

FEBRUARY NEWSLETTER

self love affirmations

- "I honor my healing by choosing what supports my sober, healthy life."
- "I deserve clarity, peace, and the strength that sobriety brings."
- "Every sober choice I make is an act of love toward myself."
- "I am proud of the person I am becoming through my recovery."
- "My worth is not defined by my past—sobriety helps me step into my true self."

Ivory Plains Recovery Center

VALENTINES DAY CONTEST

The first alumni to text Anna (712-304-2722) your favorite way to practice self-love and self-care will receive an alumni t-shirt and Ivory Plains swag in the mail!



TO: alumni 

FROM: anna

NEW GROUPS!

I.N.S.I.G.H.T.

This group builds self-awareness as a foundation for personal insight and recovery. By exploring identity, needs, strengths, influences, growth, habits, and traits, participants gain clarity to set meaningful goals and make informed decisions that support lifelong well-being.

PILLARS

This group encourages reflection on the qualities that support growth, accountability, and resilience. Through these discussions, participants envision a meaningful life in sobriety and strengthen the foundation for lasting change and fulfillment.

Ivory Plains has refreshed its curriculum for the new year—discover what's new!

**WANT TO BE
FEATURED ON AN
ALUMNI SOBRIETY
SPOTLIGHT THAT
WILL GO ON IVORY'S
SOCIALS & WEBSITE?**

SEND ANNA YOUR FAVORITE SELFIE, QUOTE,
AND WHEN YOUR NEXT SOBER/MILESTONE
DATE IS!
#712-304-2722

Here are just a couple of the alumni milestones we celebrated together in January!

HAPPY 60 DAYS SOBER!



Favorite Quote

“

“Live with purpose, on purpose.”

Nate M

IPRC Alumni



SOBRIETY BIRTHDAY- 1/19

HAPPY 2 YEARS SOBER!



Favorite Quote

“

“Believe you can, and you’re halfway there.” – Theodore Roosevelt

Megan M

IPRC Alumni



SOBRIETY BIRTHDAY - 1/6

Instructions for your CaredFor App



1. In your app store on your mobile device, search for and download “Ivy Plains Alumni.”



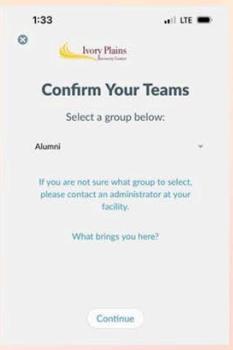
2. Open the app and select “Get Started.”

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.



Alumni App

The Ivory Plains Alumni App is a HIPAA-compliant social platform designed to keep alumni and staff connected in a safe and supportive way.

Through the app, you can:

- **Stay Connected**
- **Access Resources**
- **RSVP to Events**
- **Celebrate Milestones**

Request access today by following the steps to the left!

Need someone to attend meetings with?
Assist with finding a job? Help finding rental assistance? Connect you with
a sponsor? Or need pointed in the right direction to get other help?



PEER SUPPORT NOW AVAILABLE!

WHAT TO EXPECT:



- A Safe & Welcoming Environment
- A Supportive Relationship Based on Lived Experience
- Structured Support & Goal Setting
- Access to Resources
- Mutual Respect & Confidentiality
- Encouragement & Accountability
- A Partnership in Your Recovery

WHO IS ELIGIBLE FOR SERVICES:

Individuals in recovery who seek supportive guidance from someone with lived experiences. Medicaid Insurance Accepted.

KEY SERVICES:

- One-on-One Peer Support
- Group Support
- Resource Navigation
- Goal Setting & Accountability
- Crisis Support

Don't face recovery alone! Reach out today & find the support you need!

CALL TODAY!
515-642-4125

Reach out to Tony Rothmeyer (515-795-7791) with
Inside Out
or Anna (712-304-2722) to learn more!

TONY ROTHMEYER
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