

NOVEMBER NEWSLETTER

A Message from Iron Bridge Recovery Center

Dear Alumni,

November Reflections:

November is a time to gather with friends and family and give thanks for all we have. It's also a season to slow down, reflect on our lives, and appreciate the gift of sobriety.

Not everyone has family to celebrate the holidays with, and that's okay — many of us find a new kind of family through recovery and support communities.

As the holiday season begins, please remember to stay safe. If you're attending an event where alcohol is served, consider bringing a support person with you. And remember, it's always okay to say, "No, I can't attend."

A few other helpful tips:

- Arrive early and leave early.
- Have a plan in place before you go.
- Reach out to your support network if you're struggling.

Most of all, give yourself grace. You're not alone, and every day in recovery is something to be grateful for.

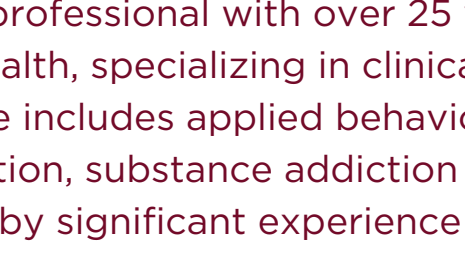
With gratitude,

Susan Gill

Alumni Coordinator

☀️ Staff Spotlight: Ray McNeil, BSHCA, QMHP

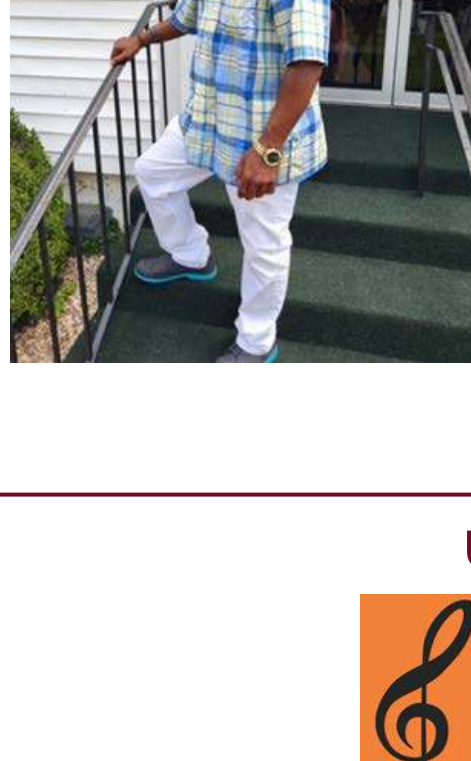
Manager-Risk Management and Quality Improvement



Ray A McNeil is a dedicated professional with over 25 years of experience in psychiatric and behavioral health, specializing in clinical and administrative healthcare roles. His expertise includes applied behavioral analysis, trauma-informed care, crisis intervention, substance addiction treatment, and mental health skill building, complemented by significant experience in healthcare administration, program management, and community resource development. He has consistently achieved high-quality care ratings based on his interpersonal, time management, and problem-solving skills in advancing healthcare services and business growth.



☀️ Alumni Spotlight ☀️



When I was in my active addiction, I didn't think about all the loved ones I hurt along the way. I didn't even think about how I was hurting myself, by lying, stealing, and living outside of my body. When I started to rebuild my life after the wonderful time I spent at Iron Bridge Recovery Center, I now understand that there is a better way to live today, in Recovery.

I'm a prime example of if you work the program that Iron Bridge Recovery provides for you, you can see a better way of life. I'm taking the tools that they gave me and running with them!

Amen to the Higher Power.

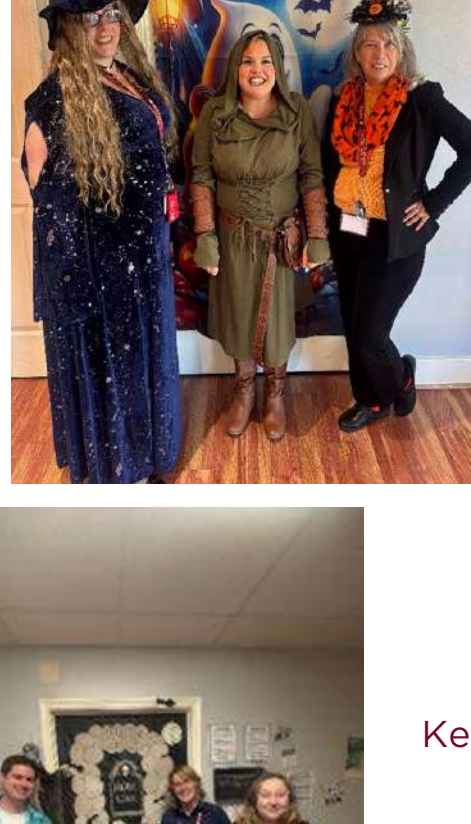
Davie Wade, Jr.

Upcoming Friendsgiving



Halloween Recap

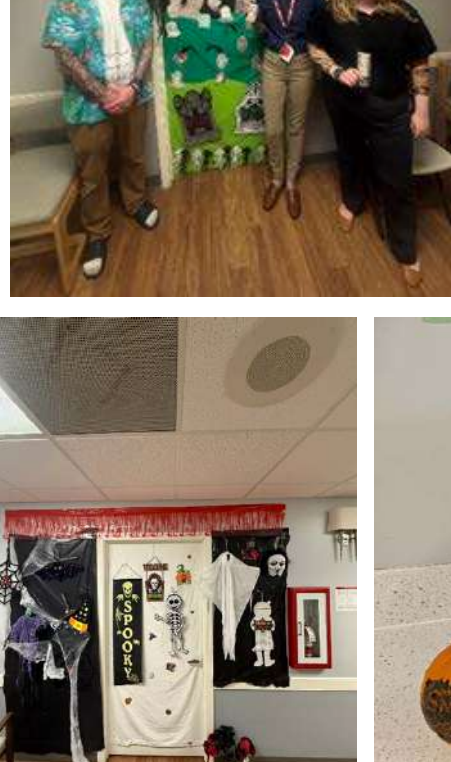
Halloween At Iron Bridge Recovery Center – Staff costume and door decorating contest



On the left:
therapist Kim, with
BHA Meghan and
Dana-CEO



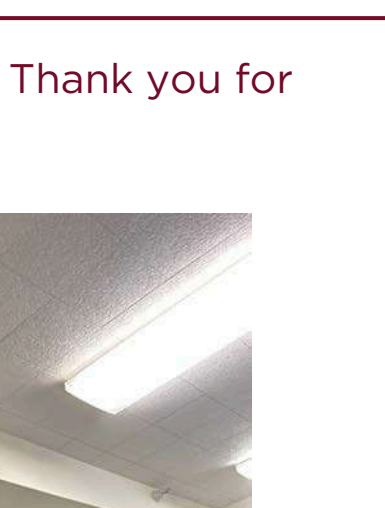
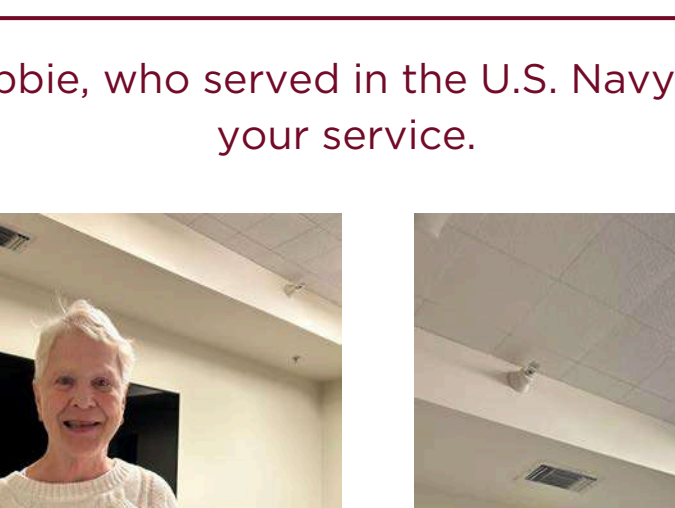
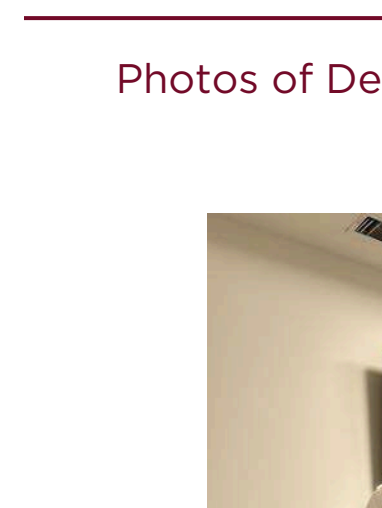
On the right
Our Clinical
Director-Vicki



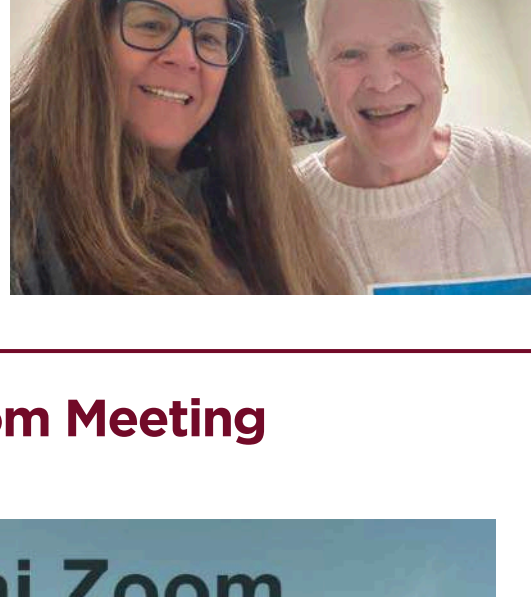
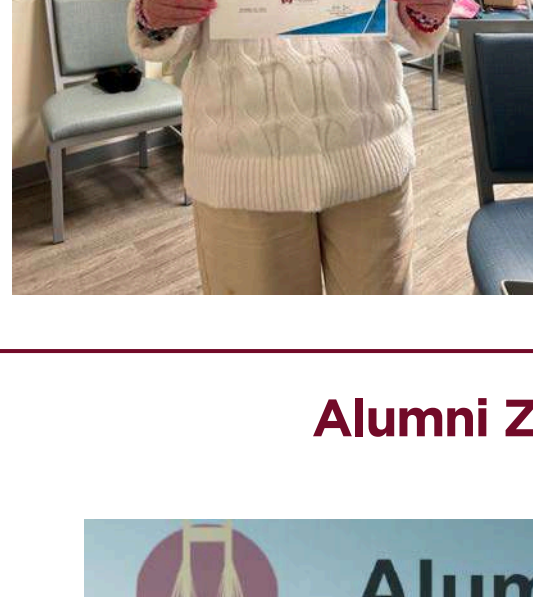
Therapist:
Kemp, Ashley and
Lauren
And on the right
Our therapist
Channel



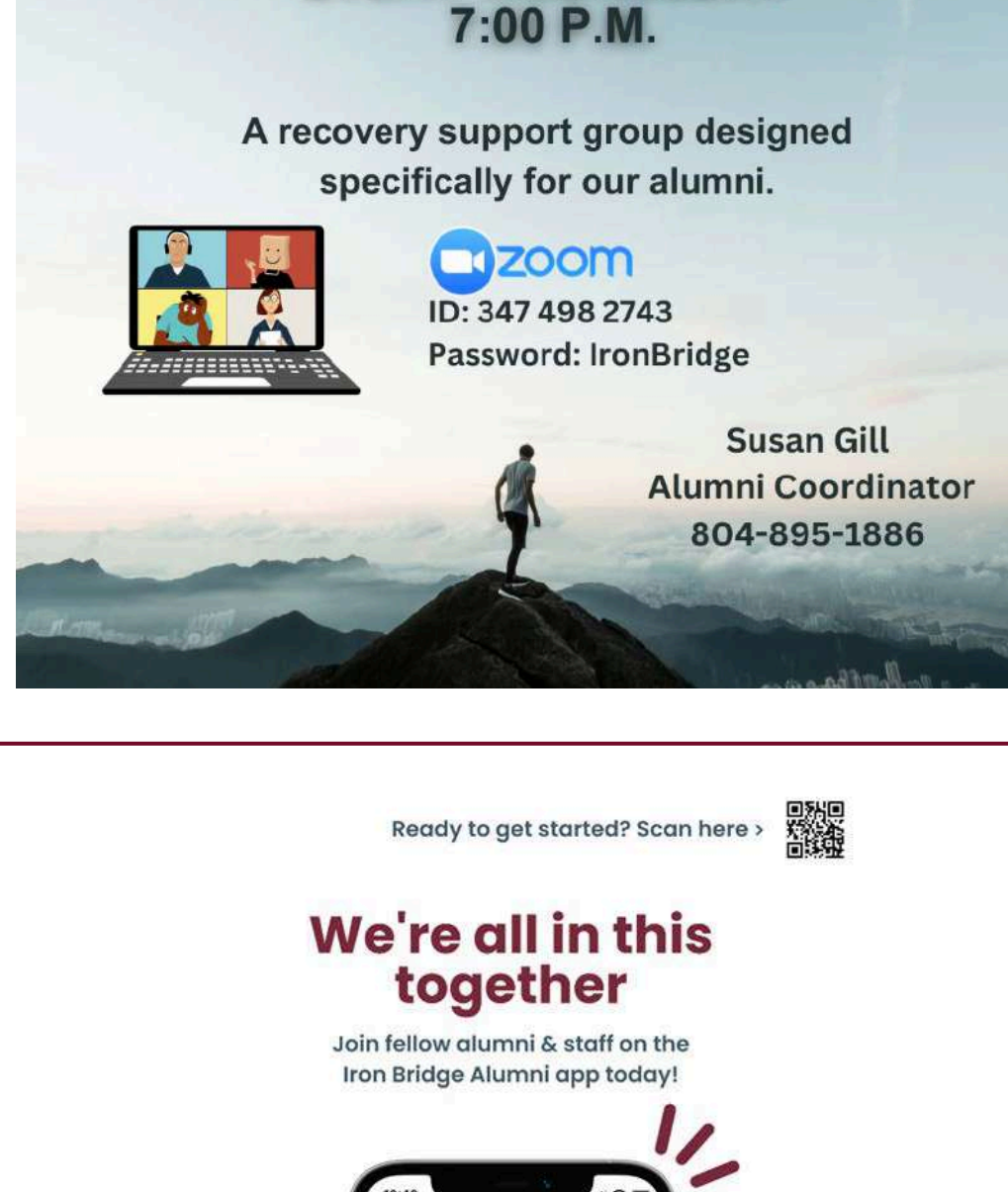
East Side Counselor's won the door
decorating contest



Photos of Debbie, who served in the U.S. Navy. Thank you for your service.



Alumni Zoom Meeting

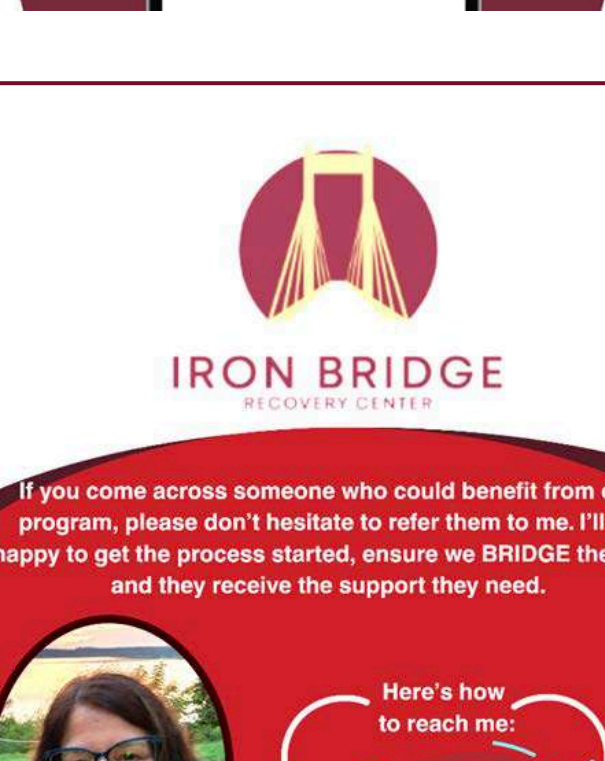


Ready to get started? Scan here >



We're all in this together

Join fellow alumni & staff on the Iron Bridge Alumni app today!



IRON BRIDGE
RECOVERY CENTER

If you come across someone who could benefit from our program, please don't hesitate to refer them to me. I'll be happy to get the process started, ensure we BRIDGE the gap, and they receive the support they need.



Susan Gill
Alumni Coordinator

