



24/7 Newsletter

The number of hours we spend making Houston better

SEPTEMBER 2024



THE GREATER HOUSTON

RALLY FOR RECOVERY

celebrating the **beauty of recovery**
at the **Houston Botanic Garden**

Once again Houston Recovery Center attended the annual Big Texas Rally. For more than 30 years, this rally for recovery has **brought together** communities, and local organizations from across the country host celebrations in honor of the **National Recovery Month**. HRC is proud to be a participant in working to bring public attention to recovery and challenge negative attitudes, stigma, and discrimination.



This year HRC CEO, Leonard Kincaid, opened the event and introduced the supporters, speakers, and friends of recovery.

HRC and through events like this Rally hope to increase understanding of substance use and mental health challenges, and encourage others to achieve recovery. Meeting people where they are and showing non-judgmental support can be the critical factor for a person to accept evidence-based treatment and supports. Positive messaging, tools, and supportive platforms can encourage healthy choices, and help those in need find support or help. Everyone can help, Scan the QR code to support HRC.



Meet an HRC Team

In 2023-24 Criminal Justice referrals to HRC included 158 Jail In-Reach referrals, 878 RIC Docket, and 364 Adult Probation Services referrals.

Shawn Krumrey is the Program Manager for these Criminal Justice Programs. Her team manages the programs which include Adult Probation, RIC, Star Drug Court and Jail In-Reach Programs.

Jail In-Reach

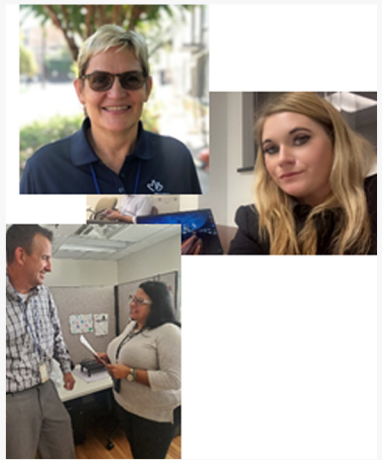
Reaching Houstonians most vulnerable to substance use disorders means acknowledging that substance use often lies at the root of public safety issues.

Responsive Interventions for Change (RIC) Docket

Placing recovery support specialists in the Responsive Interventions for Change (RIC) Docket was a natural as we were already working with clients in STAR Drug Court and Felony Mental Health Court. RIC Docket provides an opportunity for non-violent offenders, who have a substance use disorder, to enter recovery treatment instead of cycling in and out of jail.

Adult Probation

Substance use is challenging to overcome, and probationers using opioids, heroin and other illicit substances often face major challenges staying in contact with their probation officers. To improve connections and outcomes, Houston Recovery Center and Harris County Adult Probation work together to provide much-needed peer support for these probationers.



HRC Attends the “Crime Survivors Speak March” in Washington



Lovinah Igbani-Perkins, HRC Program Manager/Healthcare Coordinator, recently had the honor of attending the Crime Survivors Speak March in Washington, and it was an incredibly impactful experience. "Being among such a powerful group of individuals, all standing together to be agents of change, was truly humbling. It felt like a history-making moment, and I was deeply grateful to have been a part of it."

The thousands of people united in solidarity have already made a tremendous impact, with over 100 bills passed as a result of CSSJ. "This experience is one I will never forget and will carry with me for the rest of my life." Below is the link to the CSSJ FB page which is where our demonstration can be seen, in addition to several media outlets that covered it.

<https://www.facebook.com/cssjustice/>



HRC's Community Involvement

Hester House's Monthly Pop-Up

Lisa Rizo attended and provided information and materials on recovery opportunities at the monthly "Second Servings Pop-up for the Community Event" at Hester House. HRC is honored to be part of this community center and to provide our services, along with Narcan samples to those attending.

National Night Out

National Night Out is a national campaign focused on building relationships between neighborhoods and law enforcement agencies to make communities safer. HRC attended the local event to help foster connections between neighbors and local law enforcement, and substance use organizations to create a safer and more united community through a fun, family-oriented evening.

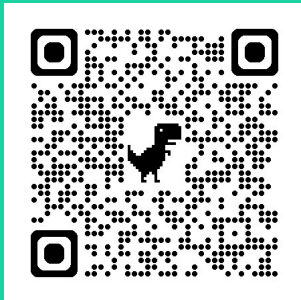
Community partners, including the Salvation Army, Houston Police Department, Houston Fire Department, METRO, and various homeowners' associations, offered valuable resources and safety information. This event worked to unite residents, families, and local organizations in a celebration of their neighbors and community safety.



THANK YOU FOR THE SHOES

HRC has received donations of running shoes from "On the Run" store manager Lindsey Kreft. On behalf of Stuart Berg, Susana Deltoro and all of us at HRC, thank you for your generous donations. They are greatly appreciated.

They are particularly so as HRC is beginning to get ready for the 2025 Chevron Houston Marathon. We are a corporate partner in the Marathon's Corporate Partnership Program and their Run For A Reason (RFAR) campaign, and will be fielding our own running team in 2025. It's time for all our runners to begin getting in shape for January, and for us to begin encouraging our partners and



friends to support HRC and the Marathon's RFAR campaign. For more information about joining HRC at the Marathon scan the QR code.



HRC Client's Recovery Journey

Today I have a network of positive influencers I can call/rely on.

Before

This is Lawrence, he is 36 years old and has been in recovery, this time, for 52 days. He has been a substance user for 23 years. As the younger of two siblings he naturally wanting to hang out with the older kids and his substance use began with alcohol. When he was 15 his family moved to a different area of town and the kids there were now experimenting with coke and other drugs. When he was 17, he got kidney stones and was prescribed Hydrocodone. Soon after he was taking up to 80 pills a day and because of the cost of the drug on the street I would rob, steal or whatever to get the money he needed. Then after 10 years using pills, at 25 he was introduced by his best friend to IV heroin.

After

Lawrence tried many times to get clean, but it was always just for others, for show, to see family, to see his kids. Following his son's 15th birthday he had a wakeup call. He realized thinking he could get clean on his own, he was just fooling himself. Eventually he called Houston Recover Center and spoke with Chad. He made all the difference. Chad and the other HRC coaches really knew where he was coming from and weren't afraid to call him out on his BS. Even so, their caring attitude never changed no matter how many times his recovery failed. Now he's committed to recovery, and he now has a relationship with God and is committed to starting a "new life."

He credits the help and care he received from HRC and Chad particularly. He says to others struggling with alcohol and substance use, reach out, stay connected, find a supportive recovery person, group or facility like HRC.

Recovery is possible.

NEWS

Empowering Recovery: Strategies for Building A Supportive Community

A supportive community is one of the most significant parts of recovery. When those on their healing journey come together for the same purpose, they embody positivity, encourage each other by identifying with similar struggles, and strive to improve. For instance, attending sober meetings at a rehab center increases everyone's accountability level and has the ability to combats cravings. Statistically, it heightens the chances of recovery and makes the process less cumbersome.

Some of the best strategies for building a supportive community are:

Educate, Educate, Educate! With proper education about substance abuse, it's easy to understand why people choose drugs, their impact, the recovery process, and future challenges to prepare for.

- **Understand Your Needs.** When you're clear about your needs, others will be too.
- **Attend Recovery Meetings.** Attending recovery meetings will help build a reliable support group.
- **Be Patient and Forgive.** Understand, be patient, forgive.
- **Set Healthy Boundaries.** Temptation is real, setting boundaries will foster stability and reduce triggers.
- **Encourage Therapy Sessions.** Family therapy provides valuable support.
- **Enjoy the Journey.** Recovery doesn't have to be sad and difficult.

- **Be Grateful.** Appreciate what everyone is doing for your recovery, and they will have the desire to do more.
- **A Slow but Sure Recovery.** Never beat yourself up because recovery takes time.

Read the complete article at: [Empowering Recovery Strategies for Building Support](#)

Understanding Fetal Alcohol Spectrum Disorders: A Guide for Expecting Parents, Caregivers, and Families

September was **Fetal Alcohol Spectrum Disorders (FASDs) Awareness Month**, a meaningful time to raise awareness of FASD prevention and celebrate the strengths, skills, and successes of those living with FASDs. Approximately one in 20 school-aged children in the



United States (or 5%) may have FASDs? FASDs refer to a range of disorders caused by alcohol exposure during pregnancy that entail physical, cognitive, or behavioral issues in the affected individuals. Fetal Alcohol Syndrome (FAS) is the most severe manifestation of FASDs, marked by distinct facial features, growth deficiencies, and central nervous system problems.

As HRC works to help those impacted by alcohol use we recognize that FAC is a very real issue. People with FAS can have problems with learning, memory, attention span, communication, vision, hearing, or a combination of these problems. While FAS is the most recognizable, it represents only one part of the broader spectrum of disorders. Understanding FASDs is crucial for expecting parents and the community. It not only raises awareness about the potential risks associated with alcohol consumption during pregnancy but also promotes healthier choices that can lead to better outcomes for future generations.

The primary cause of FASDs is the consumption of alcohol by a pregnant person. There is no known safe amount of alcohol use during pregnancy, and even small amounts can pose risks. Alcohol passes easily from a pregnant person's bloodstream to their developing baby's bloodstream. Prenatal alcohol exposure is a leading preventable cause of birth defects and neurodevelopmental abnormalities in the United States. The safest approach to ensure a healthy pregnancy is to stop using alcohol before getting pregnant. Alcohol consumption during pregnancy can disrupt the baby's brain development, leading to lifelong implications for cognitive function, behavior, and physical health. Understanding these effects is essential for prevention and support.

Read the entire article at: www.understanding fetal alcohol spectrum

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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