

# HARVESTINGHOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



Inside The Fall Issue

## The Good Stuff

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

- Mission Update
- Staff Spotlight
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- Plus info on upcoming events celebrating recovery this fall!

## Welcome to Harvesting Hope

Dear Friends & Neighbors,

As we step into September, a time dedicated as National Recovery Month, I am energized by the many ways we make recovery visible in our community. Not just for passion of mission, but to be a connector for those in our community who may need our help and have not started their recovery journey. We are here.

While community events will be celebrated this month fulfilling that difficult task of raising awareness, I found myself thinking a little differently on the drive to work today. It's our incredible staff, board members, community partners, and program participants who truly embody the spirit of recovery every day. They remain steadfast in raising their voices whenever the opportunity presents itself so others may know that recovery is possible.

Their dedication and passion ensure that the journey of recovery is not only seen but celebrated. It's through their efforts that we continue to build a landscape where recovery thrives.

Let's continue to shine a light on the paths to recovery, celebrating the strength, hope, and transformation it brings.



Sowing Change. Harvesting Hope.

James (Jay) Phillips  
Executive Director

# Recovery Visibility

## Recovery Visibility: Something to Celebrate in Our Community

By James Phillips, Executive Director, Seed Sower

At Seed Sower, we believe that making recovery visible is not just important—it's essential for individual healing and the overall well-being of our communities. As we continue to expand our services and impact across southern West Virginia, it's more important than ever that everyone understands why visibility in recovery truly matters.

### Mission and Mobile Outreach: Meeting People Where They Are

Our new Mobile Outreach initiative is a shining example of how we're bringing recovery to those who need it most. By collaborating with local recovery organizations, our dedicated team members travel to different communities, distributing essential harm reduction items, including Naloxone kits, as well as hygiene essentials like socks, shampoo, deodorant, and water. These small acts of kindness are more than just practical—they are lifelines, helping to connect those in need with the recovery support services they deserve. *(For more on Mobile Outreach, visit the Spirit of Innovation section on page 3.)*

### Mission and Community: Addressing Questions and Emphasizing Healing

Substance Use Disorder affects every community in our nation, and there is a wide range of opinions on how to approach it. However, one universal truth remains: communities that actively support and engage with individuals in recovery are far more likely to see those individuals seek help. It's all about building relationships.

At the heart of our mission is the belief that people deserve the opportunity to heal at home, where local connections can support them throughout their recovery journey. This isn't just about providing resources; it's about fostering meaningful relationships through repeated, in-person interactions. It's important that our friends, families, and neighbors battling substance use disorder know that they are valued and have a trusted contact to guide them.

As we celebrate Recovery Awareness Month this September, we warmly invite you to join us in making recovery visible. Follow our Facebook page, share posts that resonate with you, and help us spread the message that recovery is not only possible—it's happening right here in our community, every single day.



Embracing recovery together as we celebrate National Recovery Awareness Month, and the role visibility plays in strengthening our communities.

## September is National Recovery Month

### Healing Appalachia 2024: September 19 – September 21

Join the celebration at the WV State Fairgrounds in Lewisburg from September 19-21 for an unforgettable experience of music and recovery! This event brings together people from all walks of life in a vibrant community spirit, supporting recovery efforts through a unique mix of entertainment and awareness-building activities. For more recovery events, visit page 4.

# On the Move with Mobile Recovery Services

At Seed Sower, innovation is at the heart of everything we do. While many associate innovation with the latest technology, sometimes it means recognizing when technology should take a back seat to something far more essential—**human connection**.

Our Mobile Recovery Support Team, a relatively new initiative launched just a few months ago, embodies this approach by **meeting people where they are**.

The Seed Sower Mobile Recovery van, staffed by our dedicated team, including Outreach Specialist Mike Bone, travels directly to communities in need. During these visits, we provide essential items, including harm reduction and hygiene products, as well as food, clothing, and water. Just as important, we help individuals connect with local resources that can support their recovery journey.

This hands-on, community-focused approach isn't just respectful; it's an effective way to build bridges between those in need and the support networks available in their own backyards.

Recently, our collaboration with the **Family Resource Network in Fayette County** highlighted the power of this approach. By working alongside their dynamic team, we successfully raised visibility for recovery services in the area, demonstrating that meeting people where they are can create lasting community connections.

We're excited to grow this initiative and are seeking collaborations with local organizations. While we're ready to share what we've learned, we are even more eager to listen. How can we best support your efforts? Reach out to start the conversation.



## A Burst of Blue

Seed Sower Mobile Recovery vehicles are out on roads throughout the region helping build connections to various recovery communities.

## Quantifiable Impact = Changed Lives

Seed Sower has provided the following:



11,500

safe, **substance free** housing nights (cumulatively) for women in our program since opening end of 2021



146,000

Miles driven in **direct support** of recovery including work, training, health, and service so far in 2024



376

Mobile Unit Engagements this year





*We're grateful to Amy – dedicated Seed Sower board member – who has just completed her tenure but continues to share her smiles, blossoms, and wisdom.*

## We are Grateful

So many people have served honorably as Seed Sower Board members, and we are so deeply grateful for their commitment to the cause.

### Digging In

As a Licensed Professional Counselor, Amy gets excited about people experiencing wholeness and walking forward as beloved and fellow human beings. This is what initially drew her to Seed Sower

### Drawing Inspiration

If you are interested in learning more about our work and volunteering, we would like to hear from you.

### Be An Amy

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

# Building Bridges to Support Community

## HEALTH AND WELLNESS

## Recovery Events This Fall

### September Zoom Workshops by SAMHSA

When: Every Tuesday, 1:00 PM – 2:00 PM EST

Where: Zoom

Details: [samhsa.gov/recovery-month/events](https://samhsa.gov/recovery-month/events)

Description: SAMHSA is offering Zoom workshops throughout September, featuring topics like peer support, generational healing, and the art of recovery. Sessions are designed to explore diverse perspectives and celebrate the power of recovery in our communities.

### Healing Our Plateau – Free Concert

When: Saturday, September 7, 2024, 5:00 PM – 10:00 PM

Where: Lively Family Amphitheater, 44 Kelly Ave, Oak Hill, WV 25901

Details: [oakhillwv.gov/bc-ac](https://oakhillwv.gov/bc-ac)

Description: Enjoy a free concert as part of the "Healing Our Plateau" initiative, bringing music and community together to support mental health and recovery.

### Healing in the Holler

When: Tuesday, September 17, 2024, 5:00 PM – 8:00 PM

Where: 1320 Maplewood Avenue, Ronceverte, WV

Description: A celebration of recovery and resources in the Greenbrier Valley.

Details: [jo.a.chestnut@wv.gov](mailto:jo.a.chestnut@wv.gov)

Resources from various organizations, vendors, and activities for the kiddos. Something for everyone.

### 6th Annual Glow Run 4 Recovery 5k

When: Saturday, October 19, 2024, 4:00 PM – 10:00 PM

Where: Magic Island, Charleston, WV

Details: [findtherun.com/race/41542/glow-run-4-recovery-5k](https://findtherun.com/race/41542/glow-run-4-recovery-5k)

Description: Join an evening run/walk with a dance party, live performances, vendors, recovery speakers, and glow paint! The race starts at 8:00 PM, but you don't have to run to have fun. For kids, there's a foam machine slip-n-slide, bounce house, glow face painting, splash pad, and more.

These events are **vital** in making recovery visible, highlighting the strength and resilience within our communities. **We hope you'll attend** one of these events or another in your community and enjoy your neighbors!

## Staff Spotlight

### Celebrating Katherine Adkins: From Program Graduate to Key Team Member

We are thrilled to salute Katherine Adkins, a proud graduate of Seed Sower's recovery program, who has now joined our team as a Recovery Coach. Katherine's journey is a testament to the power of perseverance, structure, and community in recovery.

Katherine first sought help while in jail, guided by a counselor who helped her apply to Seed Sower. The **initial steps of her recovery** journey were daunting—she entered the program feeling scared and uncertain, with little knowledge of recovery or the challenges ahead. But through the support of her "sisters" at Seed Sower, Katherine began to hold herself accountable and learned to prioritize her recovery.

Now, as she prepares to take her PRSS certification test, Katherine **plays a vital role** in our program. She brings the same structure and accountability that were key to her own success, helping current participants navigate their recovery journeys with confidence. Whether leading classes, offering support, or accompanying individuals to meetings, Katherine's firsthand experience makes her an invaluable resource.

Katherine continues to live by the principles she learned at Seed Sower, attending NA meetings, staying connected with her sisters, and sticking to a routine that reinforces her recovery. Her message to others is clear: "Trust the process—recovery is possible."

#### EXPANDING OUR IMPACT

### A Fresh Look on Our Home Page



While Seed Sower residences remain dedicated to women, we're excited to expand our reach to both men and women with the addition of our RCO, transportation services, and mobile recovery support. This new image reflects our expanding impact.



## Five Seeds

Five is a powerful number.

Once five years of sobriety is achieved, chance of relapse drops to less than 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.



Seed Sower

Sowing Change. Harvesting Hope.

### Get in Touch

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