

September 2023

Insightful Pathways: Navigating Recovery Together



Every Person, Every Family, Every Community

As we celebrate and reflect on Recovery Month, it's important to keep in mind the theme. "Every Person, Every Family, Every Community." To many people this could mean different things. To us, it means every person is impacted and every person has a role in recovery. Every family is touched by addiction and recovery, and every family needs to support each other along their individual paths. Every community sees the impact of addiction and recovery, and every community has a responsibility to the community members to help and celebrate one another along their journey. This September and every month, we celebrate recovery and the progress and changes made by those in recovery. Recovery is possible for everyone and we celebrate you!

Stop by and meet the Insight Team at the Loudoun Recovery Festival happening on September 16th. We hope to see you there!
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Honoring the Loss of Substances

Matt Christian, LCSW

By the time clients come to see me, their substance use has often been damaging their lives for some time. As they begin taking steps to achieve sobriety, I always honor that losing the substances can be a real loss. There's something that they were getting from the substances, especially at first. It may have been working for them for a time. So, when something so central to their lives is being taken away, something must be put in its place. Just stopping the use isn't enough. The goal is to be living a fulfilling life, not sobriety for sobriety's sake. Any change to their substance use needs to be in service of that goal.

When beginning to work with clients who are newly sober, I start by helping them develop practical, present-focused strategies to manage their distress. It's about working with all areas of their life and building positive momentum. For example, when their anxiety becomes more manageable, it then becomes easier to make other changes. That could include obtaining employment or improving their relationships. As they begin to feel more connected and see their life improving, they may feel more motivated and confident to keep going. In practice, this is never a straight line of progress in which things get better and better each day. The process can be messy. There will be setbacks. But every positive step is planting a seed for further change.

By acknowledging that removing substances can feel like a genuine loss, the therapeutic process becomes more collaborative. It reinforces that they are not being judged for their substance use and that they have a partner in their journey of building happier, healthier life.

Matt Christian, LCSW

mchristian@insightactiontherapy.com

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Matt Christian, LCSW





CELEBRATE RECOVERY MONTH!

3rd Annual
**LOUDOUN
RECOVERY
FESTIVAL**

TOGETHER WE RECOVER!

Learn about community programs and resources available to you and your loved ones.

SATURDAY

SEPTEMBER 16, 2023

12-3PM

DOUGLASS COMMUNITY CENTER

**407 E. MARKET STREET
LEESBURG, VA**

FREE FAMILY FUN!



music
food
raffle prizes
vendors
fellowship



loudoun.gov/preventionalliance



Loudoun Senior Center



Mental Health,
Substance Abuse and
Developmental Services



If you require a reasonable accommodation for any type of disability or need language assistance to participate in MHSADS programs, please contact Melanie Myers at prevention@loudoun.gov or 703-737-8449/TTY-711. Three business days advance notice is requested.

“Local organizations and communities across the country host recovery celebrations as part of the Recovery Month observation. These activities take many forms that bring public education and attention to the realities of recovery and challenge negative attitudes, stigma, and discrimination.”

-Faces of Recovery

