



You know someone who needs us.  
We can help.



**PRESS KIT**

## LET THE COUNCIL ON RECOVERY HELP YOU TELL THE STORY:

We have available experts ready and willing to speak and be interviewed on the following topics and many more:

- An overview of addiction, treatment and recovery
- How to determine if you may have a “problem” with alcohol or drug use
- What to look for in a family member or loved one who may need help
- How to find a quality treatment center for you or a loved one
- Co-occurring disorders (substance abuse and mental health issues that occur together)
- Chemical addictions (alcohol, drugs) versus process addictions (sex and love, gambling, shopping, porn, etc.)
- Prevalence of substance use issues with adolescents
- Opioid epidemic, synthetic marijuana, vaping, and other drug trends
- Shame and family-of-origin issues
- How to talk to children about addiction and recovery
- Yoga and mindfulness in recovery

## WEBSITE & SOCIAL MEDIA

Our website is a ready destination for people who want immediate help for themselves or a family member, and is a rich resource of information on all facets of addiction & recovery.

Our presence and participation in the major social media outlets, including Facebook, Twitter, Instagram, and LinkedIn are helping spread our message of hope and recovery to more people than ever before, healing families and saving lives.

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# LETTER FROM THE CEO

## MISSION

Our mission is to lead the community in creating a path to freedom from substance abuse and related issues.

## VISION

We envision a world free from the stigma of substance abuse, where recovery is accessible to all.

## CORE VALUES

We affirm four core values that all staff members pledge to uphold in carrying out our Vision.

## IMPACT

## EXCELLENCE

## INTEGRITY

## COMPASSION



Recovery isn't just in our name, it's in our DNA. Since our founding in 1946, the Council on Recovery has been at the forefront of helping individuals and families whose lives have been affected by alcoholism, drug abuse, and other addictions. As substance abuse disorders continue to afflict major segments of our society, we'll continue our relentless efforts at prevention, education, treatment, and recovery to stem the tide of these vicious problems.

When it comes to seeking help, we know how difficult it can be to make decisions regarding selecting treatment for yourself or a family member. The process can be confusing and daunting, not to mention expensive, at a time where life can feel overwhelming.

And we know you have a choice. So, when reviewing treatment options, here's what sets us apart:

**We're non-profit.** We put you and your family first. We offer you the highest standard of accredited care at a reasonable fee. We cover our costs, while remaining focused on providing you with the highest quality care. In short, we don't profit from our clients' challenges.

**Many of us have been there.** We've faced the same choices you're facing now. We're here to listen, not to judge. We'll hear your concerns, understand your fears, and give you the best counsel available to families anywhere.

**We're family-centered.** We support your entire family through the recovery process. Family participation is critical to success in sobriety. Loving someone who's struggling with an addiction often means dealing with pain alongside them. Everyone in the family can heal and deserves the help The Council offers.

**We will work with you.** Together, we'll develop the best treatment plan for your family's needs. From 12-Step based recovery approaches to other alternatives, we offer you the most effective options.

Above all, we promise to give you the best service and unconditional acceptance on your path to sustain sobriety because recovery is in our DNA.

By seeking help, you've taken the first, most important step. We look forward to working with you on the path ahead.

**JUDY M. CHAVEZ, MBA**  
Interim President & CEO  
The Council on Recovery





## INDIVIDUAL BASED INTEGRATED CARE

**Our comprehensive services offer help to all those who need it. We are the only organization providing services to every age and stage in life.**

### ADULT CLINICAL SERVICES:

People struggling with an addiction, mental health issue, or just life in general may not know where to get help. The Center for Recovering Families is the place to start.

### FAMILY RECOVERY SERVICES:

Family recovery services encourage personal accountability while helping family members express emotions, release resentments, and develop relationship goals.

### ADOLESCENT SERVICES & PARENT EDUCATION:

Watching an adolescent struggle with high-risk behavior, co-occurring mental health issues, or behavioral problems can leave parents feeling overwhelmed. Our services for adolescents and parents can help.



# COMMUNITY OUTREACH PROGRAMS

Keeping Our Community Healthy, Productive, and Safe

## EVIDENCE-BASED PREVENTION CURRICULUM IN SCHOOLS

- Our Prevention Specialists provide school and community site curriculum-based education and activities for youth (grades 3 - 12).
- Our acclaimed CHOICES™ Prevention program is a customized counseling and prevention curriculum aimed at reducing high-risk behavior among students at middle school and high school campuses.

## CONTINUING EDUCATION WORKSHOPS

- CEU and community workshops are conducted year-round on our campus for healthcare professionals, teachers, students, business groups, and individuals.

## WORKPLACE SERVICES

- We provide consultative resources and support to area employers to help them address alcohol and drug abuse issues affecting their workplace.

## CRADLES

- Our free and confidential service helps new and expecting parents in Harris and Montgomery Counties who meet risk factors and are involved with a child protection organization, such as CPS.
- We provide guidance & support on pregnancy planning, reproductive health, and well-child care to parents dealing with substance use.
- We offer education on the effects of alcohol, tobacco, and other drugs on fetal development, and help parents find resources for getting/staying sober.

## RECOVERY SUPPORT SERVICES

- We are dedicated to supporting individuals who are in the recovery process by helping them identify and navigate the barriers on one's path to recovery. Our services are provided by Recovery Coaches who are passionate about helping an individual reach their full potential.

## REFERRALS & NAVIGATION

- We are the place to start for anyone impacted by addiction and co-occurring mental health disorders. If we cannot help you, we will ensure that you get to someone who can.
- We have spent more than seven decades forming strategic partnerships with hospitals, detox organizations, and in-patient and outpatient treatment facilities.
- We also help people navigate community resources that address issues commonly connected to substance abuse, such as financial hardship, unemployment, lack of transportation, and homelessness.

## COMMUNITY PRESENTATIONS, HEALTH FAIRS, & RECOVERY MEETINGS

- The Council actively educates our community about addiction and co-occurring mental health disorders.
- We also provide meeting space on our campus for Twelve-Step and other recovery-oriented meetings every week, as well as yoga, meditation, and similar life-enriching activities.





## CLIENT STORIES

### FROM LAUREN, A RECOVERY CLIENT:

"I started my journey to recovery in August 2010 at *The Right Step*. My counselor there recommended I do an Intensive Outpatient Program (IOP) after my residential stay expired. I was scared to death! I knew I wanted to stay sober. I also knew that I'd do whatever it took to stay sober. My time in residential treatment was not enough for me. Money was tight, I do not have insurance and my parents came up with the money to pay for rehab. I was not about to ask for another couple thousand dollars for IOP. I prayed. I asked my counselor if there were any Intensive Outpatient Programs in Houston that provided partial and/or full scholarship funds. She mentioned that the Council for Recovery did. By the grace of GOD and the generosity of donations made to the *Center*, I was able to receive a scholarship! I started and completed Healing Choices, an 8 week IOP. I am not who I was when I started Healing Choices. I believe that God puts certain situations and people in our lives for a specific reason. I am so grateful he placed The Council in my path. The people I met, the relationships formed and the emotional insight I gained from the program were life changing! I will forever cherish my time in Healing Choices and the tools I acquired to continue on my journey through sobriety!"

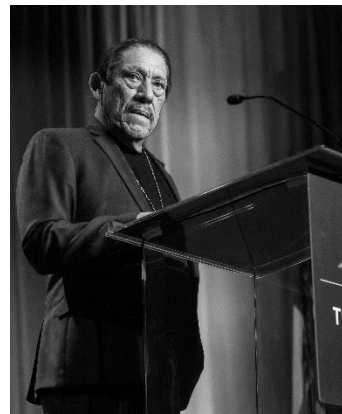
### FROM MICHAEL, A RECOVERY CLIENT:

"The Council's *Center for Recovering Families* will always have a special place in my heart. I am thankful for the program and all of the staff there who helped me through the most difficult time of my life. I went through The Council's Intensive Outpatient Program in November 2012 through April 2013. I knew as soon as I talked to their intake coordinator on the phone that this place was different and special. They actually seemed to care about me even though they hadn't met me yet. I felt welcomed and at home the first time I walked through their door. The Council helped me stay sober from my intense and uncontrollable opioid and benzodiazepine abuse. Although I had wanted to stop using for quite some time, The Council actually introduced me to my very first taste of not only sobriety but my new life of recovery. Their process groups along with education classes like DBT helped me learn new coping skills and how to deal with what life throws at me. My new life of Recovery has not always been unicorns and rainbows, but the skills I learned at the *Center for Recovering Families* helped me deal with issues in my life that were never addressed and the issues that seems to come along with new found sobriety. The family of origins work I did there along with one on one talk therapy skyrocketed my Recovery in ways I never even imagined. I am grateful for every single staff member there...I owe these people and this program my life and all of the wonderful things that came about because of their help."



## OUR HUGE POPULAR SPEAKER SERIES IS SMASHING THE STIGMA THAT PERPETUATES ADDICTION

For 40 years, The Council's Speaker Series has gained national recognition and continues to serve its three-fold purpose of raising funds, attracting new friends, and ending the stigma of addiction by sharing a message of hope for recovery. Every Spring and Fall Luncheon attracts nearly 1,000 attendees from all walks of life all united in community. They have featured some of the most recognizable actors, authors, athletes, and entertainers in the country. The prominence and appeal of our speakers helps The Council to break the stigma of addiction.



### These inspiring events have helped others to choose a life in recovery:

*"My view on recovery was very narrow and I still just felt like a complete low-life alcoholic doomed to a life of despair. When I walked into my first luncheon and saw the massive crowd of happy and seemingly normal and successful people, my vision changed."*

*"I thought my life was over because I could not drink like normal people without major inside and outside consequences. The Council's Speaker Series' message of hope was just what I needed to hear, and the stigma-smashing spark I needed to begin my life in sobriety."*

# HELP US TELL THE STORY & SAVE LIVES



Substance use disorders are a serious problem in Texas and nationwide.

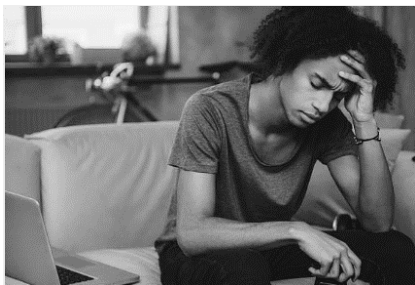
- Based on 2016-2017 surveys, it was estimated that in Texas on average each year over a million individuals 12 years old or older had an alcohol use disorder in the last year.
- Deaths from drug overdose in Texas nearly tripled from 2001 to 2021. More than half of these deaths resulted from an opioid overdose.



They are impacting our children, too.

- According to the National Institute for Drug Abuse Statistics, 9.02% of all 12- to 17-year-olds used alcohol in the last month.
- 177,000 or 7.07% of 12- to 17-year-olds in Texas report using drugs in the last month.

It is vital that we address addiction alongside co-occurring mental health disorders.

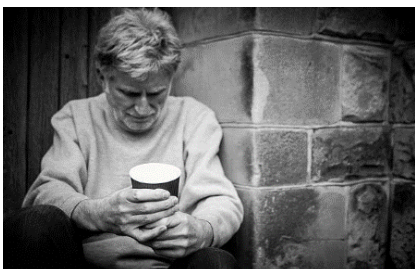


- Half of people diagnosed with substance use disorders also have a co-occurring mental health condition, such as anxiety and depression, and vice versa.
- The National Institute of Mental Health estimates that more than one in five U.S. adults live with a mental illness (57.8 million in 2021).
- In Texas, the prevalence of anxiety and depression symptoms among adults is higher than the national average, according to the Kaiser Family Foundation (2023).



Recovery is possible, and worth our utmost efforts.

- Contrary to popular belief, addiction is a disease that can be treated through several routes, including detox, residential treatment, outpatient treatment, and more.
- Today, millions of Americans from all walks of life are living in long-term recovery from substance use disorders.
- There is hope for recovery: more than 1/3 of U.S. adults who were dependent on alcohol are now in full recovery, according to the Substance Abuse and Addiction Health Center.



It's time we start a dialogue with our community about addiction, co-occurring disorders, treatment, and what a full life in recovery can look like for those struggling with these issues.

Help us frame this important community conversation by using your influence as a member of the press to cover stories, create news, and promote awareness of the prevalence of addiction and the promise of recovery.



# RESOURCES

The Council on Recovery publishes a variety of brochures and flyers to promote our mission to lead the community in creating a path to freedom from substance abuse and related issues. Our research studies, outcomes reports, and other articles also appear in scholarly journals and other publications.

Want to learn more about The Council on Recovery and the work we do to make our community a better, addiction-free place?

[Check out our resource page](#) on our website, where you can download our publications, go through our financial reports and audits, read about recent research in the area of addiction and recovery, as well as learn more about our affiliations and partners.

## PRESS RELEASES

[Council on Recovery to Host Symposium on Co-Occurring Disorder](#)

[Houston Recovery Community Raises \\$1 Million for Addiction Treatment with Record-Breaking Luncheon Featuring Brené Brown](#)

[Local Nonprofits Highlight Recovery Resources for Hispanic Heritage Month](#)

[As Astros Advance to ALCS, Former Astro and Baseball Hall of Famer Jeff Bagwell Emerges as a Champion of Houston's Recovery Community](#)

## NEWSWORTHY BLOG POSTS

[How We Are Helping Address Texas' Shortage of Mental Health Professionals](#)

[How Can We Fix Texas' Mental Healthcare Crisis?](#)

[Where to Start? A Roadmap to Recovery Options for Those Struggling with Addiction](#)

[Changing Lives with Discovering Choices Outpatient Treatment](#)

[The Link Between Childhood Trauma & Addiction](#)



**The Council on Recovery** is Houston's oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals and families affected by alcoholism, drug abuse, and co-occurring mental health disorders.

Founded in 1946, The Council is committed to and focused on family healing and long-term support that is accessible to all in need. We directly touch tens of thousands of lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more.

Our mission is to lead the community in creating a path to freedom from substance abuse and related issues. We strive to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees.

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