



Recovery Café

LONGMONT

NEWS

2024

FOLLOW US ALL THE WAY HOME



Rendering: Lightwell Architecture

One of the delights of Recovery Café Longmont (RCL) lies within the beauty of our space; nearly every time a new person comes down the stairs, they marvel. Inevitably, there is a comment about the warmth or the surprising amount of light despite the Café’s “underground” location.

This cozy home, which has nurtured many stories of resilience and connection, has provided a fertile foundation to grow Recovery Café Longmont. The abundance of loving support provided through CentraLongmont Presbyterian Church has allowed the Café to become well-established as a viable resource across Longmont and Boulder County. In five years, we have expanded our reach in the community and grown beyond our wildest dreams, but with growth comes the need for change. Purchasing 801 Main Street in Longmont is the start of a new chapter for the Café. Drawing from our roots, we plan to inhabit this new space with the same warmth and growth-mindset.

With renovations being carefully considered to best serve our community, our future home is shaping up to encompass this legacy. **The new space will include a commercial kitchen and espresso bar where we can provide job readiness training for our members, a meeting area where other recovery-oriented nonprofits can gather, and a larger space to host sober events for the community. In addition, our prominent location at 8th Avenue and Main Street will provide us with greater accessibility and visibility, allowing us to work with more community members seeking recovery support.**

From the ground up, RCL will carry this through-line of grace, generosity, and abundant love, following us all the way home. We know that our future home will be beautiful, marked both by its physical expression and the generous hearts and hands of all who have shepherded and loved us through these past five years. With the support of our community, we are excited to continue providing a place where everyone belongs.

“WHERE’S HAROLD?”



Almost daily, the question heard around the Café is: “Where’s Harold?” From Longmont to Lafayette to Nederland, Harold brings resources and recovery to every corner of Boulder County.

In March, Harold Niedzielski, Colorado Peer and Family Specialist (CPFS), embarked on a passion project: *establishing relationships with the unhoused community to support their transition to a healthier, safer, and more socially fulfilling lifestyle*. From getting an individual into a treatment facility to encouraging them to visit Recovery Café, Harold is there each step of the way.

“Over 80% of the unhoused population suffers from substance use disorder (SUD) because they are self-medicating,” Harold explains. “People fall through the cracks. They’re scared, and they’re using substances to take away the fear.” The need for resources and support throughout this community is glaring but there isn’t the impetus to make lasting changes because of the stigma

“I’LL GO OUT OF MY WAY TO GET IN YOUR WAY IF IT’S GOING TO HELP YOU.”

around homelessness and substance use.

By being present for disruptive events like police sweeps, Harold has established himself as a resource for a group that so desperately needs connection – and shown them that the Café can be the first page in their recovery story. His own lived experience makes this project even more personal, and walking alongside individuals and making them feel seen in their struggles are just pieces of the unique perspective he brings to the community.

“It means the world [to be in recovery]. Being an advocate for those going through it has given me a new lease on life, and now I am paying it forward. Giving back is so fulfilling, and it’s positive reinforcement.”

Since March, Harold has gotten nearly 100 individuals into SUD treatment – a true testament to his dedication to bettering people’s lives. Although we might never quite know where Harold has taken off to, we always know it’s to make a positive change.

MEET OUR NEW STAFF



JOSÉ MATOS

BILINGUAL RESOURCE NAVIGATOR



LIV HERRING

COMMUNICATIONS AND MEDIA MANAGER



MORGAN HUFNER, AIDS

PEER SUPPORT & ACUETOX SPECIALIST



SABRINA FLANAGAN

PEER SUPPORT SPECIALIST



SHAUNA ROYER, AIDS

PEER SUPPORT & ACUETOX SPECIALIST

MEMBER MOMENT *Paul*

When Paul came to the Café for the first time, he was at a low-point; having just gotten in trouble with the law, his sobriety was compromised and his relationship with his son was up in the air. The Peer Support team's invitation to spend the day in the Café rather than risk going back out and getting in more trouble led to Paul finding what he needed most – community.

Recovery Café is where Paul's healing journey took off. Feeling safe and welcome, he was more at ease sharing than in traditional recovery spaces and he became a regular at the Café's weekly Recovery Circles. Program Director, Chris Poma, has walked alongside Paul throughout the past year, supporting his recovery journey. "Something I love about Paul is that he will show up even if he's having a hard day, and he will open up. **It's been a joy to watch his journey, even when there are setbacks, because we know he's on the right path,**" Chris shared.

Knowing you need support and community during hard times is difficult, even without substance use and legal troubles. "When I struggled in the past, I got lonely and my addiction isolated me," Paul explained.



Although individuals in recovery can find it difficult to build a sober social life, establishing Recovery Café as his anchor has kept him from entering situations that could be detrimental to his progress. Speaking on past recovery endeavors, he reflected, "I should've been coming to groups like this until I felt comfortable enough in my sober self to move forward."

Paul's story is a true testament to his determination and consistency. His eagerness to show up for himself is something the Café community is immensely proud of, and certainly something we hope Paul is proud of too.

"RECOVERY IS SOMETHING I AM ALWAYS GOING TO HAVE TO WORK FOR. BUT HEARING PEOPLE'S STORIES AND SHARING YOUR OWN KEEPS YOU VIGILANT TO YOUR ADDICTION; YOU WON'T FALL BACK INTO THE BELIEF THAT YOU CAN USE AND BE OKAY. THE VOICE IN MY HEAD THAT TELLS ME IT'S OKAY TO USE IS A LOT EASIER TO SHUT DOWN IF I COME TO RECOVERY CIRCLES AND SHARE REGULARLY."

VOLUNTEER SPOTLIGHT *Doug + Marla*

For years, Recovery Café Longmont has been blessed with the consistent presence of two Wednesday volunteers: Doug Ward and Marla Arcadi. Between the two, the better part of a decade has been spent connecting with our members, providing support to our community, and seeing growth and change in multiple Cafés.

Marla shares a unique perspective, having previously volunteered for eight years at Recovery Café San Jose. Marla is no stranger to the impact of recovery and notes, “I saw the need for a place for people coming out of substance use disorder to find a way to socialize without going back to substances. I like interacting with the people and realize that it could be any of us.”

Marla saw the Café in San Jose transition to a new space and is excited to see Longmont on a similar trajectory to reach more individuals and have a greater impact in the community. “There are always new people, which means the Café model is working,” Marla reflected.

As we look ahead, we know Doug will also be along for the ride. Doug volunteers with various nonprofits throughout Longmont but has been with the Café since it opened in 2019 because he sees how imperative the work is. The people are what keeps this volunteer-extraordinaire returning every Wednesday.



“Just to meet the members is rewarding, but the enthusiasm and engagement of the staff is infectious because these people are doing what they believe in.”

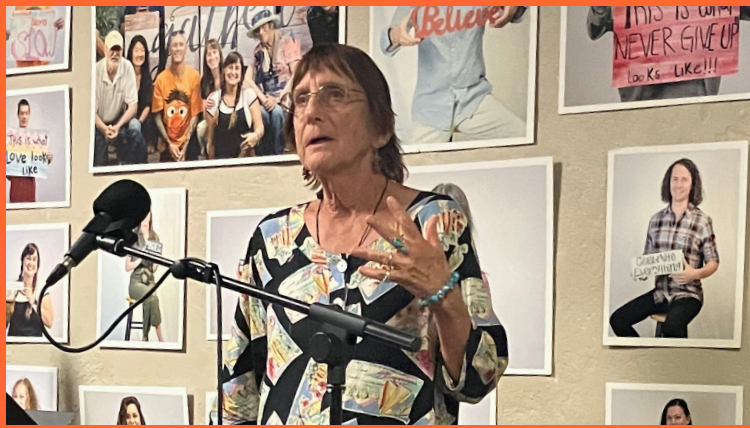
Volunteers like Doug and Marla make our job infinitely easier; generous with their support, wisdom, and empathy, our Wednesday team truly embodies the mission of Recovery Café Longmont.

“THIS IS A NEEDED SERVICE AND A NEEDED REFUGE IN THE COMMUNITY. NO WHERE ELSE IS THERE A PLACE WHERE PEOPLE CAN GO AND HAVE A SENSE OF BELONGING AND SUPPORT AMONG EACH OTHER.” -DOUG WARD, VOLUNTEER



MEET JOSÉ

José Matos is Recovery Café Longmont’s new Spanish Recovery Circle facilitator. José has volunteered in the Café for over a year and the team recognized his potential to teach and lead; transitioning from a volunteer to a permanent member of our team, he has flourished in his training. Kristina Garcia, the Café’s bilingual peer support specialist, remarks “José’s compassion and grace, his gentle approach and ability to be present in the moment, all make him a great listener, and his experience as a professor in Venezuela makes him a great facilitator.”



POWER OF STORYTELLING

Honoring the small moments along big journeys to connect and heal our community.

Last year, the Power of Storytelling Workshop brought to light the recovery stories of eight brave individuals. The Recovery Café community created a safe and compassionate setting in which it was safe for storytellers to share openly and honestly. Through this experience, we forge deeper connections, a better understanding of recovery experiences, and hope that recovery is possible.

"I FOUND THE CRAFTING PROCESS AND COMMUNITY SHARING SOUL-SEARCHING, IMPACTFUL, AND HEALING. I WAS ABLE TO CONNECT WITH A PART OF MYSELF I HAD TUCKED AWAY AND BEGIN TO FEEL THE COMPASSION AND FORGIVENESS THAT I WOULD NORMALLY GIVE TO OTHERS BUT NOT TO MYSELF. THANK YOU FOR THE OPPORTUNITY FOR SUCH A WONDERFUL PROCESS OF DISCOVERY."

-2023 POWER OF STORYTELLING PARTICIPANT

The five-month School for Recovery Class includes small story circles that evoke memories, enabling participants to understand each other better. Later sessions focus on storytelling techniques and workshops where participants get to the heart of the story they want to tell and work with facilitators on formatting. The class culminates in story presentations in September.

In celebration of National Recovery Month, we invite you to join us for two dates of story presentations:

5

NATIONAL RECOVERY MONTH

September marks the 35th annual observance of National Recovery Month. Throughout the month, we honor and celebrate those who have overcome mental health struggles, substance use, and other life challenges to lead healthy, productive, and rewarding lives. The campaign helps to raise awareness and understanding of the effectiveness of substance use treatment and mental health services and reinforces the message that people can and do recover.

National Recovery Month's motto, "**Every Person. Every Family. Every Community.**" reminds us that substance use disorders are universal and cross geographic, socioeconomic, and cultural lines. National Recovery Month presents an opportunity for celebration, reflection, and gratitude and is a call to acknowledge the journey, the challenges overcome, and the brighter path ahead.

Celebrate National Recovery Month by honoring someone in recovery.

Please consider donating to Recovery Café Longmont in honor of loved ones who are in recovery, those instrumental to your own recovery, or those engaged in the important work of the Café. For more than five years, the Café has provided a loving and supportive space for our community members who are struggling with substance and/or alcohol use disorders, mental health challenges, and trauma. Your contributions will help us to continue to support our members as they work towards a foundation of stability and growth.

**FRIDAY, SEPTEMBER 13 & SEPTEMBER 20
FROM 4 PM- 7 PM AT THE CAFÉ.**



402 KIMBARK ST, LONGMONT, CO 80501

(720) 815 2885

RECOVERYCAFELONGMONT.ORG



SEPTEMBER 7, 2024

10 AM - 12 PM

801 Main St, Longmont, CO

SHOWCASING OUR NEWLY ACQUIRED SPACE AND
CELEBRATING FIVE FANTASTIC YEARS!

LAST CHANCE TO RSVP!

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