

“I had been to other treatment programs, but it didn’t stick. Progress Valley provided me the tools to live sober. They taught me how to be responsible and accountable and how to be independent in my sobriety.” – Brandon

“Progress Valley taught me to care about other people as much as I care about myself.” – Chris

“When my days at Progress Valley half-way house were coming to an end, I knew that I needed to find a home where I could keep the stability that I had acquired. Progress Valley Sober Housing has been a godsend to me. I’ve returned to college and am working on my bachelors degree, have a good job and I now see my family on a regular basis.....best of all, I’m sober and loving every day that I’m alive! – Mark- Sober Housing Tenant

“Progress Valley did not only get me sober, they showed me how to be me!” – Alex

“Progress Valley provided a structured, caring environment that stressed not only learning to live a clean and sober life, but also the concepts of accountability, personal responsibility and acceptance. I soon went from being afraid and unsure to confident and assertive. Progress Valley helped me get honest, open-minded and willing....I really was a part of something good.” – Damien

“Without the assistance of Progress Valley – my husband would have stayed lost and out of control. Thank you so much for giving him back to me!” – Wife of Sober Housing Tenant

“Our son will soon celebrate 18 months of sobriety, and we are extremely grateful to the staff at Progress Valley for playing a part in his recovery. Through treatment and then Aftercare and his own courageous work, he has matured significantly, is independent and self-supporting, and has the tools he needs to live a productive life.” – Parent of Progress Valley graduate

“When I refer a client to Progress Valley, I know that they are going to have a strong sense of responsibility when they graduate.” – Chemical Health Referral Source

“Progress Valley has given me a base – a very serious base – in my sobriety. It was the best thing that ever happened to me.” – Mary

“At Progress Valley I re-learned how to be responsible and incorporate structure into my life. I also regained a sense of self-esteem...Thanks to Progress Valley; I have made big changes and feel prepared to lead a life full of promise and possibility.” – Monica



“Had it not been for Progress Valley, which taught me the basics of staying sober so that they were like reflexes, rather than mere suggestions, I doubt that I would have survived.” – Steph

“While we know our son is responsible for his own recovery, he would never be where he is today without the skill and support of the staff at Progress Valley!” – Parent of Progress Valley graduate

“I want to thank Progress Valley for all of your support and professionalism. I want to express my appreciation for supporting the clients that I have referred.” – Chemical Health Referral Source

“Respect yourself and respect others....that’s the foundation of Progress Valley. PV helped me to learn how to live!” – Jason

“While at Progress Valley, I developed a sober network of friends that I’ll have for the rest of my life. I cannot say enough about how great the staff is....they saved my life!” – Tom



“Progress Valley is a valuable resource to our clients!” – Chemical Health Referral Source

“One of the most important aspects of recovery is the continuum of care that clients receive within your programs. Thanks Progress Valley! – Chemical Health Referral Source

“I know that every dollar I contribute to Progress Valley is helping to change lives in profound ways.” – Phil

