

HARVESTING HOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



Inside This Issue

We're excited to share how we are positively impacting our shared community.

- The Mission
- Staff Spotlight
- Impacting Lives
- Impacting Economy
- Ways to Help

Welcome to Harvesting Hope

Our inaugural newsletter

Dear Friends & Neighbors,

We are pleased you have found us and care about the hardworking women in our program currently undertaking the journey to recover from substance use disorder (SUD) and reclaim their lives.

We invite you to join us on this journey of resilience and hope!

At Seed Sower, we firmly believe that recovery is best supported when the entire community is engaged, so we invite you to learn about our work and the proven impact safe, supervised housing plays in providing a real opportunity for resilient recovery and community revitalization.

Help us serve by sharing our story in your own networks. The only way forward against the brutal epidemic of addiction is working together to understand the true nature of substance use disorder, what recovery is (and is not), and how evidence-based recovery programs support community healing, spurs economic activity, and helps restore balance in our neighborhoods and towns.

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

With gratitude and love,

James (Jay) Phillips

Executive Director



Sowing Change. Harvesting Hope.



Staff Spotlight

Meet Nicole

Nicole Shepherd is the dedicated Program Director at our Dawson residence.

“I am so fortunate to be part of an amazing program that empowers women, to give them the necessary tools to be successful in long-term recovery. Seed Sower affords women the opportunity to recover in a safe environment with knowledgeable, dedicated staff who have been exactly where these women have been. I have enjoyed watching these women grow and I’m so excited to see what the future holds for them.”



Nicole is prepared to help our community meet unprecedented challenges. She earned a master’s degree in social work from Concord University in 2015. She is certified in Parent Child Interaction Therapy (PCIT) and in Trauma Focused Cognitive Behavioral Therapy (TFCBT).



Sowing Change. Harvesting Hope.

Helping Women Reclaim Their lives

An introduction to Seed Sower

At Seed Sower, we provide women in active recovery with a safe, supervised place to live along with transportation and best-practice recovery support services so that they have the necessary wrap-around support and pro-social engagements they need to thrive in their recovery journey.

We recognize that a desire to recover, while imminently important to success, encounters significant barriers and unmet needs that are difficult to overcome alone. These barriers include fundamental needs such as a safe place to live separate from the prevalence of drug use, reliable transportation, meaningful training and employment, and access to trusted medical and behavioral health care, all coordinated in a recovery friendly, supportive, and accountable environment. Together, with our community partners, Seed Sower checks every box.

West Virginia currently has the highest addiction-related morbidity rate in the country. The impact is far beyond any individual. Families, schools, businesses, and entire communities are deeply impacted. But there is hope! That hope is realized when we approach this issue together. Each of us has a role to play in turning the tide of this terrible disease.

Our Mission

To provide safe, supportive housing, recovery support services, and transportation to adults in active recovery from substance use disorder.

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 six months, we have provided:

- **1,043** safe, substance free housing nights (cumulatively)
- **30,250** miles driven in direct support of recovery:
2,700 for behavioral health | 3,500 for medical and dental health | 4,800 for support group meetings | 3,800 for training and education
7,500 for work | 3,800 for criminal justice appointments | 1,300 for “other agency” appts such as DMV or DHHR | 1,150 for community service projects | 1,200 for religious services | 500 for recreation
- **6** jobs, including 4 for people in long-term recovery
- **8** Meaningful training and employment pathways through our partnership with Fruits of Labor, Inc. in Rainelle
- **100+** Naloxone training and kits to community members

Seed Sower

Partner Spotlight: Fruits of Labor



At Seed Sower, we are committed to providing a variety of services needed to sustain recovery. We could not accomplish this without our partners including Fruits of Labor Inc.

Fruits of Labor is an agricultural and culinary training center which produces consciously crafted food and employs women and men in recovery. You’ll find their cafes and bakeries in Rainelle, Alderson, and Montgomery. Their new location in Beckley opened in August.

“We believe people sustain recovery when they have a safe place for that to happen and job skills in a vibrant profession. We take pride in partnering with Seed Sower and helping rebuild lives in our shared community,” adds Tammy Jordan, Founder of Fruits of Labor Inc.



Impacting Economy

“We are losing \$8.8 billion per year, at least one-eighth of the economy. It seems we’ve been grossly underestimating the economic impact.”

Dr. Rahul Gupta, WV Public Health Commissioner

Increased spending costs includes healthcare, treatment, criminal justice costs, lower worker productivity and fatal overdoses.

WV’s Gross Domestic Product is slashed by 12% due to addiction (double any other state)

Study: American Enterprise Institute

“It is important to remember as we see these numbers and statistics that these are people who need our attention, our care, and our help.”

Dr. Matthew Christiansen, Director of DHHR’s Office of Drug Control Policy (2021)

News & Updates

Seed Sower Manor (Coming Fall 2022) – Seed Sower will be opening a new residence for pregnant and parenting women in recovery in Montgomery, WV! Renovations have begun, and we expect to open this fall with 11 beds for women and up to 8 beds for their infant children.

The Seed Sower RCO – We are proud to announce that, through funding provided by the WV DHHR Bureau for Behavioral Health, Seed Sower will open one of the first Recovery Community Organizations (RCO) in West Virginia in the spring of 2023! This new venture, slated for development in Beckley, will offer a broad array of recovery support services, group meetings, classes, and other programs for adults in need of recovery support, providing a safe space where all recovery pathways are welcome!

Communities of Healing Fall Gathering - Communities of Healing is a recovery-to-work ecosystem program designed to spur small business development and employ West Virginians healing from SUD through the growth of social entrepreneurship. Learn more about this amazing collaborative of partners at communitiesofhealing.org!

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 are held the third Thursday of the month at 6PM. Details: seedsowerinc.org/events.



Make a Difference in One Hour

Dedicate one hour to raise awareness.

Visit the Event section of seedsowerinc.org and invite others to attend an upcoming, uplifting virtual presentation.

Together we will
Harvest Hope!



Sowing Change. Harvesting Hope.

Get in Touch

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