



# Jeremiah's Inn

Helping people through our social model  
recovery program and nutrition center.

SPRING 2021

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## JI & CHP Team Up to Fight Hunger

Community Harvest Project (CHP) is a non-profit farm in Grafton that engages volunteers to grow fresh fruits and vegetables to provide to those experiencing hunger. Through their volunteer program and community partnerships, they bring thousands of community members together each year to improve access to healthy food for families in need across Worcester County. Jeremiah's Inn is proud to work with CHP to distribute their fresh vegetables, and fruit to the clients of our Nutrition Center and to the residents of our recovery program. (cont. inside)



# CHP Volunteering Cont.



As well as providing healthy food to our residents and clients, CHP offers them an opportunity to get out into nature and give back to the community that helps sustain us. As a part of our holistic recovery program staff and residents volunteer 3-4 times a season at the farm. Research shows volunteering decreases symptoms of depression and anxiety, reduces stress levels, gives the volunteer a sense of purpose and provides an opportunity to learn new skills. Our residents always have such a great experience from start to finish. We are truly grateful to Wayne and all the folks over at CHP for all of their hard work and dedication to our programs. For more information visit their website: <https://community-harvest.org/>

## Resident Spotlight Billy C.

When Billy arrived last June he presented with challenges and barriers in every dimension of his recovery. A severely abusive upbringing led him to adopt some unhealthy coping strategies, and attributed to a pattern of abusive relationships. He began drinking at the early age of 7 years old to try and cope with the trauma he was suffering. He bounced between families' homes and foster care from ages 10-18 when he wasn't on the street. For the next 20 or so years he worked at Walmart and was homeless, until he met someone who drank like he did and it was true love for a time. When Billy applied for admission he was escaping a toxic relationship and had acquired some legal issues.



He was using alcohol daily, and had untreated mental and physical health symptoms. Since that time he has made astounding progress in his healing and toward his recovery goals. With a lot of hard work on his part and strong case management support from our clinical team, he was able to face his challenges and overcome them one by one. He took advantage of the The Massachusetts Access to Recovery (ATR) Paths to Empowerment (P2E) Program and their Sober Home Services, in which he gained the skills and confidence he needed to secure gainful employment, and a grant for 5 months of sober home rent in a Massachusetts Alliance for Sober Housing (MASH) certified facility. Now Billy will be moving on to the next phase of his journey with a solid aftercare plan. He has established relationships with physical and mental health providers and other people in recovery. He told us that to him coming here and not working this program to the fullest was like "taking money to the bank and not making a deposit." Well, Billy has definitely made some investments into his personal growth, his recovery and his future and we think he should be very proud of all he has been able to accomplish in just under a year!

# Mental Health Awareness Month

Millions of Americans are living with a mental illness, and many suffer untreated. A majority of our residents are diagnosed with co-occurring conditions. Meaning they are experiencing mental health symptoms and Substance Use Disorder simultaneously. This presents many challenges to those attempting to maintain long-term sobriety.

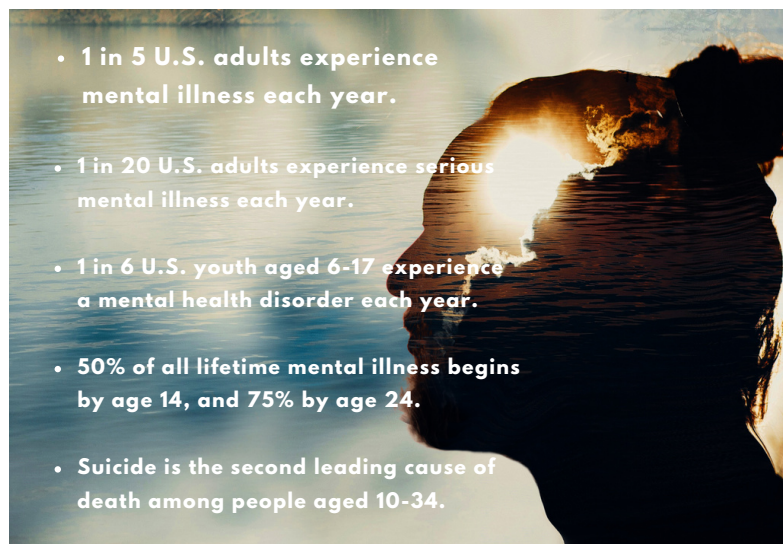
Each May, JI joins the national movement to raise awareness about mental health, to fight stigma and provide education, while advocating for policies that support people with mental illness and their families. The COVID-19 pandemic has had a profound impact on the mental health of people of all backgrounds. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because it often prevents people from seeking help. Together, we can realize our shared vision of a world where anyone affected by mental illness can get the appropriate support and quality of care to live fulfilling lives.

## 27th Annual Food Drive coming up!!

For 27 years now we have been holding our Annual Food Drive in June to raise food, funds and awareness for our neighbors who suffer from food insecurity. Summer is typically a tough time for families due to the loss of school provided meals, and 2020 was like a year-long summer! More families visited our food pantry for the first time in 2020 than ever before. There was an estimated 300% increase in first time clients!

This year we will be holding our food & essentials drive at **Shaw's on West Boylston St. June 7-13th**. Donation boxes will be located there all week.

**Staff and volunteers will be there in person on June 12th & 13th raising awareness & collecting food and monetary donations, along with the folks at K-LOVE radio who will be providing great music, games and giveaways!!** If you can't make it to Shaw's you can still help support your neighbors in need. We will have collection boxes at both Worcester Price Choppers (Cambridge St. & Park Ave.) To learn more about how to get involved, what we need, and how to donate please visit our website & follow us on social media for the latest updates!!







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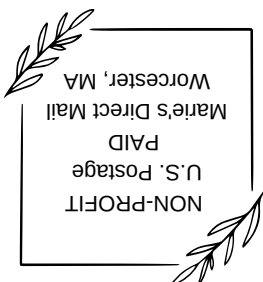
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