

HARVESTINGHOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



Inside The Fall 2025 Issue

The Good Stuff

We invite you to learn more about our work and its impact in our shared community.

- Mission Update
- Our New Location
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Welcome to Harvesting Hope

Dear Friends & Neighbors,

What a season it has been. It feels as if we have turned a corner, not because of one milestone but because so many important steps came together at once.

The Well, our community recovery center, has found its permanent home thanks to an opportunity grant from the West Virginia First Foundation. We're truly grateful for their belief in our vision of making recovery both visible and accessible. Building on that momentum, we've launched a new website designed to help people learn about our program and how to connect. And very soon, Seed Sower Behavioral Health will open with services available right at The Well.

I want to express a personal thank you to our staff, board members, community partners, and program participants. These whirlwind advances were only possible because each of you leaned in fully. You gave your time and your heart because you know how much this work matters.

Addiction is complex and recovery is never simple. Yet together we are building a community where recovery paths are visible, and the journey is available to everyone.

With Gratitude,

James (Jay) Phillips
Executive Director



Seed Sower

Sowing Change. Harvesting Hope.

The Well: A Place for Connection and Support (and all under one roof!)



Ribbon Cutting – The Well: Thank you to the City of Beckley and Raleigh County Commission, WV First Foundation, State Attorney General's Office, our State Delegate, and representatives from local recovery support organizations, prevention groups, churches, and city council.

The Well is more than a new facility. It is a place where people can walk in, feel welcome, and know that recovery is possible. When we first opened our recovery community organization (RCO) in 2023, space was tight and parking was limited, but even then, the heart of The Well was clear: Let's have more services available *under one roof*.

Now, at our permanent home on Howe Street in Beckley, we have room to grow and to support. Inside the building, you will find meeting rooms for classes and trainings, a kitchen for community meals, computer stations for job searches and résumé writing, and private rooms for counseling. To help meet basic needs, we also maintain a fully stocked supply closet with food, hygiene items, and wound care supplies — and will soon add a washer, dryer, and lockers for those accessing services.

Most days you will find recovery support groups taking place, one-on-one conversations with peer coaches, or neighbors stopping in to ask questions and connect with resources. Sometimes it is as simple as a cup of coffee and a listening ear. Whatever brings someone through the doors, The Well is a space where people can find both encouragement and practical tools for their journey.

Looking Ahead

We're excited to share that The Well will soon be home to Seed Sower Behavioral Health, bringing new counseling and therapy options right into our space. Our Prevention and Student Wellness partnerships are also gaining momentum. More about both on the next pages!

What Guides Us Forward

Our Mission

Seed Sower provides safe, supportive housing, comprehensive recovery services, and transportation to empower adults in active recovery from substance use disorders (SUD).

Our Vision

We envision a West Virginia where sustainable ecosystems of holistic recovery from substance use disorders empower individuals and communities to thrive.



Behavioral Health Coming Soon

Something new is taking shape at The Well.

Seed Sower is preparing to launch behavioral health services that bring care, connection, and hope together under one roof. These services will offer counseling, peer support, and intensive outpatient programs designed to meet people where they are on their recovery journey. Some may come seeking help for mental health challenges or substance use; others may simply need someone to talk to.

Whatever the starting point, our approach is rooted in compassion and guided by the belief that healing involves the whole person—mind, body, and community.

Each service will be built on the principles of trauma-informed care and supported by professionals and peers who understand that recovery looks different for everyone. From early intervention through treatment and long-term wellness, our team is here to walk alongside each individual with respect and empathy.

By connecting behavioral health care with housing stability, relationships, and access to resources, we are creating a place where lasting change can take root.

We are excited to offer these services soon. Please watch our website for updates on opening dates and ways to connect.

Below: Seed Sower's Jessica Nichols shares her experience on the main stage at Healing Appalachia, a regional music and recovery event where the community gathers to inspire change.



Impact and Changing Lives

Since opening, Seed Sower has provided the following:



19,000

safe, **substance free** housing nights (cumulatively) for women in our program committed to recovery.



>500,000

Miles driven in **direct support** of recovery including work, training, health, and service.



160

Pop-up events across ten southern West Virginia counties, partnered on 80 additional outreach efforts, and created over 3,300 points of engagement with people who are often overlooked.



With Gratitude

Meet our newest board member, Emily Sands. Emily brings both professional expertise and personal passion for supporting students as they navigate the path to graduation.

Digging In

A first-generation college graduate herself, Emily knows the challenges many students face. She has spent decades listening to their victories and struggles, and then helping connect them with faculty, community partners, or federal programs so they can stay in school and succeed.

Drawing Inspiration

Winner of 59News' "Remarkable Women" award, Emily leads with humility and heart. We are thrilled to welcome her to our board.

Be An Emily

Learn about volunteering: seedsowerinc.org/support

Prevention and Student Wellness

HEALTH AND WELLNESS

How a New Initiative for Young People is Sparking Healthier Conversations

Seed Sower's new youth prevention initiative is part of a regional partnership funded by Community Connections, Inc., which supports prevention and wellness programs throughout southern West Virginia. Thanks to their support, local efforts are aligning with statewide goals to engage our young people and promote evidence-based prevention.

Tessa Barnette, Seed Sower's prevention specialist, is leading this work by implementing strategies to help reduce vaping and underage drinking. Coordinating social media outreach, school presentations, and youth activities that inspire healthy choices and honest conversations are all important parts of the initiative.



COMMUNITY
Connections, Inc.

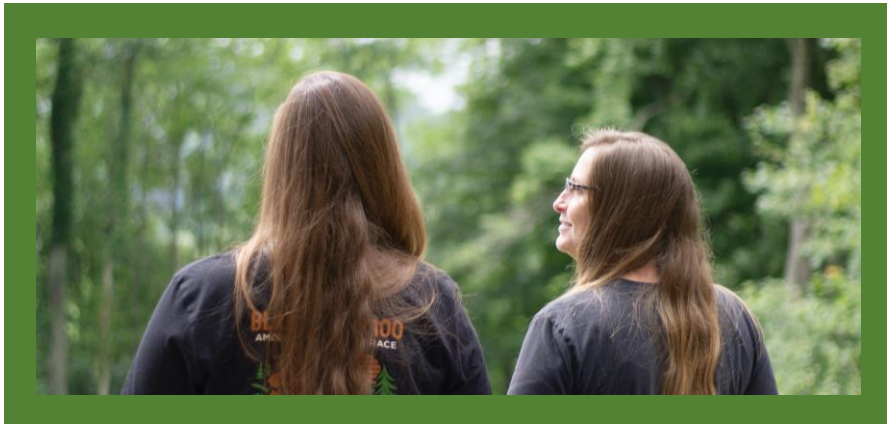
What Makes Collegiate Recovery Unique

Collegiate recovery brings the support of recovery programs directly into the higher education setting. Through the West Virginia Collegiate Recovery Network, we work together with area universities including WVU Tech, to ensure students in recovery have resources that reflect the unique challenges they face.

These collaborations help make recovery part of the normal rhythm of student life. Whether it's grabbing tacos between classes or joining a supportive group at The Well, students have places to connect, build confidence, and know they're not navigating recovery alone.



Staff Spotlight



Celebrating Jennifer: From Program Graduate to Key Team Member

“Being in and out of jail, losing my daughter, and not knowing what each day would bring became unbearable. That’s what led me to Seed Sower.

Completing the program was one of the hardest things I’ve ever done. It’s very structured, and accountability is a big part of it. Adjusting wasn’t easy. It took time. The staff were incredibly patient and understanding.

The program teaches real-life lessons. One of the biggest for me was learning that I don’t have to act on every impulsive thought. It’s okay to be still.

Graduating brought my family back together, and now I get to see my daughter regularly. So in some ways, the real work starts after the program. Staying on track matters even more!

Today, I’m proud to have moved from being a graduate to being employed by Seed Sower as a Peer Recovery Support Advocate (PRSA). I’m so grateful I can bring hope and strength to the ladies currently in the program and living at Dawson House.”

EXPANDING OUR IMPACT

The Role of Community Partnerships

Partnerships make our work possible! We’re thankful for the community allies who strengthen our shared system of care:



Five Seeds

Five is a powerful number.

Once five years of sobriety is achieved, chance of relapse drops to less than 15% according to Psychology Today.

This is a big benchmark because anyone randomly selected in the US faces a 15% risk of addiction.

Five years sobriety levels the playing field.

At Seed Sower, our goal is to provide housing and support to those we serve for up to five years.



Seed Sower

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Get in Touch

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