

# StepByStep, Recovery Newsletter



Volume 6, Issue 1

October 2011

## From our Director...

We here at StepByStep are working on helping families move forward towards a new way of life. If you believe in a second chance then you are in the right place. God has given us chance after chance no matter how many times we mess up, so it is up to us to try and follow suit, judgment belongs to Him, I am just here to be a vessel for him. This is not a religious program, but a spiritual one and I truly believe in a happy spirit. Recovery can work for all of those who need it, but it works best for those who want it. None of us will ever be perfect, but we can work on being great, great at a new life, new attitude and new behaviors. Recovery helps us to rebuild our lives. Recovery helps us to mend broken relationships.

### Recovery is:

- R**elieving my life from all the madness allowing me to
- E**rase old ideals, replacing them with new ones to help me
- C**ope with my demons from the past so that I can be
- O**pen minded to remain teachable so that I may
- V**icariously live life one day at a time which will help me
- E**nter into the real of happiness, doing so will allow me to
- R**elease myself from all resentments, and realizing that
- Y**esterday is gone, tomorrow never comes, so today is all we have. So live happy and be blessed one day at a time.

We, here in recovery, believe in the promises, because we have seen them come true. When we make promises about this new way of life it is not false promises, it is promises we can keep. But it is up to you to find out if it is true.

Loving life, joyous, happy and free,  
Veronica Butler  
Senior Director, StepByStep Recovery, Inc.

## From our hearts...

Dear Bridget,

I want to take this opportunity to let you know how grateful my husband and I are to you and to the StepByStep program for the role you played in bringing our son back to us.

For several years, we had suspected our son had a drug and/or alcohol problem. His sleeping during the day and staying out at night, along with his sometime erratic behavior, caused us much stress and anxiety. Although he denied there was problem, the many fender benders and multiple brushes with the law led us to believe otherwise. It was only after being arrested for DUI and being taken to Gwinnett County jail did we hear about the SBS program from his probation officer. Thankfully, approximately one year ago, our son was able to enter the program. At the beginning, it wasn't easy for him to abide by the program's rules, and he insisted he did not have a substance abuse problem. But, gradually, we began to see a wonderful transformation in him. His personality returned, his appetite increased, he had respect and consideration for others, and he finally became serious about employment. By being in the SBS program this year, our son has matured into an adult. As he contemplates graduation, he know his future is in his hands, and he know what he has to do to succeed. He has begun making plans for his new drug and alcohol free life, and we truly believe he will not go back to his old ways.

The SBS program is a blessing to this community, and to the many men and women who might otherwise do down the wrong path and never return. You and your staff are to be commended for your dedication and commitment in guiding and directing those who come

to you in crisis. I will continue to recommend your program to any one who needs to, gently but firmly, have their life put back on track. We are convinced our son would never have succeeded without your. Thank you. Respectfully, A&R W

## Up Coming Events:

**October is Breast Cancer Awareness Month**



Next Month....

**Annual Thanksgiving Dinner—check our website for more information**

## CONTACT US

Our office is located at:

191 Plainview Drive  
Suite 3  
Lawrenceville, GA 30046

Telephone:

678-377-2323

[www.stepbysteprecovery.org](http://www.stepbysteprecovery.org)

## Quote of the Month

**All misfortune is but a stepping stone to fortune.**

Henry David Thoreau

Take it one step at a time.



## In the news...

### Cocaine Users Have 45 Percent Increased Risk of Glaucoma

*ScienceDaily (Sep. 30, 2011)* — A study of the 5.3 million men and women seen in Department of Veterans Affairs outpatient clinics in a one-year period found that use of cocaine is predictive of open-angle glaucoma, the most common type of glaucoma.

The study revealed that after adjustments for race and age, current and former cocaine users had a 45 percent increased risk of glaucoma. Men with open-angle glaucoma also had significant exposures to amphetamines and marijuana, although less than cocaine.

Patients with open-angle glaucoma and history of exposure to illegal drugs were nearly 20 years younger than glaucoma patients without a

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

Total Arrested	2825	Percentage
Drug/Alcohol Related	652	23.0%
Males	519	79.6%
Females	133	20.4%

drug exposure history (54 years old versus 73 years old).

Study results appear in the September issue of *Journal of Glaucoma*

<http://www.sciencedaily.com/releases/2011/09/110929122934.htm>

To subscribe email [SUBSCRIBE to staff@stepbysteprecovery.org](mailto:SUBSCRIBE@stepbysteprecovery.org)  
To unsubscribe email [STOP to staff@stepbysteprecovery.org](mailto:STOP@stepbysteprecovery.org)  
[www.stepbysteprecovery.org](http://www.stepbysteprecovery.org)  
Copyright 2011 StepByStep Recovery, Inc  
All rights reserved