



JANUARY 2023 NEWSLETTER

Recovery In Action

BY ALYSSA SMITH

Hello, my name is Alyssa Smith and I'm from Maynardville, Tennessee. Growing up my mother struggled with addiction, I myself was exposed to drinking at a very young age. I lost my mother when I was only 16 years old; she was only 36.



This was extremely hard but, when I became pregnant, I had no choice but to focus on becoming a mother myself. When my daughter was just a year old I got married and soon after I found out I was expecting my second daughter. It was difficult being a young wife and mother, and sadly after just a few short years of marriage I found myself going through a divorce.

After my divorce in 2015, I started drinking heavily. I was arrested for the first time in March 2016. My drinking continued to worsen and I started taking pills which later led to IV drug use. IV drug use led to losing my daughters, homelessness, several abusive relationships and getting arrested; 20 or so times, I had lost track. I knew I didn't want this life but I had no idea how to escape it. There was a wonderful woman that would bring Naloxone kits and clean needles out to where we were staying while I was homeless, we called her Miss Addie. Over time she planted a seed in me that made me realize I wanted a life that was more than the life I was living; she gave me hope.

June, 2021 I was arrested for the last time. I prayed for God to keep me in jail longer than my usual short stay if it was time for me to get clean, and he did. During my 2 month stay I was led to a 12-step Narcotics Anonymous program, which was the start to my recovery.

When I got out of jail I moved to Kokomo. My dad and his wife had just moved here from Tennessee and offered for me to come stay with them. When I moved here, someone recommended Turning Point as a place that could help me get set up with health insurance. When I came to Turning Point I got directed to WRAP Groups (Wellness Recovery Action Plan), a Peer Recovery Coach and health insurance, so much more than what I had hoped for.

My experience during my recovery at Turning Point through the Pick Yourself Up program was real; I simply had someone walking alongside me, supporting me. My peers were honest with me, and I was accepted for who I was, and who I had been. The Pick Yourself Up program helped hold me accountable in my recovery journey, and I can say I have been in sobriety since June 2021.

Today, I have a relationship with my daughters again and I'm so thankful for that. I have a car and my license back; which to some may seem like something so simple, but it's those simple things that mean so much. I have a home, and a healthy relationship with myself.

I love being able to plant that seed for others like Miss Addie did for me. I learned that you have to "lean into discomfort" in order to grow. I'm able to be a part of someone else's recovery journey, and it's amazing-I have a dream job!

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For announcements,
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TURNINGPOINTSOC.ORG



Program of the Month: Pick Yourself Up

When you're in recovery, it can feel like you're all alone. Our Recovery Peer Coaches are here to advocate for those for those seeking recovery and to guide them along the way. The Pick Yourself Up Program was created on the foundation of grace, to help clients stay in recovery with continued and non-judgemental support.

Our Peer Recovery Coaches can relate because they have lived experience, and they know how hard it can be to stay in recovery with the stigma associated with addiction. Our goal is to walk alongside clients, guide them, show compassion, and let them know we want to meet them where they are. The Pick Yourself Up program is about choosing recovery, embracing recovery and giving recovery.

CEO Report

At Turning Point, we believe recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Our Pick Yourself Up program has helped literally thousands of adults over the past 4 years, largely through the support given through our certified Peer Recovery Coaches.

Every Recovery Coach has their own personal experience with substance use recovery and each one has gotten sober, overcome barriers, and worked hard to sustain their own recovery. Through the healing process of choosing recovery, living recovery, and giving recovery, we have been blessed to see countless recovery transformations.

When individuals start our Pick Yourself Up program, our Recovery Coaches work one-on-one with each client. Together, they set meaningful and attainable goals for recovery. These include emotional, intellectual, occupational, physical, social and spiritual goals to reach a better place of wellness. To help each person reach their goals on the road to lasting recovery, our Recovery Coaches provide an active connection to the larger Kokomo area's recovery community. They offer encouragement, hope, motivation, resources, respect, and support for each individual's journey. Most importantly, they treat their clients as partners and respectfully strive to walk side by side to help individuals build their best lives. If you would like more information about the Pick Yourself Up program at Turning Point SOC, please call 765.860.8365, email admin@turningpointsoc.org, or contact us online.



Matt
Matt Oliver, CEO

News

[Senator Braun Came to Visit](#)

Our team had the pleasure of hosting Senator Mike Braun for a tour to experience recovery in action. Thank you to the Senator and his team for making the trip to see how we are changing lives here at Turning Point.

[Naloxone Distribution](#)

So far in the month of January we have distributed over 650 doses of Naloxone in Howard County. The Naloxone Vending Machine that was placed at the Howard County Public Library has been a huge success. Our Team here at Turning Point spent time refilling harm reduction kits for the community, which include Naloxone and fentanyl test strips. Together we are making a difference.

Education Topic

[Mental Wellness Month](#)

We all know that our mental health is just as important as our physical health. January is a month to recognize that 1 in 5 adults in the U.S. suffer from mental health issues annually. Mental Wellness Month serves as a reminder to maintain and sustain your mental health, despite the ups and downs in life.

At Turning Point we have Licensed Therapists and Recovery Peer Coaches who can help, so call us today!

To learn more on Mental Wellness Month visit: shorturl.at/eflPO