

OVERDOSE AWARENESS MONTH

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CRUSH



Overdose Awareness Day

Remembering & Healing Together

CRUSH Recovery Community Center is honored to host our 8th Annual Overdose Awareness Day at NewBo City Market on August 29th at 11:00 a.m. This special day brings our community together to remember those we have lost to overdose, support those in recovery, and continue the fight against the stigma surrounding substance use disorder.

This year, we are grateful to have 22 community partners joining us as vendors, providing resources and support to individuals and families. We will also host a panel discussion on how substance use disorder impacts families and our community as a whole. Our Directors, Rod and Deb Courtney, will welcome everyone and share a few words about why this day is so meaningful.

Rod and Deb lost their son, Chad, to fentanyl overdose, making this event deeply personal for their family.

A special slide show will honor the loved ones we have lost while also celebrating the strength and healing of our community.

For ten years, CRUSH has worked to raise awareness, reduce stigma, and change lives

We remember those we lost, celebrate those in recovery, and continue to come together to create hope and make an impact in our community.

Together, we remember. Together, we heal. Together, we keep fighting.



Narcan saves lives, and we want to make sure everyone in our community has access to it. CRUSH offers free Narcan through our on-site vending machine, making it easy to pick up whenever you need it—no questions asked. You can also stop in and speak with one of our Peer Recovery Coaches, who can provide you with free Narcan along with a brief training on how to recognize an opioid overdose and properly administer it. Whether it's for yourself, a loved one, or simply to be prepared in an emergency, we encourage everyone to carry Narcan. You never know when you may have the opportunity to save a life.



Big things are happening at CRUSH! We're excited to share that we'll soon be making the move to our new home at 1260 2nd Ave SE in Cedar Rapids! This next chapter gives us an opportunity to continue growing, connecting, and creating a welcoming space where recovery and community can thrive.

Our new location will give CRUSH more room to do what we do best—bring people together. From peer recovery coaching and support groups to workshops, resources, community events, and simply having a safe place to walk through the door and feel welcome, we're looking forward to all the possibilities this new space will bring.

While we don't have an official moving date to announce just yet, it's getting closer!

We'll be sharing more information as plans are finalized, including our official moving date and everything you'll need to know about visiting us at our new location.

We are incredibly excited about what's ahead and can't wait to welcome our peers, partners, and community into CRUSH's new home. Stay tuned—moving day is coming soon!

Emotional Sobriety

Is a Different Kind of Sobriety

Most people hear the word "sobriety" and immediately think about drugs or alcohol.

But let me ask you something...

What's the point of getting sober if you still let the same people, the same chaos, and the same unhealthy patterns control your peace?

I've learned something over these last ten years.

Emotional sobriety isn't just about what you stop putting into your body. It's about what you stop allowing into your life.

There comes a point where you have to stop explaining your boundaries to people who only benefited from you not having any.

Read that again.

Not everybody who has access to you deserves access to you.

For years, I thought loving people meant giving them unlimited chances. I thought being a good person meant always saying yes. I thought protecting my peace somehow made me selfish.

It doesn't.

Some people will call your boundaries pride because they miss the version of you that never said no.

The old you would've answered that phone.

The old you would've apologized just to keep the peace.

The old you would've kept pouring into people who never poured back into you.

But healing changes you.

Recovery changes you.

God changes you.

One thing I've realized is this...

Not everybody relapses back into a substance.

Some people relapse back into toxic relationships.

Some relapse into people-pleasing.

Some relapse into seeking validation from people who were never capable of giving them what they needed in the first place.

Emotional sobriety is choosing not to go back.

It's choosing peace over chaos.

It's choosing self-respect over acceptance.

It's choosing to disappoint other people before you disappoint yourself.

If someone gets upset because you finally decided to protect your peace, let them.

Your responsibility isn't to keep everybody comfortable.

Your responsibility is to protect the healing that God fought so hard to bring into your life.

Because the hardest boundaries to keep...

Are usually the ones that save your life.

J. Anthony -TheSoberSessions

Eliminating Barriers to Recovery

Submitted by: Denise Stippick

Recovery is about so much more than getting sober or overcoming a difficult season in life. It's about finding hope again. It's about believing that tomorrow can be better than today. But for so many people, the biggest challenges aren't a lack of determination, it's the barriers that stand in the way.

Imagine wanting help but not having a ride to treatment. Imagine being ready to start over but not being able to find safe housing, affordable childcare, or a job willing to give you a second chance. Add the weight of stigma and judgment, and it's easy to see why the journey can feel overwhelming.

Sometimes it's through big changes, like expanding access to treatment or creating more recovery-friendly workplaces. Other times, it's the small things that make the biggest difference such as a ride to an appointment, a warm meal, someone who listens without judgment, or simply hearing the words, "I believe in you."

Recovery doesn't happen because people are perfect. It happens because people are supported. Every act of kindness, every open door, and every opportunity to start again reminds someone that they are worth fighting for and that their story isn't over.

As a community, we all have the ability to make recovery more attainable. We can choose compassion over criticism, encouragement over judgment, and understanding over assumptions. When we do, we help create a place where people feel safe enough to ask for help and strong enough to keep moving forward.

None of us can remove every obstacle, but each of us can remove one. And sometimes, that one barrier is all it takes to change a life.

Because recovery isn't just about helping people survive, it's about giving them every opportunity to truly live. And that's something worth working toward together.



We are here to support you!!

Drop-in or call us to set up an appointment with one of our coaches!!

319-200-5970

Swing Into Action for CRUSH!

Get ready to tee off for a great cause!

 CRUSH the Course is bringing our community together for a day of golf, friendly competition, great prizes, and plenty of fun—all while supporting recovery and the work CRUSH does every day. Gather your team, grab your clubs, and join us for an unforgettable day on the course where every swing helps support hope, connection, and recovery in our community. Ready to play or want to learn more? Visit our Golf Tournament page for event details, sponsorship opportunities, and registration:

<https://www.crushofiowa.com/s-projects-side-by-side>

**Together we
Heal,
Donate
Today**



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Stay Connected with Telephone Recovery Support

Recovery looks different for everyone, and the amount of support we need can change from day to day. Whether you're feeling secure in your recovery, navigating a difficult season, or simply looking for another way to stay connected, CRUSH's Telephone Recovery Support (TRS) program is here for you.

Telephone Recovery Support is a completely free program for peers who would like regular check-in calls from someone at CRUSH. These calls aren't appointments or counseling sessions—they're genuine, friendly conversations with someone who understands recovery. We'll check in to see how you're doing, talk about what's happening in your life, celebrate your successes, and make sure you have the support and resources you need to keep moving forward.

TRS can also be a great option for people who may not always be able to make it into the CRUSH Recovery Community Center. Transportation challenges, work schedules, family responsibilities, health concerns, distance, or simply a busy life can sometimes make getting to the center difficult. Telephone Recovery Support allows you to stay connected to the recovery community and have someone in your corner, wherever you are.

If you're facing a challenge, looking for a resource, or aren't sure where to turn for help, we can help connect you with additional support and community resources. And if things are going great, we want to hear about that too! Recovery isn't only about getting through the difficult days—it's also about recognizing progress, celebrating accomplishments, and continuing to build a life you're proud of.

You don't have to be struggling to benefit from connection. Sometimes knowing that someone is going to call, ask how you're doing, and genuinely listen can make a difference. Regular connection can help us stay grounded, remind us that support is available, and make it a little easier to reach out when we do need help.

At CRUSH, we believe recovery is stronger when people have connection, encouragement, and a community behind them. Whether you're secure in your recovery or needing some extra support, you don't have to do it alone. If you'd like to sign up for CRUSH's free Telephone Recovery Support program, talk with one of our Peer Recovery Coaches. We'll get you signed up and connected so that support is only a phone call away.

Meeting Spotlight: Wellbriety

Join us Wednesdays at 5:00 PM for Wellbriety, a welcoming recovery circle that brings together the principles of the 12 Steps with Native American teachings focused on healing, balance, connection, and community. Wellbriety looks at recovery as more than simply moving away from substance use—it is an opportunity to heal, grow, reconnect, and create greater balance in all areas of life.

Through shared experiences, reflection, and the support of others, participants are encouraged to strengthen their spiritual wellness and continue moving forward on their own recovery journey. The circle provides a supportive space where people can come together, learn from one another, and find strength in community.

You do not need to be Native American or follow a particular spiritual path to participate. Wellbriety welcomes people of all cultures, backgrounds, beliefs, and stages of recovery. Whether you are new to recovery or have been on your journey for years, you are welcome to join us and experience the power of healing together.



Recovery Means Taking Care of the Whole Person

Submitted by: Rod Courtney

When people think about recovery, they often think about overcoming alcohol or drug addiction. What sometimes gets overlooked is nicotine. Yet tobacco use remains one of the leading causes of preventable disease and death among people living with substance use disorders.

For years, many believed that quitting smoking should wait until someone was firmly established in recovery. Today, we know that is not the case. Research from the Centers for Disease Control and Prevention (CDC) shows that treating tobacco use during recovery does not interfere with recovery from alcohol or other drugs. In fact, addressing nicotine dependence during treatment is associated with improved long-term recovery outcomes and reduced relapse.

The need is significant. According to the CDC, nearly two out of three adults with a substance use disorder smoke cigarettes, and tobacco use remains far more common among people in recovery than in the general population. While many people achieve recovery from alcohol or other drugs, tobacco-related illness continues to be one of the leading causes of preventable disease and premature death within this population.

At CRUSH, we believe recovery is about improving every aspect of a person's life. Recovery isn't just about putting one substance behind us—it's about building healthier habits, healthier relationships, and healthier futures. Every positive change matters.

That's why we're proud to participate in the Iowa Nicotine Free Recovery Project, a statewide initiative through the Iowa Department of Health and Human Services that helps Recovery Community Organizations integrate tobacco cessation into peer recovery services. Through this partnership, our peer recovery coaches have completed specialized tobacco cessation training and are equipped to support individuals who choose to make nicotine recovery part of their overall wellness journey.

Through the Iowa Nicotine Free Recovery Project, CRUSH offers tobacco cessation education, individualized quit planning, peer recovery support, and access to nicotine replacement therapies such as patches, gum, and lozenges. We also connect individuals with additional statewide cessation resources, including Quitline Iowa, Your Life Iowa, and My Life, My Quit for youth.

Just as importantly, we understand that every recovery journey is different. Some people are ready to quit smoking today. Others may not be there yet. Our role isn't to pressure anyone—it's to walk alongside them, provide encouragement, answer questions, and support them whenever they're ready.

Recovery is about hope. It's about progress, not perfection. Every healthy decision builds on the last, and sometimes one small step can lead to a lifetime of change.

Did You Know?

CRUSH is one of Iowa's Recovery Community Centers participating in the Iowa Nicotine Free Recovery Project. Through this initiative, trained peer recovery coaches can provide tobacco cessation education, ongoing recovery support, quit planning, and nicotine replacement therapies—including patches, gum, and lozenges—to individuals who are ready to pursue a tobacco-free lifestyle.

Sources

- Centers for Disease Control and Prevention. Commercial Tobacco Product Use and Behavioral Health Conditions Can Affect Each Other.
- Centers for Disease Control and Prevention. Clinical Interventions to Treat Tobacco Use and Dependence Among Adults.
- Iowa Department of Health and Human Services. Iowa Nicotine Free Recovery Project and Division of Behavioral Health Tobacco Prevention and Cessation Resources.

Learn More

CRUSH Recovery Community Center

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