

Sauk Valley Recovery News

🦋 AUGUST 2022 Newsletter 🦋



At the 2022 Dixon Petunia Festival, Sauk Valley Voices of Recovery hosted a pop-up SANS X Ritual Sober Bar and was welcomed with a ribbon cutting by the Dixon Chamber of Commerce. As part of our mission we are dedicated to serving and helping those in recovery, on their way to recovery, or just sober-curious. We've helped raise awareness of non-alcohol options during the Petunia Festival in our sober bar area. SVVOR staff and helpers served incredible mocktails, with all of your favorite spirits, just without the alcohol! Picture is Chris Marshall(owner/operator SANS BAR in Austin, TX) who was kind of enough to train our staff during the first couple of days of the Petunia Fest. Pictured center and below are drinks that were served at the festival Mango Mai-Tai and Nada Colada and pics of friends gathering in our tent.

If you didn't get a chance to taste our mocktails or loved them and want more, we will be hosting the pop-up through the end of the year at various festivals and events.



September is National Recovery Month This Year's Theme is **Recovery is for Everyone**



National Recovery month is a national observance held every September to promote and support in Recover new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

As a current employee, of Sauk Valley Voices of Recovery, I'm dedicated to organizing and mobilizing the fight for millions of Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery. If interested in our community, please call SVVOR at 779-701-0151

Check out our upcoming Events and join our celebration of recovery groups that are being provided through Sauk Valley Voices of Recovery.



Pictured: Activities from Recover-Con 2021 at Sauk Valley Community College



Upcoming Events

RECOVER -CON - Sauk Valley Community College
173 Rt 2 Dixon, IL 9/23 and 24/2022

Women's Club - Sophies Cafe,
1204 W Rockfalls rd., Rock Falls, Il,
4pm every Friday

Men's Club coming in the near future

Parents Need Love Too...
Parents/Family Support Group
Immanuel Lutheran Church Dixon
1013 Franklin Grove Rd
Wednesdays at 6pm
Starting August 3, 2022

Contact SVVOR at 779-707-0151



Shatterproof is a national nonprofit organization dedicated to ending the addiction crisis in the United States. We are doing this by transforming the treatment system in the United States, ending stigma that dehumanizes those with addiction, and supporting families and communities through advocacy, resources, and action. We are dedicated to creating a Shatterproof community that is stronger than addiction.

Addiction can shatter a person and a family, but when we band together, we are stronger than addiction. When you partner with Shatterproof, you will find yourself on the forefront of changing and saving the lives of millions.

Rise Up Against Addiction Walk

Together, we'll honor those who lost their lives to this disease, celebrate those who are living in recovery and bring hope to the millions that are still suffering. Together, we can save lives. Together, we are Shatterproof.

No two stories about addiction are the same, but when we come together to share our stories, we create a new one. After 2 years of isolation, of overdose rates skyrocketing and a shadow looming over our community, the Shatterproof Rise Up Against Walk is back! By participating in the Rise Up Against Addiction Walks, you will join a community from all over the country dedicated to ending the addiction crisis in the U.S..

For More Info or to Register visit www.shatterproof.org



2022 WALK SCHEDULE

9/10 - Chicago, IL
9/24 - Washington D.C.
10/2 - Boston, MA
10/29 - New York, NY
11/5 - Atlanta, GA
11/12 - Dallas, TX
11/19 - Los Angeles, CA

Noah Cyrus Speaks on Xanax Addiction and Her Road to Recovery

Noah Cyrus, singer and younger sister to Miley Cyrus, opened up in a recent interview with *Rolling Stone* about how she was introduced to Xanax at 18. She also detailed the way her road to recovery after becoming addicted influenced her new music.

During the interview, the 22-year-old Cyrus revealed she was given the drug by her then-boyfriend and took it because she wanted to fit in.

"My boyfriend at the time, when I was 18, was the first person that gave me a Xanax, and it became a way for us to bond," she said. "I think I wanted to fit in with him. I wanted to be what he wanted and what he thought was cool and what I thought everybody was doing. Once I felt that it was possible to silence things out for a second and numb your pain, it was over."

While Cyrus never mentions the former boyfriend by name, it was possibly Lil Xan, whom she was dating at the time. Cyrus went on to explain a situation where she almost passed out during an interview that never aired, and how being hooked on Xanax made her feel like she was in a "bottomless pit." She later said it wasn't until her grandmother passed away in 2020 that she decided to seek help.

"I was sitting alone, and I was scared, and I realized that all the people that I love and all the people that I need, I was the one pushing them away," she added.

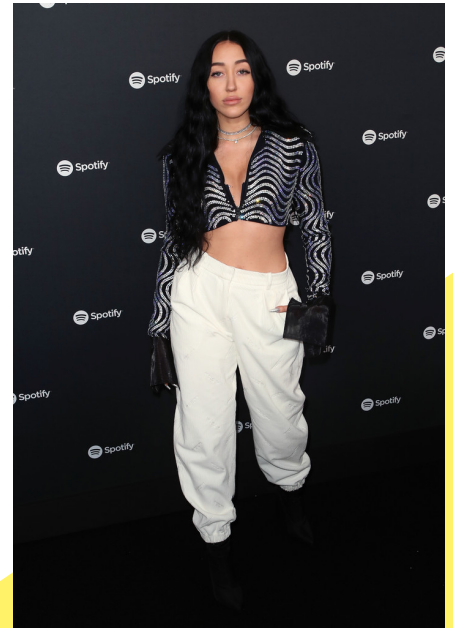
Noah Cyrus' debut album *The Hardest Part* is due Sept. 16 and is heavily influenced by these experiences and her road to recovery.

"I'm not trying to be, like, any spokesperson for recovery or anything like that. I, myself, am just going through it and figuring it out," she told *RS*. "I wake up in the mornings, and I'm able to look in a mirror and go on about my day without hating myself. I'm able to comfort myself and nurture myself."

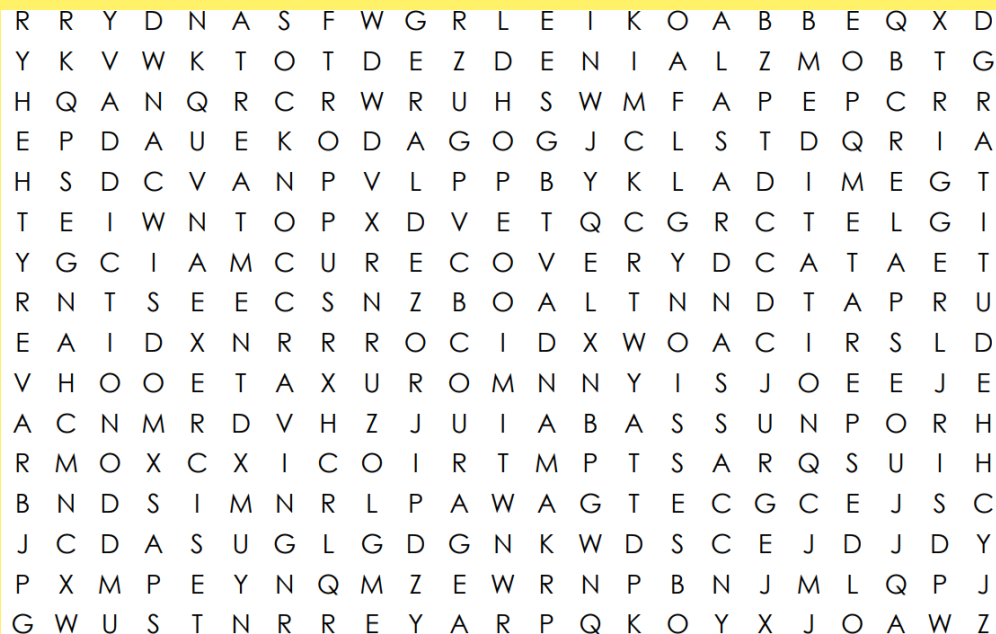
Her recent single "Mr. Percocet" also illustrates her addiction and her "personal experience with the confusion and insecurities that arise in a relationship when substance abuse is involved."

"This song is written about my personal experience with the confusion and insecurities that arise in a relationship when substance abuse is involved," she said. "It causes such manic behavioral changes that you can lose sight of yourself and who you fell in love with."

article by Jordan Rose for [complex.com](https://www.complex.com)



RECOVERY WORD SEARCH



GRATITUDE
WISDOM
COURAGE
BRAVERY
RELAPSE
PRAYER
SUPPORT
CHANGE
DENIAL
HOPE
ADDICTION
RECOVERY
MEDITATION
TREATMENT
TRIGGER
EXERCISE
DESPERATE
OBSESSION
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