



SCNH November Newsletter

Saturday, November 1st, 2025

Vol. 7



TRANSFORMING RECOVERY TODAY

Recovery isn't just about avoiding the past — it's about stepping boldly into the future. Let's continue to support one another, explore solutions, and lead the way toward lasting wellness and meaningful change we want to see in our community.

TOP NEWS

Wellness Themes

Gratitude & Recovery

Topic: "How Practicing Gratitude Supports Long-Term Recovery"

Activity: 7-day Gratitude Challenge

Quote: "Gratitude turns what we have into enough." – Aesop

Staying Grounded During the Holidays

Topic: "How to Cope with Holiday Stress & Triggers"

Tips: Mindful breathing exercises, setting boundaries, HALT method (Hungry, Angry, Lonely, Tired)

Seasonal Affective Disorder (SAD) Awareness

Topic: "Recognizing and Managing Seasonal Depression in Recovery"

Suggestions: Light therapy, outdoor walks, talk therapy, daily routines

LEADING SOLUTIONS FOR A BETTER FUTURE

As we approach the end of the year, we reflect not only on how far we've come in recovery, but also where we're headed. Recovery is not just about healing the past — it's about building a better future. This month, we're highlighting innovative solutions, tools, and practices that are helping individuals and communities grow stronger, healthier, and more resilient.



October Event Recap



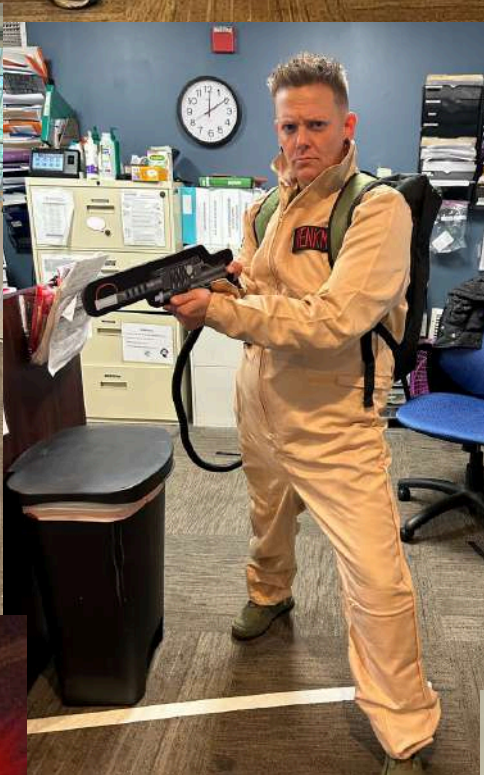
HALLOWEEN WEEK

Celebrated at each facility with a fun group activity where clients all got a chance to get CANDY along with engaging and having fun in sobriety!



SCNH Staff celebrated Halloween in a big way at all facilities, Antrim House had a Fun Halloween Costume Contest where clients got to vote for staff :)

- Best Overall Costume
- Scariest Costume
- Funniest Costume
- Best Group Duo





Wobble Sobble Event

Music



Dancing



Potluck Contest



Mini Sessions



20 Minute Session
5 Digital Images
Photo Print Release

**HOSTED BY:
SCNH ALUMNI
COORDINATOR
KRYSTLE**

BOOK NOW
krystle.coombs@sobrietycentersofnh.com

SATURDAY NOVEMBER 22ND, 2025 1:00 PM TO 5:00 PM

Mini Session Sign-ups

1:00	2:10
1:10	2:20
1:20	2:30
1:30	2:40
1:40	2:50
1:50	3:00
2:00	3:10

📍 **TEXT ME DIRECTLY TO SIGN UP FOR** 📍
POTLUCK CONTEST
PHOTO MINI SESSIONS
Alumni Coordinator Krystle at 603.328.7865

Employee Spotlights

Jeremy grew up in a tough environment and turned to substances early in life, spending years caught in addiction. Meth became his escape for nearly two decades. At his lowest point, Jeremy reached out to his younger brother, who helped him start over. He detoxed, found SMART Recovery, and began learning tools that helped him manage anger and build self-worth.

Along the way, Jeremy discovered a passion for helping others in recovery. He served with AmeriCorps, became a Certified Recovery Support Worker in 2019, and has since worked in multiple recovery-based roles. Jeremy has been in recovery since January 2017 and continues to dedicate his life to supporting others on their journey.

We're happy you're here Jeremy!

Jeremy Hartsell

Recovery Mountain BHA 3rd Shift



We're excited to welcome Bailey, who joined SCNH Antrim in September. She holds a bachelor's degree in Sociology and Human Services with a Trauma Focus, and is currently pursuing her LADC and Master's in Social Work. Bailey brings a strong passion for supporting individuals on their recovery journey, and we're thrilled to have her on the team!



Bailey Hansen

Antrim House Clinician



KAREN L.

12 Years in Recovery



Amanda R.

16 Years in Recovery

Join us in celebrating
these two's milestones!

ALUMNI SPOTLIGHTS

Savannah Domenici Celebrating 1 Year in Recovery



This past year has given me so much thanks to my sobriety. My own place, a job that I love, a brand new car and the world's most adorable kitten named Luna 😊

Sobriety Centers of NH has changed my life!



In 24 months, I've accomplished so much all while having a great support system. You would never recognize me from an old mugshot, however I'm #26 who completed Belknap County NH Drug Court in the last 12 years which is such an achievement.

Matthew Burkhardt Celebrating 2 Years in Recovery



Paddy H.
1 Year



Jake C.
1 Year



Robert M.
1 Year



November Milestones

60 Days

Jordan F. Troy W.
Dee S. Rechelle Y.
Jean B. Zack B.
Daniel K. Amber G.
Joey G. Shauna K.

90 Days

Jess M. Josh W.
Gerald D. Alondra R.
Ryan B. Nicole J.

100 Days

Brian B. Andrea B.
Cassy J. Ashley C.
Jamie C. Phillip G.
Toby B. Marie C.
Christine T. Sandra S.

4 Months

Danielle G. Will B.
Darren K. Patricia T.
Sydney P. Olivia M.
Shane M. Nicole J.
Javon B. Mark W.
Brandon F. Emma B.
Allen J.

5 Months

Marie B. Ann-Marie D.
Robert S. Mike N.
Dominic C. Austin A.
Sherry D. Nicole R.
Violet B. Dylan L.
James C. Jeremy G.
Ryan F.

6 Months

Randy Q. Samuel S.
Corey L. Brandon C.
Yolanda S.

1 YEAR

Tonya A. Robert M.
Savannah D. Paddy H.
Jake C.

2 YEARS

Matt B.

7 YEARS

Ashley S.

9 Months

Jacob R.
Andrea D.

12 YEARS

Karen L.

16 YEARS

Amanda R.

