



# DECEMBER 2022 NEWSLETTER

## Recovery In Action

BY CHARLES BOYD

Hello, my name is Charles. I've been employed with Turning Point Systems of Care since July of this year. I count it a blessing to be able to work here and have a hand in serving our clients who are in need, just as I so many times have been.

I am originally from Battle Creek, Michigan. I've lived in Kokomo since June of this year. I came to Kokomo by the advice of a friend as I was seeking an environment of recovery that was conducive to the success that I knew I could attain.



I have four amazing sisters and one amazing brother. I come from a family steeped in Christianity and my early childhood consisted of a lot of spiritual teaching and guidance. I am blessed to have a very supportive family that has prayed me through the storms that I've experienced these past 13 years.

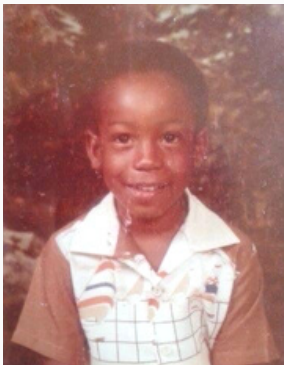
At the age of 30, I became addicted to substances. Being that I grew up in a Christian family, the fact that I was experiencing a heavy addiction was a complete surprise not only to myself, but also to my family and friends. At that time, I completely lost my way and became a completely different person. Honesty to my

family became non-existent, selfishness was my master, daily dosing of substances became my norm. I negotiated my dignity to the point that I considered ending it all.

Addiction didn't care that I'd graduated president of my class, attended a prestigious private college, performed music, arts and theatre all across North America, or that I was heavily involved in my community. Addiction allowed me to reduce myself to the lowest levels of life and expectation. I became a professional addict (though that's hard to admit publicly). I found myself in the grips of addiction and thus began a 13 year journey of small successes, super large failures, rehabs, detoxes, etc., etc.

There was nothing pretty about my life as I faced shame, embarrassment, failure and this was my constant cycle. But no matter how many crazy and wild adventures I experienced, the faith that I would and could overcome is something that I never lost.

Finally, I was blessed with the mindset to stay committed to sobriety, recovery and a program of recovery. A solid program of recovery is what has made the difference in my life; today, this is what sustains me. God is literally doing for me what I wouldn't/couldn't do for myself. I am now back to LIVING! With the support of family, friends, co-workers and other strong supports, I am once again headed to a favorable place and am blessed to experience life as it should be.



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For announcements,  
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[TURNINGPOINTSOC.ORG](http://TURNINGPOINTSOC.ORG)



## Program of the Month: Rapid Access

The Rapid Access department at Turning Point is often the first line of contact for someone seeking immediate help or support during a crisis. We are available 24/7 by phone at 765-860-8365 or for walk-ins at our facility, 1234 N. Courtland Ave., Kokomo, IN.

The Rapid Access team is prepared with information and resources to navigate common needs, including assisting with behavioral health treatment, housing, employment, food, legal documents, health benefits enrollment, etc.

Medical emergencies or imminent danger issues (suicide, homicide, overdose, active psychosis) should be directed to 911 or your local hospital's emergency department.

## CEO Report

2022 has been an amazing year of growth for Turning Point. While we have been in existence for a little over 4 years, we now serve over 1,500 clients annually, have grown this past year from 27 FTEs to over 56 FTEs (70 people), not counting our wonderful volunteers.

This year we began providing youth mentoring services within local schools, opened both a Recovery Café (for adults) and Discovery Café (for youth) that is affiliated with the national Recovery Café Network, and were fortunate to launch the Recovery Stabilization Center which offers 24/7 walk-in crisis support and intensive recovery stabilization (detox management) support as well as expanded clinical services (therapy & medication services).

Our adult and youth peer teams have also become more specialized with a deep commitment to meeting people where they are at and walking side-by-side in supporting them in their recovery journey. We were truly humbled to be honored by the Chamber of Commerce to receive the 2022 Community IMPACT Award.



While we have done much over this past year, we know there is still much to do to strengthen our local and regional safety nets to promote health and recovery. Bring on 2023 - the best is yet to come!

Matt Oliver, CEO

## News

### [Naloxone Vending Machine Ribbon Cutting](#)

The Kokomo-Howard County Public Library partnered with Turning Point to unveil a Naloxone vending machine at the downtown branch, the first of its kind in Howard County and the first to be placed in a public library in Indiana. Thank you to the unwavering support of the KHCPL, Overdose Lifeline, Governor Holcomb, and FSSA for this groundbreaking dedication to saving lives in our community.

### [Discovery Café Ribbon Cutting](#)

The REACH Youth program's newest facility, Discovery Café, hosted a grand opening and ribbon cutting. The Turning Point team is excited for this new avenue to connect with youth in the community, offering a safe space for them to embrace who they are, become inspired for their future and to discover the value of their true self.

## Education Topic

### [Winter Blues](#)

Lots of people get depressed in winter, or suffer from "the winter blues". The medical name for this winter depression is seasonal affective disorder (SAD).

If the short, dark days are getting you down, there are ways to help you feel like yourself again. Learn more at:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>