



# MARYHAVEN®

Helping People Restore Their Lives®

## *RECOVERY IN REVIEW 2024*

***“You give dignity, respect,  
and therapy. Help get  
employment or continue  
education...”***

***When we start working on  
these things together, we  
actually stand a fighting  
chance to break the  
relapse cycle and put  
people back on positive  
paths.”***

***-Oyauma Garrison  
Maryhaven CEO & President***



# Recovery and Renewal: Harry's Journey

For Harry, recovery has been a long and winding path, recently reignited by a near-fatal fentanyl overdose. At 63, Harry found himself at a crossroads, waking up disoriented in a tub of ice. He recalls his brother's words that pushed him toward recovery: "It's time to get better. Right now."

Though Harry had previously achieved six and a half years of sobriety and worked as a peer supporter, this moment left him feeling lost. With his loving brother's support, Harry arrived at Maryhaven, hesitant but determined to reclaim his life. "When I arrived, I wasn't sure this was the place for me," Harry admits. "Maryhaven wasn't even on my list."

Over the next several weeks, Harry immersed himself in the Maryhaven ecosystem and admitted that recovery has its challenges. Having gone through the recovery steps before, Harry was able to provide guidance for those recovering side by side with him. Harry credits the counselors, caseworkers, and staff for their dedication as the reason recovery at Maryhaven is so effective. "Angela, Miss Erica, Danny, Teresa, even the cafeteria guys, they work as a team and really look out for all of us."

**Harry has now transitioned to Maryhaven's long-term recovery program, *The Residence*, and calls it a hidden gem. "This must be the secret spot," Harry says through laughter, reflecting on the stark difference he felt upon arriving. "It's like night and day. From the moment I got here, I could see they had something special." For Harry, *The Residence* offers more than just a safe place, it's a sanctuary of balance, structure, and growth.**

Through the ups and downs of his journey, Harry's motivation has remained strong. "I've been sober 171 days, and I'm not stopping," he says with determination. "My goal is to stay on this path and come out in 2025. Recovery works, if you come in with an open mind and a true desire, you'll get what you need at Maryhaven." Focused on his future, Harry plans to return to the recovery field to help others. "I've got 171 days, and I need 365. The people at the peer centers I've worked with encourage me to stay on the trail, keep blazing it, and keep doing what I'm doing. They tell me, 'We'll be here when you get here.' So, I'm on my way."

"I have a lot of gratitude for Maryhaven," Harry says. "They gave me the space to sort out the confusion and misinformation in my mind. I'm so thankful for everyone here, for giving me a shot at living my best life again."

With 171 days and counting, Harry wants to share a personal message with anyone who is struggling with addiction: **"Give yourself a break and take a chance."**

*Harry T.*

*-Maryhaven Friend and Client*

# LEADERS IN THE FIGHT AGAINST PROBLEM GAMBLING

Maryhaven has continued to make significant strides in addressing the rising addiction of Problem Gambling by focusing on expanding resources for those in need and raising awareness.

In 2024, Maryhaven launched outpatient group therapies tailored for Gambling Intervention and now hosts weekly Gamblers Anonymous meetings on the Alum Creek campus.

Maryhaven luminaries, Mike Gersz and Abdullah Mahmood, presented at major conferences, including the Addiction Studies Institute and Ohio Problem Gambling Conference, sharing and learning new insights with professionals in the Problem Gambling space.

Featured on major news stations and publications, Maryhaven continues to be recognized as leaders in recovery.

# COMMITTED TO CARING OUR TEAM, YOUR SUPPORT.





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## COMPASSION MEETS FASHION

In an inspiring collaboration earlier this year, Pursuit, a modern suit store based in the Short North partnered with Maryhaven, to offer a unique and empowering experience for the men in Maryhaven's long-term residency program.

This partnership went beyond fashion—it was about dignity, confidence, and transformation.



## PRIDE 2024

Maryhaven proudly joined the 2024 Pride Parade, celebrating diversity, inclusion, and unity with our community.

This participation is one reflection of our commitment to supporting everyone's journey, fostering acceptance, and standing together for recovery. Here's to a future of pride, respect, and compassion for all!

## RESTORING LIVES LUNCHEON

In September, Maryhaven hosted the Restoring Lives Luncheon, bringing together community leaders to celebrate recovery and transformation.

The event featured powerful stories and celebrated our Paul and Deborah Coleman award winner, Franklin County Treasurer Cheryl Brooks Sullivan. This event served as a reminder of how the community is reinforcing the impact of overcoming addiction and mental health challenges.



# PATH TO HOPE

This summer, Maryhaven's Path to Hope event created a meaningful space for reflection, support, and celebration of recovery.

Maryhaven opened up our beautiful, attached park so attendees could share a walk, remember loved ones, and honor the journey of overcoming addiction and mental health challenges. Through inspiring stories, quiet moments, and community connection, our Path to Hope event underscored the importance of compassion and resilience.

This gathering celebrated Maryhaven's commitment to guiding individuals on their paths to healing, reducing stigma, and building a supportive community. This stood as a powerful reminder that recovery is possible and that no one needs to walk this path alone.



## JENNIFER JOHNSON, LSW MARYHAVEN COUNSELOR

Praised for her selflessness, Jennifer is recognized for building relationships and meeting people where they are.

Earlier this year Jennifer was presented with the **Art Lynn Community Advocate Award** as she embodies Maryhaven's mission and showing that recovery offers profound connection and hope.

Jennifer Johnson, affectionately called "Maryhaven's unicorn" by Clinical Manager Alyssa Richards, is one of Maryhaven's longest serving and most versatile staff members.

Jennifer's journey began when she sought recovery with Maryhaven, ultimately achieving her sobriety goals. She now leads therapy groups and serves as a student liaison with Columbus State and Ohio State University, bridging academia with Maryhaven's programs.



# BRENDAS POEM

By Brenda Manuel  
(Maryhaven Client)

I first came to you, a fragile young thing.

A lifetime ago, or so it would seem.

Full of hopes and dreams, a tender sweet child.

I've heard your prayers whispered when tears stole your smile.

I remember when I first held you in my arms.



You trusted me filling you with my charms.

I swept you away, such a mystical ride.

No fear love, you only need me by your side.

I'm the keeper of your secrets, the ones you don't tell.



The savior in your heaven, the ruler of your hell.

I have made you mine, both body and soul.

From when you were young until now as you're old.

I will love you forever as you take every breath.

I am your addiction. I will love you to death.





## JUNETEENTH

Maryhaven took part in Juneteenth celebrations, commemorating freedom, resilience, and community unity. It was a true privilege to be part of fostering inclusivity and equity, in and out of recovery, while honoring the significance of this historic day.

Together, we work toward a future where everyone has the support to heal and live free.



## ADDICTION STABILIZATION CENTER RENOVATION

Thanks to the generosity of the Nationwide Foundation, Maryhaven's Addiction Stabilization Center underwent vital renovations, enhancing our ability to provide safe, supportive care for individuals in crisis.

This significant contribution strengthens our mission, creating a welcoming environment for those taking their first steps toward recovery.



## RESTORING LIVES UNION COUNTY

The Restoring Lives-Union County event in Marysville united community members to support recovery efforts in Union County.

With inspiring stories and strong local support, the gathering emphasized Maryhaven's and Union Counties commitment to providing essential resources and hope for individuals overcoming addiction and mental health challenges.





## Where to Go

### MT. GILEAD

245 NEAL AVE.  
MT. GILEAD, OH 43338  
**(419) 946-6734**

### MARYHAVEN ADDICTION STABILIZATION CENTER

1430 SOUTH HIGH ST.  
COLUMBUS, OH 43207  
**(614) 643-6315**

### DELAWARE

88 N. SANDUSKY ST.  
DELAWARE, OH 43015  
**(740) 293-3800**

### COLUMBUS

1791 ALUM CREEK DR.  
COLUMBUS, OH 43207  
**(614) 445-8131**

### MARYSVILLE

715 SOUTH PLUM ST.  
MARYSVILLE, OH 43040  
**(937) 644-9192**

## Help Restore Lives

Services and Programs



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Support Maryhaven

