

HARVESTINGHOPE

THE OFFICIAL NEWSLETTER OF SEED SOWER INC.



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The Good Stuff

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

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SUMMER 2026

Welcome to Harvesting Hope

Dear Friends & Neighbors,

Recovery is often described as a personal journey, but we are reminded every day that **no one recovers alone.**

Behind every milestone, every new beginning, and every success story is a whole community of people willing to encourage and walk alongside one another. Whether it is a family member, a peer, a volunteer, or a staff member, these meaningful connections help create the foundation where healing begins to take root and hope starts to grow.

Our summer newsletter highlights just a few examples of **community spirit at its best.** From the nearly 250 people who gathered to celebrate at our first Recovery Prom to the women supporting one another through recovery and motherhood at Seed Sower Manor, the power of belonging and shared purpose is undeniable.

At Seed Sower, we believe recovery flourishes when people feel seen, valued, and supported. Thank you to everyone who helps strengthen that sense of community throughout our region. Together, we are creating opportunities for recovery, connection, and hope.

With Gratitude,

James (Jay) Phillips
Executive Director



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Recovery Prom Demonstrates the Strength of Togetherness



Nearly 250 people gathered for the Recovery Prom, a community event held in May to demonstrate the power of togetherness in recovery.

The evening was filled with celebration, joy, connection, and a reminder that life in recovery is worth honoring. Individuals in recovery, family members, community partners, and supporters came together to enjoy an evening of music and dancing, and also to celebrate the journeys, relationships, and victories that recovery makes possible.

Throughout the night, the dance floor remained full as friendships were renewed, new connections were formed, and families shared meaningful moments together.

Events like Recovery Prom provide more than entertainment. They create opportunities for people to experience a sense of belonging, strengthen recovery support networks, and celebrate the progress that happens one day at a time.

Seed Sower expects Recovery Prom to become an annual event and serve as a reminder that when people come together in support of one another, hope grows stronger. The event will also ensure that recovery is visible.

A very special thank you to our volunteers, sponsors, and community partners:

Community Connections, Inc. • Recovery Point West Virginia • Harmony Ridge Recovery Center • Beckley ARH Hospital • Summers County ARH Hospital • AscendHR • Wise Path Recovery Centers • RetroReset Video Games & Collectibles • RCCAA • EXIT Elevation Realty-WV • Raleigh County United for Prevention • WV Association of Addiction and Prevention Professionals • Fauxreal Flowers Beckley • Hughes Photography LLC • Purpose Entertainment



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Mental Health First Aid Training Expands Community Resources



This summer, Seed Sower began offering Mental Health First Aid trainings at The Well, the organization's Recovery Community Organization, bringing together community members to strengthen their ability to recognize, understand, and respond to mental health challenges.

The training equips participants with practical skills to identify signs of mental health concerns, provide initial support, and connect individuals with appropriate resources. While the course is not designed to prepare participants to serve as mental health professionals, it offers valuable tools for anyone who regularly interacts with people experiencing emotional distress or mental health issues.

According to Program Director Justin Rogers, these classes represent a broader effort to increase access to training throughout our region as part of Seed Sower's commitment to building stronger, healthier communities and improving the behavioral health workforce.

The training is beneficial for recovery organizations, nonprofits, faith communities, employers, educators, first responders, and others who regularly support individuals and families facing challenges.

Future trainings are already being planned, including one for September. Watch for details posted on our website and Facebook page. In addition to community-based classes, organizations interested in offering Mental Health First Aid to staff, volunteers, or community members may be able to host onsite trainings tailored to their needs.



Seed Sower Behavioral Health is expected to open this fall. The new program will expand access to much-needed mental health services in our region.

Initial services will focus on individuals already engaged in recovery, with plans to grow and serve more people over time.

Follow our website and Facebook pages for updates.



PROGRAM PERSPECTIVE

What People Often Miss

One common misconception is that women in our Pregnant & Parenting program simply need temporary housing.

In reality, they are making a firm commitment to recovery, personal growth, and creating a better future for their children.

Every day, mothers in our program work to:



Overcome challenges, build stability and break cycles that may have affected families for generations.

More Than a Place to Live



At Seed Sower Manor, healing begins hand in hand — for mothers and their children as they build new beginnings.

When women arrive at Seed Sower Manor, many are carrying far more than a suitcase.

They may be navigating early recovery, preparing for motherhood, caring for young children, rebuilding relationships, or simply trying to imagine a future that looks different from the past. For some, it is the first time in a long time they have felt safe enough to focus on healing.

Stephanie Wilkes, Program Director at Seed Sower, says that what makes the program special is the community that forms within the home.

There is something powerful about being surrounded by other women who understand both the challenges of recovery and the responsibilities of motherhood. Residents share meals, celebrate milestones, encourage one another through difficult days, and build friendships rooted in shared experience. Women who may have entered the program feeling isolated often discover they are not alone.

Perhaps the most inspiring part of the work is witnessing transformation. Women arrive unsure of what lies ahead and gradually begin to see new possibilities for themselves and their families. Along the way, they discover something equally important: a community that believes in them.

Located in Montgomery, West Virginia, Seed Sower Manor is a NARR Level III recovery residence currently serving six women and three children, with another child expected soon.

Celebrating Milestones



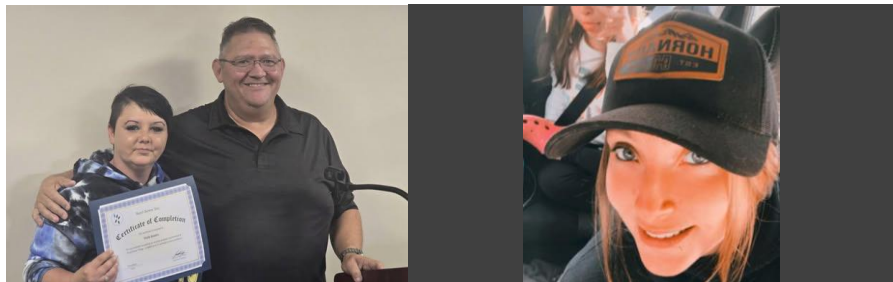
We celebrate **Jessica** and her incredible four years of sobriety. Your journey is inspiring more people than you even realize. (top left)

Congratulations to Program Director, **Justin**, on nine years in recovery. His leadership makes a difference in our community. (top middle)

We celebrate **Katherine** on two incredible milestones: four years of sobriety and two years of dedicated service at Seed Sower. (top left)

We're celebrating **Shelly's** four years of sobriety and her passion for bringing recovery to others (bottom left).

We are also celebrating **Jessi** and her seven years of sobriety. We are deeply grateful for her life-changing work at Seed Sower. (bottom right)



Our Newest Board Member

We are thrilled to welcome our newest board member, Dr. Michael Antolini.

Dr. Antolini is a trusted family physician, small business owner, and father of four. He has dedicated over a decade to patient care, medical education, and healthcare advocacy across southern West Virginia.

Five Seeds

Five is a powerful number.

Once five years of sobriety is achieved, the 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 of sobriety levels the playing field.

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



Seed Sower

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Get in Touch

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