



Movember is a global fundraising and awareness campaign that seeks to bring attention and resources to the specific needs of men when it comes to mental health and suicide prevention as well as prostate cancer and testicular cancer prevention and treatment. Visit www.us.movember.com.

What's New

- CELEBRATING
MOVEMBER

.....

HOLIDAY WISH
PROGRAM

.....

STAFF SPOTLIGHT

.....

Hope for the Holidays

The holidays can be difficult for our residents and for the guests of our Nutrition Center. Most are struggling to make ends meet and many are on a fixed income or depend on public assistance. Financial strain, family dynamics, and the guilt of not being able to support your family the way they deserve can make for a mental health nightmare. According to the *American Psychological Association*, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. A study by *The Center for Network Therapy* found that drug and alcohol relapse rates spike 150% during the holidays. A painful reality for individuals with a Substance Use Disorder. With a lot of support from the community, we have tried to mitigate some of the stress by supplying more food and essential items as well as holiday toys and gifts to our residents and clients. **Cont. inside**

Holiday Wish Program

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Every year we get even more support from the community for this endeavor. Several businesses and organizations held food and essentials drives including: *Baystate Savings Bank, Camping World of West Boylston, Dr. Sahakian DMD, students of WPI, and Clark*. In total, they collected over 3,000 lbs. of food, toiletries, paper goods, bedding and clothing to be distributed through our programs!! This was a record-breaking year for in-kind donations of this type.

We are continually grateful to organizations such as *Masterman's Safety & Industrial Supply* for the annual donation of 30 Thanksgiving Pies and Butterball vouchers, and *Tri-State ATG* who donate 20 Turkeys and all the sides to make a Holiday meal each December, distributed through their **Haulin' 4 Hunger** Program.

Contributions like this make such a difference in the lives of those we serve. The money they save on these things can pay a bill, buy a prescription, or perhaps a gift they couldn't otherwise afford. These are just a few examples of the generosity, and the Holiday spirit that our giving community embodies, and we can't say it enough – THANK YOU!

Gift stress and family dynamics are the main causes of depression and anxiety around the Holidays. For the men in our residential treatment program who are working hard on their recovery, this is compounded even further since they are away from home and in many cases not yet ready for employment. Wanting to support your family but not having the means is a heavy burden to bear. We want our residents to focus on what's important – getting well and never having to miss another holiday with their family because of Substance Use Disorder. We try to lighten the load by teaming up with Pam and her network at Pam's Porch 5, and our dear friend Nancy Cook to begin our collection. This year we shopped for 26 residents and 35 of their children.

"The happiness I feel knowing I have gifts for my kids this year is unexplainable!"

- RESIDENT

Every resident and each child received an outfit, including shoes and coat, and a couple gift items from their wish list. A huge shout out to Sandy & Paul McAvoy for donating every item on everyone's wish list – your contribution truly made this year so special, and to Lakeview School's faculty, students, and parents for the annual extra-large donation of toys and games which they give year after year. So many individuals donated funds, clothing, toiletries, and toys to this program we can't list them all here, but please know that we are truly grateful for the support of this important program.

"This was the best Christmas I've had in over 20 years!!"

- RESIDENT



JAYLEE & JAYDE



NANCY COOK & GADIEL

Staff Spotlight



KEVIN R., STEVE P., BRIAN R. & MATT T.

According to the *Bureau of Labor Statistics* Worcester, Massachusetts is in the top 10 of U.S. Metropolitan areas that have the highest concentration of jobs in Substance Abuse, Behavioral Disorder, and Mental Health. Many who embark on the journey of recovery find it leads them to seek employment in these fields. They can often obtain paid tuition through the Massachusetts Rehabilitation Commission (MRC) which provides comprehensive

services to people living with disabilities such as SUD that maximize their quality of life and economic self-sufficiency in the community. Some will attend programs like AdCare Educational Institute to become certified addictions counselors or recovery coaches. We recently received an email from a parent that reads:

"My stepson completed your program and has been clean and sober now for over a year. It's directly because of the care and guidance from the staff at Jeremiah's Inn, that he is now pursuing a career in Addiction Counseling."

"I can't thank you enough for what your organization has done for him, and for our family."

Some residents may choose to intern with us, and then even come to work for us. It is typical for us to have one or two alumni on staff and/or interning at any given time, but currently we have seven!! Our house manager Kevin R., intern Scott H., and staff members Charles L., Matt T., Steve P., Eric B., and Brian R. We are so proud to have them all on board and look forward to watching them grow and succeed both personally and professionally.



SCOTT H.

Thank You Recovery Programs Grantmakers

The George I. Alden Trust

The Fletcher Foundation

Reliant Foundation

Albert W. Rice Charitable Foundation

Stoddard Charitable Trust



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