



## October Newsletter

### Recovery In Action

BY MICHELLE RUSSELL

My substance use started out with weekend binge drinking to escape the physical and emotional abuse I endured in my previous marriage. My drinking continued to get worse and during that time, my doctor prescribed me an opioid to deal with the bad headaches I was experiencing. I started taking that medication only when needed, but over time I realized the release I felt when taking it. The medication soon became an escape for me as it helped me numb the pain of the life I was living--my addiction started to worsen. One day I went to work under the influence and got reported to the board of nursing. That resulted in me having to go through the ISNAP program, a program for nurses dealing with substance abuse. At that time, I was in denial and just went through the motions of the program to get it over with. I quit my job and started working at a jail where I slowly started diverting narcotics to continue to feed my addiction. I again found myself being reported to the board of nursing and being investigated and losing my job. I had finally realized that I had a substance abuse problem and checked myself into treatment. While in treatment, I wanted to let my nursing license go, I didn't care enough to go back into the nursing field. Thankfully, while in treatment, the nurse working in the facility encouraged me to stick with nursing and not let my license lapse--and because of that encouragement, I am still working in the nursing field today. Since my sobriety date (Dec. 15, 2017), I have been working as a nurse in different treatment facilities. I was able work in a facility to help build up and start their medical center. At another, I became the house mom, and was able to truly connect with women struggling with substance abuse. Over the last few years I have truly been humbled by my own experiences and being able to help others in their struggles. I want to show people that they CAN make it through and want to be in their corner cheering them on to recovery. I now have the privilege to get the Recovery Stabilization Unit up and going here at Turning Point and am honored to be the head nurse leading the unit. Working as a nurse in the recovery community has helped hold me accountable on my recovery journey. The Recovery Stabilization Center opens this coming November and I'm excited to see it all come together and to help save lives! We have a great team here at Turning Point, and I'm truly grateful to be a part of this organization. This center will be an amazing asset to those in need and to our broader community!



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## Program of The Month

Turning Point had our Ribbon Cutting September 28th for the Recovery Stabilization Center. We want to thank all of those who were able to come out and celebrate with us, it was truly a special evening. We are hoping to officially open our doors November 1st. If you have not yet been to our main building, we would love for you to come take a tour, see all that we have to offer and to check out the Recovery Stabilization Center. This is going to be a great asset to our community. The detox unit is a 12-bed facility that will be able to offer a comfortable (average stay is 4-7 days) stay for our clients to get them the help they need, and then be able to navigate them to the right facility to continue their recovery journey. Our mission at Turning Point is to meet people where there are, and offer them the help and support they need to succeed.

## CEO Report

Fall is a time for appreciation. Daily I feel blessed to be part of our recovery community and to work with so many dedicated partners and teams working with courageous individuals to help make recovery a reality. In the face of the growing crisis of substance misuse and overdose deaths, November 1st Turning Point will be finally ready to launch the 12-bed Recovery Stabilization Center and our Medication Assisted Treatment "Bridge" Clinic to give individuals much needed access to local detox/withdrawal management and medication support to further strengthen our community's safety net. This launch has been a response to our local community needs assessment and will help reduce avoidable incarceration, long wait times in emergency departments in the surrounding counties, and most importantly, the launch will save lives. This would not have been possible without a strong and collaborative recovery community as well as the dedication of our Community Foundation, Eli Lilly, our local governments, treatment providers, first responders, law enforcement, the local hospitals, and many more invested community partners. This is truly something to be celebrated. After all, this launch sets our community a part. The journey has not always been easy, but it has been worthwhile and will be lifesaving. Treatment is effective and people can and do recover – particularly when they are able to work side by side with individuals who have lived recovery experience. There are literally millions of Americans whose lives have been transformed through recovery. I am grateful we now will be able to do even more for our community in addressing the devastating problems of substance use addiction.

-Matt



## Upcoming

### Discovery Cafe Ribbon Cutting

We are excited to open our Discovery Café for our youth! We just had our soft launch September 29th. The ribbon cutting will be happening this year! Stay tuned for more details to come on the date and time.

### Angel Walk

The annual Angel walk is October 25th at 5:30pm at IUK. This event is hosted by IUK to raise funds for Family Service Association Domestic Violence and Sexual Assault Program. This is a 1 mile walk to help raise awareness.

### Youth Worker Cafe

Turning Point is hosting a Youth Worker Cafe with speaker Paul Novak on the LGBTQIA+ Community and ways to offer support. Join us on this discussion November 15th from 11:30am-1pm at Turning Point. Register today at: [WWW.IYI.ORG/EVENTS](http://WWW.IYI.ORG/EVENTS).

## Education Topic

September was National Recovery Month. It's important to stay connected to the recovery community, and to reach out if you need someone talk to. Turning Point has therapists on site ready to help, and we have appointments available. Call today, or come in to visit us!

Call: (765) 860-8365

Or Visit:

1234 N. Courtland Ave  
Kokomo, IN. 46901