

FALL 2016



WWW.REAOFHOPE.ORG

Rea of Hopeline

SPOTLIGHT ON LINDSAY H. AND DONNA W BY ELAINE SECRIST

Two more ladies have joined the ranks of Rea of Hope Graduates: *Lindsay H. and Donna W.* Neither lady was a stranger to struggling with addiction and being unsuccessful at their own attempts at recovery. Rea of Hope offers a great balance of structure, love and support while teaching life skill classes to promote the development of self-sufficiency. Lindsay and Donna embraced all we offered and have transitioned to our New Life Apartments to continue working on their recovery.

Lindsay H. came to us with a little hope and a lot of doubt! Lindsay stated she had "hit bottom" and was willing to try recovery. She shared that she had lost everything except her life and the life she had wasn't really worth living. Addiction had robbed her of self-worth, self-esteem, her dreams and most devastating of all her 4 children. A wonderful and dedicated Probation Officer saw the good in Lindsay and encouraged her to go into treatment. Lindsay followed his suggestion, went to treatment, went on to long term treatment and then decided to come to Rea of Hope. She began to feel like she wanted to live and change her life. Today, Lindsay accepts that as long as she remains sober she has the hope that her children will one day be in her life; she knows that if she does not remain sober there is NO HOPE for that. At first, Lindsay was reluctant to join in the group but then she began to work the 12 steps with her sponsor and her reluctance changed to willingness. Instead of remaining a follower, Lindsay is now to be a leader!

Donna W. came to us desperate to try one more time at recovery. Of course, the longer we have abused drugs and/or alcohol, the more we have damaged ourselves. Donna had been "using and abusing" for more than 2/3's of her life; needless to say, she had a lot of issues to come to terms with. Donna adjusted here very slowly and had a difficult time with changing her behavior, but she was willing to go to any lengths. It seemed as though one day Donna's countenance suddenly changed and hope replaced despair. Donna began smiling and realizing that this "program stuff" might just work! Again, addiction removed Donna's girls from her custody but today she gets to see her girls and work on their relationship. Donna has so many wonderful qualities and watching her grow into the caring woman she is today has been a blessing.

Thank you ladies for letting Rea of Hope be a part of your journey in recovery.



Christmas in July, hosted by Trinity Evangelical Lutheran Church..... It truly felt like Christmas; we were over whelmed with the generosity of gifts and the brunch that followed the service. The women felt so welcome and really enjoyed being with the members of Trinity. The congregation donated \$335 for movie night that will cover the next Girls Night Out, cash donations of \$570 that helped purchase a new refrigerator (we had to replace one when we got back from the service), sheets, towels, paper products, umbrellas, one vacuum cleaner, laundry detergent, dryer sheets, garbage bags, and knit hats for the kids. These donations will save Rea of Hope countless dollars over the next several months.



DEAR REA OF HOPE SUPPORTERS

School has started, football season is gearing up and fall will be here before we know it. There are so many things to be grateful for it is hard to know where to start. I am most grateful that through God's grace I have enjoyed over 31 years of recovery. Drug overdoses and related deaths are commonplace in the news today but what we don't see or hear about are the successes. Addicts and alcoholics can and do recover. It is true many lose their lives to this disease but help is available. Help is not only needed for the addict/alcoholic but the family as well. I can't tell you how many family members I speak to who are in crisis over their loved one and desperate to do anything to help EXCEPT to get help for themselves. I use the example of when you are flying, the instructions for safety are for the adult to put on their oxygen mask first so they can help their child; otherwise both may perish. Please remember it is not selfish to help yourself first, it is a matter of survival and may save both your lives.

Rea of Hope has enjoyed much success over the last 11 plus years; directly serving 44 counties, over 340 women and 80 children. We have grown and adapted as we defined the needs of our residents. Expanding our program and opening New Life Apartments in 2008 and 2011 have been and is a lifesaving option for our graduates. Through our follow up program we have been able to document the following outcomes. As you can see, the longer we can engage our graduates in a safe supportive environment the better the odds. The success levels are amazing and well over the national averages. What does all this mean? It means women are getting better, staying clean and sober, working, paying taxes, staying out of the judicial system, being mothers and productive members of their communities. Thank you for your investment in their future and the future of their children, mothers, fathers, employers, friends and neighbors.

Sincerely,
Marie Beaver

Rea of Hope Outcomes based on 157 successful completions April 2005- June 30, 2016

One year post- graduation (137 out of 157 meet this time frame)

- 74% Clean and Sober
- 78% Working
- 88% Living in a safe place
- 97% No new pending legal problems
- 66% Attending meetings

New Life Apartments Outcomes based on 42 successful completions June 30, 2016

One year post- graduation (out 35 of 42 meet this time frame)(unable to contact 1)

- 92% Clean and Sober
- 97% Working
- 94% Living in a safe place
- 100% No new pending legal problems
- 88% Attending meetings

Appalachian Power helps Rea of Hope save money on energy bills!!!!

Rea of Hope is partnering with Appalachian Power and engaged in HomeSMART Energy Assessments at the residences, Aug. 18. The program helps identify areas of the home that may be wasting valuable energy by providing an in-home energy assessment.

"We are proud to help Rea of Hope in this effort," said Zack Bacon, Appalachian Power energy efficiency coordinator. "By performing these audits, Rea of Hope can save money on their energy bills, which in turn can be used by the group to help more individuals."

The HomeSMART Energy Assessment is available to eligible Appalachian Power residential customers in West Virginia. Under the program, an energy specialist is sent to examine the home, generate a custom report on the home and install simple, low-cost energy efficient improvements with the homeowner's permission.

This basic energy assessment is provided to eligible residential customers' free-of-charge. Eligible residential customers can also elect to pay a nominal fee to receive a more in depth energy analysis of their home.

The teams from AEP were wonderful and spent hours at each site providing \$100's of dollars in energy saving light bulbs, shower heads, faucets, etc. We are very grateful and look forward to saving money and energy.



Friends of Rea of Hope, Kroger has donated over \$3,000 to Rea of Hope so far in 2016. And now it's time to re-enroll in Kroger Community Rewards! If you have enrolled your Plus Card for Kroger to donate to Rea of Hope, you MUST re-enroll it during the month of August.

- Go to www.kroger.com
- Click on the Sign In tab at the top of the page.
- Enter your e-mail address and password and click on the Sign In tab.
- Click the "Community" tab, select "Community Rewards" from the drop-down menu.
- Scroll down and click on "Re-Enroll Now"
- Scroll down and click on "Re-Enroll"
- Enter Rea of Hope - Click on the button for Rea of Hope, 1429 Lee Street East) then click "Enroll"
- Then just Sign Out

If you are a Kroger shopper and have not registered your Kroger Plus Card yet, now is a great time to do so. Register your card on the Kroger website and follow the instructions to link your card to Rea of Hope. If you need assistance you can call the office or stop in with your Plus Card. If you do not have an e-mail address, we can register the card for you. It's quick and easy.

THANK YOU for helping fund our mission through the Kroger Community Reward program.

Resident's Sobriety

Achievements:

1 year or more		Other goals met:	
9 months-one year	4	Employment	100%
6-9 months	4	AA/NA Sponsors	100%
3-6 months	5	Graduates	3
30 days-90 days	1		

GIRLS NIGHT OUT

Elaine Secrist

And again....Our favorite night of the month! We always have such a great time when all the girls go out. Everyone needs a time set aside to cast away our problems and just have some FUN! This night would not be possible without all of our great supporters!

In June, we went to see WV Power play ball on Buck Night. Nothing like baseball and hotdogs on a summer night! Thanks to our dedicated board members for making this night possible.

In July, we had a Girls Day Out as 30 of us enjoyed the water park. Sun, fun and laughter was the theme of this day. Thanks to 1st Watch for their amazing generosity donating 30 box lunches valued at over \$300 and to our awesome board members for picking up the tab at the waterpark!!!

In August, it was dinner and a movie. First we enjoyed Mexican cuisine at Rio Grande then walked over to Park Place Cinemas for a comedy. Movie night was made possible by Trinity Evangelical Lutheran Church as they donated over \$300 in movie passes. Again, thanks to our board members for sponsoring another GNO dinner!



Congratulations to our Rea of Hope grads on their sobriety anniversaries and financial accomplishments:

- Rea of Hope residents received training in the following this quarter; Nutrition and Food Handling (9 week cycle), and one cycle of Healthy Relationships (resumes September 8th)
- Holly T. ('08) & Glory F. ('08) are both celebrating 9 years of continuous sobriety
- Shervin G. ('14) celebrating 6 years of continuous sobriety and continuing education at Bridge Valley Community & Technical College
- Chasity W. (14) on 2 years of sobriety
- Lindsay H. ('16) – 1 year continuous sobriety
- Krista W. ('16) – 1 year continuous sobriety

WAY TO GO, WE ARE VERY PROUD OF YOU!!



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Charleston, WV 25301

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SPECIAL THANKS TO THE FOLLOWING FOR THEIR GENEROUS SUPPORT:

- Columbia Pipeline Group for donating \$2500.
- The John Q. Dickinson Foundation on their generous donation of \$10,507.
- United way of Central WV awarded rea of Hope a grant for \$15,000 to assist with recovery coach salaries.
- The McDonough Foundation for their continued support and grant of \$10,000.
- The Greater Kanawha Valley Foundation for their support and grant in the amount of \$20,000 to help with utility costs.
- New Vision Pioneers, WV Chapter 42 for their donation of paper products, sheets, towels and cleaning supplies worth over \$300.



Rea of Hope has received \$17,500 in WV Tax Credits through the Neighborhood Investment Program (NIP), WV Development Office. This is a fantastic program to encourage charitable giving and a way to get back up to 50% of your donation on your state; personal or business taxes. A minimum donation to receive CREDIT is \$500. They go fast so get your credits now !!!! Please contact Marie Beaver 304- 344-5363 for more information.

If you would like to receive this newsletter electronically, please visit our website and follow the directions to subscribe.

<p>Donor's Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p>E-Mail _____</p> <p>One Time Gift _____ Annual _____ Other _____</p>	<p>LEVEL OF GIVING</p> <table border="0"> <tr> <td>FRIEND of Rea of Hope</td> <td>\$50</td> <td>plus</td> </tr> <tr> <td>SUSTAINING</td> <td>\$500</td> <td>plus</td> </tr> <tr> <td>SPONSOR</td> <td>\$1000</td> <td>plus</td> </tr> <tr> <td>MEDALLION</td> <td>\$2500</td> <td>plus</td> </tr> <tr> <td>ANGEL</td> <td>\$5000</td> <td>plus</td> </tr> <tr> <td>ELITE SPONSOR</td> <td>\$1000 for 5 years</td> <td></td> </tr> <tr> <td>ELITE PARTNER</td> <td>\$500 for 5 years</td> <td></td> </tr> </table>	FRIEND of Rea of Hope	\$50	plus	SUSTAINING	\$500	plus	SPONSOR	\$1000	plus	MEDALLION	\$2500	plus	ANGEL	\$5000	plus	ELITE SPONSOR	\$1000 for 5 years		ELITE PARTNER	\$500 for 5 years	
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