

# StepByStep, Recovery Newsletter



Volume 4, Issue 1

August 2011

## Up Coming Events:

**Aug 24th—Feed the Community** with Atlanta Food Bank—10:00 a.m. Nash Chevrolet Budget. Corner of Gwinnett Drive & Plainview Drive

## Next Month....

We are planning an Alumni Dinner, more to follow...if you are an alumni or know one, please call our office for more information.

## CONTACT US

Our office is located at:

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## From our Director...

Sometimes life can be a struggle, always remember, with each step, to go with peace in your eyes, laughter on your tongue and love in your heart. Love in your heart can make life more acceptable.

With Love & Gratitude,  
Bridget Hall

## Quote of the Month

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.  
Brian Tracy

## From our hearts...

My name is Oliver G. This letter is meant as a personal testimony that not only the twelve step programs and God have worked in my life this past 15 months, but Step By Step Recovery has been the essential building block, imperative to my recovery, and my home. I have been through other programs in the past, but I feel like this program is one of a kind and the love that flows from staff to all the members of step by step is amazing. When I first came into the program, I was basically without anything. I was beaten down, jobless, broke, my family had lost all trust in me, and everyone I knew severed all ties with me. Step by step, day by day, one day at a time, this program gave me the tools I need to slowly recover and become a man and an asset to this community. It is all in the mission statement. I could not remember ever being still for any significant amount of time, and I thought that maybe 3 to 6 months would cut it at first, but as time went on I began to feel that this is where God wanted me. This is where I belonged. This has become my home. Finally I have learned to be still and listen to people who cared about my well-being, and although not perfect, I have learned many valuable lessons from the loving people here at SBS which I will carry with me for the rest of my life. Lessons about who I am, what makes me tick, and what to do when things happen in life. How to hold a job and to run a business, and many things about recovery that I will need to take with me when I leave here. I have two choices when I leave SBS. I can go back down the road I came from with all the pain, suffering, and confusion, or I can take what I have been so freely given and move forward in life. If I choose life over death today, one day at a time, then I can pass what has been freely given to me on to another suffering addict. To all my brothers and sisters, known and unknown, Step By Step has been a blessing in my life, and today I know that there is another way out, and this has been the place where my recovery roots began. We all know that when you plant a seed and water it, it begins to grow. We are the seeds being planted. Let's choose life today and grow into beautiful flowers. Much love! Oliver G

(Oliver is a graduate from the SBS Program)



**Feed the Community**

August 24th in conjunction with Atlanta Community Food Bank!

10:00 a.m.  
Nash Chevrolet Budget.  
Corner of Gwinnett Drive & Plainview Drive

## Gwinnett County Detention Center Arrest Report for July 2011 (unofficial)

Total Arrested	3093	Percentage
Drug/Alcohol Related	791	25.57%
Males	608	73.86%
Females	183	23.14%

## In the news...

### The White House Office of National Drug Control Policy (ONDCP) Press Release

FOR IMMEDIATE RELEASE: Tuesday, April 19, 2011

**Washington, D.C.**—Today, Gil Kerlikowsky, White House Director of National Drug Control Policy; Assistant Secretary for Health and Human Services, Howard Koh, M.D.; Food and Drug Administration Commissioner, Margaret A. Hamburg, M.D.; and DEA Administrator, Michele M. Leonhart released the Obama Administration's comprehensive action plan to address the national prescription drug abuse epidemic and announced new Federal requirements aimed at educating the medical community about proper prescribing practices...

Prescription drug abuse is our Nation's fastest-growing drug problem. The number of people who have unintentionally overdosed on prescription drugs now exceeds the number who overdosed during the crack cocaine epidemic of the 1980's and the black tar heroin epidemic of the 1970's combined. In 2007, approximately 27,000 people died from unintentional drug overdoses, driven mostly by prescription drugs. Additionally, according to the Substance Abuse and Mental Health Services Administration, the number of Americans in 2009 aged 12 and older currently abusing pain relievers has increased by 20 percent since 2002. Further, visits by individuals to hospital emergency rooms involving the misuse or abuse of pharmaceutical drugs have doubled over the past five years.

<http://www.whitehousedrugpolicy.gov/news/press11/041911.html>

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Take it one step at a time.