

PEER 2 PEER ← September 2017

RECOVERY NEWS

Peer to Peer Recovery Projects Monthly Newsletter

P2P Newsletter Team

We are looking for members & volunteers to help develop P2P's monthly newsletter. Some tasks include interviewing P2P members, guest facilitators, community members, etc. Writing articles, researching and gathering info on local recovery and fun events. Creating recovery based art, poetry, photography, and writing. Computer skills using Microsoft Publisher to create and print our newsletter.

Have we peaked your interest? Maybe there is something above you would like to partake in helping develop the newsletter, or any other skills or talents you would be willing to use on the newsletter team. Contact Kari for more info.

Kari: karinlephillips@gmail.com

“Recovery is not for people who need it, it’s for people who want it.”

P2P Participating in International Overdose Awareness Day



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Adams Corner : comics by Adam Rancourt



Hairy Situation

The most beautiful day: **Today**
The easiest thing: **Equivocate**
The biggest obstacle: **Fear**
The gravest error: **Give up, to despair**
The root of all evils: **Egoism**
The most beautiful occupation: **Work**
The worst route to follow: **Faintheartedness**
The best teachers: **Children**
The first necessity: **To communicate**
The greatest happiness: **To be useful to others**
The greatest mystery: **Death**
The worst defect: **Bad temper**
The most dangerous being: **The liar**
The most wretched feeling: **The grudge**
The most beautiful gift: **Forgiveness**
The most indispensable: **Home**
The quickest way: **The correct one**
The most comfortable feeling: **Interior peace**
The most powerful weapon: **The smile**
The best remedy: **Optimism**
The greatest satisfaction: **The duty done**
The most powerful force: **Faith**
The most needed beings: **The parents**
The most beautiful of all: **Love**

Mother Teresa

Meet Destinee

Hi, my name is Destinee. I am a volunteer and recovery coach here at P2P. Through life's ups and downs I look back at how things have unfolded over the last year and a half when I finally surrendered and made an honest attempt at changing my life and feel so much gratitude.

I started my recovery journey in Steppingstones Residential Program where I completed and moved into the Graduate House. I'm thankful to Steppingstone for giving me a safe and stable environment that allowed me to figure out what I was missing through a 12 step fellowship.

Peer 2 Peer has also been a huge contributor to my growth. I began attending groups when they first opened their doors. I became a member, then a volunteer, and eventually given a wonderful opportunity to be trained and employed as a recovery coach.

Being of service, giving back, and sharing my experience strength and hope is so important to me. I know the only reason I'm where I am at today is because others did that for me. They saw I was broken, suffering, and crying out for help, but I didn't know how to ask for it. They reached out to me with love in their hearts. I just want to do the same for others. I believe every single person was created by purpose, on purpose, for purpose, life has had a whole new meaning since I have seen this for myself. There is nothing better than watching others get to that point as well.



Recovery Coaching

Steppingstone Inc. is now offering recovery coaching services.

What are Recovery Coaches?

A Recovery Coach promotes recovery by helping remove barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

If you are interested in receiving Recovery Coaching services contact:

Michael Bryant

P2P Director

Living with a Dual Diagnosis in Recovery

During my first year of recovery I was so focused on becoming free of the obsession of alcohol and drugs that I didn't notice the symptoms I experience related to a mental health disorder. To me, everything was about my disease of alcoholism. I celebrated my first year of recovery with joy and looked forward to a life that would be happy, joyous and free. Little did I know how 'life on life's terms' was about to impact me. Nightmares, panic attacks, an inability to get out of bed, shaking spells, overwhelming fear that would freeze me in place...and then cutting. I began to feel different and unique from my fellow alcoholic friends and support system. I was all of 19 years old, and totally lost. I began to feel judged by those I looked to for support and guidance, and began to isolate myself physically and emotionally. I tried to hide the cutting but was unsuccessful, this only made matters worse with those close to me. Many did not understand. Nor could I explain it to them. I knew there was something very wrong, but did not know where to turn for help. So I continued to attend AA meetings and put one foot in front of the other but lived with a lot of shame about what was happening to me. I would go on to lose my first real "adult job" due to the effects of my depression, this only added further to the shame I was feeling. I would eventually relapse a month before my 4th anniversary. I made a suicide attempt and drank my way through that event. The year was 1980, it would be 9 more years before DTR – Double Trouble in Recovery fellowship would come to be. Again, I would focus on my sobriety and the disease of alcoholism, and not a mental health disorder. I would experience 2 more suicide attempts and multiple hospitalizations (while sober) before I would finally focus not only on sobriety, but the reality that I also suffered from a mental health disorder. Since my last suicide attempt in 2011 I have been willing to go to any lengths to experience recovery with a Dual Diagnosis. Fortunately I have discovered once again that I am not alone or unique. There is a place where I can go that is free of stigma, judgement and misunderstanding. That place is Double Trouble in Recovery, or DTR.

Do you have "double trouble"? If you are dually diagnosed with a mental disorder as well as a substance use problem, we are here for you. A new beginning, free of stigma and misunderstanding awaits you. We look forward to you joining us as we "trudge the road of happy destiny" and discover a way to have a life that truly is, happy, joyous and free.

Written by: Kari Phillips

Double Trouble In Recovery

Wednesdays, 1:00pm - 2:00pm
175 North Main St. Fall River, MA 02720

Double Trouble in Recovery (DTR) is a Twelve Step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and manage their mental disorder(s).



Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The object of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

Contact Us

Give us a call for more information about Peer to Peer and our supportive services

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Visit and like our Facebook Page for up to date news, events, scheduling, groups and meeting info.

<https://www.facebook.com/p2prp/>



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