

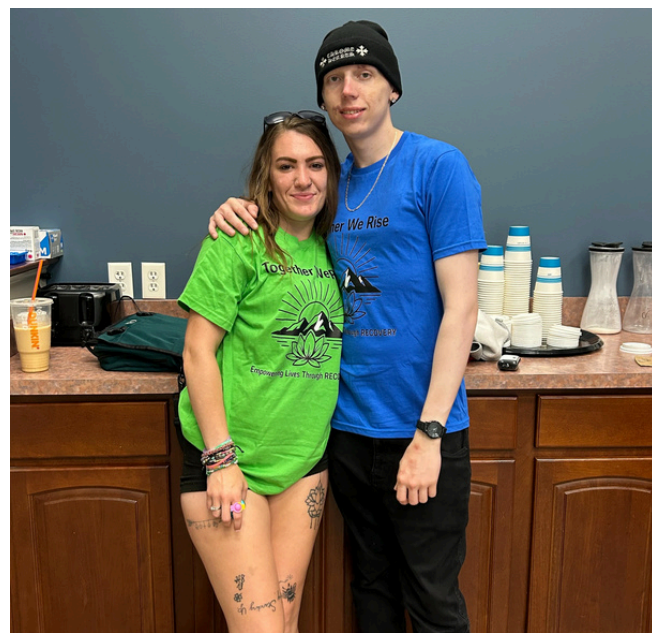
AUGUST MONTHLY NEWSLETTER

FRIDAY AUGUST 1ST, 2025

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LEARNING HOW TO BE IN THE COMMUNITY AFTER TREATMENT?

Learning how to be in the community after treatment involves practicing new coping skills, building a healthy daily routine, and staying connected with support systems. It means finding safe, sober activities, learning to manage triggers in everyday situations, and rebuilding relationships while prioritizing your recovery. It is a gradual process of applying what you learned in treatment to real-life situations while maintaining accountability and asking for help when needed.



Jessica & Sabastian
July 4th Cornhole Winner

INVESTING IN EMPLOYEE WELLNESS

Take short movement breaks during your shift.
Stay hydrated throughout the day.
Use deep breathing to manage stress.
Set boundaries to protect your time off.
Eat balanced meals to maintain energy.
Stay connected with supportive coworkers.
Ask for help when you need it.
Take a few minutes for gratitude or reflection daily.
Get fresh air when possible.

1 Prioritize sleep for overall wellness.



AUGUST 1, 2025

Written By: Krystle Coombs

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Health & Wellness Event July 12th

We were so grateful to have Megan McCann & Amy Cloutier from their businesses! Meg does Nutrition & Amy from Sacred Moon Healing Studio in Manchester, NH, both joined us today for our recent health and wellness event.

Megan brought and shared her experience and expertise in all the things we should be doing to take care of ourselves when it comes to our bodies!!

Amy, who is also in long-term recovery herself, shared her gifts with us through yoga, breath work, sound healing, and accu-detox.

Thank you, both Megan & Amy, for bringing your healing energy and helping us all reconnect, re-center, and grow together! it was an absolute pleasure to have you both!



Sober Softball Tournament July 13th

We attended a Sober Softball Event with 42 staff and alumni joining alongside 9 other recovery teams in NH for a day of friendly competition and connection.

It was an amazing event filled with laughter, teamwork, and fun, reminding us all how much joy and community recovery can bring!



AUGUST 1, 2025

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MUSIC, POETRY, DANCE & CONNECT

Join us on August 16th in Laconia for a special Alumni Event featuring music, open mic, poetry, and dancing as we come together to celebrate connection and community in recovery.

This is a great opportunity to share your voice, support each other, and have fun while building meaningful connections. All alumni and staff are welcome!



CAMP, FLOAT & BONFIRE MEETING

Join us Saturday, August 23rd for a Camping + Floating Day at The Beach Family Campground in North Conway!

We'll spend the day floating on the Saco from 12pm, relaxing, and connecting. Bring your snacks and drinks, and end the day on the beach around 7 PM with a campfire meeting.

All alumni and staff are welcome for this day of recovery, nature, and fun!

Check out the day pass options, site rentals need to be booked prior to Aug 8th & have tube rental options.

A poster for "SCNH ALUMNI AUGUST 23RD CAMPING & FLOATING THE SACO". The background features a scenic view of a lake and mountains. Below the title, there are three small photos: a tent, people floating on tubes, and a shuttle bus. The text "ADVENTURE AWAITS!" is prominently displayed. Below this, there are three columns of information: "DAY PASS", "SITE RENTALS", and "TUBE RENTALS". Each column lists details and prices. At the bottom, there is a "BEACH CAMPING AREA" logo, the address "776 White Mountain Hwy, North Conway, NH 03860", the phone number "603-447-2723", and the instruction "BOOK using 'SCNH Alumni'". A final line says "Questions? Call Krystle" followed by the phone number "603.328.7865".

SCNH ALUMNI

AUGUST 23RD

CAMPING & FLOATING

THE SACO

ADVENTURE AWAITS!

DAY PASS	SITE RENTALS	TUBE RENTALS
<ul style="list-style-type: none">\$10 entrance fee for day4-5 hour float from the campground.Bring snacks drinks etc.Fun Day by Beach Camping Area @ SCNH Alumni Group	<ul style="list-style-type: none">\$70 per site2 Tent per site4 adults per siteNo more than 4 adults per site - max 6 pplAdditional adults \$10 per site	<ul style="list-style-type: none">Adults \$25 (3-5 hours)Kids \$18 (Ages 5-12)Transportation shuttle is included, life vest, trash bag, tube with wristbandFamily friendly activity
\$10.00 /Person	\$70.00 Tent Sites	\$18-25 /Person

BEACH CAMPING AREA

776 White Mountain Hwy, North Conway, NH 03860

603-447-2723 BOOK using "SCNH Alumni"

Questions? Call Krystle 603.328.7865



*You're
Invited!*



*Come &
get your
Alumni
Coin!*

Written By: Krystle Coombs

Nicole C. Transformation

Nicole has been in recovery since March 10, 2025, and her journey over these past few months have been nothing short of inspiring. When she first arrived, Nicole wasn't sure what her future would hold, but she made the courageous decision to give herself a chance at a new life and admitting herself into SCNH.

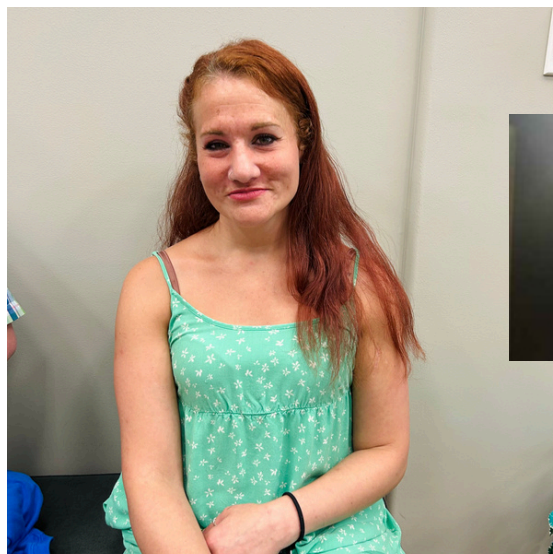
Over the past 120 days, Nicole has worked hard to build a solid foundation in her recovery, embracing honesty, vulnerability, and connection. She has found her voice, learned to advocate for herself, and has become a source of encouragement to those around her. Whether it's participating in group discussions or taking a moment to show kindness to a peer, Nicole's growth is visible and genuine.

Nicole shares,

"I'm learning that it's okay to ask for help and that I don't have to do this alone. I'm grateful for the support and the chance to rebuild my life."

Today, Nicole continues to prioritize her recovery, exploring what it means to live life sober and present. We are so proud of Nicole for showing up for herself and inspiring others on their paths.

🌟 Congratulations, Nicole, on this amazing transformation. We are excited to see all the beautiful things your recovery will bring.



🌟 Alumni Spotlight:
Nicole



🌟 JOE & RYAN 🌟
LACONIA TRIO

Joe & Ryan are both in recovery themselves and now dedicate their lives to helping others on the same path. They assist all clients in IOP and PHP with transportation needs, manage the men's sober living house, and ensure clients get to meetings safely and consistently.

With their humor, commitment, and deep understanding of what it's like to be in early recovery, they are phenomenal role models and a vital part of the SCNH & Recovery Mountain community, showing every day that recovery is possible.

AUGUST 1ST, 2025

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☀️ Staff Spotlights ☀️

In 2012, Jackie Swain experienced the devastating loss of her brother to an overdose, an event that forever shaped her path.

Determined to honor his memory, Jackie returned to school and earned her Master's Degree in Clinical Psychology with a minor in Addiction, dedicating her career to helping others find hope and healing in recovery. Jackie has worked in the mental health and addictions field for nearly nine years, with experience spanning community mental health, hospitals, and outpatient programs.

In 2023, Jackie and her husband made the courageous decision to move from Rhode Island to New Hampshire for a fresh start, not knowing a single person here. The first place she applied was Sobriety Centers of New Hampshire, and she has been with us ever since!

Jackie's compassion, dedication, and lived mission to help others in recovery inspire all of us at SCNH. We are grateful to have her as part of our team, continuing to make a meaningful difference in the lives of those we serve.



Jackie Swain
☀️ Clinical ☀️

Kevin's love for giraffes reminds us all to stand tall in our recovery, no matter the challenges. Having faced and overcome his own trials and tribulations, Kevin successfully graduated Nashua's drug court in just 13 months (possibly a record!), and during that time, completed his C.R.S.W. courses, leading to a job offer at Antrim.

He started as a BHA in February 2024, was promoted to Case Manager by May, and has been making an impact ever since. A jungle DJ, artist, and proud recovery community warrior (certificate and all!), Kevin continues to inspire others with his dedication and creative spirit in recovery.



☀️ **Kevin Burke** ☀️
Case Manager – Recovery Mountain

AUGUST 1ST, 2025

Written By: Krystle Coombs

☀️ AUGUST MILESTONES ☀️

30 Days

Sydney P

45 Days

Nicole R

Emma B

5 Months

Josh P

Melysia C

11 Months

Matt B.

60 Days

Jamie Q

Violet B

Ryan F

Sebastian A

James T

Zae E

100 Days

Brandon C

Yolanda S

Randy Q

Samuel S

6 Months

Jacob R

Andrea D

Chris C

90 Days

Corey L

Jessica M

Ryan B

4 Months

Hannah M

Kevin D

Andrew R

Eric S

9 Months

Jake C

Paddy H

Savannah D

Robert M

Tonya A

RECOVERY
IS A PROCESS.
YOU JUST HAVE
TO START.

Krystle Coombs
Xo Alumni Coordinator