



FEBRUARY 2023 NEWSLETTER

Recovery In Action

BY KHALEY HAMM

My name is Khaley Hamm. I started stealing cigarettes and beer from my dad when I was just 10 years old. I never struggled with addiction growing up because I didn't like the feeling of being under the influence. That was until I got into high school where I was introduced to more lucid drugs by fellow peers (cocaine, meth, crack) and enjoyed the feeling of being high. I was an avid athlete, and really enjoyed playing sports, but when school would start back up I was more interested in partying than playing sports.



My senior year playing football, I broke my leg causing me to have surgery where I had a rod placed in my leg; this would be a pivotal part of my downfall. After high school I went to trade school in Florida but I was interested more in partying so I dropped out. Fast forward a few years of partying, being arrested, selling drugs and going to rehab; I had become someone I was ashamed of. My grandma, who helped raised me, passed away on June 15th 2015. Right before she passed, she told me she was afraid of where my life was heading and that really stuck with me, she always had faith in me. One week after she passed I started shooting up Meth. Over the next few years, I would again be in and out of jail, in and out of active addiction and in and out of church. In 2018 I walked into The Salvation Army ARC (Adult Rehabilitation Center), once again broken and wanting to change.

Just 2 weeks before I graduated the program, I wasn't trusting in God; I fell prey to the enemy & relapsed. And within 2 months I had 4 new warrants in 4 different counties. I walked into Tara Treatment Center on June 19, 2019 exactly 4 years to the day after my grandma passed. I knew it was time to change. Although that wouldn't be the end of my addiction, it was another milestone in my recovery. Tara opened my eyes to the 12-step program. Although I relapsed again soon after leaving treatment, I later got clean on my own and turned myself in for my active warrants, I was tired of running. While in jail I overdosed twice on fentanyl and had to be given Narcan a total of 6 times. I had finally learned God still had a plan for my life, and I have been in sobriety since Feb 2, 2021. After serving 2 years in jail and 1 year in Community Corrections, I became the resident manager of The Father's House and now am currently the resident manager at 4th Dimension Recovery Homes. I work at Turning Point where I get the opportunity to mentor at Kinsey Youth Center, Maple Crest Middle School, and in the Pick Yourself Up Program. Every day, I'm reminded of the brothers and sisters that I've lost to addiction and that reminds me of the beautiful life God has given me. I am grateful to be a father again and It's truly an honor to be able to help others and serve God. While in treatment, this saying has stuck with me: F.E.A.R, Forget Everything And Run or Face Everything And Rise. I want to thank my mom, family, friends, and recovery community for helping me stay clean just one day at a time!

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CEO Report

Some have asked recently whether Turning Point uses medication assisted treatment (MAT) such as the use of Suboxone or Vivitrol as a standard care approach and whether we support faith-based programs that may be uncomfortable with medication assisted recovery. These are great questions as they get to the various paths that individuals may find helpful in their recovery journey. As you can imagine, helping people get into recovery is much more about engagement and persistence than about a particular approach.



Most of the time, engagement comes from caring, supportive relationships, accountability, and purpose for recovery. At the end of the day, Turning Point strives to support people on the recovery journey be it through a more traditional 12-steps model, a faith-based approach, or be it through more formal clinical approaches that may involve medication-assisted treatment. Our general philosophy is that people use drugs for reasons, recovery is easier when life is, and working with someone with lived experience in the recovery process is significantly more helpful than struggling to be in recovery by yourself. Our focus is on helping individuals and family chose a path that makes sense and works for them - ultimately the approach has to make sense to the individual for them to embrace recovery in the long run. That said, some of the key benefits that set medication-assisted treatment apart from other treatments are:

- Relief from the pain of debilitating withdrawal symptoms.
- Deducing the potential for an overdose and relapse.
- Curbing or eliminating intense drug and alcohol cravings that accompany withdrawal.
- Increasing levels of involvement and length of participation in their treatments.
- Increased retention of clients in rehab programs.

While there can be drawbacks or limits to MAT, there are a number of ways in which you can manage these limitations and there are clear benefits - many lifesaving. So, when a person might benefit from medication assistance, it may be suggested as a helpful strategy. It is always the person's choice if they want to use this approach.

At the end of the day, Turning Point strives to offer a robust continuum of care and maintain helpful partnerships be they faith-based or non-faith-based as we want to be able to reach as many people as possible in our community and offer them great recovery support. We're all in this together.



Matt Oliver, CEO

Upcoming

Lifting The Stigma Fundraiser

Lifting The Stigma is a weight lifting event for our REACH youth program. The event will be held at FIT Kokomo on Saturday May 6th. We are looking for individuals and teams to participate. If you're interested in supporting this event, or would like to be a part of it check out the link below.

<https://www.turningpointsoc.org/lifting-g-the-stigma-registration/>

Rise & Grind

Rise & Grind is a breakfast fundraiser for our Recovery Cafe. The event will be held at Turning Point on Tuesday May 23rd at 7:30am. This is a great opportunity to see what our Recovery Cafe has to offer, and to take a tour of our new building. More details on this event to follow.

News

Turning Point in the Community

-Our REACH team was a part of Turnabout's first fundraiser. The kids came out to help at the event and had a great time!

-Our marketing team hosted a booth at IUK's first Health Fair. We enjoyed talking with students and bringing awareness of what we do at Turning Point.
(Events pictured above)