



June Newsletter

Recovery In Action

BY BRIAN ROBINSON

My fight with addiction began at a young age. I was 15 when I first smoked weed, and by 24 I was using morphine intravenously. I was homeless with my kids and their mother for nearly 6 years, bouncing between different homes and hotels. I lost custody of a couple of my children, split up with their mother, and was in and out of jail for possession, theft, and fraud when I was suddenly confronted with the loss of my family. My parents were gone and with no close family members left, I came to the realization that I had no safety net to protect and enable me anymore.

After violating probation, I decided to move to drug court in hopes of starting my journey of recovery. I went on to the Hope House in Marion. While at the Hope House I found structure, routine, and people that I could lean on. I began to feel like I had a life.

While there, I started to get more focused and serious about my recovery and was able to go to therapy. The people there were able to help and guide me work through some of the difficult times in my life. I hit the ground running and dedicated myself to drug court and my recovery process. I had the realization that I was in charge of my own future, and that I alone could make the changes to better it.

I have never relapsed since and was able to graduate the Hope House program. After graduating, I started to work at the Agape House where I became a certified addiction recovery coach. That job allowed me to meet a whole new community of people dedicated to recovery, and from that point I was able to get a new job with Turning Point, as a Peer Recovery Coach.

I've discovered a new purpose for my life, and I find it so rewarding to give back the support I received while recovering. I've been given a fresh perspective for my own future in recovery, one where I can stop feeling stagnant on my own journey and help others begin their own.

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For Announcements,
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Community Partner of the Month

Kokomo Pride

Kokomo Pride, Incorporated is a non-profit organization whose mission is to serve as a leading voice for the LGBTQIA+ community in Kokomo and the surrounding areas to improve the daily lives of those individuals through education, outreach, leadership, and advocacy. We have our very own Pride Center located at 909 S. Courtland Avenue where we host multiple adult group meetings every month, as well as a youth group that meets every Saturday.

The LGBTQIA+ community is a marginalized group and it is vital that we provide a space where folx can celebrate being themselves with no judgement. Kokomo Pride is currently working on putting together more educational and outreach opportunities, such as sex education resources and a community closet for trans and other queer people.

For more information, please reach out to Kokomo Pride

Website: kokomopride.lgbt

Email: info@kokomopride.lgbt

Phone: (765) 319-8803

CEO Report

Dear Recovery Community Friends,

June is an important month for recovery advocacy. Not only do we celebrate Pride and Juneteenth acknowledging the value of diversity, mutual respect, and kindness, but we take time to recognize the challenges certain groups within our community experience. Access to behavioral health services is a clear issue. A recent survey found that a staggering 43% of U.S. adults who say they needed substance use or mental health care in the past 12 months did not receive that care compared to 21% of those who needed primary care and did not receive it. While out of pocket expenses (i.e., co-pays, deductibles, lack of insurance) can present significant barriers to care access, another barrier is simply workforce shortage and difficulty finding culturally competent care. Many adults feel there is a lack of providers available to address cultural needs like the 13% who didn't get needed mental health care (and 17% who didn't get needed substance use care) because they couldn't find a provider who was a good cultural fit. In the same vein, nearly 17% who did receive mental health care (and 24% who received substance use care) in the past year say they struggled to find a provider who was a good cultural fit. Perhaps not surprisingly, 61% of U.S. adults feel there are not enough mental health care providers who are trained to address issues specific to race, ethnicity, sexual orientation or religious beliefs. At the end of the day, we know its not enough to simply get an appointment. Its critical to feel seen and heard. At Turning Point, we work tirelessly to ensure rapid care access by compassionate and competent recovery support providers. Our commitment to this is simple...we want to meet people where they are at to promote recovery, regardless of one's background. We are ALL in this together.

Appreciatively,

Matt

Upcoming

[4th of July Parade](#)

Turning Point SOC will have a float at the upcoming [4th of July Parade](#)! We are looking forward to seeing the community come together. Please feel free to come out and join us!

[Ride of Hope](#)

Turning Point's Ride of Hope event will take place on [August 27th](#). The event will be held at the Harley Davidson of Kokomo, where there will be live music and food provided!

We are currently searching for sponsors for the event. If you or your organization is interested, feel free to call for more information!

[National Overdose Awareness Night](#)

National Overdose Awareness Night will be held on [August 31st](#) at Foster Park. We will be sending out flyers and more information closer to the event date!

Education Topic

[National PTSD Awareness Month](#)

June is PTSD Awareness Month.

University Health shared that nearly 12 million adults in the U.S. have PTSD during a given year.

Post-Traumatic Stress Disorder, or PTSD, was formally defined in the 1980s, following studies that focused on veterans returning home in the aftermath of war. But the definition of PTSD has expanded overtime and allowed for a better understanding of reactions to trauma outside of military experience and combat.

The National Center for PTSD features educational materials and resources that may help you to learn more and recognize the signs of PTSD.

Find their website at, https://www.ptsd.va.gov/understand/awareness/promo_materials.asp.