

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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Welcome to Harvesting Hope

Honoring autumn and leaves that fly

Dear Friends & Neighbors,

September's brilliant leaves provide a picturesque backdrop for National Recovery Month, making the view especially lovely this time of year.

Let's take a moment to pause and acknowledge the individuals who have worked tirelessly in their recovery journey and are now ready to soar towards a brighter future. In particular, a congratulations to our two recent program graduates Casey Hicks and Shaketa Redman. We continue to be impressed by their resolve and commitment.

While our recovery residences are breaking barriers by providing a safe place to live, we are poised to address another primary obstacle to recovery: transportation. You'll find more details on our exciting undertaking in this newsletter.

I am thankful for the beauty all around this season -- it encourages time to pause and remain grateful. Thank you for supporting our good work. Together, we can restore health to our community.

With gratitude and love,

James (Jay) Phillips
Executive Director



Sowing Change. Harvesting Hope.



Staff Spotlight

Meet Jessi



Meet Jessi Ennis, Seed Sower's Program Director at our Dawson location.

Rising Through the Ranks

Jessi started out as a Recovery Coach, obtained her Recovery Coach Professional/ Life Coach 1 and then went on to obtain her state certification P.R.S.S. She then went on to become our lead P.R.S.S. and participated in a management track to transition to our amazing Program Director.

A Path of Dedication

In addition to coordinating all intakes/interviews for new residents, Jessi trains employees, coordinates appointments and transportation schedules for residents. Jessi has been in long term recovery, celebrating four years in March. Her mantra is "Be the change you wish to see in the world."

Empowering Transformation

Jessi adds, "I look forward to helping people overcome the barriers and obstacles in early recovery and go on to obtain sustainable recovery."

Mission Update

Bridging Transportation Divide

In under two years, Seed Sower has launched four safe residences for women in recovery. With support from the Appalachian Regional Commission (ARC), we're now set to tackle the next hurdle: transportation, a critical barrier in the recovery process.

The Grant

ARC's Investments Supporting Partnerships in Recovery Ecosystems (INSPIRE) grant targets our region's substance use disorder crisis, channeling resources into projects that enhance recovery services, facilitate workforce integration, and increase access to medical and behavior health for our most vulnerable friends and neighbors.

Additional Vehicles & Expanded Reach

Seed Sower is poised to confront the transportation challenge head-on with an ambitious move to acquire four more vehicles this autumn. These vehicles will allow us to offer transportation to people in recovery outside our residential space and throughout southern West Virginia. One vehicle will also function as mobile recovery unit providing pop-up recovery events across a 10-county region. This allows us to meet people where they are.

Breaking Down Barriers

At Seed Sower, we believe that everyone deserves equal access to healthcare services. By accessing grant funding and investing in additional vehicles, we are taking tangible steps towards breaking down barriers and ensuring that transportation is no longer a roadblock on the path to recovery.



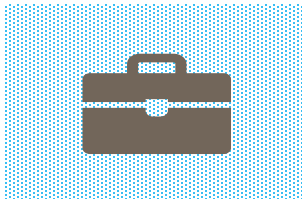
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Quantifiable Impact = Changed Lives

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

 6,500

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.


345,000

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

40

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.

Innovation

Recovery ecosystems are changing the way people navigate their journey

At Seed Sower, our vision is to empower the development of ecosystems of sustained, holistic substance use disorder (SUD) recovery across West Virginia and the region.

In our recovery ecosystem, adults in recovery have access to a wide range of resources and support services. A safe, supervised place to live at one of our residences. Culinary training and employment through Fruits of Labor Inc. Plus reliable transportation to work, medical appointments and other essential appointments.

The key goal of these ecosystems is to create a sense of community and belonging, where individuals can connect with others who understand their struggles and provide encouragement along the way.

In short, "a recovery ecosystem" acknowledges that recovery is hard work and requires multiple resources over time for sustained recovery. The ecosystem represents a transformative approach that promotes inclusivity, fosters resilience and empowers individuals on their journey towards healing,



Sowing Seeds of Innovation

We're humbled and enthused to be recognized as innovators is a recent blog by David W. Best, Ph.D., internationally renowned recovery researcher.

Below is an excerpt from his July blog.

"Across several towns in the southern half of West Virginia, the partnership of Seed Sower and Fruits of Labor is an ideal candidate for blending innovative techniques and methods (farming with training and housing with jobs with contributions to the local economies) embodying the spirit of 21st Century recovery as attractive, visible, accessible and proud of its role in being both integrated in and integral to the wellbeing of the community it resides in."

View Dr. Best's full blog:

cultivatingrecoverycapital.com/blog

Building Community

What's Possible

Three Ways to Support

We are seeking support from people who believe recovering from substance use disorder is entirely possible. Help change a life immediately by supporting:

1. **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.
2. **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.
3. **One Hour Ambassadors** share or post information on our 30-minute uplifting virtual presentations that introduce our work and how we are helping improve our shared community. Upcoming presentations dates posted on our website.

Donate, volunteer or learn more today:

seedsowerinc.org/support

Seed Sower Partner Highlight

Lives Transformed and Businesses Boosted

Three years ago, the ARC Communities of Healing (COH) project launched thanks to a grant to spur small business development and employ West Virginians healing from substance use disorder through growth of social entrepreneurship. Here are some exciting details on impact as the program concludes:

Performance Measure	Metric Goal	Cumulative Amount	Cumulative Percentage
Graduates of cohort training	30	34	113.33%
Businesses introduced to recovery to work through trainings and conversations	75	519	692.00%
Jobs created through COH participants	9	30	333.33%
Business capital raised by COH cohort participants	\$500,000	\$1,549,003	309.80%
Individuals' knowledge improved, as indicated through surveys, about recovery in the workplace	100	123	123.00%
Individuals who have attended COH gatherings, where they received recovery-to-work info	150	197	131.33%
Revenues increased in COH cohort participant businesses	\$500,000	\$533,953	106.79%

COH partners include Fruits of Labor, WorkForce WV, WV Hive, Region 4 Planning & Development Council and WVS Courses & Coaching.



Johnetta's Journey The Time for Action Arrives

My connection with Tammy Jordan at Fruits of Labor coupled with the challenges my family faced due to substance use disorder, gave me a profound realization.

A Shift in Perspective

I wanted to DO something and was committed to take steps toward creating a positive impact for women in recovery and their families in my community.

Aiding and Uplifting

Discovering the purpose and mission of Seed Sower cemented my commitment. Without hesitation, I decided to contribute financially and take an active role on its board.

Plans into Motion

Since then, Seed Sower has provided help and hope to many individuals. Whether you're seeking assistance and optimism for yourself and your loved ones, or you're eager to make a difference, please connect with Seed Sower!

Be a Johnetta

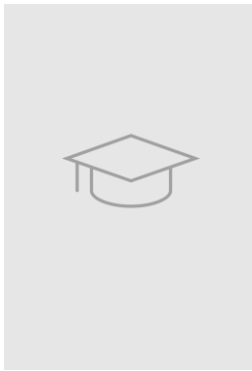
Learn about volunteering: seedsowerinc.org/support

CHIME in Action

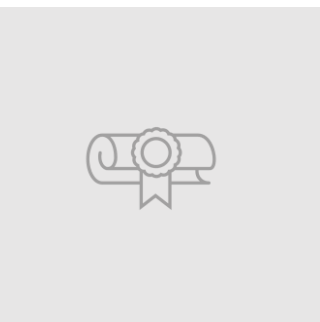
The CHIME framework in recovery involves five components of effective recovery-oriented services and interventions: Connectedness, Hope, Identity, Meaning and Empowerment (CHIME.)



Exhibit at Carnegie Hall in Lewisburg WV showcasing pottery made by Seed Sower residents over a 12-week "Arts in Recovery" program.



We are proud and honored to present our next program graduates! Congratulations to Shakita Redman (center) on her recent graduation. Thank you for your determination to succeed! (Seed Sower's Dawson Program Director Jessi Ennis and Executive Director Jay Phillips, L to R)



Congratulations to Casey Hicks (left) on her program graduation. When asked for three words to sum up her recovery journey, Casey added, "difficult, fun and totally worth it!" (Jay Phillips, Seed Sower ED, Right.)



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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