



Susan R.

Real Alumni Story

“I fell deeply in love with a handsome yacht captain. His mantra was live hard, die young and leave a good looking corpse!”

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In Her Own Words:

“Neither of my parents drank. Mom taught me not to share the physical, emotional and sexual abuse I had endured. Stuffing my feelings just fueled my anger and subsequent depression.

I was 19 when I moved to DC where I quickly inducted myself into the drug culture. Marijuana became my drug of choice, as did Ambien.

I fell deeply in love with a handsome yacht captain. We married in the Caribbean, where we spent winters. I was 49 years old and happier than I've ever been. His mantra was, “live hard, die young and leave a good looking corpse!” Unfortunately, lifestyle choices and alcoholism led to his young demise.

Heartbroken, I turned to vodka to numb myself. I read that alcoholics are ten times as likely to develop cancer in their lifetime. I've been sober now for 615 days. Here's hoping I'm not another statistic.”

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125 Knotbreak Road
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Informing People Improving Lives

Top Stories for November 2020

Vol 1, Issue 04



The new Mount Regis Center Family Service In Blacksburg Helps Hokies Stay In College And Stay In Treatment.

It's no secret that substance use on college campuses can lead to substance misuse. Mount Regis Center has teamed up with the Virginia Tech Recovery Community to provide early treatment to students to keep them from progressing to more severe use while keeping their education intact. “The Mount Regis IOP program can help students save semester costs over inpatient treatment and save their school year,” says Josh Redding, Assistant Director, Hokie Wellness.



“We’re bringing treatment to a new population,” says Angel Whitehead, Director of Outpatient Services. “Our IOP facility opens officially on University City Boulevard on November 9th with in-person IOP groups and Remote IOP

services. Our IOP groups will meet three times per week in three-hour sessions for a total of nine hours. We structured our IOP services after the Remote IOP model to be more self-directed and geared to our VT population. Contact me, angel.whitehead@mtregis.com.”



Staying in class. Staying in treatment.

“College students, who are our country’s future leaders, may well one day have to deal with others in the circumstances they find themselves in here at Virginia Tech,” says Josh Redding. A positive treatment experience like Mount Regis may better equip them to help others.



Students in, or seeking, recovery find help in the Virginia Tech Recovery Community. Fellow students, staff, alumni (VT and Mount Regis),

professionals and the community are all asked to donate to support VTRC activities, like the Recovery Bike Coffee Stand, Recovery Housing, Scholarships or Endowed Staffing. Check it out.

www.hokiewellness.vt.edu/students/



We’re Leaving A Light On In Richmond For Mount Regis Alumni

Mount Regis Center and Journey House Foundation team up to provide real-life information, peer association, and the common bond of shared experiences for those looking for ways to put successful treatment into practice.

“Journey House welcomes those who buy into the idea that recovery is a lifestyle and that you can achieve anything once you master a recovery lifestyle,” says Michael Tillem, the CEO, Journey House Foundation.

Mount Regis and Journey House A Complete Support System Of Care

Treatment at Mount Regis launches you into a new life. Journey House helps you build, keep and, enjoy that new life.



- Sober Living Housing • Family Support
- Transportation Services • Healthcare Support
- Counseling Support • Employment & Food Support
- Peer Recovery Support

michael@journeyhouserecovery.org
877.484.5769



In Year One It’s Critical to Stay Connected. But, Who Do You Call?

Mount Regis expands its aftercare program to include MAP Health Management’s PeerLink® and Family Group recovery support services. Mount Regis alumni and their families may now qualify for two months of additional recovery support without extra fees. After that, alumni may continue the MAP services at a nominal per session cost. PeerLink® and Family Group join Mount Regis’s own Recovery Choice and Journey House programs to help alumni make the critical year one transition to a successful recovery lifestyle.



PeerLink® includes two scheduled calls per month with your own Peer Recovery Support Specialist, 24/7 hotline support and MAPCares mobile app.



MAP Family Group Program offers Mount Regis alumni family members weekly support and guidance facilitated by a certified Peer Recovery Support Specialist.



Do You Refer Clients For Treatment?

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