

Each one, teach one.



Divine Light Behavioral Health Client Newsletter Issue 010 April 5, 2026

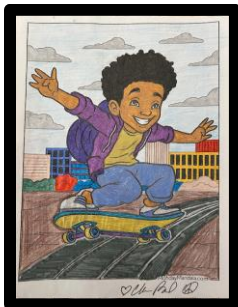
We celebrate our clients...



Hey everyone! I'm 43 years old and I have been using it since I was 13 years old. It started with weed and alcohol, then progressed to crack, heroin and anything that would get me high. However, that does not define who I am. I have turned my life around. I am learning how to love myself again through prayer, therapy, selfcare, and having a strong support system. I fall short sometimes but I always get back up. I also learn from others like me and only hope that they learn from me. In a world that has beaten us up and judged us; why continue to do that to one another? So, today I listen to people's struggles with compassion and empathy. We all deserve love, respect, and another chance because we can, will and do RECOVER! **Amy**



Pictures by
Chanice aka
Peace



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I came to Divine Light on March 5, 2026. Since coming here, my desire to stop using has increased tremendously. I am no longer sick and tired, but I am finished with any need for the drug culture or lifestyle. I have Divine Light to thank for helping me understand I had to change my way of thinking and revert to the disciplined person and positive thinking that I once had. Over 20 years ago, I was flying on a natural high and received my private pilot's license while working for a major airline. Since I returned to goal setting, one of my main goals is to graduate from Divine Light and reinstate my pilot license. After my license is reinstated, I can fly single engine planes again. Thank you, Divine Light, for motivating me to believe in myself once again. **Tom**



Spotlight on Divine Light Staff...



Bobbie

Bobbie is a Residential Aide with Divine Light. Bobbie has previously battled addiction and has conquered his disease. Bobbie supports the clients at Divine Light by providing necessary help, whether it is a hygiene package, a new intake, donation closet, or cleaning up a spill from a client. Bobbie is really a nice guy, always smiling and laughing. The clients look forward to seeing “Mr. Bobbie” after group each day. As he checks our bags, we are passing jokes back and forth. Anything to relieve the stress of a long day. Thanks, Bobbie, for all that you do.

Favorite motto: Be the change you want to see in other people....



Kevin

Here stands Kevin, Divine Light Operations Staff. His story is truly inspiring. Kevin was a client of Divine Light from November 2024 to November 2025. He successfully graduated from this program with honors. Now he is an employee of Divine Light. When Kevin is not working, he devotes his time to family. Kevin is a full-time dad with three children. When Kevin first came to Divine Light, he came in as a couple. During his time here, his girlfriend decided she wanted to go out and use drugs. Kevin decided to stay here and most importantly, stay clean. He took a giant leap into his sobriety, and he is now an inspiration to us all. Kevin feels that coming into the program with a mate can be challenging because your recovery is an individual journey. It is suggested that you focus on yourself and follow the process.

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Mental health is a foundational component of recovery, influencing emotional resilience, relapse prevention, and the ability to build a fulfilling, substance-free life.

Mental Health and Recovery

Mental health plays a critical role in sustaining long-term recovery by providing the emotional stability and coping skills necessary to navigate challenges and avoid relapse. Many individuals in recovery face co-occurring disorders, such as depression, anxiety, PTSD, or bipolar disorder, which often intertwine with substance use, creating a cycle where each condition exacerbates the other. Untreated mental health issues can act as a significant barrier, as unresolved trauma, stress, or emotional pain may trigger substance use as a coping mechanism.

Emotional Resilience and Coping

Recovery requires individuals to recognize and process underlying emotions that substances may have masked. Developing emotional resilience through therapy, mindfulness, and self-awareness helps individuals manage triggers, setbacks, and stress without resorting to substance use. Early stages of recovery are particularly vulnerable, making mental health support essential for building the skills to cope with cravings and emotional challenges.

Rebuilding Relationships

Addiction often damages personal relationships, leading to isolation and mistrust. Addressing mental health challenges can improve communication, rebuild trust, and foster supportive connections. Therapy provides a safe environment to explore past traumas, understand behavioral patterns, and develop the emotional tools necessary for healthy relationships.

Integrated Treatment Approaches

Research shows that integrated treatment, which addresses both mental health and substance use disorders simultaneously, is more effective than treating either condition alone. Behavioral therapies, counseling, and psychiatric support tailored to individual needs to enhance recovery outcomes and reduce relapse risk.

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Overall Well-Being and Personal Growth

Recovery is not just about abstaining from substances; it involves creating a purposeful, fulfilling life. Mental health forms the foundation for personal growth, enabling individuals to set meaningful goals, develop healthy coping strategies, and maintain long-term sobriety. Prioritizing mental health enhances motivation, engagement in recovery activities, and overall quality of life.

In summary, mental health is essential in recovery because it equips individuals with the tools to manage emotional triggers, rebuild relationships, and achieve lasting personal growth. Addressing mental health alongside addiction ensures a holistic, sustainable approach to recovery, reducing relapse risk and supporting long-term well-being.

Reference: [the importance of mental health in recovery - Search](#)

Are you in tune with your mental health?

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COURBET

DALI

DELACROIX

DEGAS

GAUGUIN

GOYA

JOHNS

KLEE

LEGER

MALEVICH

MANET

MARC

MIRO

MODIGLIANI

MOREAU

MUNCH

RAPHAEL

RENOIR

VAN GOGH

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Pisces	How hard you have to work to achieve your purposes, Pisces! It's as though you carry around an overstuffed sandbag and each step requires a huge effort! This would be a good day to identify the source of the trouble. Ask if you aren't sabotaging yourself and letting your subconscious resist the goals you have so deliberately set. You have a deep inner mystery to solve.
Aries	You could have an urge to invent new things, Aries. You feel compelled to create something in the artistic, technical, or philosophical field. If only you'd give yourself enough time to pursue these ideas! Today, realize that concentration is the key to accomplishment. Put away periodicals, computers, phones, and other such distractions and you might well be surprised by the wealth of inspiration that comes to you.
Taurus	Generally, you come up with the perfect, witty answer one day too late. Impulse and intuition take a back seat to your excellent self-control. The day ahead presents one opportunity to let go of the inhibition that sometimes stymies you. Yield to your instincts a little and see what happens. A little more socializing wouldn't hurt, either. You're certainly entitled to some fun now and then!
Gemini	You think of yourself as fairly modern in your thinking, don't you, Gemini? But have you really been able to reject tradition entirely? Have you rid yourself of all the outmoded conventions that confined earlier generations? If not, today you'll be inspired to revamp your role models and lighten your workload. Equality in the home is just as important as equality in the workplace.
Cancer	There is some likelihood of a slight career conflict, Cancer. You might have to deal with a co-worker who steps on your toes or runs roughshod over your gentle nature. Defend yourself with your favorite weapons - silence, laughter, and perspective. Let your adversary tangle himself or herself in desperate attempts to justify their behavior. Let your boss be the wise and discerning judge of the matter.
Leo	For a few weeks now you've understood that each day brings its share of constraints, Leo. For example, today you could feel doubts about your physical appearance. Are you questioning your attractiveness or your ability to make an impression on someone special? Did you use bad judgment at some point, and you're now afraid that you've hurt your reputation? A decision you make at the end of the day will relieve these anxieties.
Virgo	This is a day to think about your private life, Virgo. Expect to be particularly sensitive to all kinds of demands from those close to you. You have the power to create greater harmony at home, specifically in your relationship. Take stock of everyone's desires and consider any limitations in fulfilling them. Even if the answers aren't found today, it will be useful to simply ask the questions.
Libra	Today can be a relaxing day, provided you make the necessary effort to deal with material constraints, Libra. You would like nothing better than to spend much of the day planning fun activities for the future. But, alas, demands from your family, friends, or boss force you to concentrate on the here and now instead. Still, don't abandon your wonderfully pleasing ambitions altogether.
Scorpio	There is a lot on your mind today, Scorpio. Over the last three weeks you've analyzed your relationships on a deep and profound level. New people with attractive qualities could be tempting you to make a change. But is this a good time in your life to start up friendships or love relationships? Are you willing to accept the upheaval such changes would create? These are worthwhile questions to ask.
Sagittarius	After a few days that were a bit serious, Sagittarius, today you awake with a light heart and boundless energy! Your capacity for seduction will be at its peak, so why not use it to your advantage? The men and women at work, in particular, will yield to your wishes today. Your influence extends to all levels of the organization. If you've been thinking about asking your boss for a raise, do it today!
Capricorn	If you have children, Capricorn, you could be feeling a bit overworked and overwhelmed. If you don't have children, perhaps the constraints and demands of your professional life are weighing heavily on your mind. Don't worry - these feelings shall pass. Expect an opportunity to get free of the ties that bind. Even though it will only be a temporary respite, take advantage of it!

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Aquarius	Feeling grumpy lately, Aquarius? Don't fret, because your bad mood won't last. This attitude is unlike you. Co-workers notice your change in personality but still treat you with consideration and respect. You're fortunate to be able to draw upon a considerable wealth of kindness and good karma that you have built up over the years. Your friends and loved ones treat your mood as an aberration, which is exactly what it is.
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