

Summer 2010

Progress Notes...

A Family's Journey ~ From Desperation to Hope



This is the story of our daughter, Laura and how Progress Valley changed our lives.

Nearly three and a half years ago, we were in dire straits. Our daughter Laura had been struggling with the disease of addiction for several years and nothing she had done to date had given her any extended relief from her suffering. She had done detox, out-patient therapy, even a stint in an in-patient rehab program, but to no avail; she was kicked out of rehab after less than a week for stealing medication. After that incident, she was able to stay sober for eight months, but once again relapsed. All the while, her suffering was taking a toll on us, as we tried to support her not really understanding what she needed. We kept thinking that all she needed to do was stay away from drugs, not realizing that her issues were much deeper and a more radical solution was needed. We were constantly worrying where she was, who she was with, what she was doing. At the same time, Laura's grandfather was sick with leukemia, so we were torn between helping with his care and hers.

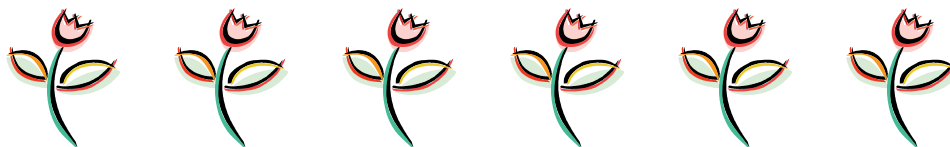
Laura came to realize that she needed to get away from people, places, and things (including us) if she was to find a lasting sobriety. Her sponsor, herself clean and sober five years, had gone to Progress Valley and recommended Laura do the same. The thought of sending Laura half way across the country terrified us but we knew our options were few. It was with either a leap of faith or an act of desperation (or both) that we bought her a one-way ticket to Minnesota, not really knowing what awaited her on the other end.

The plan was for Laura to stay at PV for 90 days. She left on a Wednesday in February and seeing her off at the airport was the hardest thing we'd ever done. That Saturday, her grandfather passed away, and we called PV to have her counselor present when we broke the news. She wanted to come home at first but her counselor convinced us it was best that she stay at PV and continue treatment.

Over the next few weeks, we spoke to Laura on a daily basis. Here she was in a far away city, riding the bus from the House to work (unheard of for a Jersey girl), not being able to see the House when she stepped off the bus due to the heavy snowfall. It was hard but six weeks passed quickly and we were able to come out to visit her.

We were amazed to see the difference six weeks at PV had already made in Laura. PV had made her take responsibility for herself. She had to find a job right away and had restrictions where she could go and when she had to return to the House. She had to surrender her cell phone whenever she came in. She had to attend counseling sessions, participate in group meetings, and start actively working a 12-step program. The little girl (at least in our eyes) that we had placed on a plane in New Jersey had started to become a woman.

Cont. Page 2



A Family's Journey ~ From Desperation to Hope (Cont. pg. 1)

At the end of the 90 days, we came back to attend her graduation. We had expected that after her stint at PV, she would return to New Jersey, but with the help of her counselor, Laura decided to stay on in Progress Valley's Sober Housing. Now she had the added responsibilities of paying her rent, buying her food, etc. but she accepted these willingly (she refused to let me buy her food, which really impressed me). While in Sober Housing, Laura continued to see her counselor and attend meetings at the House (treatment facility), reinforcing the work she had started. Again, we thought she would be home after another 90 days but by this time she had such a support network that she decided to stay in Minnesota and try to build a life there.

All this time, we also began to heal. It was hard having our daughter so far away from us, but we came to realize that she would have never had grown up living under our roof and that we had to surrender our will to a higher power if she was to have a chance.

Flash forward almost three and a half years. Laura is working on a plan to go to school full time. She is in a good relationship. She is active in her Church. She has a large circle of friends. She is very active in a 12-step program and has sponsees of her own. And she stays in touch with the staff at Progress Valley.

In this time, our family went from desperation, fearing what would happen next, to optimism and hope for the future. While Laura has worked very hard at her recovery, PV gave her the environment, tools, and support she needed to start in earnest on her road to that recovery.

As parents of a child suffering with the disease of addiction, words cannot express the gratitude we have for the staff at Progress Valley, nor can we recommend their program strongly enough to those in a similar position.

Thank you, Progress Valley!

Lance & Fran



Your Gifts Make a Difference!

Progress Valley wants to express our heartfelt thanks to all who donated a gift in 2009!

We received over \$80,000 in individual gifts! All donations, big and small, help Progress Valley clients successfully achieve sobriety, one day at a time. With each dollar we are able to accomplish the following:

- \$20 Will provide a bus pass for a new client to find employment
- \$100 Provides 2 hours of relationship/family education to 24 men or women
- \$200 Buys a yearly newspaper subscription for one facility, allowing 24 clients to search for employment and stay current with local news.
- \$225 Provides a rental deposit for a clean, safe sober housing apartment
- \$650 Transportation for 24 men and women to community meetings, appointments, & activities for 3 months
- \$1000 Warm meals for 24 men or women for 1 week

Please consider partnering with us! Visit GiveMN.org (search for Progress Valley, Inc.) or use the following link: www.givemn.razoo.com/story/Progress-Valley or you can send your Donation to: 308 E. 78th St., Richfield, MN 55423. Thank you for making a difference in someone's life!





Mark Your Calendars... PV Alumni Picnic

Join us for good food, fun activities & fellowship! They'll be music, kids' activities, a raffle, silent auction and more! See you there!

Saturday, September 11, 2010

1:00pm—4:00pm

Progress Valley Women's Center

308 E. 78th Street, Richfield, MN 55423

If Interested in Donating a Raffle Prize or \$\$ for the Event, Please Contact the Corporate Office.

Smoking ~ It's Never Too Late To Quit

There comes a point in treatment and recovery when people wonder if they should quit smoking cigarettes. Many argue that treatment isn't a

good time to quit – they worry that it will increase their risk of relapse, they're concerned about being around other people that are smoking both in treatment and in life in general, they think that there is already too much stress in their life.

In fact, many people in recovery want to quit smoking and it's likely that you'll find a lot of support. To further encourage you, there are studies that suggest that quitting smoking will actually increase your chances of staying sober.

Smoking cigarettes is a serious health risk for people in recovery. Long-term use of alcohol and drugs damages your body. In recovery, your body will heal somewhat, but it will remain more susceptible to smoking related diseases – especially cancer and heart disease. Nicotine addiction is more harmful to your life than any other substance addiction that you can have. In reality, you are more likely to die from a nicotine addiction than any other addiction that you may have. With regard to having a long-term life, quitting smoking is the most important addiction that you can tackle. Don't give up on it because you think that the time's not right or that it will be too hard! It's NEVER TOO LATE.

Consider the *health benefits (of NOT smoking):

After A Few Days:

Blood circulation improves
Heart rate and blood pressure decrease
Improved sense of smell & taste
Increased lung capacity
Easier breathing

After Several Weeks:

Increased energy
Cleaner & better working lungs
Fewer colds & respiratory tract infections
Decreased sinus congestion
Less shortness of breath

Quitting Long Term:

Decreased risk of lung cancer (even lowering it to that of someone who's never smoked)
Decreased risk of other tobacco-related cancers (cancer of the mouth, esophagus, larynx, bladder & pancreas)
Decreased risk of heart disease and stroke
Decreased risk of chronic obstructive pulmonary disease (COPD)

*Health benefits data from: YourLungHealth.org

It's important to continue thinking about when and how you will quit smoking. Even if now isn't the right time in your life, there probably won't ever be a time in your life that feels exactly "right". Talk about smoking cessation with your friends, family, doctor, health insurance provider, explore websites like www.smokefree.gov, consider taking nicotine replacement or smoking cessation medications, and make some steps toward quitting. It may be hard, but remember, **YOU'RE WORTH IT!**

Progress Valley Conducts Rule
25 Assessments (for Henn. Co.),
as well as other Chemical Health
Assessments.
Please Contact a Program
Manager for more Information!

Men's Program (PVI)
Contact: Jennifer White
Program Manager
612-827-2517

Women's Program (PVII)
Contact: Mary Albert
Program Manager
612-869-3223

Sober Housing
Contact: Cathie Scott
Sober Housing Manager
612-869-3223

Corporate Office
Contact: Susanne Lambert
Executive Director
612-869-3223

www.progressvalley.org



PV on Facebook!

Look for Progress Valley on Facebook starting June 15th! This site will allow alumni, family and friends of PV to connect, communicate, and help each other through their recovery journey.

You will find great quotes, recovery discussions, success stories and more.

Become a fan

and remember to share with your friends!



NON PROFIT
US POSTAGE
PAID
MPLS, MN
PERMIT 30879

RETURN SERVICE REQUESTED

308 EAST 78TH STREET
RICHFIELD, MN 55423

