

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

Springing into the season

Dear Friends & Neighbors,

There are signs of spring and hope all around us! We are happy to report that the women in our program are continuing on their recovery journey.

We recently launched **The Well**, Seed Sower's Recovery Community Organization in Beckley. Since its opening, two community listening events were hosted (both well attended!) to deepen our understanding of the services those in recovery need to sustain their healthy lifestyle.

Signs of hope continue with the opening of **Seed Sower Manor** in Montgomery. This residence fills an essential need by providing pregnant and parenting women in recovery and their children with a safe home.

Plus, we are celebrating our **first graduate!** And in tandem, opening **Seed Sower Villa**, a residence for graduates that provides longer term support to help clients meet the critical five-year recovery milestone. This is part of our vision and the five seeds in our logo serve as a reminder.

I am thankful this spring for these endeavors. Let's continue to do this good work together. Our community is counting on all of us.

With gratitude and love,

James (Jay) Phillips
Executive Director



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Seed Sower Manor ribbon cutting in Montgomery, West Virginia.

Staff Spotlight

Meet April Clark

April is the CHERP-PRSS here at Seed Sower and has been with the team since early 2023.

In general terms, April is **the go-to resource person** for The Well, Seed Sower's Recovery Community Organization or RCO. She is making sure that she is up on current events and any type of resource that is needed for someone in recovery.

When asked about Seed Sower, April says her favorite thing about the organization is that it feels like family adding, "There are lots of laughs but there are also some days we have tears, but we support one another in all aspects of our jobs and our lives."

What is April looking forward to? She says serving the community by helping those who feel hopeless find hope again and assisting others to recover safely and with dignity.

April's motto is the one she says everyone uses at The Well: "**Buckle Up!**"

April explains, "The saying provides motivation but is also inspiring because it's an everyday reminder that we at The Well have a great big job to do. It must be done, and we are the right people to get it done!"

Mission Update

Filling a Critical Gap

Drug overdose deaths among pregnant and postpartum women have risen sharply since 2020. While the cause for the increase is complex, barriers to treatment such as a **safe place to live** is one significant factor.

The grand opening of **Seed Sower Manor** in Montgomery, West Virginia is helping eliminate that barrier by providing a welcoming home to **pregnant and parenting women** in recovery and their children.

Seed Sower Manor is a modest home on a quiet street that has been renovated to include space for 17 pregnant or postpartum mothers and their children under the age of two.

There may be no stronger drive than that of pregnant women ready to pursue recovery to deliver a healthy baby. At Seed Sower, we are ready to assist.



The Mission

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



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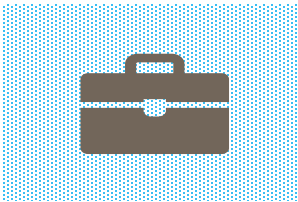
Quantifiable Impact = Changed Lives

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



4,800

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



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



250,000

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

30

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



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

125

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

Innovation

Easy-to-Access Services with new RCO



You Are Not Alone is the uplifting message from this new community resource.

The Well, one of West Virginia's very first Recovery Community Organizations is **now open** and serving as a new resource for people on their recovery journey as well as family, friends, and caring neighbors.

The Well is co-located with our partner, Fruits of Labor at 313 Neville Street on the 3rd floor in Beckley, West Virginia, and is mobilizing resources within and outside the recovery community. Anyone seeking services is welcome to stop in or call. Hours are Monday - Friday from 10AM – 8:30PM.

Some of the services available through The Well: recovery support group meetings, on site peer recovery support, recovery assessment and planning, telephone recovery support, assistance with resources, recovery events, training and education, harm reduction, a cup of coffee and a friend.

And always, judgement-free recovery support.

Language & Stigma Reduction

The language we use when talking about addiction can be stigmatizing and often portray someone seeking help in a negative or shameful way. Here are three simple changes in language that remove harmful stigma.

1. Replace **addict** with a **person with substance use disorder** because using these words shows that a person with a SUD "has" a problem/illness rather than they are the problem.
2. Replace **alcoholic** with a **person with alcohol use disorder** because this focuses on the disease.
3. Rather than **former addict**, refer to a **person in recovery** or **long-term recovery**.

Words matter and often have unintentional consequences. Let's make a change.



Ron's Story

Recovery Can Change the World

Ron Campbell serves as an advisor to The Well, Seed Sower's new RCO, and is executive director at Southern West Virginia Fellowship Home.

What Gives Me Hope

People working together. Southern WV can become a thriving recovery community made up of individuals from diverse backgrounds with different gifts.

Finding Each Other

People like Jay, Seed Sowers' ED, who provide spaces for people to find one another, make collaborations possible.

One Myth to Bust

People in recovery sometimes have trouble seeing how diversity can be beneficial. Your recovery might not look anything like mine and it's beautiful!

Be a Ron

Learn about volunteering: seedsowerinc.org/support



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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

WorkForce West Virginia



We are proud to partner with WorkForce West Virginia on our ARC Communities of Healing project.

WorkForce West Virginia is the Mountain State's center for workforce resources including job opportunities with services available at 13 career centers located throughout the state.

"It's been exciting to watch the progress at Seed Sower and how our missions align when it comes to reducing barriers to employment," says WorkForce West Virginia Business Services Manager Amanda Dawson.

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

When asked about other recent highlights, Dawson shared that when it comes to career coaching, she has watched her organization's "Bring Your A Game to Work" workshops build real skills and bolster confidence which is critical to sustained success for people in recovery.

News & Updates



Seed Sower Villa – People on their recover journey need housing, and our vision of providing a safe place to live for Seed Sower graduates is now a reality. Our newest residence, Seed Sower Villa provides essential peace-of-mind, so people committed to rebuilding their lives have resources to continue their journey and meet the critical five-year recovery benchmark when relapse is dramatically reduced to 15%.

The Well – The ribbon has been cut and this Recovery Community Organization (RCO) is officially open in Beckley. Staff are ready to help, and folks are encouraged to stop in at 313 Neville Street. Other details can be found: seedsowerinc.org/the-well.

Seed Sower Manor – This new facility is open to pregnant and parenting women in recovery and their children. And thanks to United Way for hosting a community-wide baby shower to kick off our opening.

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.



We are proud and honored to present our first program graduate, Corin Ramey. (Jay Phillips, Seed Sower ED, Right). Thank you for your inspiring spirit and your determination to succeed!



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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