to recovery from alcoholism and/or drug addiction so these spots are best suited for people with experience in those areas. We need help with our newsletter (production and delivery), programming, hosting virtual groups, speaking to classes and recovery groups and general administrative assistance. If you need to complete Community Service hours and want to contribute to making the Sauk Valley an easier place to recover please have your Probation Officer contact:

SVVOR at (779) 707-0151



**VISION-ACTION-GRACE
WOMEN'S AA MEETING
MONDAYS 7 PM
IMMANUEL LUTHERAN
CHURCH
960 US RT 52
AMBOY
JAMIE 815-520-8856
MASKS REQUIRED**

CHOICES NA MEETING STARTING AGAIN FEBRUARY 18!

Thursday nights at 7 pm and Sunday nights at 6 pm!
Please wear a mask and social distance!
First Presbyterian Church: 410 2. Ave Sterling, Il.

**“THE GREATEST GIFT TO GIVE
TO THE PEOPLE YOU LOVE IS
YOUR RECOVERY.”**