

MARCH 2020

Dear Friends of MSCL House,

As we begin our second year, we have YOU to thank for helping us meet our goals. Because of you, there is now a greater awareness of our existence and our mission in the Wood River Valley. Thanks to your support, we've been able to assist with some of our residents' daily expenses in a time where their incomes are strained and we've been able to continue activities that promote healthy living in this time of difficulty. Your commitment to MSCL House has helped create bridges where "the new normal" of today has created more gaps.

You may have read that I was recently named 2020 Woman of the Year by the Idaho Mountain Express. It's an honor to be a part of a community that recognizes the efforts of women giving of themselves for a greater good. I would like to thank each of you for your vote; I couldn't be happier for the opportunity to tell my story and create more interest and awareness in this effort that I am so passionate about.

With heartfelt thanks,

Sonya Wilander
Executive Director

"To combat addiction—structure, stability, support and safety often leads to success. In the uncertain times we are experiencing, there is even a greater need for structure, stability, support and safety."

Honorable Ned C. Williamson
5th District Judge

Navigating the Effects of COVID-19

Individuals struggling with substance use disorders already feel excluded and alone and a call for countywide self-isolation may make that worse. What's more, community support is an essential aspect of the recovery experience. Stopping the spread of the coronavirus doesn't mean that our residents must give up group meetings or other social supports.

Therefore, we set up our residents with tele-counseling sessions and tele-AA/NA meetings to continue to support their emotional and mental health. And residents seeking continued education have been able to attend classes and complete assignments online.

Social distancing has provided our residents the opportunity to develop stronger relationships with their housemates. Fostering "brotherhood" (along with building social and interpersonal skills) has proved to be a vital weapon against boredom, isolation, and depression, all of which are threats to sobriety. Time together at home has given our residents more occasions to form a sense of community and of belonging through activities such as indoor spring cleaning and outdoor yard clean up and creating raised garden beds for vegetables.

These positives bring a new focus and optimism, away from the negative, self-defeating thoughts and behavior associated with addiction. With the emotional and financial support of MSCL House, our residents have been able to stand on solid ground—even through the extra-challenging times we are now facing as a community.

Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}



Above: Busy hands keep busy minds. MSCL House residents busy with spring yard clean up, assist Rob Beck with the removal of a dead Aspen tree.



IDAHO HAS GIVEN YOU HOPE WHAT CAN YOU GIVE IDAHO?

We are happy to announce that MSCL House will participate in **IDAHO GIVES 2020**—a program administered by the Idaho Nonprofit Center that raises awareness and funds for Idaho nonprofits. With the increased need for support due to the impact of COVID-19, the online giving period has been extended to two weeks, **from April 23 to May 7**. We will send you more information and a link to participate as these dates approach.

QUARANTINE RECOMMENDATIONS

Books About Addiction and Recovery

[Chasing the Scream](#) by Johann Hari
[Inside Out: A Memoir](#) by Demi Moore
[Recovery: Freedom From Our Addictions](#) by Russell Brand
[Portrait of an Addict as a Young Man](#) by Bill Clegg
[Ninety Days](#) by Bill Clegg
[A Million Little Pieces](#) by James Frey

Movies About Addiction and Recovery

[Beautiful Boy](#)
[Flight](#)
[Ben is Back](#)
[A Million Little Pieces](#)

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SUPPORT MSCL HOUSE

Because every day is a second chance to change a life.