

The SafeHarbor Digest



A SafeHarbor Foundation Internal Publication

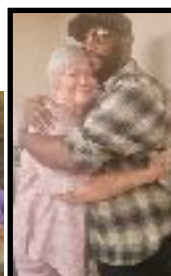
Why You Should Take Your Meds Regularly (Part 1)

Regularly 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



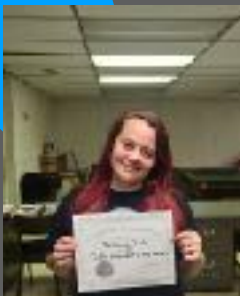


Our own Terrie shared her lead at the Recovery Point on 09/29/2025. She told her story of addiction, recovery, and success.

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





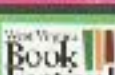




Michael is the Resident of the Month at Branch



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
-  **Oktoberfest with Charleston Urban Works**
Sat, Oct 11 | 3-7pm @ 100 Quarrier St.
Bertie Keenan 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.

You can't defeat the darkness by keeping it caged inside of you.

Seth Adam Smith