

September 2016 Alumni + Provider Newsletter subject line: Free Alumni Event + CEUs

Introduction

The Right Step in Houston, DFW and Hill Country and Promises Austin are excited to offer a new and improved newsletter. We planned our first newsletter to coincide with [National Recovery Month](#). During this time, we would like to thank alumni, their families and professionals in the field of recovery for their dedication and ongoing support.

We look forward to offering the following topics in our newsletter:

- Alumni spotlight and events
- Dr. Powers on Positive Recovery
- Professional continuing education opportunities
- Treatment and policy updates
- Partner agencies

Recovery Rocks

Take your recovery to new heights! The Right Step and Promises Austin would like to celebrate National Recovery Month by hosting a free event for alumni of The Right Step, IOP affiliates and Promises Austin. Please join us at [Austin Bouldering Project](#) (add photo) on October 8th, from 10am to 12pm. This event is free to the first 20 alumni who RSVP to the link below.

Include Eventbrite link (I'll send link soon)

Alumni Spotlight

Our alumni group is one of our best kept secrets. Alumni are actively incorporating Positive Recovery into their daily lives. By staying connected through our alumni groups, they inspire hope and motivation for our work in recovery. Check out this interview with Molly Foster, DFW alumni coordinator. (I'm working on interview- we had to change this due to HR changes. My deadline is Friday)

7 Tips for Staying Positive in Recovery

We are so grateful to have Jason Powers, MD, as regional chief medical officer for The Right Step and Promises Austin. He's passionate about working in the field of addiction and is in recovery himself. Dr. Powers developed [Positive Recovery](#) which helps people discover the deeper reasons behind their drug or alcohol use and find effective replacements that attend to their fundamental need for meaning and purpose, satisfaction, self-determination, and connection. Read *7 Tips for Staying Positive in Recovery*

<https://www.promises.com/articles/addiction-recovery/7-tips-staying-positive-in-recovery/>

Partner Spotlight

[AustinNET](#) is a monthly networking meeting and luncheon for Austin area addiction recovery professionals, students and allies, held on the second Wednesday of the month. The Right Step Hill Country is excited to host AustinNET on October 12, 2016 at 12pm. We can't wait to show off our amazing clinical team and peaceful Hill Country setting. Please RSVP to Melanie.Allen@rightstep.com.

Upcoming CEUs for Behavioral Health Providers

Looking for quality continuing education offerings in Austin? We are fortunate to partner with [Seton Behavioral Health Care](#) and [Sage Recovery and Wellness](#) to provide complimentary CEUs. Please check out the links to their websites for upcoming workshops.

Getting Help

For some people in recovery, relapse is a painful part of their journey. Please do not wait to get help. Our understanding, nonjudgmental admissions team is ready to help you return to treatment. [Add button w/ phone #. Can we track this?]