

The Path Ahead - August Alumni Reflections

Alumni Spotlight: Chris M.'s Journey of Strength and Renewal



Chris shared with us what impacted him on his path to recovery at Northern Path. "My recovery journey has been deeply shaped by what I've learned at Northern Path Recovery. Embracing structure, practicing vulnerability, and using tools like meditation and the S.T.O.P. method (Stop, Take a breath, Observe, Proceed) have all made a big impact. One of the most powerful lessons: Talk or die—it's so important to open up about our struggles.

Being part of the NPR alumni community means knowing I'm never alone—support is always just a call away. My advice to anyone in the program: take it seriously, stay focused, and apply what you learn. Structure is everything. I'm living proof that we do recover—and for that, I'm forever grateful to Northern Path Recovery."

Shoutout to Our Alum, Beau B.!

We're thrilled to celebrate our amazing alum, Beau B., who recently volunteered at the NAMI 5K Run, White, and Blue—an event dedicated to raising awareness and support for mental health through the National Alliance on Mental Illness (NAMI).

Beau went above and beyond in supporting the event, and as a token of appreciation, each volunteer was put into a raffle, and he was the lucky winner of a Coach bag giveaway!

Thank you, Beau, for representing our program and community with heart and dedication. Your volunteer spirit inspires us all!



Staff Spotlight: Chef Lawrence- From Kitchen Dreams to a Life of Service

Meet Chef Lawrence, whose love for cooking began at just 9 years old. What started as a childhood passion has grown into a meaningful career built on heart, creativity, and service.

He started at Bryon Health as a dishwasher, and within just five months, his dedication earned him a promotion to cook. For Chef, one of the most exciting parts of cooking is experimenting with spices and ingredients to bring each dish to life.

Chef once dreamed of becoming a doctor and served in the military as a medic, driven by his desire to help others. He believes that cooking and medicine go hand in hand—both offer care, healing, and a way to connect with people.

We're proud to have Chef Lawrence on our team—a true example of following your passion and making a difference along the way!



Red, White & BBQ: NPRC's Fourth of July Field Day!

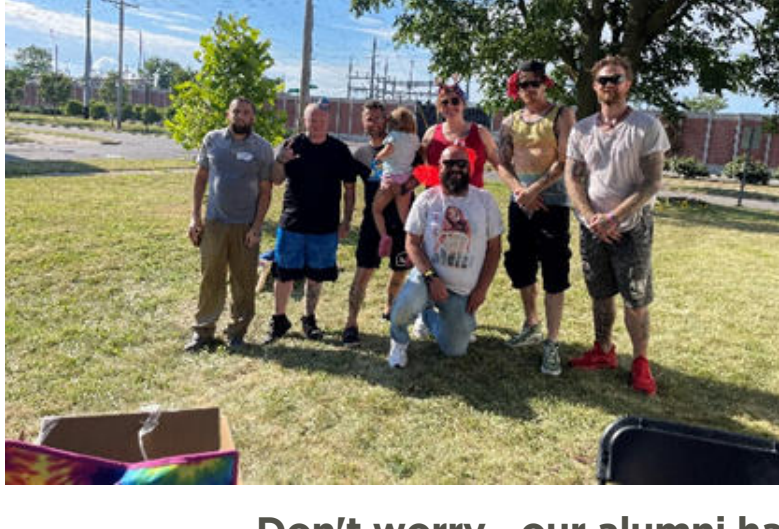
Who needs fireworks when you've got a slip 'n slide, water balloons, and a sizzling grill? This Fourth of July, NPRC brought the party to the field with a full-blown Field Day — and it was a blast!

From fierce (but friendly!) badminton showdowns to soaking wet water balloon duels, laughter echoed across the yard all day long. Our slip 'n slide was the surprise MVP — patients and staff alike took turns diving into summer fun.

But the real hero of the day? Our awesome Milieu Coordinator, who threw on an apron and fired up the grill, serving up fall-off-the-bone ribs that had everyone coming back for seconds (and thirds). The energy was up, the vibes were great, and most importantly, everyone felt connected. It was a celebration of freedom, friendship, and fun — the NPRC way!



Sparking Community: Northern Path Alumni Join Recovery Café for a July 4th Bash!



Don't worry—our alumni had a blast this Fourth of July!

Recovery Café Fort Wayne invited us to a Fourth of July cookout that was alive with energy and connection as alumni, staff, and friends came together for one of our most attended events yet. The Fourth of July Cookout brought everyone out for an evening filled with fun, laughter, and community. Volunteers fired up the grill, we lit up the sky with fireworks, and enjoyed friendly games of cornhole before ending our evening by watching the Downtown Fireworks together. It was a beautiful night of fellowship, celebration, and most importantly—a joyful reminder of the strength of our sober community. Thank you to everyone who came out and made it such a memorable evening!

July Alumni Coin Ceremony: Bigger, Better, and Full of Hope!



Wow — July's Alumni Coin Ceremony was one for the books! We had our BIGGEST turnout ever, and the energy in the room was electric.

A huge shoutout to Pastor Randy, who brought the house down with his inspiring talk on "A Better Life: Brianna's Hope." This faith-filled, participant-driven recovery support group is all about compassion, hope, and lifting each other up — and Pastor Randy's message truly hit home.



And guess what? We welcomed our newest Alumni Mentor, the amazing Ringo C.! We're so pumped to have him on board, helping to guide and support our community.

Thanks to everyone who came out and made July's ceremony such a blast. You're the heart and soul of our alumni program, and we can't wait to see what's next!

Stay connected, stay inspired, and get ready for more awesome events ahead!

Our First-Ever Family & Friends in Recovery Day Was a HIT!

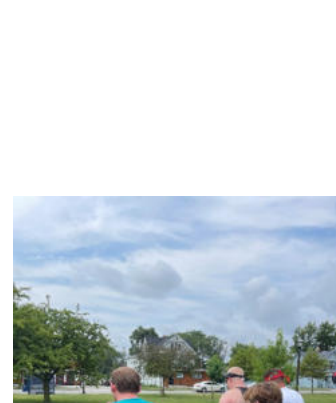
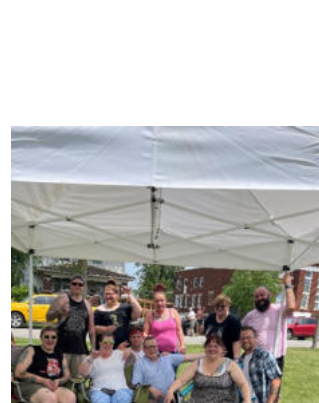
We are still feeling the joy and gratitude from Northern Path Alumni's very first Family & Friends in Recovery Day — and what an incredible day it was. Held at beautiful Williams Park near Downtown Fort Wayne, the event focused on connection, support, and celebrating the loved ones who have walked alongside us in recovery.

We were honored to be joined by some amazing community partners, including:

- Action Over Silence
- Rising Phoenix
- Oxford House
- Our local Narcotics Anonymous chapter

The day was full of meaningful moments and lighthearted fun. Attendees enjoyed games like 2-liter ring toss, egg races, and bubble wands — plus a Gratitude Canvas where participants left heartfelt messages for the family and friends who have supported their recovery.

A heartfelt thank you to all our alumni who came out, brought loved ones, played games, and helped create a day full of connection and community. We can't wait to do it again. Stay tuned for our next big event — coming soon!



RECOVER OUT LOUD!

If you know someone who could benefit from treatment at Northern Path Recovery Center, just like you have, we're here to help.

With Northern Path, you are never alone in your recovery—you are part of a community built on support, fellowship, and recognition. Your story, your voice- it matters.

HELP SOMEONE PAVE THEIR PATH TO RECOVERY— WE ARE JUST ONE CALL AWAY.

Alexis S.
Alumni Coordinator
629-867-0157

I hope this message finds you grounded, growing, and continuing your journey in recovery with courage and grace.

Today, I want to reflect on something truly powerful: the courage to recover loudly. Every time we speak our truth, we chip away at the stigma that surrounds addiction. We offer hope. We become living proof that recovery isn't just possible—it's worth it.

Whether you've just completed your time with us or have been walking your recovery path for years, your story matters. Your voice could be the very light someone needs in their darkest moment. And if Northern Path played a role in your healing, we'd be honored if you'd consider referring someone who could benefit from the same care and support.

It might be a friend, a loved one, or even someone you barely know who's quietly struggling. You never know the difference you can make.

Referring is simple through the Northern Path Alumni App:

- ➡ Tap the three lines in the upper right corner of your screen
- ➡ Scroll down to the 8th option: "Referrals"

Or, if you'd prefer, you can leave an honest review on Google—your words can open doors.

Let's continue showing the world what recovery really looks like: strong, vulnerable, real—and unapologetically loud.