

## TREE BRANCH NEWS

JANUARY 2026

### LETTER FROM THE EDITOR:

#### Happy 2026, everyone!

We've been looking back at everything you (the alumni) have accomplished, and frankly, we're prouder of you than a parent whose kid finally moved out of the basement. Watching you all navigate the twists and turns of recovery is a constant reminder that while we provide the map, you're the ones doing the actual driving (and you've managed to keep it between the lines). You've come further than a New Year's resolution lasting past January 5th, and that is a level of grit we can't help but celebrate.

Welcome to January! We have some exciting updates in the works for our community gatherings, and while I'm keeping the suspense high in this introduction, we sincerely hope you'll drop by alumni night this month to see what's new. We're leaning into some fresh energy that puts your voices front and center—because let's face it, you're the real experts here. (More details on our upcoming "reboot" can be found as you continue reading.)

In the meantime, if RDT helped you find your spark, consider leaving us a 4 or 5-star Google Review. It's the easiest way to tell the world we're a lifeline, and frankly, it makes us look much better than another failed resolution. You can find a push-button link at the end of this newsletter. One final note: my goal is to expand our reach and build an even bigger alumni community, so if you know someone ready for change, reach out and let's get them through our doors.

Let's make 2026 the year we grow bigger, stronger, and much louder together!

**Josh**





We're trading the old "talking at you" model for a community that belongs to you. I'm excited to introduce a new name for our rebooted alumni nights: T.R.E.E. Branch. This acronym stands for Trust, Resilience, Empathy, and Empowerment, and it's all about creating a semi-structured, organic space where your voice is the one that matters.

This year, we're planning to ditch the four walls of IOP at least once a month to offer a little variety, getting outside for things like cookouts, activities, and featuring you all as guest speakers. We're kicking things off with a Bonfire on January 28th, where the only things getting lit are the marshmallows and our shared passion for recovery. Please RSVP to Josh if you are planning to attend.



Our December Coat and Clothing Drive wasn't just a success—it was an absolute landslide of kindness! Thanks to your incredible generosity, we were able to provide warmth and dignity to so many in need, proving once again that this community has a heart the size of Texas. We are overflowing with gratitude for the way you show up and give back; you all truly embody the spirit of recovery in action!



## January is Mental Wellness Month



If your holiday season felt less like a Hallmark movie and more like a high-stakes survival reality show, you aren't alone! Think of your mental health as a smartphone: if you don't clear the cache and update the software, eventually it's going to freeze when you need it most. In recovery, mental wellness isn't just a luxury; it's the "extended warranty" that keeps us from trading our peace for a temporary escape.

### Your 2026 Mental Wellness Survival Kit:

1. Rule 62: Don't take yourself so damn seriously
2. Boundaries: "NO" is a complete sentence (and a great way to avoid people who stress you out).
3. The 988 Lifeline: Because sometimes "taking a deep breath" just isn't enough. 988 Suicide & Crisis Lifeline.

January is also National Mentoring & International Boost Self-Esteem Month!

### Here are some important dates to remember:

January 19<sup>th</sup>: Civil Rights Day (Martin Luther King Jr. Day)

Jan. 20-24: No Name-Calling Week

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## Alumni App

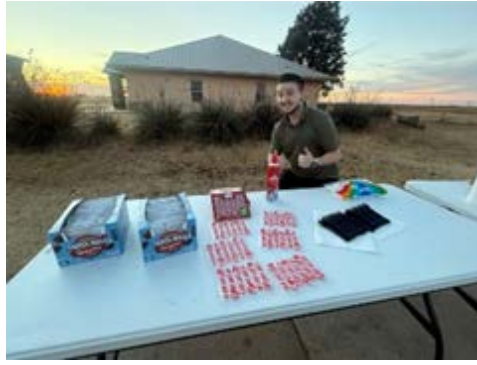
A quick note on staying connected: the Alumni App is more than a tool—it's the lifeline that helps us keep track of upcoming events, reminders, and opportunities to support one another. Please make it a habit to check in, RSVP, and share what you find most helpful on your recovery journey. The app helps us coordinate gatherings, celebrate milestones, and extend the welcoming environment that Dove Tree is known for. If you do not have the app and would like an invitation, text Josh at 806-549-8179.



## RDT CaredFor App

Unlock The Door To Recovery  
Alumni Night  
Track your recovery process  
Keep a gratitude journal  
Join wellness challenges  
Read articles, listen to podcasts,  
watch videos

## Thank you, Chelsea and Staff for hosting the Christmas Eve Bonfire at the Ranch!



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As we charge into 2026, remember that you are the primary driver of your recovery, and frankly, you're doing a much better job navigating than most people do parallel parking. Between the launch of our Alumni Night reboot and the upcoming bonfire on January 28th, we're trading boring lectures for community-led connection—and hopefully, perfectly toasted marshmallows. Keep your "internal software" updated by prioritizing mental wellness, using the Alumni App to stay in the loop, and maybe leaving us a Google Review to prove we're more successful than a three-day gym membership. We are so proud of the grit you've shown, so let's keep growing this community until we're louder, stronger, and more unshakeable than a Texas windstorm.



From all the staff at RDT, we hope you have a fantastic 2026!