

"I changed my fear to courage and my hopelessness to hope."

And she realized her last goal: she became a homeowner!

Myra also realized that God had not left her.

"It was all a set up for the person I am today. Everything I went through was preparing me to have a special connection with individuals with trauma, substance use, and other issues. My experiences have given me the opportunity to work with people just like me. It opened the door for my passion," she said. "People always asked what was wrong with me", but never asked the right question: 'what happened to you?'"

Today, Myra practices daily gratitude. Her life isn't perfect. She has custody of her two grandchildren. And her mother passed away just

two months ago after a long illness.

"I wake up every morning and think of the things I have to be thankful for," Myra said. "Before my feet hit the floor, before I brush my teeth or pick up my phone, I thank God for everything I have."

She spent much of her life as a victim, wondering, "*why me*", and blaming everybody else. But as Myra said, "I am a survivor. Victims don't heal."

"The key," she said, "is erasing negativity and replacing it with gratitude. Everyone faces storms. We've either got to dance through them or run out of them to the other side."

Myra is thankful to be able to work for The Morton Center. She has a unique perspective for her clients and is such a valuable asset!

Myra's Message to Donors

Thank you for all you provide. If we can help one individual, we have the opportunity to rebuild a family. If we rebuild one family we are rebuilding the community. If we rebuild and change the community, we have the opportunity to change the world!

BECAUSE OF YOU, CHILDREN ARE GETTING HELP AT NO COST TO THEIR FAMILIES.

The Hope Group is for children aged 6-13 who have been affected by the addiction of a loved one. Expressive Therapy using art helps children work out their emotions. After a pandemic hiatus, we'll be back (safely) on Monday nights in a few weeks.

Thank you for making this possible!



It's the time of year when many people begin thinking about Christmas gifts. As you begin to plan, we hope you'll consider a gift to The Morton Center in honor of a loved one. Your gift will provide much needed support for someone recovering from addiction and their families. We'll provide a lovely card to your gift honoree. See the enclosed form to make a donation or go to our website (below).



Spotlight

Fall 2021

Shining a light on all the good you've done

"I KNEW I NEEDED HELP"

Trish took her first reluctant steps into The Morton Center in November of 2020.

For years, she justified her addiction by telling herself:

"I haven't lost a job... yet."

"I haven't gotten a DUI... yet."

"I haven't gotten a divorce... yet."

After attempting to quit drinking several times on her own... and failing... she finally came to the realization that she was an alcoholic and needed professional help to stop the never-ending cycle.

She saw where she was headed and she didn't like it.

In the first weeks at The Morton Center, Trish saw an individual therapist.

"She was so attentive," Trish said about her therapist. "She was ready to jump right in and help me down that scary path. It seemed like she knew what I needed before I even said it. **I'm so grateful to her.**"

Before long, Trish's therapist recommended that Trish join the Intensive Outpatient Program or



IOP. This program is 10 weeks long, meeting 3 times per week with other people battling Substance Abuse Disorder. A therapist acts as a facilitator in the group.

The first two weeks of IOP was difficult for Trish.

"I didn't think I belonged there," she said. "I was so different from everyone there. It was a rocky start for me."

This isn't an uncommon feeling for most people starting IOP. But it's exactly the reason it works so well.

Trish finally found her place in the Intensive Outpatient Program.

Continued inside...

TRISH'S STORY CONTINUED...

As she began listening to the stories of others in the group, she realized they had more in common than she thought. It was uncomfortable hearing all that pain, but as Trish told us, "it was a necessary part of the process."

"I didn't feel alone anymore. There were people who genuinely cared about me and helped me down my path to recovery."

BECAUSE OF YOU More People Can Access Care

Here's how you've helped so far in 2021.



826 Telehealth Sessions



Help for 266 New Clients



5,277 chairs (sessions) for people facing financial struggles

We're so grateful for
YOU!

"The support of the Morton center is extremely important because for those who don't experience addiction you don't have any idea how many are suffering in silence," Trish explained.

"Our lives are falling apart in so many different areas. It affects every facet of your life and getting on the road to recovery can repair so many parts of our lives."

Thank you for supporting Trish and so many others like her!

Unfortunately, 2021 continues to be devastating for people with Substance Abuse Disorder (SAD) and the increase of overdoses.

Isolation fuels addiction. The extreme social distancing many of us experienced in 2020 has spilled into 2021 for those struggling with addiction. They became disconnected from loved ones in their lives which fueled their addiction and that caused them to withdraw further.

Without professional help, this cycle can be never ending. **But because of you, hundreds of people have found help and hope at The Morton Center in 2021.**

STAFF SPOTLIGHT Myra Woodard-Stobe

Myra is celebrating her 3rd anniversary with The Morton Center as a Substance Abuse Therapist.

She knew she wanted to help people from the time she was a little girl while spending time in foster care.

There was frequent turnover in her social workers, and she was asked to tell her story over and over and over. She finally shut down.

It didn't help that she was told:

Myra, you're stupid. You'll never amount to anything.

"I internalized those things and didn't have the confidence to pursue my goals."

To make matters worse, she was diagnosed with a learning disability and because of low test scores, was not eligible to attend college.

But a seed was planted.

I will no longer allow anyone to determine my destination.

Maybe she couldn't go to college, but she still wanted to help people. So, Myra worked hard and became a Certified Nursing Assistant, a job she held for 30 years. She still holds the certification today.

But it was tough. She was a single mom with 2 girls of her own and an adopted niece.

Myra struggled with her own issues as an adult. She was "looking for love in all the wrong places, trying to fill a void" and suffered through instances of personal trauma, substance use, and the death of her brother to a drunk driver.

At one point, she became homeless. Myra is a spiritual woman, but she felt like God had left her.



Myra

She eventually managed to find low-income housing, but then tragedy struck. She became gravely ill and was unable to work while going through treatment. But she had three goals:

Go back to school. Go back to work. Become a homeowner.

She began surrounding herself with positive people – people who believed in her. And she went back to school! (Goal #1)

Myra began volunteering at a facility for pregnant women struggling with addiction and their children under the age of 12. They also supported single women who were HIV positive.

She earned a double degree at Jefferson Community College and accepted a position as a counselor tech where she had been volunteering. (Goal #2)

Myra continued her education and received a bachelors' degree from Spalding University with honors, earned a Master's degree from the University of Louisville, and became a Licensed Alcohol and Drug Counselor after graduating. She got healthy physically and started her own recovery process.

Continued on back...