



August 2026

Iron Bridge Recovery Center Alumni

Newsletter

WWW.IRONBRIDGERECOVERY.COM

UPCOMING EVENTS

Every Tuesday:

Alumni meeting at 7 pm at Iron Bridge Recovery

Every

Wednesday:

Alumni Aftercare meeting on Zoom at 7 pm

August 18th

Alumni Coin Ceremony at IBRC, 7:15 pm

Ambassador

Virtual meeting:

The 1st Thursday of every month at 7 pm



Alumni Spotlight

Good afternoon, everybody!!!!

I know it's been a long time since I've checked in, but I wanted to give an update as to where I'm at in my life. On April 1, 2026, I flew out to Great Lakes, Illinois to begin Navy Boot Camp. After four long months of intense physical and mental training, I successfully graduated on July 16. As of right now, I am currently stationed at Fort Lee, Virginia while I attend school. After school, I will take my first command on a new ship stationed in Sunny San Diego, California. There I will finish out my five-year contract as a culinary specialist. This Navy journey that I have begun started while I was at Iron bridge. If it wasn't for the wonderful counselors and staff there, as well as the amazing friends I made while being there, I probably would not have made this decision to pursue a 20-year dream. I cannot tell you the impact that Iron bridge has made on my life. I may not post that often; however, I want it to be known that not a day goes by where I don't think about all the wonderful people that I have met there. Everyone will always have a special place in my heart. For all the new people, stick with the program. Make the connections. Your life will change if you continue. Make the most of it. Keep an open mind and believe in yourself. I hope all is well with everyone and know that I constantly think about you.

I miss you all!!!!

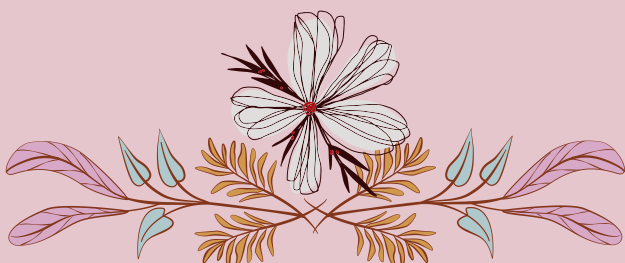
Carl Bruso



Staff Spotlight

Cara Macaleer was recently promoted to our Market Director of Business Development for the Summit facilities in Virginia, which include Iron Bridge, Farley Center, Safe Harbor Recovery and The Williamsburg Pavilion. Cara has been lucky enough to be at Iron Bridge since we opened in the Fall of 2023 as a Business Development Representative. In this role, Cara spends a lot of her time in the community talking about Iron Bridge's services. She meets with hospital staff, CSB staff and other therapists, doctors, and other community partners. Her favorite part of her job is talking with prospective clients about treatment and hopefully offering hope for them to take that huge step to say yes to walking through our doors.

For over 30 years, Cara has worked in the Behavioral Health and Substance Use field. She began her career in 1993 as a Mental Health Tech and has held many roles throughout the years in Admissions, Business Development and Operational Leadership. She worked for much of her career in Philadelphia, then moved for a work opportunity in Kansas City and then finally moving to Virginia in 2019. She loves spending time with her husband and daughter, and their extended family. When she isn't working, she loves to read, cook and listen to music.



Meet our new Alumni Ambassadors Ray & Brad. They just celebrated one year of Sobriety!



Alumni Coin Ceremony



Some of Our
Fabulous Alumni at
Summer Slam Jam in
VA Beach



UPCOMING
ALUMNI
EVENTS

**Water Lantern
Festival-**

Dorey Park Aug
22nd
5 to 9 pm

**Overdose
Awareness**

Vigil @ IBRC,
Aug 31st @
7:15 pm

**Recovery
Month Event -**

Recovery Fest
at McShin
Foundation on
Sept 19th
12 pm until
4 pm



**Join Us for an Evening of
Remembrance**

Join us on Monday, August 31, 2026, at 7:30 PM as we come together to honor the lives of our loved ones who have passed away due to the disease of addiction.

During this special evening, we will hold a candlelight vigil and read the names of those we have lost, celebrating their lives and keeping their memories alive. Together, we will stand in remembrance, support one another, and shine a light of hope for all those affected by addiction.

Everyone is welcome to attend as we honor our loved ones and friends who are no longer with us.