



# 24/7 Newsletter

The number of hours we spend making Houston better

NOVEMBER 2023





This time of year, our thoughts turn gratefully to the people in our lives who make our success possible. The end of the year brings no greater joy than the opportunity to express how grateful we are. Happy holidays to all of you, and to the families and friends that add meaning to your lives. May this time of year shine a light on your blessings and bring new ones in the year to come. May you experience the light of laughter, the warmth of love, and the joy of gratitude in this season and beyond.

**Wishing you all the joy, peace, and love that this time of year brings.**

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**Leonard Kincaid, HRC CEO, welcomed everyone... and wished all a safe and happy holiday.**

**'Tis the season.** Kicking off the holiday season the entire staff of the Houston Recovery Center enjoyed their annual Thanksgiving luncheon on Thursday, the 16th, at the Chenevert location. Good food and great fellowship, including the "Best of the Best" awards for everything from Best White Board to Best Laugh.



**The Chevron Houston Marathon Weekend, January, 13-14 2024, is almost here!**

## PLAN A Good Time

During the holidays it is even more important that you take time to ***Make A Plan***.

### **Prepare a designated driver**

Schedule a ride in advance with Uber, Lyft, Metro Bus and Rail. Choose a designated driver.

### **Look for bars that offer alcohol-free options**

Alcohol-free options or alternative drink choices should be available to order at any bar.

### **Allow yourself to take it slow**

There's no need to rush to throw back every shot.

### **Note how much you drink**

Our Run for a Reason Program is rolling! We have people signed up to run and a host of people participating in the Marathon's support events. Runner's fundraising efforts, plus our corporate partner contribution so far have totaled over \$7,400. Fundraising runs until February 2024 so [Click to support HRC](#). We couldn't be more grateful for the community support!

Keep track of how much you drink. remember to hydrate!



## SUCCESS STORIES



### Jeremy Hoyles

Jeremy is a 46-year-old man who has primarily used methamphetamines since he was 18 years old. His life was reduced to sleeping on the street, stealing, and robbing people with time spent in jail as a result. When he ended up on suicide watch at Ben Taub Hospital, they reached out to John Turner at Houston Recovery Center for assistance. Jeremy



### David Veasley a Chevron Marathon Runner's Stories

David decided to partner with Houston Recovery Center's Run for a Reason team, a Chevron Houston Marathon charity program. He is running and raising funds for HRC because of his personal connection to the work Houston Recovery Center

worked with John and has been in successful recovery for almost a year. It was hard at first, but he knew that if he weren't successful this time, it would kill him. Today, he is on staff at the Open Door Mission, and his attitude and way of thinking are different. His advice for anyone struggling with substance use is to reach out for help and trust the people there who can help.

does. Like many others, he found himself in a situation one evening where law enforcement brought him to the Sobering Center to sober up. Thanks to the discretion of the officer on the scene, his visit with Houston Recovery Center staff created the opportunity for him to make better choices about future alcohol consumption and a sober, curious lifestyle. Join David and the Houston Recovery Center team in January.

**"Today I feel great, I don't think about how things were."**

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## IN THE NEWS

### **How Houston Cut Its Homeless Population by Nearly Two-Thirds**

Aug. 30, 2023

Houston has created a real system to address homelessness, aligning city, county and nonprofit efforts. That innovative program is now under threat, due to changes in leadership and funding.

The Coalition for the Homeless is the lead agency for The Way Home, a collective effort to address homelessness that involves Houston, Harris County, two neighboring counties and no fewer than 100 separate nonprofits. Houston has accomplished something practically no other jurisdiction has done. It's created a true system to combat homelessness. Houston and its partners have reduced the homeless population by 64 percent, with a 17 percent drop over the past year.

### **Houston Becomes a Model**

Houston has become a sort of Mecca for officials from other cities looking for strategies to fight homelessness. "Houston is one of the real bright spots around the country," says Jeff Olivet, executive director of the U.S. Interagency Council on Homelessness. "Houston is often looked at as a model for how you can pull all the pieces together to solve homelessness."

What the city and its partners have done is make smart use of federal money. Houston's emphasis is on getting people into their own individual apartments. That costs roughly \$18,000 a year, per person. The city has

concluded it's a good investment. Letting people stay on the streets costs three or four times as much, between jail time, emergency room visits and the rest.

“For us in Harris County, our primary focus really stems from knowing that in policing these days, we're on the front lines of three key issues: mental illness, addiction and poverty,” says Sheriff Ed Gonzalez. “And so I think it's important for us to recognize that it really is a public health issue: How can we better develop those systems of care, to better route people where they may need to be, rather than just looking at it through the lens of policing.” Read the entire article at: [How Houston Cut Its Homeless Population](#)

## M-COPE Montgomery County Overdose Prevention Endeavor

Our mission at M-COPE is to work with individuals, communities, and organizations to speak about substance use disorder and the growing number of overdose and drug related deaths in Montgomery County. We focus on education, awareness, prevention, and remembrance and in doing so, we are bringing attention to our growing drug problem as well as helping to end the stigma by advocating for those that currently need help or support, and for those that no longer have a voice.

**Drug related deaths are becoming increasingly common, but are preventable.**

**2022:** Highest number of overdoses recorded in a single year

**#1:** Cause of death for ages 18-45 is fentanyl

**73%:**Overdoses involve fentanyl



## Forward to a friend

The mission of Houston Recovery Center is to provide compassionate care to underserved individuals affected by substance use through early intervention and community care coordination to help them achieve lifelong recovery.

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