

SEPTEMBER NEWSLETTER

Recovery Month

September is National Recovery Month — a time to honor the strength, resilience, and healing of individuals and communities impacted by substance use and mental health challenges. It's a month to celebrate every step forward, every story of transformation, and every person who chooses recovery—again and again.

Recovery Month reminds us that recovery is not only possible, but powerful.

It's a journey of connection, courage, and hope. Whether you're just beginning or years into the path, your story matters. This September, we stand together to break stigma, uplift voices, and build a future where recovery is embraced and supported by all.



♥ Purple looks good on us—but recovery looks even better. 🙌♥ Celebrating the wins, the work, and the heart behind it all. Every person in this photo stands for hope, healing, and the power of community. Recovery isn't just possible—it's happening, every day.

Recovery is real. Recovery is radical. Recovery is right here.
#IvoryPlainsRecovery #RecoveryMonth #IvoryPlainsStrong

Alumni Reunion

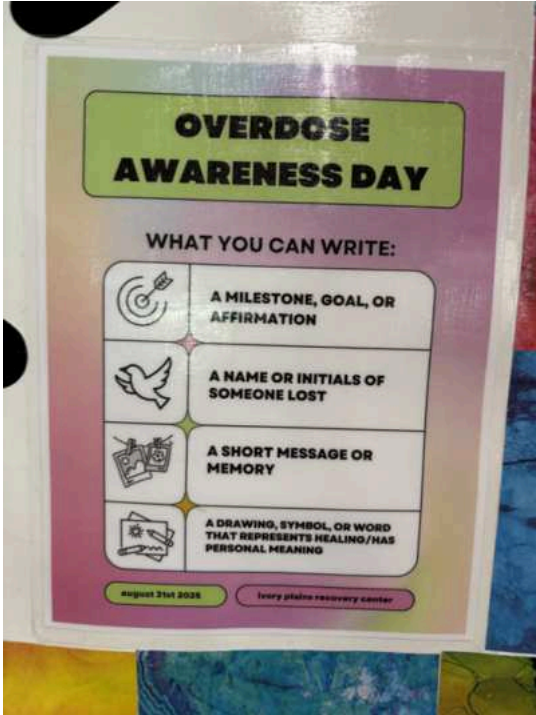
Come to our Annual Alumni Reunion with Ivory Plains and St Gregory's to help us celebrate.

Don't forget to RSVP to Anna for the upcoming alumni reunion #712-304-2722 There will be carnival games, free food, and community building. For each game you participate in, you will receive a raffle ticket, which will then be drawn for a chance to win one of several grand baskets/prizes. Family and friends are welcome!



Overdose Awareness Day

Throughout August and September, clients are invited to participate in building a memory tree. The “leaves” (initials of someone passed, milestone/goal, short memory, a drawing) are hung on the memory tree to honor those who have passed, as well as to honor the strength of going through recovery. We encourage you to practice this exercise with your friends and family at home in honor of Overdose Awareness Day.



August Alumni Event

Here is a recap of our August Picnic and Yard Game Alumni Event. A HUGE thanks to everyone who came!



Instructions for your CaredFor App



1. In your app store on your mobile device, search for and download "Ivory Plains Alumni."



2. Open the app and select "Get Started."
3. You should now be on a screen that has two options: "Accept an Invitation" or "Request Access." Hit "Request Access."
4. Select your intentions.
5. On the Confirm your Teams page: where it says "Select a group below," click the drop down arrow and select "Alumni." It should look like the image here. Then hit "Continue."
6. Your new page should have "Create an Account" on the top. Please fill out the required information, then hit "Continue." This will send a request to the Alumni Coordinator to grant you access to the Ivory Plains Alumni Group.



Join Our App

Join our app for updates on upcoming meetings, events, mental health and sobriety resources, and to be a part of a supportive community.



Helping Others Find Treatment

If you come across someone who could benefit from our programs, please don't hesitate to reach out to me. I can help get the process started and ensure the support they need.



712-304-2722

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