January 2016 - Destiny Sober Living Newsletter - by Residents, for Recovery



The Gift

Christmas is a time for laughter, cheer and family to gettogether and share wonderful food, laughter and love. It's also a time forgifts. This year at Carver Ranch we have been given the amazing gift ofsobriety and with just that one gift it includes unity, strength and a newunderstanding of ourselves and the wisdom to know the difference. We are soberbrothers and sisters with a common lifelong goal, to remain sober and foreverworking on our recovery. This year you may feel a longing to not be alone, but letme tell you this, "You are not alone". We all have been given the same gift andthat's to be able to live drug free and free from the chains that bind us. From all the residents at Destiny Sober Living, may 2016 be your best year yet!



- Resident C.

From the Men at Destiny

"Do you think finding a job is more than recovery?" Resident Response: "No. Recovery is key to my happiness. A job is important becasue I want to make and save money, and I love to be active andproductive, but none of that matters if I cannot stay sober. - Resident J.

"You owe it to yourself to give this program a chance. Ijust picked up my 60 day chip and I can't tell you how much that meant to me. Iwant to thank Destiny Sober Living for that. - Resident Terry





Thoughts from Carver Ranch

I've been sober for 187 days. Some days it is easy andsome days it is hard. But I never gave up. Don't give up on yourself and yoursobriety. Never stop fighting. When you need to cry, let it out. I thank Godthat I was sent to Destiny at Carver Ranch. This is the longest I've been cleansince I have been 15 years old. Keep your faith and fight every day for yoursobriety. It's worth it.

From aRecovery Warrior - A.



Family Support Available

Recovery from a mental health disorder or an addiction does not just affect the person who is struggling with these issues, it affects the whole family. Whether a person gets help through our agency or not, please pass our information along to family members. We have many resources for them. Remember to give families resources when they have a loved one who is struggling.

Giving Back

Themen at Destiny made great gifts for their mom's. This included candlearrangements and a scrap book of their fondest memories. Thank you to StaffYesica for making this happen.

Thankyou to Staff Jessenia and Rienne who donated amazing Christmas decorations. Ourhomes have never looked more amazing.

Themen and women of Destiny shared Christmas together. Thank youto all the residents who helped cook and baked things to make this Holiday justlike home.

Sunday Dec 20th, 2015, the men at Destiny performed a Neighborhood Clean Up. They disposed of 12 trash bags completely full. Theyfelt a sense of pride and accomplishment knowing they are caring for theircommunity.

Thank you to Dan and Joey for bringing Heroin Anonymous toDestiny. Your passion about recovery is very contagious.



Destiny has started a clothing drive for the Homeless in conjunction with Heroin Anonymous. We have received generous donations from the community and these items will be handed out at the end of January. "We want people to know that just because Christmas is over that we haven't forgotten about those in need."

NA World of Service graciously donated NA Books to all of our residents. From the bottom of our hearts, thank you!"



OUTPATIENT SERVICES

Destiny Sober Living is All About Treatment. In addition to our Residential Treatment Centers, we are now providing Outpatient Services. Please contact us for more information about our IOP groups and Individual Treatment for Substance Abuse, Mental Health and Domestic Violence. We also perform DUI Screening,

RESIDENTIAL TREATMENT

We individualize treatment to the person, not the person to the treatment. Treatment gets to the root of the problem. Real Treatment = Real Solutions.

The New News!

Destiny justsubmitted its application to become CARF Accredited. This certification is thehighest accreditation our agency can receive. We are excited about thisprocess.

Each house receiveda badminton set. Everyone is having so much fun. Treatment and Referral. Revocation Packets can be performed. We look forward to servicing your Outpatient needs.

Outpatient and Residential Services Accept Most Insurance Plans.



Horseshoe wars has also been abig hit during rec therapy time.

Destiny has beenfull for quite some time and our wait list is growing. Thank you to all of ourreferents who have told us that they hope their patient gets into treatmentwith us. We are thankful that you have placed trust in us. We appreciate you.





We Accept Most Insurance. Please contact us for a free consultation. If we can't help you, we will find someone that we trust, who can. 602.249.6674