

HARVESTING HOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



Inside This Issue

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

Ring in the New Year

Dear Friends & Neighbors,

What a year it's been, and this year gives us more good news! Women in our program are succeeding and we are expanding to help others on their recovery journey.

We opened our doors just over a year ago and are poised to open two new locations. Details follow in the newsletter. Our vision of a "Recovery Ecosystem" is growing, with presence in Raleigh, Fayette, and Greenbrier counties.

As a little thank you, we would like to provide a sampling of handcrafted coffees created by women in our program to one of our readers. You'll find details in our newsletter and Facebook page. It's all part of raising awareness and reducing the stigma surrounding the addiction epidemic. After all, it is this stigma that prevents many people from seeking the help they need, and more importantly, deserve.

Let's do this together. Let's Harvest some Hope!

With gratitude and love,

James (Jay) Phillips

Executive Director



Sowing Change. Harvesting Hope.



Mission Update

Seed Sower Expands Impact with Additional Locations

At Seed Sower, we recognize the complexity of the recovery journey and understand that West Virginia faces one of the highest addiction-related morbidity rates in the country.

We're Growing

In late 2021, we opened one residence and provided wrap around services to women in recovery. Since then, we are poised to expand our impact.

- Seed Sower Village in **Dawson** is home to 12 women committed to leading healthier lives. By spring, we will be home to 16 women thanks to renovation of our adjacent building.
- Seed Sower Manor (above) is located in **Montgomery** and will be home to pregnant and parenting women in recovery and their children. Opening March 2023.
- Seed Sower Offices in **Beckley** will expand to include a Recovery Community Organization (RCO) called The Well, bringing together trained allies who will advocate, educate, and deliver services for sustained recovery.

We're Listening

What services should be available through our new RCO, The Well? Let your voice be heard at our next Listening Session:

- 2/18 @ 5PM | 313 Neville St, 3rd Fl, Beckley | Coffee/pastries.

The Mission

Seed Sower residents have a safe, affordable place to live along with transportation services. Thanks to one of our partner organizations, residents are also enrolled in an exceptional culinary and agricultural training and certification program.

Staff Spotlight

Meet Lindsay Roberts

Our experienced Program Director Lindsay Roberts provides supervision and support for staff and ensures the proper operations of Seed Sower's multiple recovery residences.

Lindsay is a person in long-term recovery with over seven years of sobriety and a passion for helping others.

Lindsay is a certified Peer Recovery Support Specialist and published author. She earned her bachelor's degree in Behavioral Health Science from West Virginia State University.

According to Lindsay, "Some things in life are a good thing and some are a God thing, and my connection with Seed Sower is most definitely a God thing. As a person in long term recovery, it is a privilege to walk beside other women on their healing journey and be the hope."

Lindsay went on to elaborate, "The peer led social model is not only effective for our residents, but it also assists our staff. There are days this program has saved me and that is a beautiful thing."

We are grateful for Lindsay's dedication, experience, and constant insights.



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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. In our first year, we have provided:



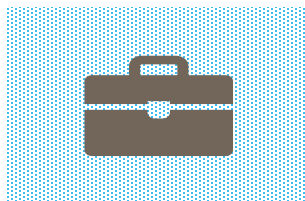
3,250

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



175,000

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



14 **full-time jobs**, including 6 for people already entering in long-term recovery.

120

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



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

Innovation

Harnessing the Power of Connection

One of West Virginia's very first Recovery Community Organizations is opening this quarter and will be known as The Well.

Recovery Community Organizations (RCOs) are independent, nonprofit organizations championed by local allies with a passion for providing support. Allies range from concerned citizens to recovery-focused professionals to people in long-term recovery, their families, and friends.

The Well will be located alongside Seed Sower's central office in Beckley, West Virginia and will mobilize resources within and outside the recovery community. Primary missions include:

- **Advocate** for recovery-focused policy activities.
- **Educate** through recovery-focused community education/outreach programs.
- **Deliver** peer recovery support services.

By harnessing the power of our allies, we will connect people in recovery with support that is both grassroots and reflective of their needs.

Stigma Reduction

Misinformation surrounds substance use disorder and often prevents people from seeking the medical help they need.

Help reduce the stigma surrounding SUD by understanding three facts about addiction and recovery.

Here's what is TRUE:

1. **Misusing substances is not a choice.** It is a medical condition just like heart disease.
2. **People addicted to drugs or alcohol are not bad people.** Circumstances, often childhood trauma, play a role in progression of the disease. People suffer from all walks of life.
3. **People abusing drugs or alcohol do not have to hit rock bottom to recover.** There is no one-size-fits-all path to sustained recovery. Some people do recognize a problem is taking ahold and seek help before their life is upended.

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

WV Hive and Economic Growth



Introducing a recovery-to-work ecosystem project that spurs small business development and employs West Virginians healing from addiction through the growth of social entrepreneurship.

At Seed Sower we are proud to partner with the WV Hive on our three-year ARC *Communities of Healing* project.

“When we first started working together in December of 2020, Seed Sower was just a seedling itself, but thanks to excellent leadership, the program has grown leaps and bounds,” says WV Hive Executive Director Judy Moore.

For the past six years the WV Hive has very much been working on the quality of the soil – helping to build an entrepreneurial mindset and a program where entrepreneurs and small business owners feel supported.

“The work we are doing through the Communities of Healing program is not only impactful, but as a partner, it is also extremely humbling and an experience I am so appreciative of,” adds Moore.

WV Hive expects 2023 to be a year of growth as services to entrepreneurs and small businesses are expanded to other counties.



Neil's Story It's Bigger than Me

Neil spent a lot of time criss-crossing the country delivering products we all rely on as a professional truck driver.

Not in the Driver's Seat
But then, Neil's beloved sister passed from cancer leaving a hole in his heart.

Shifting Gears
“I now have 11 new sisters that are precious cargo,” says Neil referring to the women of Seed Sower whom he drives to work and appointments essential to their recovery.

Pedal to the Metal
Neil also helped prepare Seed Sower Manor, in Montgomery (in record time!) for its opening. The residence is home to pregnant and parenting women in recovery along with their children.

Be a Neil
Learn about volunteering:
seedsowerinc.org/support





Updates

The Well is one of the first Recovery Community Organizations (RCO) in West Virginia and is set to open in spring of 2023. Located alongside Seed Sower’s new, primary office in Beckley, it is both beautiful and practical. Three floors provide space for an array of support services, group meetings, classes, and other programs for adults in need of recovery support. It is a safe space where all recovery pathways are welcome! Funding provided by the WV DHHR Bureau for Behavioral Health.

- Let your voice be heard at a Community Listening Session: 2/18 @ 5PM | 313 Neville St, 3rd Fl, Beckley | Coffee/pastries.

Respite Room – Seed Sower’s Dawson residence is expanding with the addition of a respite room and bed for women just arriving to the program or in need of other special services. The room is adjacent to our Peer Support Office and is staffed 24/7.

Seed Sower Manor – This new facility in Montgomery will be home to pregnant and parenting women in recovery and their children. We expect to help 12 adults and 4 – 6 children. Doors open this spring.

Free Virtual Presentations – “Community Recovery Starts with Seed Sower” is a 30-minute uplifting presentation that educates and inspires. It is appropriate for anyone interested in learning more about our mission and the progress we are making in our community. Presentations dates posted: seedsowerinc.org/events.



Ready to enjoy handcrafted coffees created by women in our program?

We want to provide one of our readers with an assortment of coffees with a purpose. Visit Seed Sower Inc’s Facebook page by 2/28 for details. The lucky reader selected 3/1. No purchase necessary.

Details, Terms & Conditions: facebook.com/seedsowerinc/



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Get in Touch

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