



CEO Corner

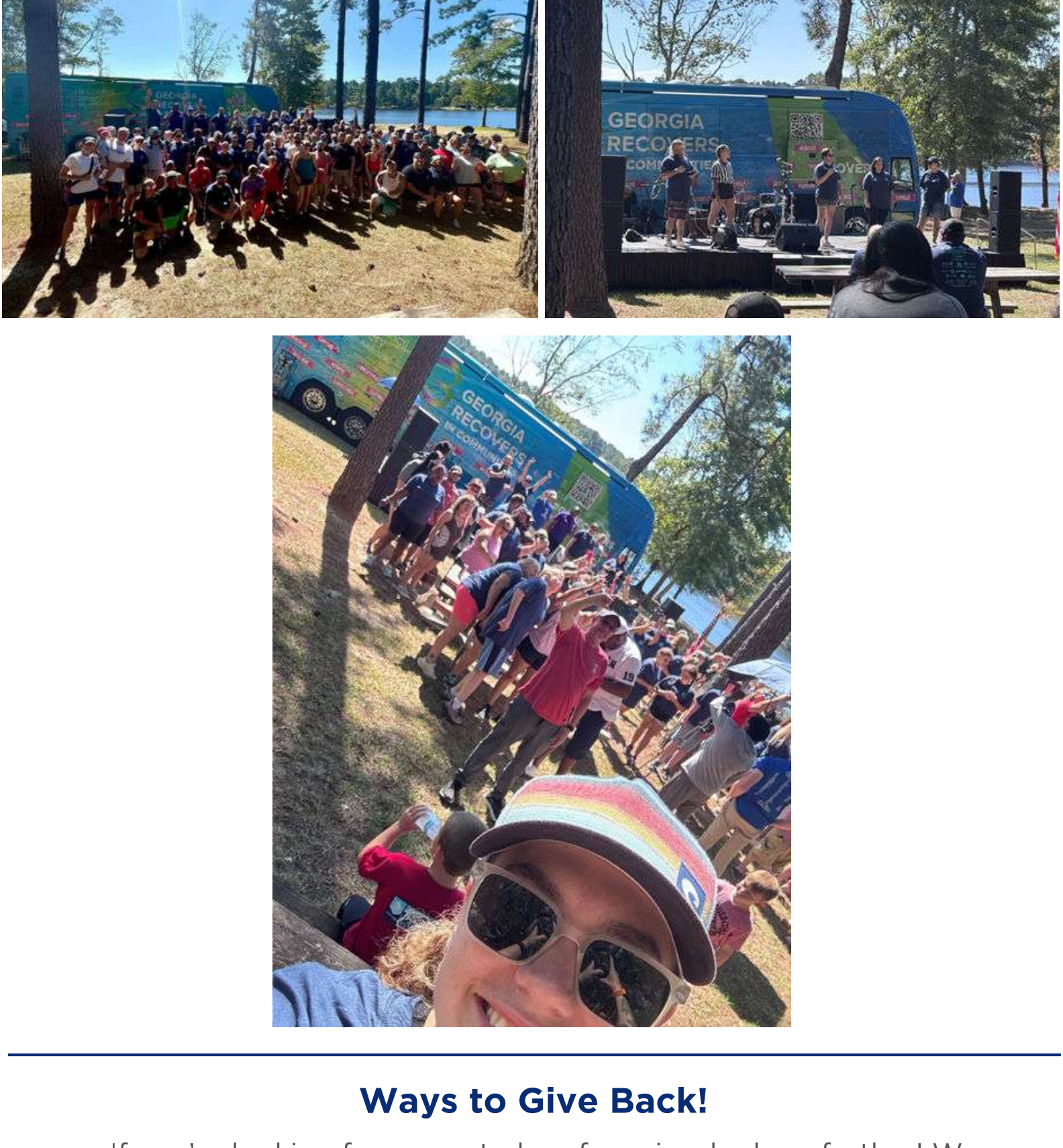
“Courage to be Impurfect”

Anything worth doing is worth doing imperfectly. It is easy to identify the imperfect life while engaged in the lifestyle of use. And yet, there is a lot of perfectionism in addition. Perfectionism stifles creativity. In addition terms, this means that often people are afraid to try something different like seeking treatment out of fear of failure. We take on the notion that it is better to find comfort in the chaos of addiction, than it is to try treatment and recovery and not be successful. Perfectionism is often prevalent in early recovery as well. For the perfectionist, relapses often follow when things don't go exactly as planned. Many years ago, I had a patient tell me “Dave, with my luck, I'll get sober and then get hit by a bus.” This is the kind of thinking to guard against. I've often said, “We are looking for a two steps forward, one step back type of person.” We don't need 3 steps forward, no steps back people. These are the people who struggle most with perfectionism. It is important that we look towards the 12-steps, focus on the “desire to stop using.” There is no perfectionism in that statement. It doesn't provide an excuse for relapse, with statements like: “I'm not perfect.” However, the stronger the desire to stop drinking/drugging, the less likely relapse becomes. For over 50 years Willingway has served the imperfect. We don't make perfect people, but contribute to lives improving and becoming better. If you are one of our alums and are living life on life's terms, then you these two things: 1) Everyday, life tends to get a little better, and with every day, we become better equipped to deal with life's stressors and 2) Few if any ever have a perfect recovery. There are roadblocks, obstacles and stressors that interfere with the recovery process. It's those who learn to navigate life's challenges in recovery that are most likely to be successful. If you are someone who is currently struggling and need help, don't allow perfectionism to get in the way of the life beyond your wildest dreams that may be in store for you in making the decision to get help. Reach out today at 912-207-7227. If you are an alum, join our Cared For App, or call Dakota Ulman, our Alumni Coordinator at 912 489-7211.

David Gerber, CEO

Recovery Field Day Event Recap

We had 40 alums join us in supporting our local RCO (Recovery Community Organization). Freedom Through Recovery hosted a spectacular event! We even had some alums show up for some service work to help get the event started and throughout the event. Community is the center of our alumni family.



Ways to Give Back!

If you're looking for a way to be of service, look no further! We have just the program for you!

Become a Willingway Alumni Ambassador!

Are you a member of our alumni community with **1+ years of continuous sobriety** and actively working a recovery program? If so, we'd love for you to become a **Willingway Alumni Ambassador!**

This is a meaningful opportunity to give back, support others on their recovery journey, and represent Willingway in a positive light.



What is a Willingway Alumni Ambassador?

- A **trusted leader** in our alumni community who:
- Serves as a contact for newer alumni returning home, helping them get connected to local recovery resources
 - Stays engaged and supportive through our alumni network

What does a Willingway Alumni Ambassador do?

- **Engages regularly** on the Willingway App (AMBASSADOR will be added to your name)
- **Represents Willingway** in a positive light (through word of mouth, Google reviews, etc.)
- **Visits campus**, when possible, to share their story with current clients
- **Refers individuals** struggling with addiction to Willingway

What's in it for you?

- A **FREE Willingway Ambassador T-shirt!**
- A chance to **support and uplift** the alumni community (you have to give it away to keep it!)
- A way to **enhance your own recovery** through service and 12-Step work
- An **AMBASSADOR badge** next to your name on the app

Interested? Reach out to: Dakota Ulman, Alumni Coordinator
Office: 912-489-7211 Cell: 912-515-7103



HR Highlights

Name: Kyle Burnsed
Position: Counselor
Start Date: 11/15/2023



How would you summarize what you do?
I help people, it's as simple as that. I listen and help people process the things in their lives that have led them to sitting in my office asking for help. I help them see that tomorrow is a new challenge and opportunity.

Can you tell us a few details about your favorite part of your job?

I really love it when I can help somebody who's like me. I remember what it was like trying to get sober. I like helping people find hope. I try to help them see that even when everything seems overwhelming and scary there really is opportunity for them to make a new happy life.

What is the best advice you would give to someone just starting out at Willingway?

Everyone who comes in the door is actively, at some level, asking for help. Help them. Everyone wants to be heard. Listen. You only need to help one person to make it worth it.

What are the toughest challenges you've had at work?

Empathy fatigue is REAL. This field is emotionally exhausting. I've let it get to me before and I had to learn that I have to take care of myself while taking care of others. You're not useful to anyone when you're burned out.

What's your secret talent no one knows about?

Il took ballet and dance composition classes.

What do you like to do in your own time?

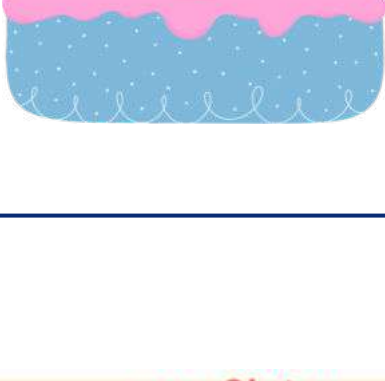
I read a lot, I love history. I am a trivia manic. I also am really into photography and videography.

Tell us something about you that we would not normally know?

I've been to 26 countries mostly.

October Birthdays:

- Jason E. (Physician Assistant) 10/10
- Kaitlyn M. (LPN) 10/11
- Cecilia W. (Counselor) 10/12
- Rob G. (BD Rep) 10/16
- Wendy F. (LPN) 10/19
- Khya M. (Counselor) 10/26
- Bo D. (Counselor) 10/28



Alumni Meetings:

373 Savannah Ave. Statesboro, GA 30458

WILLINGWAY ALUMNI MEETING AT THE FORK



Thursdays @ 6:45pm. Join us for fellowship and an alumni meeting (located in the fork, address listed above)

Zoom Meeting ID: 815 1227 6359

For questions text or call 912-515-7103

Together We Rise



Weekly alumni Zoom meetings Thursdays at 7:30am

Morning Meditation

Meeting ID: 821 5803 9785

Password: Recovery

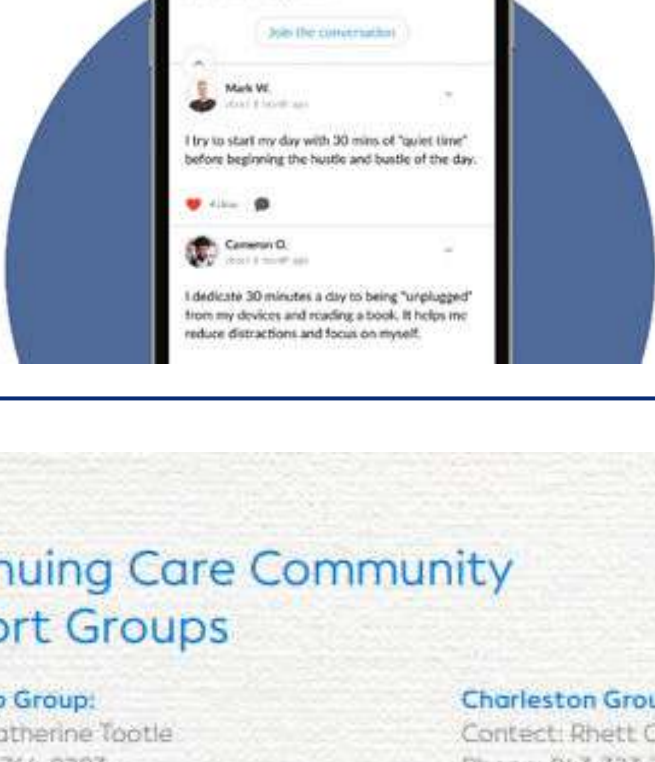


Ready to get started? Scan here >



We're all in this together

Join fellow alumni & staff on the Willingway Alumni Community app today!



Continuing Care Community Support Groups

Statesboro Group:
Contact: Catherine Tootle
Phone: 912-764-8283
Email: cmtootle@freedomthroughrecovery.org
When: Mondays at 7:00pm
Where: Freedom Through Recovery
226 S. Zetterower Ave.
Statesboro, GA 30458
Zoom Meeting ID: 876 23985668
Password: 203757

St. Simons Group:
Contact: Joel Mills
Phone: 912-617-6385
Email: jvmssi@me.com
When: Thursdays at 6:30pm
Where: The Club House
1501 Demere Road
St Simons Island, GA 31522

Atlanta Group:
Contacts: Desiree Garrett and Jocelyn Wallace
Phone: Desiree 678-231-6777
Jocelyn 404-747-6482
Email: desiree.g@neveralonech.org
jocelyn@neveralonech.org
When: Thursdays at 5pm
Where: Never Alone Clubhouse
8380 Grady St., Douglasville, GA 30134
Zoom Meeting ID: 868 1749 3228
Password: 834476

When: Thursdays at 7pm
Where: Never Alone Clubhouse
8380 Grady St., Douglasville, GA 30134
Zoom Meeting ID: 827 6468 4073
Password: 852161

Augusta, GA Group:
Contact: Paula Wood
Phone: 706-664-9672
When: Saturdays at 10am
Where: Presbyterian Church
3131 Walton Way, Augusta, GA 30904
Zoom Meeting ID: 893 8465 3063
Password: 038521

Charleston Group:
Contact: Rhett Crull
Phone: 843-323-7111
Email: crullrhett@gmail.com
When: Mondays at 6:30pm
Where: Church of the Holy Spirit
299 Seven Farms Rd.
Daniel Island, SC 29492

Raleigh Group:
Contact: Charlie Wagner
Phone: 919-349-6269
Email: mail4youcw@gmail.com
When: Mondays at 7:30pm
Where: St John's Baptist Church
1615A Oberlin Rd.
Raleigh, NC 27608
Zoom Meeting ID: 885 4336 3501
Passcode: Willingway

Macon Group:
Name: Tracy Miller
Phone: 478-960-4574
Email: tracytmiller58@gmail.com
When: Mondays at 6:30pm
Where: Centenary Church
1290 College St., Macon, GA 31201
Zoom Meeting ID: 858 8774 8270
Passcode: Recovery

Jacksonville/Jacksonville Beach Group:
Contact: John Roberts and Cathy Roberts
Phone: John 904-463-1246
Cathy 904-463-5200
When: Mondays at 6pm (Zoom)
Zoom meeting ID: 996 758 129
Password: 1234

When: Tuesdays at 6:00pm
Palm's Presbyterian Church
Where: Palm's Presbyterian Church
3410 Third Street South
Jacksonville Beach, FL 32250
Education/Office Bldg. (north side of campus)
Room 202

For more information about continuing care, please contact alumni@willingway.com.