



MAY 2023 NEWSLETTER

Monthly Overview



May 6th we had our first 'Lifting The Stigma' fundraiser for our REACH youth program. Events like this wouldn't be possible without the help of our sponsors and supporters. We are grateful for the support we receive and the passion our team has to help the youth in this community.

May 11th we partnered with Mental Health America of North Central Indiana where Mayor Tyler Moore declared Mental Health Awareness Month in the city of Kokomo. It's amazing to see organizations come together to raise awareness on the mental health needs many are struggling with.



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May 23rd we had our first annual 'Rise & Grind' breakfast fundraiser for our Recovery Cafe. We are grateful to all of our sponsors who supported this event and attended. Everyone enjoyed eating breakfast, listening to some amazing testimonies, learning what the cafe is all about and ending with a little chair yoga.

For announcements, events, employment opportunities, and updates visit TURNINGPOINTSOC.ORG



Mental Health Awareness Month

For Mental Health Awareness Month Turning Point has gone green to show our support because we know how important self care is. Just like our bodies need nourishment, our minds also need fed.



For a week during the month of May we created a space where our staff could take a mental health break with some simple, yet enjoyable things such as; enjoying a snack, doing some yoga, coloring a picture, working on a puzzle or just being able to enjoy a few minutes of silence. We appreciate our staff and the hard work they do, a little self care at work was much needed.

CEO Report

May is Mental Health Awareness month and is an important time to recognize that roughly half of individuals struggling with substance use also struggle with serious mental health challenges. A severe substance use disorder is a disease with no total cure, and treating it usually requires a person to change major elements of their life such as thought patterns, lifestyle, and even relationships—it comes back to the familiar refrain of people, places, and things.



A number of mental health conditions co-occur quite frequently with substance use challenges, particularly anxiety, depression, interpersonal challenges, and trauma. A person may develop issues with substance use as a result of underlying mental health challenges—or vice versa. When a person doesn't have adequate tools to manage their stress and mental health issues, they're increasingly likely to lean on substances for support. This is why access to respectful and supportive care is so critical—walking side-by-side with a skilled coach and therapist can make all the difference.

Isolation rarely helps anyone on their recovery journey and there are many things people can even do on their own too to manage their mental well-being such as reading something enjoyable, exercising, getting good rest, spending time talking to others or even doing a simple kind deed. The main thing is to not suffer in silence or isolation, help is available. My message for this month is that even with mental health struggles, recovery is possible and there is every reason to have hope.

Matt
Matt Oliver, CEO

Upcoming

Jeff Stout Memorial Golf Outing

Join us for our third annual Jeff Stout Memorial Golf Outing. The event will be held Thursday, June 22 at the Kokomo Country Club. We still have sponsorship opportunities available and are looking for teams. For more information click the link below.

<https://rb.gy/pdrnr>

Ride of Hope

This year our Ride of Hope will be Saturday, August 12th. The ride will begin at 11:15 at Harley Davidson of Kokomo, ride to Monticello, and head back to Kokomo ending at Cooper's Pub. Cooper's Pub is providing a live band, The Checkered Vans, for this event. We are looking for sponsors and riders, if you're interested click the link below for more information.

<https://rb.gy/7yadv>

News

Turning Point News

- Turning Point placed our 10th Naloxone box at AGAPE Recovery, we are extending to Grant County. The box location is at 1302 West 4th Street in Marion, IN.

-In May we distributed 863 Naloxone kits throughout all 10 of the Naloxone boxes we have placed in Howard and Grant County.