

THE RECOVERY RESOURCE CENTER BANNER

January 2024

LETTER FROM THE EXECUTIVE DIRECTOR

Welcome to our first Newsletter of 2024! I am celebrating my first year as Executive Director here and could not be happier with our facility, dedicated staff, and energetic volunteers. I appreciate everyone that has

been a part of the journey and look forward to all the good things the new year has in store.

Several people who answered the questions in the RRC survey remarked that they loved the staff and felt valued as they walked in the door. I will continue to work to help the people coming in for support for their recovery from addictions. I take my work seriously as I know that lives are at stake and that for people like me, the RRC has been the safe place to rely on when in need of help from drinking and/or drugging.

We have lost way too many to the disease of addiction. Please join us on February 24th from 2 PM – 4 PM as we celebrate the lives of those we lost while also honoring our own pain.

The Board of Directors and I are working to offer more resources for our recovering community.

Let me know if you want to start a group, volunteer, help in coordinating sober social activities, join the Board of Directors, or have any ideas to share.

-Lisa Campbell, M.A. Human Services

“No one can do life completely alone. I now have a large supportive network of friends whom I choose to call my family.” Anonymous

RRC's UPCOMING ACTIVITIES

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| People's Community Alliance One Stop Shop | Jan.20 |
| Karaoke Night with DJ Sanchez | Jan. 20 |
| Coastal Hospice Grief Counseling | 1 st & 3 rd Tue. & Thur. |
| Community Celebration of Life | Feb. 24 |
| Valentine's Dance | Feb. 10 |
| Sober St. Patrick's Day Party | March 16 |

Save the Date: Business Luncheon Fundraiser Campaign Kickoff April 16th



SURVEY SAYS...

Annually, the RRC staff anonymously collects data from guests so we can offer services as needed and continue to improve our efforts. The results of the survey evidence that those coming through the doors of the RRC feel their lives have benefited and helped them remain sober and/or clean from other drugs. Thank you for all that participated in these anonymous surveys.

See some of the results at the end of the newsletter.

-LC





PEER SUPERVISED HOURS

If you or someone you know has time to help at the front desk of the RRC, we want to talk to you! Our Executive Director is Maryland State Certified Peer Recovery Specialist Supervisor. Volunteer applications can be found on our website at www.rrcsby.org or at our front desk.

COASTAL HOSPICE

We are pleased to announce that we have partnered with Alvin Harmon, Director of Spiritual, Bereavement and Supportive Services at Coastal Hospice, to offer evidence-based practice groups to those who have lost someone due to addiction to drugs and/or alcohol. The group, called SOBS or Survivor Outreach Bereavement Services, is a free resource to families and friends after a substance related death, whether or not you were supported by Coastal Hospice directly. RRC is providing them a room to use for private groups every first and third Tuesday from 1 PM – 2 PM and Thursdays from 5 PM – 6 PM. Their phone number is 410-742-8732 or you can contact Alvin Harmon through email: aharmon@coastalhospice.org.

“True Heroism is remarkably sober, very undramatic.” -Arthur Ash

Contact Us

Recovery Resource Center

726 S. Salisbury Blvd. #E

Salisbury, MD 21801

410-749-9482

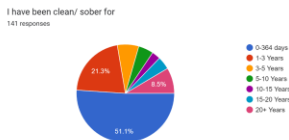
www.rrcsby.org

FACEBOOK: SalisburyRRC

INSTAGRAM: Recovery_SBY

Survey Says.....

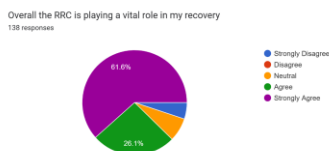
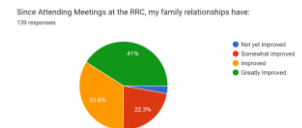
Average length of sobriety/cleantime: Less than 1 year with 8.5% of respondents being sober/clean for 20+ years



Over half of respondents attend 3-6 meetings per week at RRC



Almost everyone reported that their family relationships have improved since attending meetings at RRC



RRC is proud to play a vital role in recovery from addictions for our community on the Lower Eastern Shore