



NEWS | January 2026

Volume 1, Issue 1

Tru Living Recovery | Living With Purpose. On Purpose.

TRU BEGINNINGS

Leadership Message

As 2026 begins, Tru Living Recovery enters the year with steady progress and renewed energy. New beginnings invite reflection—an opportunity to honor how far we have come and consider where we are headed.

Recovery is not linear; it is lived through small decisions, renewed commitments, and the quiet courage to keep showing up. Our work emphasizes safety, belonging, skill development, self-awareness, and the capacity to make meaningful change over time.

Looking forward, we remain focused on expanding access, strengthening programming, and deepening collaboration across levels of care. Our priority continues to be supporting individuals as they rebuild with dignity, agency, and hope. We extend gratitude to our team, the individuals we serve, families, and community partners. Every thoughtful action and steady presence matters.

“The journey of a thousand miles begins with a single step.” — Lao Tzu

TRU RESET

Wellness & Renewal

The start of the year invites reflection on purpose—not as achievement, but as alignment. Purpose is something we return to through values, relationships, and how we move through the world, especially in times of change.

TRU LEGACY

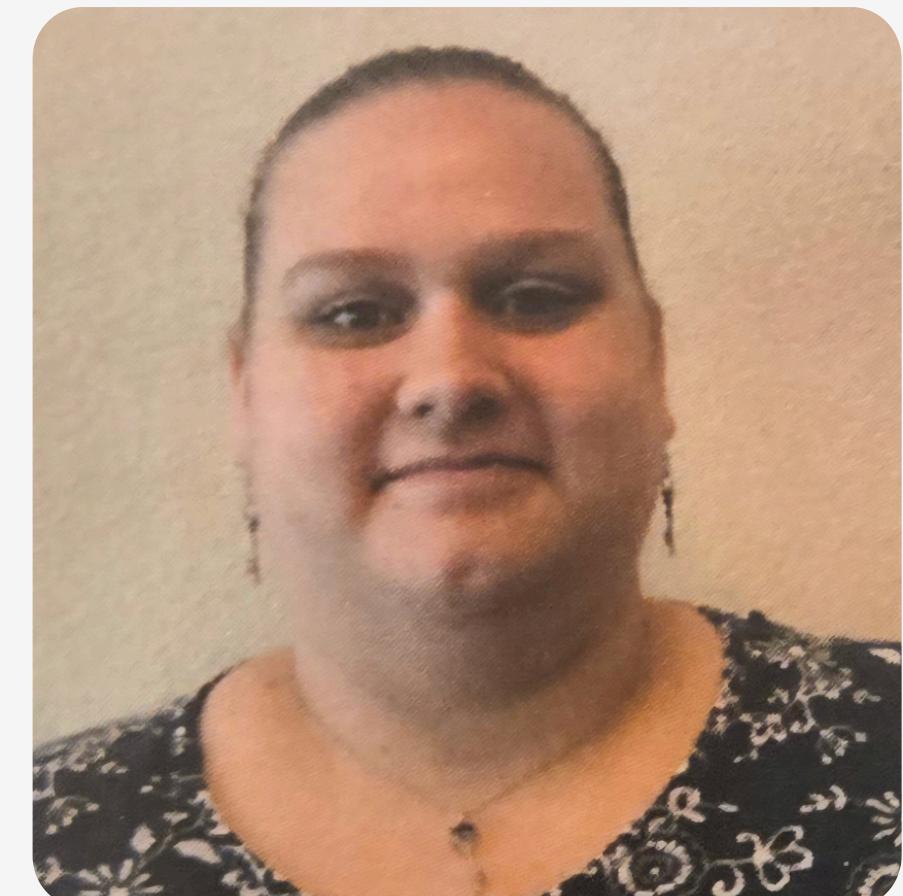
Alumni Highlight

Our alumni community reflects the courage it takes to continue choosing recovery.

Alumni journeys remind us that growth extends beyond discharge through connection, accountability, and shared experience.

- **Alumni meetings: 1st & 3rd Thursday of each month**
- **Quarterly Alumni Event: January 15th — K-1 Racing**

Ongoing engagement continues through our Alumni Facebook Page. All alumni are warmly invited.



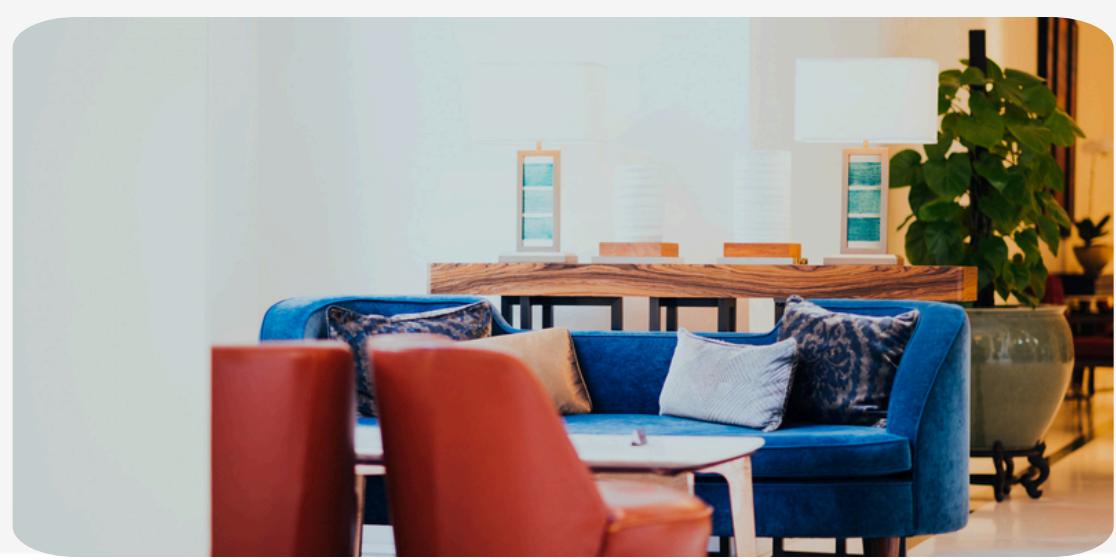
This quarter, we recognize Adrienne Jessup, Recovery Technician, for her consistent presence, flexibility, and commitment to supporting both clients and teammates. Adrienne leads in quiet and impactful ways, modeling reliability, compassion, and professionalism.

As she nears completion of her bachelor's degree in business, we celebrate her dedication to continual learning and personal growth. “Adrienne shows up with consistency, compassion, and a willingness to help wherever needed.”

Tru Living continues to grow in capacity and vision. Highlights this quarter include:

- **Recovery Housing Expansion in Caldwell**
- **CARF Accreditation**
- **Addition of Evening Programming**
- **Strengthened Alumni Engagement & Quarterly Events**

These advancements reflect responsiveness to individual needs, system changes, and the evolving landscape of addiction treatment in Idaho.



TRU PERSPECTIVE

Recovery Insight



Recovery is not a straight line, nor a destination to reach and leave behind. It is a living process—one of rebuilding, learning, and rediscovering authenticity, connection, and purpose.

Early in the year offers a gentle pause—a chance to notice strengths already within reach and to begin again in ways that honor individual pace, safety, and choice.



TRU WINS

Celebrating Progress

This quarter we recognize:

- **Zeke — 10 years in recovery**
- **Melanie — 15 years in recovery**
- **Welcome: Jill Miller, CADC & MSW Student**
- **Welcome: Nariana Van Deventer, ADC, MS**

Milestones and new beginnings represent hope, possibility, and the lasting impact of showing up day after day.

TRU COLLECTIVE

Community & Connection



We extend gratitude to organizations who walk alongside individuals in recovery. Partnerships with **Love INC Treasure Valley, local food banks, and All 12 Step Club Caldwell** help meet essential needs, reduce barriers, and strengthen recovery through fellowship, dignity, and support.

TRU HORIZONS

Looking Ahead

In the coming months, Tru Living Recovery will continue expanding access, flexibility, and programming. Evening groups will create more opportunities for individuals balancing work, family, and daily responsibilities.

We move forward with intention, steadiness, and hope.