



Beverly D.

*“My son and I are not alone. My son and I have the tools.”*

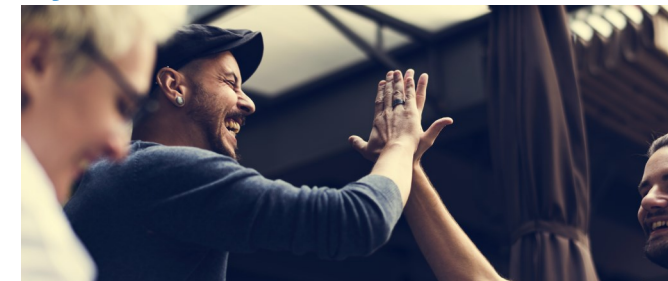
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# Informing People Improving Lives

Top Stories for October 2020

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## Milestone at Mount Regis Alumni Association

Alumni support is crucial in addiction recovery. Treatment gives addicts the opportunity to experience love and support for one another in a safe and sober environment. Addiction, though, is a lifelong condition and inpatient treatment lasts only 35 days, or so. Ongoing recovery requires lifelong work. The best way to stay in recovery is with the help of an active alumni program. The Mount Regis Alumni Association provides a bridge from treatment to the world of recovery through a lifelong network of member support. NIDA reports that 40%-60% of treatment patients will relapse in the first year after graduation unless their recovery is tied to ongoing support like alumni programs. MRCAA can help you beat the odds.

### In Her Own Words:

*“It is a mystery to me that I took so long to understand that my son is an alcoholic.*

*What I draped in denial for years, I now see with clarity. I sought help and my journey of hope began with a call to Mt. Regis. The courage my loved one draws from every day of sobriety is fostered by the treatment he received there and by his involvement with AA.*

*I honestly speak of my life as “before and after Mt. Regis.” Being under the wing of treatment is not a panacea. But, I am able to keep my hope alive and my despair at bay because I know exactly where to turn to fight the disease of addiction.*

*My son and I are not alone. My son and I have the tools. We have Mt. Regis.”*



Mount Regis Center

Alumni Association

Supporting Each Other In Recovery

Member-to-Member Support | Transition | Avoiding Relapse  
Connection | Encouragement | New Skills

[www.mtregis.com/about/alumni](http://www.mtregis.com/about/alumni) 844.315.8906



125 Knotbreak Road  
Salem, VA 24153



### Celebrate, encourage and support each other in recovery

The Mount Regis Center Alumni Association exists to support each other in recovery and to be accountable to others who have been through the same program as you.

The size of the Mount Regis community in the Roanoke Valley and Virginia is astounding, with up to 1,000 new constituents each year. Members of the Alumni Association return to Mount Regis for graduations and participate in groups as panel guests and speakers, not to mention, activities that are just for the fun you can have without the presence of alcohol or substances.

Connecting with others in recovery or staying close to people you developed relationships with in treatment can help you make your way in your new lifestyle. Friends do a better job of this than individuals.

If you, or someone you know, is struggling in recovery you can search for “Mount Regis Center Alumni Association” on Facebook, call Mount Regis Center at 540.389.4761 or visit us online at [www.mtregis.com/about/alumni](http://www.mtregis.com/about/alumni).

Once you graduate from Mt. Regis you are not done with Mt. Regis. Outpatient and Alumni services allow constant contact and support through phone, email and social media. There is no charge for membership in MRCAA for alumni with approved application. It is included in the aftercare portion of your treatment costs. We are accepting new applications now. It is not even necessary for you to be a recent graduate to join. Former graduates, regardless of graduation date, are eligible to apply for membership.

## A Message From Our President Mount Regis Center Alumni Association

### Sustaining long-term recovery



Up to now the alumni association of Mount Regis Center has been a loosely connected group of caring individuals who share a bond with one another and an affinity for what Mount Regis Center means to their success in Recovery. Today, after several conversations and meetings, those individuals brought forth an idea to formalize, expand, and make more meaningful an alumni organization dedicated to support and sustain long-term recovery for its members.

### The next steps involve you



Our first step was to solicit the consent of and the ability to use the name Mount Regis Center Alumni Association which was granted without hesitation by Mr. Curt Lane, the CEO of Mount Regis Center. Mr. Lane also formed a committee of staff members to help us structure the organization providing oversight and to allow maximum independence for its membership. Our next step was to seek volunteers from within the graduates of Mount Regis and from the current staff members. The number of volunteers and their excitement has been refreshing and a little overwhelming. I volunteered to help and now find myself serving as the board’s leader. Needless-to-say, I am nervous, excited and anxious to make our alumni association the very best it can be.

### Do you want to assist your fellow alums?



We want you to become a member of our association and assist your fellow alums in their pursuit of an improved and constantly improving life in recovery. Please look for an application for membership on the-Mount Regis Center website, [www.mtregis.com](http://www.mtregis.com) under the alumni tab or on the private Facebook page - Mount Center Alumni Association. Your board will act upon your application with sincere haste. We anticipate hundreds of applications so please be patient with us and, thank you for your support and for supporting those in recovery.

### A Board of Peers

Alumni on the board of directors at Mount Regis Alumni Association are active leadership members and make decisions in your interest.

**BIO**            Jessica C.      President

I’m Jessica Conway and I am so happy to be serving as your Board of Directors President. I am a clinician at Mount Regis Center and am also in recovery. I look forward to assisting the Alumni Association in all of its endeavors. Thank you for the opportunity for service!

**BIO**            Brandon D. (Alumni)      Director

Not only am I a Mount Regis Alumni, but I am currently a Mount Regis staff member. With almost three years of recovery, my life is full and growing. I enjoy time with my friends and family, hiking, and most of all, activities with my dog.

**BIO**            Stacy J.-B.      (Alumni)      Director

I’ve been in recovery for 2 years, going on 3. I now attend Virginia Western Community College. My goal is to open my own business for recovering addicts. I love life and becoming one with my Higher Power, who guides every step in my life.

**BIO**            Dakota L.      (Alumni)      Director

I have been to Mount Regis three separate times, never giving up and now a sober graduate of Mount Regis Center for over two years. I enjoy spending time with family, friends, and playing various sports. However, recovery will always come first.

**BIO**            Chris M.      (Alumni)      Director

I’m a big outdoors enthusiast. I spent a lot of time in early sobriety just walking and working through the concept of a new way to live. I’ve served in AA in many different capacities over the years. Currently, I’m the GSR for my home group and serve on the District level overseeing Corrections.

**BIO**            Susan S.      Director

I am a Behavioral Health Associate at Mount Regis. I have been a Certified Peer Recovery Specialist since 2016 and have been in recovery for a number of years. On a daily basis I am reminded that we do recover.