



# DECEMBER NEWSLETTER

## Encouraging Others in Recovery

You don't have to wait for a crisis to start healing. Therapy isn't a last resort — it's a powerful tool for growth, clarity, and becoming who you're meant to be.

If you're in recovery, please hear this:  
The coping skills that once helped you survive were important at the time. They kept you going. But as you heal, you're allowed to outgrow them. You're allowed to learn new ways to love yourself.

That hurt part of you — the inner child who carried so much pain — deserves patience, compassion, and support. And it's never too late to repent yourself, to choose peace over survival mode, and to build a life that actually feels safe.

Recovery is not about perfection. It's about progress.  
**One day at a time. One layer at a time.**  
And you are doing better than you think.

Keep going. You're worth every bit of healing that's coming your way.

Happy Holidays to you and yours!

#YouAreNotAlone #RecoveryCommunity #HealingIsPossible #TherapyWorks  
#InnerChildHealing #OneDayAtATime #RecoverySupport #KeepGoing  
#TrustTheProcess



## Alumni Corner:

### Goodbye to Iron Bridge Deeper Than Blood

By: Tennessee Thweatt III  
December 2025

Goodbye to Iron Bridge Recovery,  
the place that broke me open clean  
where I faced the man I used to be  
and met the man I've never seen.

Now I'm stepping toward my purpose,  
toward a dream I'm meant to chase  
to build my company from nothing,  
put hope back in the broken places.

Goodbye to every voice and face  
that shared my nights, my pain, my days;  
y'all held me up when I was slipping,  
helped me change my broken ways.

And when my book finally drops one day,  
flip those pages nice and slow  
some of y'all are written deep within  
in ways I hope you'll never know.

Drugs weren't the demon chasing  
that war was won before this door,  
but my habits, wounds, and hidden storms  
were battles shaking me to the core.

I love y'all more than simple words,  
more than "fam" or "bro" or "friends";  
you flow through me like living blood  
that never stops, that never ends.

You stood beside me through the cracking,  
through the truth I tried to hide;  
every "you good?" and quiet moment  
stitched the strength back in my pride.

This ain't goodbye forever  
this ain't the ending of our story;  
it's just a moment in the middle  
on the road to something holy.

Every laugh became a lifeline,  
every tear became a prayer;  
every time I felt like fading,  
one of y'all was standing there.

If tears fall now, let 'em fall honest  
'cause y'all changed me more than I can say;  
and I'll carry you in my chest forever,  
as I leave Iron Bridge today.

I walked in blind and heavy-hearted,  
carrying shadows I couldn't name;  
I walk out lighter, lifted higher,  
'cause you loved me through my shame.

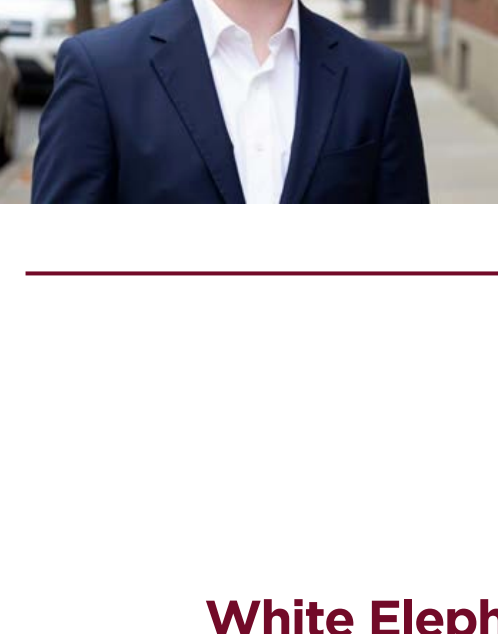
## Employee Spotlights:

### Ashley Ferren, Therapist MSW, Supervisee in Social Work

I'm Ashley — a therapist, yoga lover, and cat-mom to four. I lived in Norfolk for 11 years before moving to Richmond, where I continue to support adults living with serious mental illness, substance use disorders, and developmental disabilities. I share a home with my sister, collect tattoos like artwork, and try to bring humor, warmth, and real-human energy into every session.



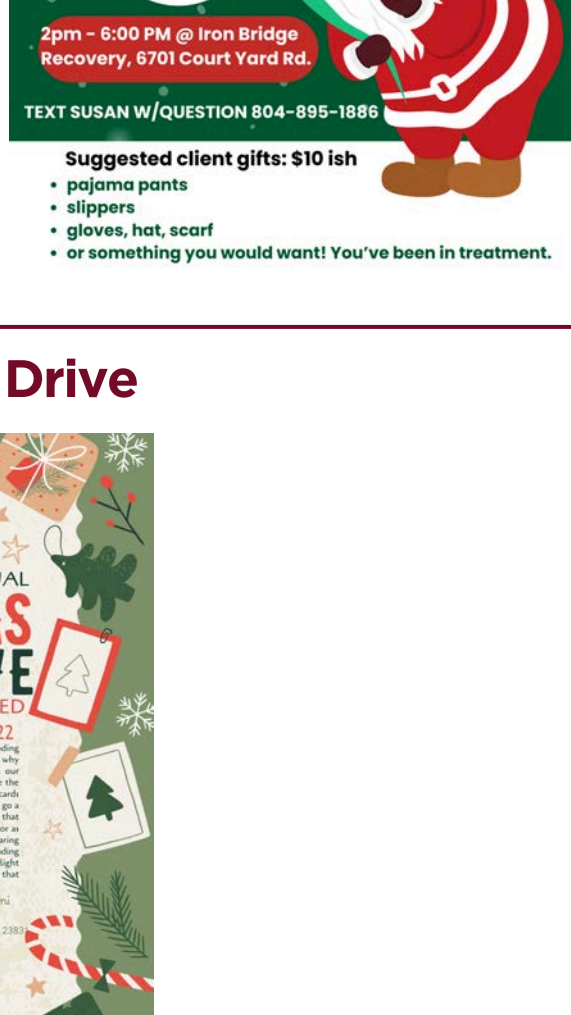
### Kemp Spangler, Residential Therapist



My name is Kemp Spangler, and I am a residential therapist at Iron Bridge Recovery Center. I graduated from Virginia Commonwealth University with a Bachelor's Degree in Psychology and a Master's Degree in Social Work. Currently, I am licensed as a Supervisee in Social Work obtaining my hours toward LCSW licensure. As someone in long-term recovery, I am passionate about helping those affected by substance use. I strongly believe in treating the whole person by focusing on the mental, emotional, spiritual, and physical aspects through a trauma-informed approach.

## White Elephant Gift Exchange

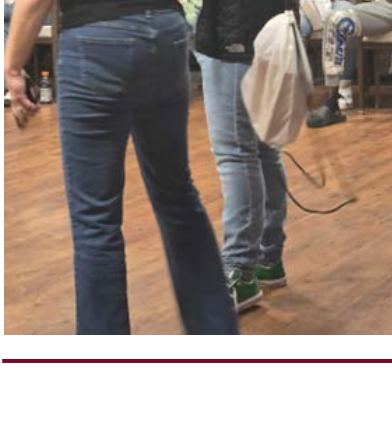
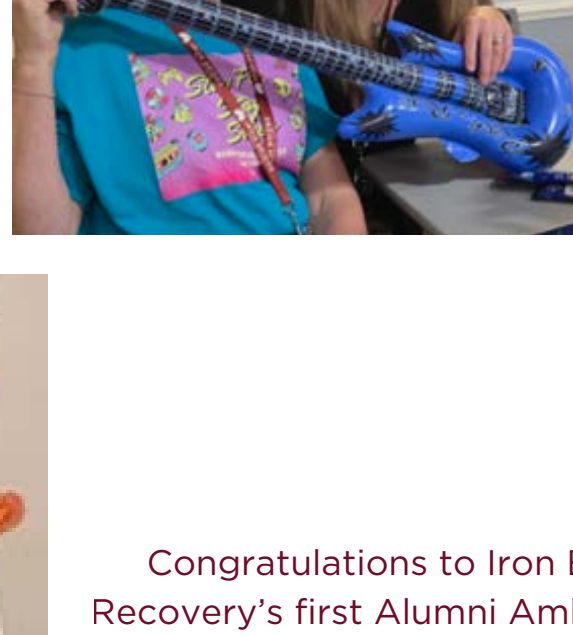
Saturday, December 13<sup>th</sup>



## Christmas Card Drive



## Pictures from our Alumni Friendsgiving Event 11/26/2025



Congratulations to Iron Bridge Recovery's first Alumni Ambassador!

**Susan D.**

## Alumni Ambassador

### Become a IBRC Alumni Ambassador!

## IRON BRIDGE

RECOVERY CENTER

We are looking for members of our alumni community with 1-year+ of continuous sobriety to become IBRC Ambassadors. This is a great opportunity to give back in the recovery community at IBRC.

**What is an IBRC Alumni Ambassador?**

- A trusted leader in the Alumni Community
- Engage on the app frequently
- Help promote IBRC in a positive light (word of mouth, google etc)
- Ambassadors are encouraged to come back to the facility to share their story
- Refer others suffering from addiction to IBRC

**What's in it for you?**

- Receive IBRC T-shirt!
- An opportunity to help and support the alumni community (you have to give it away to keep it!)
- Enhance your recovery experience by helping others.
- Return to to share your story
- Receive AMBASSADOR next to your name on the IBRC APP.
- Get recognized during our Annual Reunion during our Alumni Ambassadors Ceremony

## Alumni Zoom Meeting

## Alumni Zoom Meeting

EVERY WEDNESDAY  
7:00 P.M.

A recovery support group designed specifically for our alumni.

Zoom ID: 347 498 2743  
Password: IronBridge

Susan Gill  
Alumni Coordinator  
804-895-1886

Ready to get started? Scan here >



## We're all in this together

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

