

HARVESTING HOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



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The Good Stuff

We invite you to learn more about our work and its impact in our shared community.

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Sowing Change. Harvesting Hope.

Welcome to Harvesting Hope

Dear Friends & Neighbors,

As we approach the year's end at Seed Sower, it is filled with many moments of reflection and gratitude. Beyond the customary success metrics tracked by every nonprofit, there's a resonating sentiment from the remarkable women in our recovery program that we feel compelled to share with you—our supporters, friends, and colleagues:

"I've never felt so loved."

It's a profound realization that women from diverse backgrounds, with varying experiences and skills, consistently point to the love and respect they receive in our program as pivotal to their success. Yet, it is disheartening to learn that for many, this is an experience they've never encountered before.

This holiday season, amidst the festivities, my heart swells with gratitude for many things. Foremost among them are the resilient women in our program and the dedicated staff and board members working tirelessly behind the scenes to make it all happen.

Thank you for your unwavering support. Together, we can continue to bring healing to our community.

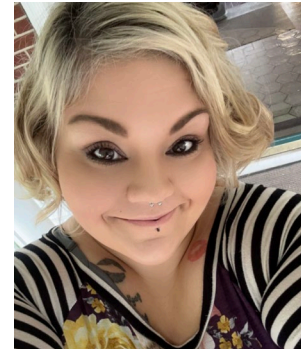
With profound gratitude and love,

James (Jay) Phillips
Executive Director



Staff Spotlight

Meet Stephanie



A Journey of Success

Meet Stephanie Wilkes. Starting as a PRSS at Seed Sower in Dawson, Stephanie moved forward to the role of Lead PRSS and now proudly serves as the Program Director at Seed Sower Manor - Montgomery.

Juggling Tasks – Lovingly Present

As Program Director, Stephanie seamlessly manages behind-the-scenes tasks crucial for the house's smooth operation. Equally vital is her hands-on interaction with residents and unwavering support for her fellow staff.

"Being present for residents, demonstrating recovery is possible, and letting them know I believe in and support them is most important to me," Stephanie emphasizes.

Impacting Others

Stephanie, celebrating a decade of sobriety this month, serves as a source of inspiration in long-term recovery. Her passion is assuring others that they are not alone and advocating for the same opportunity for recovery that she received.



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The symbolic blue doors at of all our locations stand not only as physical markers but as a testament to the resilience, compassion, and determination of our community to rise above adversity.

Mission Update

Year-End Milestones: 2023

Thanks to the dedication of Seed Sower’s board and staff, we have witnessed remarkable achievements and humbly share the following:

1. Supporting Pregnant and Parenting Women: Dedicated Housing

Seed Sower Manor in Montgomery has become a place of hope for pregnant and parenting women in recovery. Currently, it provides a secure haven for eight adults and three children, actively working towards reuniting families and preventing the heartbreaking separation of mothers and their babies.

2. Bridging the Gap: Transportation Services

Seed Sower Transport was launched to address the second most significant barrier to recovery. This service ensures that individuals can always access essential destinations such as work and support services.

3. Launching The Well: A Recovery Community Organization

A newly established RCO -- The Well -- is now a vital cornerstone in our community’s recovery efforts. By meeting people where they are, fostering community partnerships, and unifying the recovery community The Well ensures that everyone has a seat at the table, working collaboratively towards a stronger supportive community.

4. Celebrating Graduates: Rebuilding Lives Together

The women in our care benefit from a comprehensive approach to recovery that includes safe housing, the development of culinary skills and employment through our partner Fruits of Labor, and access to health services. Together, we celebrate and acknowledge the enormously hard work of each graduate!

We recognize the collective power of our community to overcome challenges. There’s much we can do together.

Changing Lives

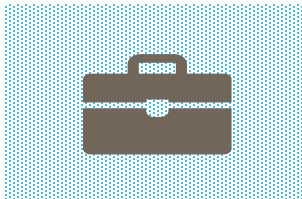
Quantifiable Impact = Changed Lives

At Seed Sower, we are just getting started. We opened our first recovery residence near the end of 2021. Since opening, we have provided:



8,200

safe, **substance free** housing nights (cumulatively) for women in our program committed to recovery.



15 **full-time jobs**, including 12 for people in long-term recovery.



400,000

Miles driven in **direct support** of recovery including work, training, health, and service.

50

Active participants in **The Well** (RCO).



300

Life saving Naloxone **kits and training** to community members and volunteers.

30 **meaningful training** and employment pathways through partnership with Fruits of Labor.

Spirit of Innovation

We are Purpose Driven



With invaluable support from the Appalachian Regional Commission (ARC), Seed Sower is embarking on an innovative initiative to overcome a significant barrier in the path to recovery: transportation.

Introducing Seed Sower Transport

As part of an ambitious plan, Seed Sower has acquired four new vehicles for a total of eight, marking the launch of Seed Sower Transport—a service designed to tackle widespread transportation challenges faced by individuals in recovery. These new vehicles not only expand reach beyond the confines of our residential space but also cover southern West Virginia, delivering crucial transportation services to those on the road to recovery.

Mobile Recovery in Community

Among these additions, one vehicle will stand out as a cutting-edge mobile recovery unit, enabling us to host recovery events across a 10-county region beginning in 2024. This innovative approach ensures that we can reach individuals precisely where they are in their journey to recovery.

The Spirit of Innovation is driving Seed Sower to help connect those we serve.

Spreading Hope and Expanding Locations

Now in: Dawson, Beckley and Montgomery, WV



Recovery Community Organization (RCO) located in Beckley, WV



Now providing essential transportation services for people in recovery





Katie's Journey

Unlimited Possibilities

As a Seed Sower board member, I am able to contribute to positive recovery experiences.

A Force of Nature

Seed Sower, led by Jay and the dedicated staff, operates with heart—it's not just a program; it's a mission. Together, they are a force of nature making remarkable progress in helping participants stay free from substances and lead productive lives.

Expanding Impact

The reach and capacity of Seed Sower continually expand, positively impacting lives of individuals, families, and our community at large.

Unlimited Possibilities

Embracing an inspired vision from our Creator allows individuals and Seed Sower to surpass expectations, fostering a mindset of unlimited possibilities. This speaks to me, and it is energizing to be around others who share this value!

Be A Katie

Learn about volunteering: [Seedsowerinc.org/support](https://seedsowerinc.org/support)

Building Community

What's Possible

Three Ways to Support

We are reaching out to individuals who share the belief in the full recovery from substance use disorder, particularly in the context of empowering women to turn their lives around. Make an immediate impact on a woman's life by lending your support to:



Fresh Start Fund covers an initial housing deposit and one month programming fees. Your donation of \$200 allows one woman a little breathing space and the opportunity to get started living a healthier life.



Practical Needs Fund covers necessities such as food, toiletries, cleaning supplies, and gas for transportation services. Your donation of \$25, \$50 or \$100 helps to defray our significant monthly costs.



One Hour Ambassadors spend just one hour sharing or posting information on Seed Sower programs, upcoming events, or how we are helping improve our shared community.



Donate, volunteer or learn more today:
seedsowerinc.org/support

We are also happy to take your call:
304.392.5464

CHIME in Action

The CHIME framework in recovery involves five components of effective recovery-oriented services and interventions: Connectedness, Hope, Identity, Meaning and Empowerment (CHIME.)



The Seed Sower Squad shining bright at the Glow Run for Recovery in Charleston, West Virginia.

Congratulations to our New Grads



We asked **Taylor Smallwood**, pictured with her daughter, about her thoughts on the Seed Sower program, she conveyed:

Unconditional Love. Welcoming. Discipline. Acceptance.

Congratulations to **Heather Shahan**, captured alongside Seed Sower's Stephanie Wilkes and Jay Phillips. Reflecting on the program, she describes it as: *Miraculous. Inspiring. Astonishing.*



A heartfelt congratulations to Seed Sower graduate **Kathryn Adkins**, pictured alongside Jessi Ennis and Jay Phillips from Seed Sower.



Five Seeds

Five is a powerful number.

Once five years of sobriety is achieved, chance of relapse drops to 15%, according to Psychology Today.

This is a big benchmark because anyone randomly selected in the US faces a 15% risk of addiction.

Five years sobriety levels the playing field.

At Seed Sower, our goal is to provide housing and support to those we serve for five years.



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Get in Touch

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