

THE CAFE LIFE

The Recovery Cafe Clark County - School for Recovery

THIS ISSUE'S FEATURED ARTICLES:

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We welcome all who would like to be a part of the work we are doing here in The Pacific Northwest and SW Washington! Please contact us to learn more about how you too can get involved at The Café and the restoration of our community at:

Recovery Cafe Clark County
3312 E Fourth Plain Blvd, Suite #100
Vancouver, Washington 98661
360-984-6163
recoverycafecc.org



We are excited to launch our newsletter, Café Life, to keep our Recovery Café community tuned in to what's going on at The Café. Although we are operating under state guidelines during the Covid-19 pandemic, we want to assure everyone that we are up and running for our weekly circles, School of Recovery, gratitude bags, community resources and to supply you all with the safe "home away from home" fellowship that is the foundation of everything we do here.

We are excited to announce that we have expanded our ability to serve our members!!!

We are now a certified provider of Foundational Community Support (FCS) through Amerigroup for those who are covered by Medicaid insurance.

Both Steven Mahoney and Jeannette Lopez are our new Employment Coaches and are available to serve by offering skills training to those who are seeking to navigate the common challenges associated with job searches, employment education, or career change.

We are equally excited to announce that we have two additional resource positions accessible here at Recovery Café Clark County (RCCC); Recovery Coaches and Café Companions. Ethan Gonzales and Penny Beers, both Certified Recovery Coaches, are our newest staff members and will be assisting Café members on their walk to wholeness. Our various Café Companions will also play a crucial role by supporting new and existing members. By aiding members to feel welcomed they can companion them to participate in everything that the Café can offer and to help them to be connected to community resources that may assist

them in their personal road to recovery. Although they all play different roles, these caring staff members work as a team to provide our members with the consistently compassionate service that RCCC has become known for.

CURRENT EVENTS

For all current events please visit either our Facebook page (<https://www.facebook.com/recoverycafeccl/>) or our schedule at the RCCC website (<https://recoverycafeccl.org/schedule/>) for all current events. Due to the pandemic, we are experiencing some changes to the scheduled offerings. Please call The Café with any questions you may have about them.

SPOTLIGHT ON

Charles Hanset,
Recovery Café Clark County
Resource Coordinator and
Outreach Manager



Charles Hanset, a local of the Pacific Northwest was no stranger to the criminal justice system which began at the age of 14 and lasted until he was 37 years old. Like many people, his homelife was difficult which was a key influencer to choosing life on the streets and into substance use. After many years of struggles and personal loss due to results of poor choices and substance use, Charles decided to start the long and difficult journey out of the mistakes of his past and began to forge a new love and life for himself with the help of organizations such as Clark County Adult Drug Court, Alcoholics Anonymous, Narcotics Anonymous, and other local resources. Charles stated that his inner spiritual “seeking” and a connection to his “higher power” played a major role in his journey to recovery.

Since those early days of recovery Charles has accomplished much in his quest for restoration. He has since graduated from drug court and gone on to become an AA sponsor for other persons in recovery from substance use and is a founding member of The Opioid Task Force Clark County, and sits on the Behavioral Health Advisory Board of SW Washington as a Mental Health Advocate. He said his motivations to expand his recovery to the immediate community was because, “I got tired of seeing people suffer.” He went on to say that “The number one thing that you can give to people is your time.” And so, he does. Charles came to The Recovery Café in June of 2018 and has since expanded on his mission to bring mental and emotional healing to Clark County through becoming a “resource broker,” as The Cafés Resource Coordinator and Outreach Manager. Charles wears several hats, to be sure. He operates as a Recovery Coach and a Trainer of Trainers of Recovery Coaches through CCAR Recovery Coach Academy© offered through The Recovery Café Clark County, as well as a Certified Peer Support Specialist

through the State of Washington. Charles recently has created a non-profit outreach program (in status) called THRIVE2SURVIVE© which will be a resource for persons who may find themselves homeless to be offered through The Recovery Café Clark County.

Charles stated that his highest accomplishment of all was regaining full custody of his now 14-year-old son. “Thanks to much support from the community in Clark County, I have a home to live in, a car with the keys, and a legal driver’s license.” For this he has opted to “give back to the community.” He stated that, “Resources are the key.” He believes that one of the most powerful ways to combat substance use and the darkness that often accompanies mental illness is “to share [resources] with others to have the best success in recovery.” Charles is a highly esteemed and much loved individual in our community and is just like every other person that walks through our doors every day; worthy of love and every opportunity to live, and be free to do the best they can to live their lives to the best of their ability. You can contact Charles at: chanset@recoverycafeccl.org.

“If there’s a heartbeat,
there’s hope.”
– Charles Hanset.

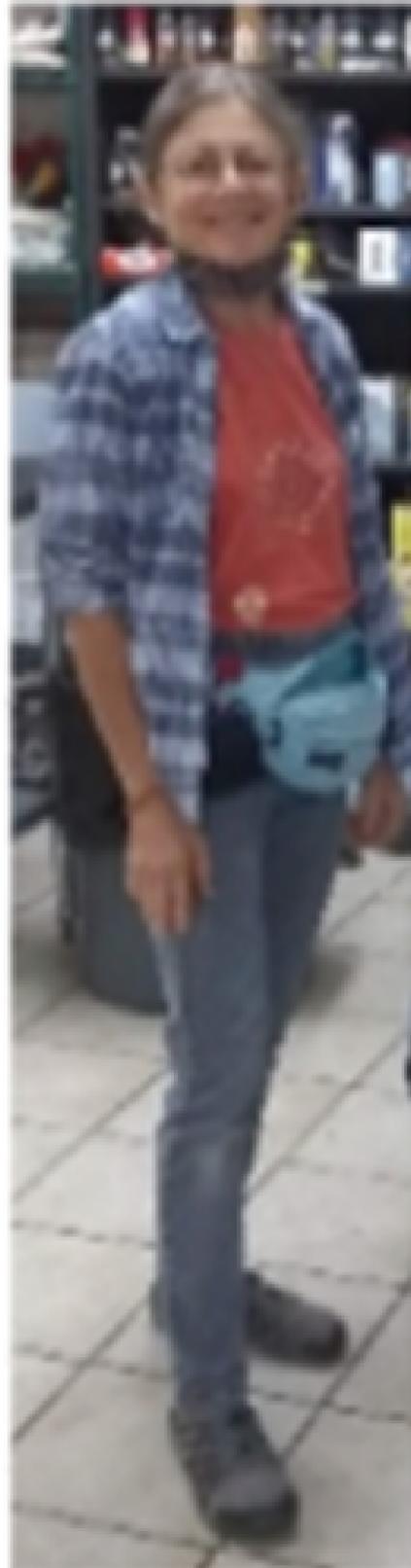
GIVING BACK

Volunteering at The Café with Elena Marchand

Here at The Café we have an eclectic group of people who, although they come from different backgrounds and maintain diverse spiritual and philosophical viewpoints, we all are aligned in the battle for wholeness and emotional health. Elena Marchand is one of them.

Elena is a fixture here at the Recovery Café Clark County. She stated that she has dealt with her own issues from living with a dual diagnosis in the past. As a youth, she experienced personal struggles and during her early twenties with what she described as, “a low quality of life.” She expressed that after using marijuana to aid in coping with her emotions, she had an epiphany via hope in Christ and his teachings. She is very accepting of all views but clearly voiced that she was seeking “hope outside of substance use.” She eventually found and moved from San Diego to Seattle while asking for “God’s help” for her feelings of despair and began the long journey to emotional health with the help of a counselor. She eventually received training as a psychiatric nurse and successfully worked in crisis stabilization in Acute Care for over 30 years in Vancouver, Washington.

Elena said, “They [people] have to be willing to do the work and it’s hard work. The dark [parts of our] world will always knock at the door.” She has taken what was once a debilitating situation and added tenacity and hope as a remedy and a shield against the gloom that she understands plagues people into coping with harmful behaviors. She went on to say, “After I retired in 2017, I needed something [positive] to do. I saw an article in The Columbian about the Recovery Café and said, “This was it!”



She said that she was very excited to learn that The Recovery Café teaches a self-directed—not imposed—approach to healing, which was in line with her own philosophy. “I’ve been there,” is what she ended with. “Volunteering at The Café has extended my purpose to glorify God, to help his people, and to mock the devil.” She went on to say that volunteering is so much better because you are not getting paid.”

Although Elena and her husband will soon be snowbirds, she will always have a heart for the recovery community and has dedicated her time to showing it. She has brought so much “sunshine” to The Café and by aligning her life’s purpose with The Café’s mission statement has made the atmosphere here that much warmer! We will miss her when she is not in town!



COMFORT CORNER

Quotes, Poems & Song Lyrics

On our individual journey's we find inspiration in many forms. We would like to invite you to share your words of inspiration in our newsletter. As we are a community of people with like struggles, we also want to be a community of shared triumphs. By sharing some of the inspiring quotes, poems, or moving song lyrics that may have aided you on your healing journeys, someone else may be inspired, restored, and comforted just by the hearing of it. Please send any words of inspiration to jlopez@recoverycafe.org to get them into our next newsletters! We only ask that you give credit to the authors' whenever possible. Thank you!

QUOTES

"If there's a heartbeat, there's hope."
– Charles Hanset

"Do the best you can until you know better. Then when you know better, do better."— Maya Angelou

"No matter what happens, no matter who tells you 'you can't', never give up!"— Charles Petty (Elena Marchand's Father)

POEM'S FROM THE CAFE

Life Is Like A Road

You start you journey on the road helpless and unable to walk. With time you travel down it with others. Sometimes you carry baggage with you, and sometimes you pick things off the road you don't need. There are milestones and signs and sometimes you don't know where to turn. Sometimes the road is uphill and rocky and unpaved, but there is comfort when you look for it. Loved ones leave you, and others takes their place. Your determination and drive help you move. Faith is the key that opens the door to enlightenment. When others leave you in the road of life, there may be now answer why. Be aware that the idea is to rely on God and stand firm with your convictions. When you do leave the baggage and are willing to learn, great things are ahead of you. God did not promise an easy life, but he did promise a future and hope. One step at a time, take it slow, it goes by quicker than you think.

—Bill Burwell

"Throughout the cool of early dark'

Throughout the cool of early dark, Eleventh evening in the fall. There is a Christmas in the air. As stride on the stride consumes the lights Sweet and narcotic as I walk, Throughout the cool of early dark. Each thing on streets carved out of moon Holds to itself a solitude: although There is a Christmas in the air. In milky acid of last light. The squat homes made of chalk had burned. Throughout the cool of early dark. Yet in the darkened glass of night. A solemn silent calm returned. There is a Christmas in the air. While hearth-blue embered TV's spark. The glass-sealed rooms strew here and there, Throughout the cool of early dark. There is a Christmas in the air.

—Bruce Meisel

SONG LYRICS

Just let your love flow like a mountain stream
And let your love grow with the smallest of dreams
And let your love show and you'll know what I mean
It's the season

You let your love fly like a bird on a wing
And let your love bind you to all living things
And let your love shine and you'll know what I mean
That's the reason

—Let Your Love Flow, Bellamy Brothers, 1976

COMING SOON!

Thank you for taking interest in our new newsletter! As we grow in our quest to stay connected during this health crisis, we are striving to bring content to you that will enrich your day as well as life your spirits! Here are some of the things that you can look for in our January edition:

- The Road Home - Articles and success stories from others in the recovery and those who have loved them
- Limelight – Interview with our beloved resource partners
- My Café – What the RCCC means to me (members, staff and board members, community partners, their families)
- Taking the Lead - RCCC School of Recovery Insights
- Donation – Support us! If you would like to support a worthy cause, send your tax-deductible donations to:
 - The Recovery Café, C/O Lyn Anderson (landerson@recoverycafecc.org)

SUGGESTION CORNER

What would you like to see in The Café Life newsletter? We'd truly like to make our little community more meaningful, inspirational, and informative. Please take the time to send me your suggestions for our current newsletter content—including the “coming soon” list—such as healthy or comforting food recipes, your special dates (birthdays, recovery dates, passing's home, or any other things to celebrate), quotes, poems, and favorite song lyrics, as well as inspirational stories from others who have braved the difficulties of excavating themselves from old ways of thinking into the new. We are all in this together!

Happy holidays! May you all experience the deepest blessings of joy and hope,

Jeannette Lopez
jlopez@recovercafecc.org

