



## JANUARY ALUMNI NEWS

### Alumni Spotlight: Nate

Clean Date: 11/23/2021



#### **What do you love most about French Creek and Alumni?**

French creek alumni has given me a family and a recovery program no matter where I am, or what I am doing.

#### **What advice would you give to newcomers of Alumni?**

When leaving French creek, the biggest suggestion I have is to get plugged in with the alumni or a recovery program in your area, connection is everything.

#### **What do you do to continue to stay sober?**

I put recovery before anything, I stay vigilant and I learn from my mistakes, and I don't pick up no matter what.

#### **What sober activities have you done so far?**

I have done numerous alumni events, I go to conventions, I take places with my kids I have never taken them, I make plans with other people in recovery and again I STAY CONNECTED.

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**Congratulations to Nate on his 4 Years of sobriety 🎉 We are incredibly proud of you and grateful to be part of your recovery journey. Your strength and determination inspire us all. Keep shining!**

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## Staff Spotlight: Mike

With hard work and dedication This month, we are thrilled to highlight Mike, a remarkable addition to French Creek. As our Director of Plant Operations Mike's kindness and compassion resonate throughout our community, thank you Mike for being a big key to French Creeks success.

*"Hi, my name is Michael Hartle. I was an alcoholic and pill head along with experimental with a lot of other drugs from the age of 12 to the age of 42 was 30 years of my life that I woke up every day wanting to hide the pain of my day-to-day life. It wasn't until I almost lost everything that I was working so hard to create that I woke up one day and realized if I didn't get sober and stop doing the things that I was doing that I was going to lose my wife and my kids and I was going to go back to jail or end up dead like a lot of my friends. I have been sober for the last five years in 10 months February 17 will be six years completely stone cold sober. I haven't looked back and I never will. I realized what was important to me and that I couldn't afford to lose the things that I cared about so much. I wish y'all nothing but love, respect and admiration for the journeys that you are going to take in. it's hard. It's the hardest thing I've ever done in my life, but I will do it 100 out of 100 if it's going to keep my kids and my wife in my life, stay blessed and never stressed."*



## New Years Resolution

### 1. Create your recovery plan

In the realm of recovery, it's important to remember that one size does not fit all. Each individual's journey is distinct, with unique challenges and needs. Therefore, goal-setting should be a personalized process, reflecting your specific circumstances and aspirations. In Pennsylvania rehab programs, we focus on helping you identify goals that are not just realistic and attainable, but also deeply meaningful to you.

This might include specific health objectives, rebuilding relationships, or developing new career paths. Regular consultations with healthcare professionals ensure that your goals align with your recovery progress and overall health. By tailoring your goals to your personal journey, you create a roadmap that is both motivating and relevant, increasing your chances of long-term success in recovery.

### 2. Let your focus be on improvement rather than perfection

People often give up on attempts to alter their way of life because they fail to keep a constructive perspective on their advancement. If you have a little setback throughout your road to recovery, try not to dwell on it. Self-criticism is a negative feedback loop that leads nowhere but down.

Leaving therapy and having everyone assume you're fully recovered may be challenging. It's easy to feel helpless, and that's why many individuals relapse. You should instead dwell on your successes. You should be proud of yourself if you were able to make improvements in only one week. As soon as you let go of the idea that you're doomed to failure because of your history of addiction, you'll be able to make progress.

### 3. Establish your priorities

Rather than making high, unattainable intentions, research shows that taking the time to assess your objectives and develop detailed goals with practical actions increases the likelihood of success. If you decide to take charge of your rehabilitation and set concrete objectives for yourself, you'll be more likely to reach those objectives and other rewards along the road.

Building strong bonds with supportive people is essential to getting well. Achieving your goals is easier when you put in the effort to create a community of people who will cheer you on as you work toward them. We always begin with the most important things, like finding a method to include them in the local community. We are all about connecting people, keeping them linked, and attempting to live a life guided by those values. A twelve-step program, inpatient or outpatient detox rehab PA, or another group offering accountability and support are all examples of communities into which he encourages his readers to immerse themselves.



### 4. Find the right tools for success

When someone makes the decision to lose weight, they often seek out various forms of assistance to help them along the way. A similar line of thinking applies to folks in addiction recovery. Attending a rehabilitation clinic like French Creek drug rehab center, counseling, or participating in a twelve-step program are all viable treatment alternatives for those seeking sobriety.

In addition to traditional rehabilitation methods, embracing a variety of tools and resources can significantly enhance the recovery experience. This might include mindfulness and meditation practices, which have been shown to reduce stress and improve mental clarity. Don't hesitate to explore digital tools, such as mobile apps designed for addiction recovery, which can provide daily support and motivation. Remember, each individual's journey is unique, and finding the right combination of tools that resonate with you is crucial. By incorporating a diverse range of resources into your recovery plan, you create a more tailored and effective approach to achieving and maintaining sobriety.

### 5. Create a routine

Addiction recovery goals typically include all of these and more, whereas other New Year's plans could only focus on one or two of these areas (exercise, volunteering, community involvement, or dieting). Sobriety stimulates the development of new habits to replace the old, possibly hazardous ones that may have originated from addiction.

Relapse prevention is greatly aided by making little adjustments to one's daily routine. Though the road to sobriety is one that must be traveled for the rest of one's life, the average amount of time it takes to establish a new habit is 66 days. You may be able to find the best road to recovery by combining new fitness habits with treatment, forming a support system, and using alcohol monitoring. Acknowledging progress along the way is crucial for establishing long-term routines.



## 6. Celebrate all your milestones

We seem to have lost sight of the value of acknowledging our accomplishments along the road. Instead of resting on our laurels after accomplishing a significant task, we immediately set our eyes on the next target. It's easy to get caught up in this loop in today's fast-paced environment. However, you shouldn't forgo the step of honoring your accomplishments. Monitor your progress toward permanent abstinence every day. There will be obstacles in your path, but you must make a conscious effort to celebrate every victory, no matter how minor.

In the path of recovery, every step forward, no matter how small, is a reason for celebration. Recognizing and honoring these small victories helps to build self-esteem and reinforces positive behavior. Whether it's resisting a craving, reaching a sobriety milestone, or simply managing to have a productive day, each success is a testament to your strength and determination. Create a personal ritual or a way to mark these achievements, like journaling your progress, sharing with a support group, or treating yourself to a healthy reward. By celebrating these moments, you remind yourself of the progress you've made and fuel your motivation for the journey ahead. The cumulative effect of these small triumphs can lead to profound changes in your life and a deeper appreciation for the journey of recovery.

## 7. Journal and confront all your negative thoughts

Particularly if you have just completed inpatient rehab PA, there is much more to discover about yourself and about the realities of a sober life. Resolving to keep a diary in the new year might be a good New Year's goal for those in recovery. Writing in a notebook may help you keep track of your progress, both good and bad, and identify potential relapse triggers. Writing down your thoughts and feelings might help you realize whether you're in danger of relapse and prompt you to get treatment in a timely manner.



Destructive and negative thinking patterns, which may be based on erroneous reasoning or become grossly exaggerated if left uncontrolled, may contribute to the development of addiction. So, in 2023, you should resolve to interrupt your negative thinking patterns anytime you see them escalating. It's important to actively challenge negative ideas as soon as they enter your mind. Try to force yourself to see the sunny side of things. Your view on life may benefit greatly from this shift in perspective.

## **8. Promise yourself that you will seek assistance when necessary**

Contrary to popular belief, addiction is not a result of a lack of willpower but rather a chronic sickness. Get in touch with your sponsor or French Creek Rehabilitation if you start to experience the need to use it. Avoid missing out on recovery progress due to lack of transportation by reaching out to a buddy who has been there for you throughout your treatment sessions and asking for a ride. Although putting oneself out there might seem awkward at first, it is an important part of becoming better.

Remember, reaching out for help is a sign of strength, not weakness. Addiction recovery is a journey that you don't have to navigate alone. Building and maintaining a strong support network is crucial. This network can include family, friends, therapy groups, or online communities. They can offer not just practical assistance but also emotional support. Engage regularly with people who understand your struggles and can provide encouragement and advice. By staying connected and being open about your needs, you cultivate a supportive environment that can greatly increase your chances of long-term success in recovery. This network becomes a safety net, catching you if you stumble and cheering you on every step of the way.

## **9. Exercise regularly**

Strength, stamina, and vitality can all be boosted by regular exercise, and the happy endorphins your body produces are an added bonus. If you've been sitting around all day, consider going for a walk or riding a bike after supper and starting your day with some rejuvenating yoga. Incorporating regular physical activity into your recovery journey is not just about improving your physical health; it's also a key step in achieving mental and emotional balance. Exercise acts as a natural stress reliever, helping to clear your mind and provide a sense of calm and focus that is invaluable during recovery.

Whether it's a brisk walk in the park, a swim, or a group fitness class, find an activity that you enjoy and make it a part of your routine. This commitment to your physical well-being can significantly enhance your overall recovery process, giving you the strength and resilience to face challenges and celebrate your progress in a healthy, fulfilling way.



## 10. Cultivate gratitude

Due it's very upbeat tone, the phrase “Grateful people are happy people” may easily be seen on a bumper sticker. But it is also supported by scientific studies on gratitude. It's nice when someone does something for you and your heart fills with gratitude and happiness. But you don't have to wait for circumstances to bring this emotion to you; rather, you can actively generate feelings of gratitude for yourself with the experiences you currently have. And create new experiences that will bring additional sentiments of thankfulness to your life and the lives of people around you. One of the results of cultivating an attitude of thankfulness is stronger resistance to stress.

Be generous with a single act of kindness every day. Addiction makes it difficult to think about anything except one's own needs. Sobriety requires learning how to serve both oneself and others. Volunteering at a soup kitchen, helping a neighbor relocate, or spending time with animals at the local shelter are all great ways to give back to the community and strengthen your own sense of self-worth.

**Source: Little Creek Recovery. 10 New Years Resolutions for people in Pennsylvania Recovery. <https://littlecreekrecovery.org/10-new-years-resolutions-for-people-in-pennsylvania-recovery/>**

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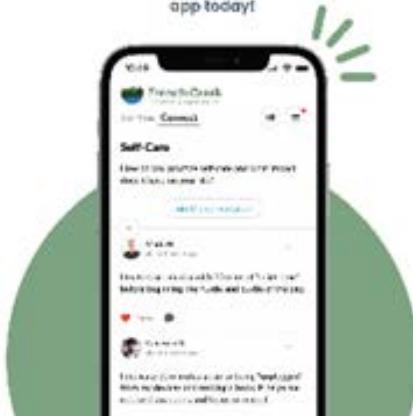
## Christmas Dinner December 19<sup>th</sup> Alumni, Current clients & Staff



Ready to get started? Scan here > 

## We're all in this together

Join fellow alumni & staff on the French Creek Alumni Community app today!



## Join the French Creek Alumni Community

Stay connected and support each other through the French Creek Alumni Community app. Whether you're looking for advice, struggling, or just want to share your journey, our community is here for you. Check out our monthly alumni events and contests.

**Ready to get started?** Scan the QR code to download the app and join fellow alumni and staff today!

## Calling All Veterans and First Responders!

Join the Virtual Veteran Muster organized by Tactical Recovery, a Veterans & First Responder Support Service. This weekly virtual meeting provides a space for veterans and support members to connect, share experiences, and receive support.

**CALLING ALL VETERANS!**

Tactical Recovery  
Veterans & First Responders Support Service

Summit is launching our Virtual Veteran Muster to provide a space for Veterans and support members to connect, share experiences, and better support along your journey. All Veterans and supporters are welcome! Plan to join to ignite meaningful connection.

WHEN: Every Thursday at 9pm CST (Virtual)

WHERE: Calling in via audio or video using this Zoom info: Meeting ID: 847 304 6476 / Passcode: 624283 or connect via the Tactical Recovery Alumni Community app by typing "TR4" or "30476" or scan the code.

https://us02web.zoom.us/j/8473046476?pwd=QWZpZ2p5a2p5a2p5a2p5a2p5a2p5a2p5



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Please feel free to reach out to me for anything, it could be just to have a talk or a quick check-in to see how everything is going, available 24/7.