



# Token 3 Club Newsletter



Winter 2025

## The Token 3 Club is not anonymous, or is it?

In an effort to stay current on what is available to anyone seeking treatment and support for alcoholism and addiction, I regularly talk to individuals in recovery, and professionals who provide treatment, and I attend an annual two-day conference that reviews current research and treatment in addiction.

My experience and that of the hundreds of others in recovery I have observed clearly demonstrates that peer-to-peer support and social interaction with others who are abstaining from their addictive substances and behaviors greatly improves their chances to avoid relapse and to become "happily and usefully whole."

Virtually all of the research available in the area of addiction confirms a significant correlation between recovery and social support. The American Society of Addiction Medicine's Criteria for Addictive, Substance-Related, and Co-Occurring Conditions repeatedly points out the importance of social support and interaction in the recovery process.

Cirque Lodge (the best treatment center I have had the opportunity to visit) Founder, Richard Losee's Philosophy is: "Treatment needs to be effective, attractive, active, and enlightened, but most importantly it needs to be connected and continued with the community at large, long after they leave our program."

Almost everyone agrees that the mission of the Token 3 Club is critical to recovery in our community, but when I search "Treatment and Recovery Clubs" and "Resources in Louisville," the results are complete - except that Clubs are missing.

Our community outreach is critical to our ability to make our services known to those who need them, and to the community as a whole, to gain their support. Those who attend the 12-step programs that we support are anonymous. The Token 3 Club is not.

David Thomas, Executive Director



## Our Mission

To provide a safe and welcoming gathering place for 12-step recovery from addiction.

## Our Vision

Our vision is to achieve long-term sustainability of the Token 3 Club and its mission for all who seek lifelong recovery.

### Executive Staff

Executive Director - David Thomas

Assistant Executive Director - Summer Miller

### Board of Directors

Board Chair- David Gray

Vice Chair- McKenna Byerley

Treasurer - B.J. Wysoske

### Directors

Bruce Allen

Lori Caloia M.D.

Coleman Coffey

Marc Joos

Janice Linker

Greg Mattingly

Steve Roszell M.D.

Greg Shade

### Honorary Directors

Elaine Musselman

George Raque M.D.

## Fellowship

Check out our website and follow our social media channels to stay updated on our current events.

[www.token3club.com](http://www.token3club.com)





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## Token 3 Club...Peer-to-Peer HOPE HAPPENS HERE!

The holiday season, while joyous for many, can be a challenging time for individuals in recovery. Feelings of isolation, stress, and triggers often intensify during this period, making peer-to-peer recovery a vital lifeline. At the Token 3 Club, we emphasize the importance of connection through shared experiences. Peer-to-peer recovery offers a safe space for individuals to support one another, providing understanding, empathy, and encouragement that only those with similar journeys can offer. Events like our Alcothon-24 hours of Recovery Meetings ensure that no one has to face these difficult times alone.

This year, our Pancakes with Santa breakfast was a tremendous success, bringing together families and friends for a morning of joy, delicious food, and community spirit. Looking ahead, we're excited to kick off 2025 with our annual Super Bowl Chili Cookoff! This highly anticipated event promises fun, friendly competition, and another opportunity to connect and strengthen our recovery community.

Together, we continue to build resilience, hope, and unity—one event at a time. To our incredible Token 3 Club supporters: your generosity, kindness, and unwavering belief in our mission make everything we do possible. These events, and the hope they bring to so many, are a testament to your heartfelt support.

Summer Miller, Assistant Executive Director

## Upcoming Events

### February

Sunday, February 9 – Super Bowl Chili Cook-Off 4:00-6:30 pm

February 1-14  
Wall of Love Show your love for the Club  
<https://www.givinggrid.com/riasqb/?ublast=410318>

### March

Saturday, March 1 – Pancake Breakfast 8:30-10:30 am

### April

No scheduled events







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Visit us at  
[Token3Club.com](https://Token3Club.com)



You may scan the QR code or click donate to make your contribution to our Club. Every penny counts and will continue to support the Token 3 Club mission. Thank you!

We want to extend our deepest gratitude to our incredible staff, dedicated volunteers, and generous supporters. Your hard work, kindness, and commitment make a lasting impact on our community every day. Whether you've given your time, energy, or financial support, you are helping us provide a safe and welcoming space for recovery. Token 3 Club thrives because of you—thank you for being a vital part of our mission! ❤️ #Gratitude #HopeHappensHere