



Breakthru House Inc.

"Where Women Break Through from Addiction to Recovery"

January -
July, 2021

Newsletter



Executive Team:
BreNita Jackson, Exec. Dir.
Phebee Sims, Clin. Dir.

Our Mission

Transforming the lives of women and their children struggling with alcohol and drug addiction by providing a long-term residential program to empower them to experience physical, emotional and spiritual healing through recovery.

BOARD MEMBERS

Julia Childs, Chair
Suzanne Savarese, Tres.
Joseph Brown, Dir.
Nancy Young, Dir.
Gordon Barber, Dir.
June McKenzie, Dir.
Vanessa Nelson, Dir.
Libby Gozansky, Dir.

SAVE THE DATE:

- [Alumni In-Person Meeting](#): August 21, 2021:
11:00am – 1:00pm
- [Recovery Month](#)
September 2021
- [Community Supervision Conference](#)
August 25-27, 2021
- [Accountability Court Conference](#)
September 26-29, 2021
- [12 Faces of Addiction](#)
TBA



breakthruhouseatl.org
www.breakthruhouseatl.org

From the Executive Director's Desk...

"2020" The year that revealed who we were as an organization, as clinicians, as women, as human beings, has proven that the Breakthru House Team, through its bond and tenacity, is made to carry on its mission of transforming the lives of women struggling with drug and alcohol addiction. The world as we understood it, changed dramatically last year in early March, and the summer was riddled with social upheaval. The fall was illuminated in the culmination of an historic, yet divisive election. There were months of sickness, death, and mourning of the losses from a virus that many assumed would not last.

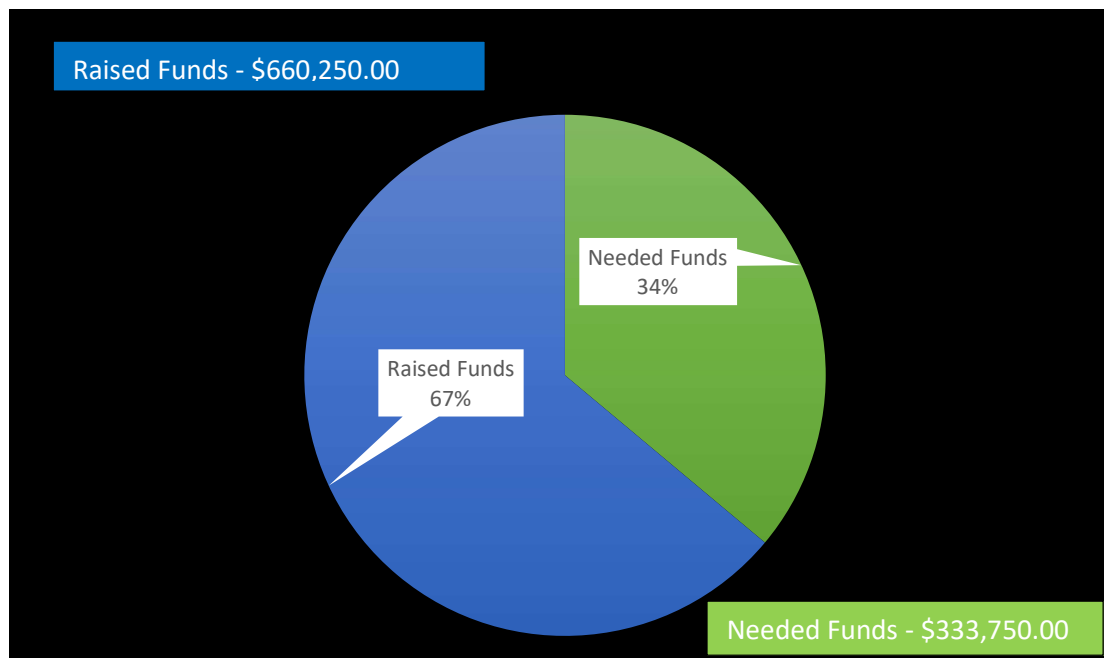
2020 found the Breakthru House teams offering treatment to a population of women - who needed it the most-and often had limited access and means to treatment and services. And, when many organizations were closing, BTH needed to grow. In the fall of 2020, Breakthru House planned a capital campaign to raise \$1,000,000.00 to purchase two properties to allow BTH to offer treatment and services to a larger population of underserved and underrepresented women.

I am honored to lead Breakthru House into 2021. I, along with the BTH team, have learned many lessons from our challenges in 2020 that will make 2021 our best and brightest year of service ever.

Best and blessings,

BreNita

"A Place to Grow" Capital Campaign Goal - \$1,000,000.00



*Services ~ Emotional &
Spiritual Healing ~ Recovery*

Work Life Balance and Recovery

Available research tells us that having or keeping a job helps people stay sober¹ as well as providing many other life-enhancing and recovery-supporting benefits. However, the addiction itself may have damaged existing work relationships or prevented the establishment of a reliable work history, and those in recovery often have competing commitments to essential therapy.

This combination of factors can make it challenging to find and keep a job in early recovery. Involuntary unemployment rates among the more than 22 million Americans in recovery are more than twice the national average.¹

The good news is that recovering addicts thrive with the structure and sense of purpose that comes from working to support themselves and their families.

Just some of the reasons that working supports recovery from addiction include:

- Restoring self-sufficiency. Taking care of yourself is the first step to being able to support and care for others. With self-sufficiency comes increased self-esteem, knowing you can successfully support yourself as a sober person.
- Returning to normalcy. If you have an existing job, getting back to familiar territory and providing to yourself and others that you can fulfill your responsibilities restores stability and security to you and your family.
- Improving financial stability. The cycles of addiction have a damaging impact on savings and even meeting the basic needs of food and housing can be challenging. Working while sober offers the opportunity to manage your budget and prioritize your finances with a clear mind.
- Using time constructively. Dwelling on the past and remaining isolated will not build the new life habits that support healing. Filling your days with constructive paid or volunteer work makes a real difference in the world and how you feel about your place within it.
- Inoculation to reality. During early recovery, addicts are learning to deal with triggers and stressors that might have led them to use in the past. Leaving a sober living facility and returning to the responsibilities of an independent adult will necessarily expose you to the very situations that must be overcome in order to participate fully in life.
- Fulfilling responsibilities. Only by keeping commitments and being responsible to yourself, your family, and your community can you establish trust. By consistently doing what you said you would and taking on greater responsibilities, you can become the person that others depend upon.
- Breakthru House assist our clients with returning to work and/or getting there first job.

Employers who partner with Breakthru House:

Georgia Tech
Goodwill
Lockheed Martin
Captain D's
Bimbo Bakery
Ignatius House

Client's Story

What has Breakthru House done for me? Breakthru, Breakthru, Breakthru, what can I say about Breakthru? To begin, Breakthru has opened my eyes to a world of possibilities. I received hope in getting my life back. Breakthru has given me a new definition of living. I am no longer merely existing. For me, life now has more meaning and purpose.

When I arrived at Breakthru House, I was a mess. I was broken and filled with anger (a whole lot of it) - I was fearful, full of resentment, and defensive because I did not trust anyone. On the flip side, I was very open and transparent because I was hurting and in so much pain, it was killing me.

I was able to gain so much from this program. I established trust in the staff and the process. I addressed my issues with my family as well as building a better relationship with them. Working the program allowed me to get to the root of my anger as it is a constant battle. I am more open to change now as it is easier to receive constructive criticism while realizing it is not to harm or belittle me. Instead, it has helped me to grow and find that inner strength within myself. Breakthru has given me the tools to allow that 10-year-old girl to begin the healing process and no longer have to suffer in silence or alone. They introduced me to the grown woman I have become.

Today, I am grateful to see another day and explore the journey of happiness. Breakthru has not only been a rehabilitation program for me but a place like a family that supports and walks with me on my life's journey.

Serenity Prayer

*God grant me the serenity
To accept the things I cannot
change;
Courage to change the things I can
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway
to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things
right
If I surrender to His Will;
So that I may be reasonably happy
in this life
And supremely happy with Him
Forever and ever in the next.
Amen*

Reinhold Niebuhr (1892-1971)

T h a n k Y o u

~Dr. Montina and the ladies of Solid Rock AME Church donated food and masks for the residents and staff.

~Greenforest Community Baptist Church, Decatur, GA, - volunteers completed a painting project.

~ Oak Grove UMC contributed paper products, food, and masks.

~Breakthru House Board of Directors provided the staff lunch during the month of April.

~The Board of Directors provided lunch for the staff during the month of May.

~Oak Grove UMC delivered masks to BTH staff, furnished outdoor chairs for the outdoor heating therapeutic classroom, and a BBQ grill.

~Richard Rowland & Nancy Young donated personal protective equipment, food, journals and inspirational books for clients and staff.

~June McKenzie provides monthly celebrations to the staff and residents as a token to ease the tension arising due to the pandemic.

~Ondre Gooch donated catered meals for clients and staff.

FIRST & SECOND QUARTERS HIGHLIGHTS

- Currently, BTH has served 71 women and children
- BTH has reached 67% of its Capital Campaign goal
- Clients outing to Stone Mountain State Park
- Alumni's Staying Connected
- Biggest Loser Fitness – Staff (S. Jordan & J. Fly) Clients – (Crystal & Josephine)