

The SafeHarbor Digest

A SafeHarbor Foundation Internal Publication



HAPPY 250TH BIRTHDAY, AMERICA



SOBRIETY

- Sobriety is a behavioral state
- Sobriety can be achieved in different ways
- Sobriety is observable
- Sobriety has a start date
- Sobriety focuses on absence
- Sobriety can be disrupted by a return to substance use.
- Sobriety is a **GOAL**
- Sobriety describes **ACTIONS**:

Sobriety is about what a person does or does not do.

VS

RECOVERY

- Recovery is a process of change
- Recovery does not require complete abstinence
- Recovery emphasizes what is present—health, purpose, and community connections
- Recovery is experiential
- Recovery is continuous
- recovery on presence
- Recovery builds resilience and coping strategies to handle setbacks and continue growth.
- Recovery is a **JOURNEY**
- Recovery describes **IDENTITY**:

Recovery is about who a person is becoming, focusing on identity and life transformation beyond substance use.

PIC of the month



Our own Terrie gave a lead at Recovery Point today. She shared her experiences, strengths, and hope. "It's time to let go and forgive yourself for your past mistakes," she said. "Don't let what has happened drag you down and keep you from focusing on what's ahead of you." What a great leader



F.E.A.R

has two meanings:
Forget Everything And
Run
OR
Face Reality And
Rise

"The CHOICE is YOURS."

The Digest

*Larry is our new
maintenance guy,
congrats!*



The 2nd annual SafeHaven CAMPING TRIP



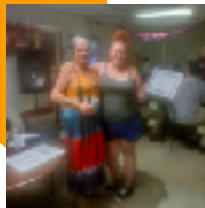
SafeHaven Graduates



Sara C.



Donald DJ



Brittany C.



Patrick M.

LESSON 9.

RECOVERY TIPS: SLEEP



Prioritize Rest & Sleep

- **Aim for 7-9 hours:** Deep sleep is when tissue growth, muscle repair, and hormone regulation occur.
- **Establish a wind-down routine:** Turn off screens 30 minutes before bed and keep your sleeping environment cool and dark.
- **Active Recovery:** Instead of lying entirely still on off-days, engage in light movement (like walking or gentle yoga) to boost blood flow and reduce stiffness

