



September 2026

Iron Bridge Recovery Center Alumni

# Newsletter



IRON BRIDGE  
RECOVERY CENTER

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## UPCOMING EVENTS

**Every Tuesday:**  
Alumni meeting  
at 7 pm at Iron  
Bridge Recovery

**Every  
Wednesday:**  
Alumni Aftercare  
meeting on Zoom  
at 7 pm

**Sept 15<sup>th</sup>**  
Alumni Coin  
Ceremony at  
IBRC, 7:15 pm

**Ambassador  
Virtual meeting:**  
The Thursday,  
Sept 10 at 7 pm

## Alumni Spotlight

Hey Family! ❤️ It's been a while... so let's talk about life and where I've been since November of last year.

Wow. It really feels like just yesterday that I started my recovery journey inside the walls and doors of Iron Bridge. I remember walking in with the mindset of, "I'm gonna do these 30 days real quick and get back to my dog/son."

Within a week and a half, my mind was FULLY made up that I wasn't going back to where I came from OR THAT DOG! 🤪 I had to come first!

Y'all taught me so much in such a short amount of time that I started fiending for more of what this thing called recovery could possibly offer. This was my first run in recovery, so I knew absolutely nothing about step-down programs or what came next.

I remember thinking, "Okay... so what am I supposed to do when these 30 days are over?"

Then y'all invited this speaker named Jason Cox. He came and spoke to us, and I heard pieces of my own story in his. He shared how recovery had changed his life, and I remember thinking, "I want what he has."

I didn't even know at the time that was part of the NA way. Jason introduced me to other programs and helped me understand what the process could look like. I ended up going through the program he works for, stayed for FOUR whole months, graduated, and now... I WORK FOR THE SAME PROGRAM! 🙌

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# Alumni Spotlight Continued:



"A few weeks ago, I completed my Peer Recovery Specialist training hours, and now I'm working on my 500 hours before I can take the test to become certified.

And through all of this, I'm STILL working the same first job I got when I was finally able to work during the course of these programs.

So yeah... I've been BUSY! And honestly, I wouldn't change ANY OF IT FOR THE WORLD. Staying busy and having a routine has changed my life for the better. Having structure in my life is really paying off.

About two weeks ago, I finally finished paying off ALL my tickets and fines. I got my license back AND bought myself a car! 🚗🙌

If someone had told me nine months ago that I'd have all of this going on in my life, I probably would've laughed in their face. Because honestly, I had completely lost sight of my capabilities.

I had lost sight of who I was. Truthfully, I don't think I ever really knew who I was or what I was capable of. Recovery has been about rediscovering myself and learning new ways to live without the use of substances.

These little "normal" things I'm doing now aren't meant to brag. This is what adults are supposed to be doing. BUT THAT'S THE THING...

I came into recovery as a 35-year-old little boy. This shit has taught me — and is STILL teaching me — how to be a man. A NEW MAN. And I am forever grateful for this process.

I can't possibly express the amount of gratitude I carry with me on this journey. Every day gets a little better. you just have to KEEP COMING BACK. I love y'all. ❤️

And if you're new here... STICK AROUND.  
It's going to get better.  
And better. And better.  
That's my promise to you. ❤️🙏"

**-Christopher M.**



# Staff Spotlight

## Meet Shauna, the Iron Bridge Recovery Director of Quality, Risk, and Compliance (DQRC).

She is a National Certified Addictions Counselor (NCAC), and a Certified Substance Abuse Counselor (CSAC), specializing in chaplaincy, mediation/conflict resolution, work-life balance, psychological crisis, grief/loss/trauma, and anger management.

She holds a Bachelor's in Psychology with minors in Religion and Substance Abuse from Virginia Commonwealth University, and a Master's in Management and Leadership from Liberty University.

She is currently a doctoral candidate in Strategic Leadership at Liberty University.

Shauna is a Virginia State Chief of Election Officer and a Notary Public.

She has hosted personal development TV/radio programs and served as an event emcee.

**Fun fact:** Shauna is a Certified Water Steward and Master Gardener, with a focus on Medicinal Herbalism. She loves to crochet, garden and listen to music.



# September Is National Recovery Month

*"When we recover loudly we keep others from dying quietly."*

## UPCOMING ALUMNI EVENTS

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### COFFEE TIME Sonny's on the Blvd.

Sept 12th  
10 to 12 am

### Spirit Week

@ IBRC,  
Sept 21st -25th

**Recovery  
Month Event –**  
Recovery Fest  
at McShin  
Foundation on  
Sept 19th  
12 pm until  
4 pm



CONGRATULATIONS "BOOGIE"

