



Upcoming Event: Alumni Sports Fest – Saturday, June 28th!

Get ready to get your game on! Join us for Sports Fest on Saturday, June 28th – a fun-filled day of friendly competition, teamwork, and community. There will be plenty of sports and activities to participate in, whether you’re there to play or just cheer on your fellow alumni. It’s a great chance to reconnect, get active, and make some awesome memories.

We hope to see you there! Please bring family or friends. There will be food and drinks, so please RSVP to Christina @ 575-339-5977



The Bright Side of Sobriety: Why Staying Sober is the Ultimate Life Hack

Let’s be real for a second: there’s a certain glamour to the idea of partying all night, living carefree, and sipping on something strong while the world spins around you. But hold up—before you get swept away by the allure of that ‘wild side,’ let’s talk about something that might just be the ultimate life hack you didn’t even know you needed: ****Sobriety.****

Yes, you read that right. Staying sober doesn’t mean you’re missing out on the fun. In fact, you might actually be unlocking a whole new level of awesomeness. Sobriety isn’t a punishment—it’s a gift. It’s like upgrading from a flip phone to a smartphone. You don’t have to ***be*** sober, but trust us, once you realize what it does for your mind, body, and soul, you’ll want to stay on the upgrade.

So, without further ado, let’s dive into the ****unbeatable benefits of sobriety**** that you’ll want to make part of your everyday life.

1. ****Your Brain Gets a Power Boost****

Remember those foggy mornings after a night of “just one more drink?” Yeah, no more of that. Sobriety gives your brain the clarity it craves. Without alcohol or other substances clouding your mind, you’ll notice your ability to think clearly, make decisions faster, and solve problems more creatively. Think of it as upgrading your brain’s operating system to something sleeker, faster, and way more efficient.

2. ****You’ll Save More Than Money****

Let’s not beat around the bush: drinks aren’t cheap. Whether it’s that \$15 cocktail at a trendy bar or the \$100 tab you racked up at a night out, sobriety helps you save significant cash. No more buying rounds for the crew or making your wallet weep. And hey, once that cash starts stacking up, you’ll be able to spend it on something more meaningful. Like a spa day, an epic vacation, or investing in that hobby you’ve always wanted to pursue.

3. ****Your Sleep Quality Will Improve (Yes, Really!)****

It might seem like a few drinks before bed will help you hit the hay faster, but in reality, alcohol messes with the quality of your sleep. Sobriety allows you to enter deep, restorative sleep cycles, making you feel more rested, energized, and alert the next day. And who doesn’t love waking up feeling like a million bucks?

4. ****Emotional Superpowers Activated****

When you’re not using substances to numb your feelings, you get the chance to ***actually*** deal with your emotions. Sure, it sounds a little intense at first, but the rewards are so worth it. Sobriety empowers you to face life’s ups and downs with emotional clarity and resilience. And guess what? You’ll become better at handling stress and feeling confident in your ability to navigate challenges.

5. ****Your Body Will Thank You****

Alcohol is a sneaky culprit when it comes to sabotaging your health. From the empty calories to its impact on digestion and immune function, it doesn’t do your body any favors. By cutting it out, you’re giving your body the chance to reset, recover, and thrive. You’ll have more energy, better skin, and be able to focus on your health goals, whether that’s training for a marathon or just feeling stronger and more active day-to-day.

6. ****More Authentic Connections****

Here’s the thing about alcohol: it sometimes has the ability to make us act like someone we’re not. Sobriety gives you the chance to engage with people on a deeper, more authentic level. Conversations are clearer, relationships are stronger, and you can finally be yourself without feeling pressured to ‘keep up.’ You’ll also become more in tune with the quality of your friendships and connections. People who appreciate you sober are the people worth keeping around.

7. ****Achieve More Personal Growth****

Let’s be real: personal development is hard enough without substances holding you back. Sobriety creates the perfect environment for growth. You’re more in touch with your goals, your passions, and your vision for the future. Whether you’re learning a new language, picking up a new skill, or working on your career, staying sober helps you focus, stay disciplined, and actually get things done.

8. ****Sobriety is an Ultimate Form of Self-Care****

When you take care of your body and mind, it shows. Sobriety is a way of treating yourself with the utmost respect. It’s about choosing clarity over chaos, health over hangovers, and mindfulness over mindlessness. Plus, you’ll feel proud of yourself when you wake up each morning knowing you made the best choice for your body and soul the night before.

9. ****Sober Socializing is Totally Possible (And Fun!)****

If you think going sober means sitting in a corner alone while everyone else is drinking, think again. You can still have a blast while staying sober. Whether you’re hitting up a concert, attending a friend’s wedding, or enjoying a dinner with your crew, being sober actually helps you stay present and enjoy the moments more fully. You get to laugh louder, dance longer, and remember all the funny things that happen—because you’re not too busy battling a hangover.

****So, What’s the Verdict?****

Sobriety isn’t about giving something up; it’s about gaining something way better—clarity, health, emotional strength, and an overall sense of well-being. It’s not a sacrifice; it’s a choice that elevates you to a higher level of living. So next time you find yourself tempted by a cocktail or feeling like “just one drink” won’t hurt, remember: you’re not missing out. You’re leveling up.

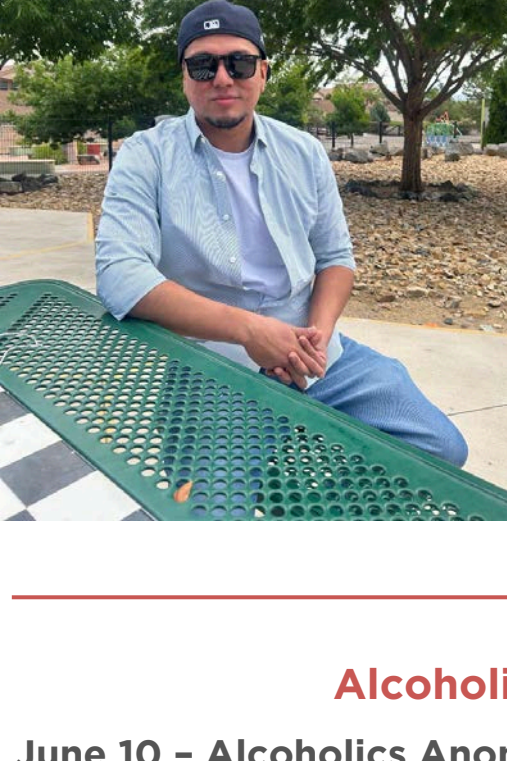
Ready to start reaping the rewards of sobriety? The best part is, it’s never too late to take that first step.

🎉 Please Help Us Welcome Our New Team Members! 🎉

We’re excited to introduce the newest additions to our team:

- Viviana Arciniega** – BHAS
- Frankie Barraza** – BHAS
- Mathew Pacheco** – BHAS
- Lisa Doll** – Registered Nurse
- Mayra Rosales** – Housekeeper

We’re thrilled to have you all on board and look forward to the amazing contributions you’ll bring to our team. Welcome to the LCRC family! 💙



Employee of the Month – June 2025

🎉 Congratulations to Domenic Mahooty! 🎉

We’re proud to recognize Domenic Mahooty for his outstanding dedication and leadership. As a hardworking Behavioral Health Assistant (BHA), Domenic consistently goes above and beyond—leading client groups with compassion, humor, and a strong work ethic.

Thank you, Domenic, for making a difference every day. Your commitment truly shines!

Alcoholics Anonymous Founders’ Day

June 10 – Alcoholics Anonymous Founders’ Day is a significant date that commemorates the founding of **Alcoholics Anonymous (AA)** in 1935. On this day, people honor the first meeting between **Bill Wilson** and **Dr. Bob Smith** in Akron, Ohio, which marked the beginning of what would become a global fellowship dedicated to helping individuals recover from alcoholism.

Why It Matters:

- Founders’ Day** celebrates the beginning of a movement that has helped millions find sobriety and support.
- It’s a time for reflection, gratitude, and recommitment to recovery.
- Many AA groups hold **special meetings, speaker events, and celebrations** to honor the day.

Ways to Acknowledge Founders’ Day:

- Attend or host a local AA event or open meeting.
- Share stories of recovery and hope.
- Educate others about the principles of AA and the 12-Step program.
- Express gratitude to sponsors, mentors, and fellow members.



Pride Month celebrates the LGBTQ+ community, honoring its history, achievements, and ongoing fight for equality. It’s a time to uplift voices, promote inclusion, and recognize the unique challenges LGBTQ+ individuals face—

including in health and wellness.

Substance Use Disorder (SUD) & the LGBTQ+ Community

LGBTQ+ individuals are disproportionately affected by substance use disorders due to factors like discrimination, stigma, trauma, and barriers to affirming care.

Key Facts:

- LGBTQ+ adults are more than **twice as likely** to use illicit drugs.
- Higher rates of **alcohol, tobacco, and opioid use** are reported in LGBTQ+ populations.
- Many face **barriers to treatment**, including fear of discrimination or lack of culturally competent care.

How to Support:

- Promote **inclusive, affirming treatment programs**.
- Share resources for **mental health and addiction recovery** tailored to LGBTQ+ individuals.
- Encourage open conversations about **mental health, identity, and recovery**.
- Support organizations that provide **safe spaces** and **peer support**.

PTSD Awareness Month

June is **PTSD Awareness Month**, a time dedicated to raising public awareness about **Post-Traumatic Stress Disorder**, reducing the stigma associated with it, and supporting those affected. PTSD can affect anyone who has experienced or witnessed a traumatic event, including veterans, first responders, survivors of abuse, accidents, or natural disasters.

Key Goals of PTSD Awareness Month:

- Educate** the public about PTSD symptoms and treatment options.
- Encourage** those affected to seek help.
- Support** research and advocacy efforts.
- Promote** understanding and compassion.

Common PTSD Symptoms:

- Flashbacks or intrusive memories
- Avoidance of reminders of the trauma
- Negative changes in mood or thinking
- Hyperarousal (e.g., being easily startled, feeling tense)

How You Can Participate:

- Wear **Teal**, the official color for PTSD awareness.
- Share educational resources on social media.
- Attend or support local awareness events.
- Listen to and support those living with PTSD.