



# Summer Smiles

Quarterly  
Newsletter  
Summer  
2018

Family Matters

## Testimonial

Like the show “Family Matters” I watched growing up, is how I would describe and relate to Family Matters at Rigel. For me, when I started counseling at Rigel, I was what you could compare to Steve Urkel.

I was clumsy and awkward in the sense that in active addiction I had separated myself away from my family. I wasn’t communicating with them or, when I did, it was mostly lies. Honestly, my social life had completely fallen apart. Just as in most episodes of “Family Matters” where Steve Urkel is used only for his brains or what he could do for others, I was used for what money or drugs I could offer to others.

Once my family and I started attending counseling at Rigel, we were all able to open up and begin talking about our feelings. I was able to communicate openly and honestly. I began to gain confidence in myself and build better relationships by mending and fixing on parts of our relationships I had damaged in active addiction.

I guess you could say by attending Family Matters I had created myself my own “Stefan.” And those of us that have seen “Family Matters” all know that Stefan is the new and improved, better version of Steve Urkel. I believe by attending Family Matters, I am now a better version of myself.



**Tell us what you think**

*“We are not alone.”*

*“I believe it helped me a lot. And I think it was a peaceful setting.”*

*“Just listening to similar situations helps me understand.”*

*“It helped extremely. I feel me and my mom are getting our relationship rebuilt with trust.”*

*“I think I understand my daughter’s frame of mind better and might understand why she turned to drugs.”*

*“Sharing the burden with many people experiencing the same problems.”*

JOIN THE VOICES FOR RECOVERY  
invest in **health**, **home**, **purpose**, and **community**

National  
Recovery Month  
Prevention Works • Treatment is Effective • People Recover  
September 2018



## September is National Recovery Month

When we say goodbye to summer for 2018, we'll be saying hello to the 29th National Recovery Month. Every year SAMHSA sponsors this event in September to increase awareness and understanding of mental and substance use disorders, while also celebrating the people in recovery. Oftentimes when talking about addiction we focus on the epidemic at hand and those currently in active use. While that is important, Recovery Month gives us a chance to celebrate how far we've come, both in treatment and in personal recovery.

This year's annual Recovery Month theme is Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community. The 2018 theme explores how integrated care, a strong community, sense of purpose, and leadership contribute to effective treatments that sustain the recovery of persons with mental and substance use disorders.

Oriana House is once again looking forward to celebrating recovery month with our clients and their families. Throughout the month of September we will be exploring the theme of Recovery Month with our clients in treatment, focusing every week on one of the four areas: health, home, purpose, and community.

We hope that others in our communities are able to celebrate with us. Information regarding recovery events at different locations will become available as we get closer to September. For more information about Recovery Month and events near you, you can also visit: <https://www.recoverymonth.gov>

## What does recovery from addiction mean to you?

*"Life. Without recovery I have no life. It means I get to be a better man, a better brother, a productive member of society."*

*"Being a productive member of society, having a job, a family, and living my life without drugs."*

*"It means a lot to me. It means a lot to my community, my family. I didn't see what they saw [when I was in active addiction] but now I see it. I want to be something different."*

## View our newsletter electronically

Give us your e-mail and we will give you a link! Your e-mail will remain confidential and we will send you information regarding Rigel Recovery Services and Family Matters. The links to the newsletter and calendar can go directly to your in-box where you can read them anytime, and you will never miss an issue. Simply send us an e-mail at [pi@orianahouse.org](mailto:pi@orianahouse.org) and request to be added to our newsletter list.

*"Wherever you go, no matter what the weather, always bring your own sunshine."*

Anthony J. D'Angelo, writer

