Dear friends;

Happy New Year! What resolutions do you have as this opportunity for a fresh start arises? What a great concept – a chance to begin again. To reflect, assess, choose the parts of us that serve us and discard what doesn’t. Are you kind to yourself in those assessments? That can be difficult sometimes…but, I’ve found that when we are compassionate, we are inspired to grow. We all have setbacks, tough days where it feels as though we’ve taken one step forward and two steps back, that’s human. The author Brene Brown reminds us; “You are imperfect, you are wired for struggle, but you are worthy of love and belonging.” In 2018, let’s embrace our imperfections with compassion – and remember that we belong to one another.

All my very best to you,

Maria

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When Janet attended her first group, she came through the doors like many new group members do. She felt isolated, lost, hopeless, and she became emotional when she began to speak. Janet is just one of the many members of McCall's Recovering Together Support Group that began over two years ago. The support group is facilitated by a trained clinician and offers support and education to families of people struggling with addiction.

Since that first day, Janet has experienced a wide range of emotions surrounding her daughter’s addiction. Her daughter has gone from actively using, to entering and prematurely leaving different treatment programs. She has been able to maintain brief periods of sobriety followed by relapses and at certain points, homelessness. Throughout her journey, Janet has come to group consistently, shared openly, and sought support and resources from the facilitators and other members. Janet firmly believes that without the group’s educational components she would not have the ability to communicate effectively with her daughter. She credits the group for teaching her new communication strategies, self awareness, confidence and strength.

“I am learning how I can deal with the addiction without all of those angry moments.”

The Recovering Together group is funded in part through donations and meets weekly at no cost to the participants. The group. Janet has become a peer support in the group and now helps new members understand how pivotal the support, resources, and information has been to her ability to cope with a loved one struggling with addiction.

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Next month the Prevention team will begin a new initiative called SMART Recovery groups. SMART Recovery is a mental health and educational program, focused on changing human behavior. There will be three recovery groups; one for youth 16-18 years of age, a second group for ages 18-24, and a third support group for friends and family of those in recovery. If you or someone you know could benefit from this...
Make a difference in someone's life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help clients like Janet, get the support they need—regardless of their ability to pay. Click here to donate today!

Recovery

On January 11th McCall Center added a new group to our outpatient program. Every Wednesday at 7:00 pm McCall will host an Open Recovery Community Meeting. This meeting is free to attend, open to all, and designed for people in recovery on medication assisted therapies to feel comfortable and supported in a 12-step meeting. Please join us!

Community

Last month Santa brought some holiday cheer to McCall clients and staff as he made his rounds at each of our programs. Santa spent some extra time having lunch and visiting our seniors at the weekly Wisdom Group.