

THE STORY

A HER *Story* Publication
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Program Highlight - Launching the Story: Recovery Beginnings

Recovery Beginnings is many women's first step on the recovery journey. Women detox in a home environment and receive the following services:



- Comfort medications for withdrawal symptoms
- Suboxone if detoxing from opioids
- Case management
- Intensive outpatient treatment 5 days a week
- Substance Use Disorder counseling
- Mental health counseling
- Nursing consultation regarding medications and health issues
- Wellness classes

Ultimately, a Recovery Beginnings resident graduates when they have successfully applied for and been accepted into a long-term recovery program. This can take place anytime within 45 days but usually averages 2-3 weeks.



Success Stories

Recovery Beginnings

Recognizing the negative effects that years of addiction had on herself and her loved ones, one determined woman came to Her Story to establish some personal goals and seek a long-term recovery program that would help her experience the benefits of recovery. She met consistently with supportive staff and attended intensive outpatient programming every day. **She has served as an encouragement to her peers and has helped to foster a positive environment.** The beginning of her story is exciting, and we can't wait to see her thrive!

Safe Harbor

One of Safe Harbor's recent graduates has continued to thrive by deepening her relationship with God and finding a sponsor and several peer recovery supporters near her new apartment. **With these supports in place, she has been able to complete the steps required to one day have her child in her care again.** We're so glad she is keeping in touch to share her continued hard work and success!



Rachel Cline

Recovery Connections Outpatient Services

Peer Supporter, **Rachel Cline**, has done some outstanding work. Here's what Rachel says about her job: "I love doing peer support because it allows me to be part of someone's journey toward healing and growth. **It's incredibly rewarding to know that by sharing my own experiences, I can help others feel less isolated and more empowered to overcome their challenges.** Being able to offer guidance and encouragement is not only rewarding for those I support but strengthens my own resilience and compassion for others. Peer support goes beyond a job- it's a reflection of who I am." **Hooray, Rachel!**

Recovery Living

Although she had participated in other recovery programs in the past, one resident was determined to get it right this time. She waded through many job interviews in order to get the right job for her. **In the end, she got the perfect job, was quickly promoted, and was even able to purchase a car to get herself back and forth.** She proved herself a hardworking and model resident with an exceptional attitude toward her recovery as she graduated in January. We are all very proud of her!



Nursing Program

The Montgomery Co. ADAMHS Board has funded this program to expand evidenced-informed, innovative programming to include: **weekly wellness classes, help understanding prescribed medications, connection to local public health resources and medical and dental healthcare providers.** The program doubled in 2024 to 66 served. In 2025 we are looking to overcome barriers to wellness, such as healthy food, regular exercise, and tobacco cessation. We are also looking into additional therapeutic supports in the area.

Her Story's New(ish) Executive Director

Elaina Bradley began working with women many years ago when women were nearing their release from prison. It was here that her passion for women with addiction issues began. Before coming to Her Story, Elaina also worked with people around issues of intimate partner violence and sheltering of the unhoused. Elaina is led by her faith and treasures spending time with her family and friends, reading, crafting, listening to gospel music - and she does **NOT** miss Saturday college football!



Are You Prepared to Save a Life?

Consider carrying a Narcan kit in your car to help reverse an unintended opioid overdose. Contact one of the following for kits and simple training:

- Greene Co. Public Health Dept.
- Rockinghorse (Clark Co.)
- Samaritan Behavioral Health (Montgomery Co.)
- [Naloxone Ohio](#) (mail order)



The Story on Sex Trafficking

We've probably all heard urban legends of women and children kidnapped and forced into prostitution. But this is almost never how it begins. Fewer than 6% of all sex trafficking victims are kidnapped, and fewer than 1% of child victims are kidnapped and forced into sex trafficking. The single greatest way victims are "recruited" is through familial relationships - 44% of all victims in 2021. Just let that sit for a while... Family members trafficking their own.

There are a host of reasons people (including men and boys!) become vulnerable to traffickers outside their families, but the two leading causes are substance use and mental and physical health concerns. Substance misuse causes a person's normal inhibitions and good judgement to falter, and the intense urge to secure the next dose of the needed substance when the money isn't there can make the victims easily enticed through promises of drugs. Mental health issues can also make people more susceptible to traffickers who poses as romantic partners or benefactors. Victims may experience



feelings of despair and such low self-esteem that they believe they deserve this fate.

Since most of the women Her Story serves suffer from mental and physical health concerns in addition to substance use disorders, they are prime targets of traffickers! We have witnessed firsthand the damage it has done to our trafficking survivors.

Trafficking compounds mental health issues by creating new traumas to process and heal from. It can cause a variety of physical issues such as serious injuries that result in chronic pain, STIs, including Hepatitis C and HIV, diabetes, due to lack of proper nutrition, and many more.

Traffickers also cripple their victims' skills of independence, and ostracize them from loved ones, producing a social impact as well as emotional and physical ones.

Finally, in order to keep victims compliant, new addictions may be added to the victims' current ones, leaving victims at the mercy of traffickers to provide relief from withdrawal symptoms of not just one but multiple substances. As a consequence, we often see women with multiple substance addictions at Her Story.

Fortunately, Her Story can meet each of these challenges with the following professional services:

- Trauma/mental health counseling
- Substance Use Disorder treatment - five days/week
- SUD one-on-one counseling
- Case management
- Nursing Assistance
- Connection to healthy, sober support
- Faith connections and opportunities to grow spiritually

Each of these addresses a physical, mental health, social, or spiritual need that arises as a result of having been trafficked. Her Story is here to help our trafficked women rebuild their lives and learn the skills they need to thrive!



If you're interested in learning more about how you can be a force for good in fighting human trafficking, join your local anti-human trafficking coalition and get trained to recognize the common signs of trafficking by a legitimate training organization. In the greater Dayton area, Abolition Ohio is the Miami Valley coalition of note. We also recommend She Has a Name for their excellent human trafficking trainings, which are all free.

Help Write Her Story - Get Involved

Here are some things you, your friends, church, or small group could collect to help our programs this quarter:

- Paper Products
- Cleaning Supplies

Contact Linda Mortensen for information on specific items needed and when/where to deliver - linda@herstoryhouse.com



Her Story has a goal of presenting in 10 churches over the next 12 months. Ask your church leaders if Her Story would be a welcome addition to any small group, Sunday school class, or the morning service. Contact Linda - linda@herstoryhouse.com or 937-203-8021.

If you love our cause and are looking for ways to get involved with Her Story, please consider investing through volunteering, praying, or with a financial contribution. Visit our website - www.herstoryhouse.com - or contact Linda Mortensen - linda@herstoryhouse.com.

Wanna show Her Story a little love? Watch for fundraising opportunities coming up in your inbox!



We are Grateful for these Funders who are helping our women write new stories...

- **Mental Health & Recovery Board of Clark, Greene, & Madison Counties**
- **Montgomery County Alcohol, Drug Addictions, and Mental Health Services**
- **Dean's Plumbing**

We are especially grateful for **The Christian Life Center** and the grant they gave us to help purchase and outfit our new duplex!