

# The SafeHarbor Digest



A SafeHarbor Foundation Internal Publication

## Why You Should Take Your Meds Regularly (Part 1)

**R**egularly taking medication as prescribed is crucial during recovery from substance use disorders (SUDs) and mental health conditions because it supports biological stability, prevents relapse, and improves overall well-being.

- **Manages withdrawal symptoms:** Medication can greatly lessen the physical and mental discomfort caused by withdrawal. They can help ease withdrawal symptoms and make sobriety easier and more manageable.
- **Reduces cravings:** Medications can help regulate the brain chemistry that is disrupted by long-term substance use and lower the risk of relapse.
- **Stabilizes mood and treats co-occurring disorders:** Regularly taking prescribed medication helps stabilize mood, alleviate symptoms, and address the underlying issues that may contribute to substance use.
- **Enhances treatment effectiveness:** By managing the symptoms and cravings, medication enables individuals to engage more fully and effectively in other therapies, such as counseling and behavioral therapy.
- **Lowers risk of relapse:** Consistent medication management has been shown to improve treatment retention and lead to better long-term outcomes.

Adapted from [google.com](https://www.google.com)

### Pics of The Month



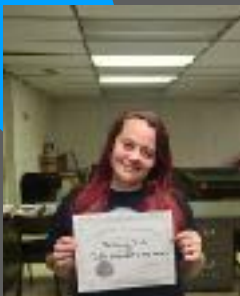


Our own Terrie shared her lead at the Recovery Point on 09/29/2025. She told her story of addiction, recovery, and success.

Taking medication isn't my weakness; it's what I do to help myself feel strong again.

Quotes of the Month

## SafeHaven Residents of the Month



**Brittany** is the Resident of the Month at 9th House



**Tim** is the Resident of the Month at Central House

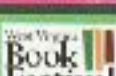


**Michael** is the Resident of the Month at Branch



**Bryson** is the Resident of the Month at Wyoming House

## WHAT'S HAPPENING?

-  **Kick Off to Recovery with WV Sober Living**  
Sun, Aug 31 | starts at 3pm @ Kanawha Blvd W  
Magic Island Park
-  **Westside Community Health Fair**  
Sat, Sep 6 | 10:30am-3:30pm @ Kanawha Blvd W  
Magic Island Park
-  **United Way Day of Caring**  
Wed, Sep 17 | 9am-3pm @ ALL OVER & Virtual  
learn more at [unitedwaywv.org/day-of-caring](http://unitedwaywv.org/day-of-caring)
-  **Oktoberfest with Charleston Urban Works**  
Sat, Oct 11 | 3-7pm @ 100 Quarrier St.  
Boni Kufonu Temple
-  **WV Book Festival**  
Wed, Oct 25 | @ 200 Civic Center Dr  
Charleston Coliseum & Convention Center
-  **Witchy Weekend with UUC**  
Witches' Ball — Fri, Nov 7 | 4pm-11pm  
Psychic Faire — Sat, Nov 8 | 11am-6pm  
@ Unitarian Universalist Congregation | 520 Kanawha Blvd W
-  **Earl Wilson Community Thanksgiving Dinner**  
Tue, Nov 25 6-8pm @ TRA  
Keep Your Faith Corporation

**Healing takes time, and asking for help is a courageous step.**

October 10 is International Mental Health Day