



JULY 2024



# Chandelier



In July we celebrate our nations independence. In addiction and recovery, those who are sober celebrate their breaking away from the bonds of dependance from alcohol and/or drugs. But is the goal of those in recovery actually independence? For those not familiar with the term “interdependence”, I’d like to explain and demonstrate it’s importance in the recovery process.

Interdependence means simply this: I do what I can for myself, and I reach out to others when it’s appropriate. It correlates well with a 12-step program. I believe that the first word of the first step is the most important word of them all - “We.” I’d argue that an important goal of any recovery program is to incorporate some aspect of “we” in recovery. If you go to 12-step meetings you see interdependence or the concept of we in action.

An individual that puts down a drink or drug that does not incorporate interdependence and believes that they are now independent are actually at greater risk for relapse, because they don’t have the support of peers or sponsors when they need it. I’d further argue that independence is actually impossible. Even if we chose to live in the woods and drop out of society, we would still require food, clothing and shelter to survive.

Being open to an interdependent recovery allows us to reach out for help. The earlier we are in recovery, the more we need to learn and rely on the experience strength and hope of others to guide us. So as we celebrate our Independence day, let us be mindful that healthy human connection in sobriety is essential, and it often represents the difference for those who leave treatment “clean” rather than sober. This month, I hope we can reflect on those that have helped us along the way, whose support helped us to celebrate the gift of sobriety.

David Gerber, M.Ed. CASAC, CEO



**Dakota Ulmen**  
Willingway Alumni Coordinator

**Stay in touch!** Willingway CaredFor app



### Alumni Night

Every Thursday

7:30-9:00pm

311 Jones Mill Road, Statesboro, GA

Call 912-515-7103 for more info



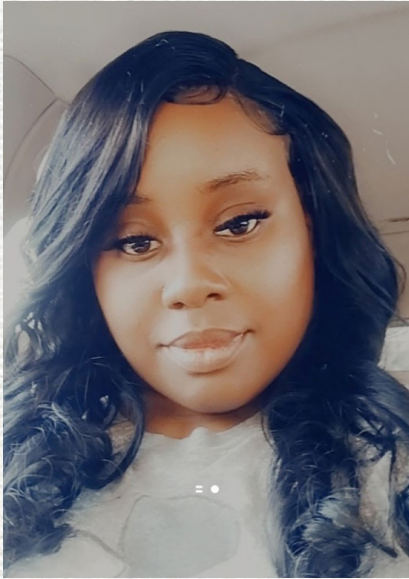
### Want to share your recovery story?

Send us an email at: [alumni@willingway.com](mailto:alumni@willingway.com)



**Beach Day**  
**July 20th**  
**Hilton Head Island**

We will be leaving Willingway at 8:30am.  
Please text 912-515-7103 for more information and to RSVP.



## EMPLOYEE SPOTLIGHT

**Name:** Adrian Benemon

**Position:** Lead Recovery Tech

**Start Date:** 10/30/2023

**Tell us a little about your position:** I am a lead recovery tech; I work on the units and assist patients with day to day tasks. I take vitals, I listen when patients just need to vent or express themselves. I also help make sure the other techs on the unit feel supported and get what they need each shift.

**Favorite part of your job?** My favorite part of my job is helping the patients. I love laughing with our patients they make the day go by fast. I love seeing them transform while they are here.

**Why did you choose Willingway?** I used to work at John's Place. I came here to start a career in substance abuse treatment. I started out as a tech and have since been promoted to a lead tech. I wanted to work somewhere I could make a difference and grow within a company.

**Interesting fact about you?** I'm very funny, I love to make people laugh. Laughter is healing in my opinion!



### July Birthdays:

Meghan Gifford, 7/7

Autumn Altamirano, 7/9

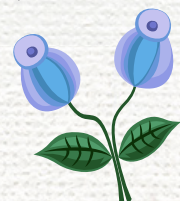
Mary Murphy, 7/12

Patricia Scott, 7/12

Vance Raham, 7/14

Hannah Fennell, 7/21

Katelyn Adams, 7/25



## **We're Growing!** **Augusta IOP**

1225 Augusta West Parkway  
Augusta, GA, 30909



## **Coming soon:** **Jacksonville OP Location**

4100 Southpoint Dr E, Unit 1  
Jacksonville, FL, 32216



## **Continuing Care Community Support Groups**

Continuing Care provides a supportive and welcoming community to people in addiction recovery, their family members, and their close friends. It is a safe place to land, to talk about your experiences, and to find ways to become connected to 12-step recovery.

### **Zoom Meetings**

#### **Atlanta, GA - Robby Carroll**

Tuesday at 6:30 PM  
Meeting ID: 851 3786 4879  
Password: 837591  
Robby Carroll 404-216-3882

Thursday at 6:00 PM  
Meeting ID: 883 0477 9288  
Password: 545307  
Robby Carroll 404-216-3882  
*Pines Adolescent Families Welcome*

#### **Macon, GA - Tracy Miller**

Willingway Continuing Care meets on Monday evenings at 6:30 at Centenary Methodist Church 1280 College Street.  
The meeting will be held in person and on Zoom.  
Meeting ID: 858 8774 8270  
Password: Recovery  
Tracy Miller 478-960-3863

### **In-Person Meetings**

#### **Charleston, SC – Rhett Crull**

Monday at 6:30 PM  
Church of the Holy Cross  
299 Seven Farms Drive  
Daniel Island, SC  
Rhett Crull 843-323-7111

#### **Raleigh, NC – Charlie Wagner**

Mondays 7:30-8:45 PM  
St John's Baptist Church  
1615 Oberlin Rd # A,  
Raleigh, NC 27608  
Accessed from a parking lot on the rear of the building off Chester Road.  
Charlie Wagner 919-349-6269

**Jacksonville, FL**  
**John and Cathy Roberts**

Monday at 6:00 PM  
Meeting ID: 996 758 129  
Password: 1234  
John Roberts 904-463-1246

**Augusta, GA – Paula Wood**

Saturday at 10 AM  
Meeting ID: 945 7406 1339  
Password: 714168  
Paula Wood 706-664-9672

**Columbia, SC – Michael Byrd**

Not Currently Active  
Michael Byrd 803-381-7491

**Raleigh, NC – Charlie Wagner**

Mondays 7:30 - 8:45 PM  
Meeting ID: 885 4336 3501  
Passcode: Willingway

**St. Simons – Joel Mills**

Saturday at 6:30 PM  
The Club House  
1501 Demere Road  
St Simons Island, GA 31522  
Joel Mills 912-617-6385

**Jacksonville, FL**  
**John and Cathy Roberts**

Tuesday at 6:00 PM  
Palms Presbyterian Church  
3410 Third Street South  
Jacksonville Beach, FL 32250  
John Roberts 904-463-1246

**Augusta, GA – Paula Wood**

Saturday at 10 AM  
Covenant Presbyterian Church  
3131 Walton Way  
Augusta, GA 30904  
Paula Wood 706-664-9672

**Macon, GA – Tracy Miller**

Monday at 6:30 PM  
Centenary Church  
1280 College Street  
Tracy Miller 478-960-3863

*For more information about  
continuing care, please contact  
[alumni@willingway.com](mailto:alumni@willingway.com).*

