

# RECOVER STRONG

MSCL HOUSE NEWSLETTER | WWW.MSCLHOUSE.ORG

DECEMBER 2018



Dear Friends of MSCL House:

We are excited to announce that MSCL House, the only men's sober home in the Wood River Valley, is now open! Although there was never a doubt about the need for a men's sober home in our community, we knew from the beginning that it would be a huge challenge to find the right house in the right location and to obtain the funding to make the program sustainable. A year ago, as we started to talk with members of the community, we were unexpectedly met with overwhelming enthusiasm and encouragement. Organizations, individuals, foundations, and businesses were all eager to contribute in any way possible. The project soon took on a life of its own and here we are today, a month after our successful open house in November, with men safely in residence and grateful to be on their personal path to recovery under the capable supervision of our house manager, John Inman.

*"I just wanted to thank you again for giving me this opportunity. I appreciate it more than you know. You have given me a stable place to do ME. And feel comfortable. Once again thank you."*

*- Text message from a MSCL Resident*

Thanks to the generosity of the Neeley family and countless individuals, businesses and foundations, we now have a welcoming, safe living environment that is the primary component that MSCL House residents in recovery need to be successful in sobriety.

We are grateful for the tremendous support of our community, the generosity of our donors, and the selfless dedication of our volunteers. We enthusiastically look forward to the coming year as together, we continue to support MSCL House residents in *Recovering Strong!*

Sonya Wilander  
Executive Director



**MSCL House Living Environment: A comfortable home setting where living spaces are shared, collaboration is emphasized, new sober relationships are made, and isolating behaviors are discouraged.**

## Recovery takes *muscle*!

A safe, sober home affords men living with addiction the best chance to change their lifestyle. But this doesn't just happen — it takes muscle. It takes the collective force of community, volunteers and donors like YOU who come together to make it possible. We invite you to learn more about MSCL House and our residents and work with us to identify ways to help our residents succeed in activities that support their successful transition into the community. Here are **ways YOU can help**:



**DONATE.** We charge our residents nominal monthly rent to help them get back on their feet financially. We rely on your generous donation to help us provide adequate housing for our residents, so they may focus on their recovery. Donate today at <http://msclhouse.org/donate/>.



**EMPLOY.** At MSCL House, we require our residents to maintain employment. By offering gainful employment opportunities in your company or local business, you'll give residents a sense of purpose and accomplishment which increases the chance that they will continue to participate in society after leaving the sober living home.



**ENGAGE.** We encourage our residents to engage in community-based organizations and volunteer on a regular basis. By providing volunteer opportunities in non-profits you are involved with as well as community and neighborhood events, you can help MSCL House residents find their place in the community and devote themselves to something bigger than themselves.



**PROVIDE.** Staying healthy and feeling good reduce the chances of relapse, so we connect our residents with community service providers and healthy activities outside the home. You can help by offering free or discounted services (such as meditation, acupuncture, nutrition, gym memberships, music classes, yoga or outdoor and faith-based activities) that directly benefit the health and wellness of our residents.

PLEASE HELP US ACHIEVE OUR GOAL THAT EVERY MSCL HOUSE RESIDENT PROGRESSES INTO A CONTRIBUTING MEMBER OF THE COMMUNITY.

FOR MORE INFORMATION ABOUT WAYS TO HELP, CONTACT MSCL HOUSE'S EXECUTIVE DIRECTOR AT [SONYA@MSCLHOUSE.ORG](mailto:SONYA@MSCLHOUSE.ORG) OR HOUSE MANAGER AT [JOHN@MSCLHOUSE.ORG](mailto:JOHN@MSCLHOUSE.ORG).



PO Box. 2398  
Hailey ID 83333  
[www.MSCLhouse.org](http://www.MSCLhouse.org)  
(208) 481-0182

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