

White Horse Addiction Center, Inc.



Center Ossipee, NH: Phone: (603)651-1441

Addiction Center & Thrift Store - 68 Route NH-16B

Recovery Community Center ("The Shed") - 70 Route NH-16B

North Conway, NH: Phone: (603) 651-1441

Addiction Center & Recovery Community Center ("Shed North")

2977 White Mountain Highway, North Conway, NH

Website: www.whitehorseac.com

Welcome to "The Shed" & "Shed North"

White Horse Recovery Community Organization Centers

**Are you nervous about seeking recovery services for you or a loved one?
Not sure what to expect? Come to our Recovery Community Organization
Centers and see how we can help you!**

You are Welcomed



Peer-to-Peer Support



Recovery Coaching



Community Garden



Recovery Coach Academy



Successful Fourth Annual Freedom Event Fundraiser

This year's Annual Freedom Event was a huge success. We raised \$30,000 for our treatment center. These funds will be used for services and programs for our clients and guests. Attendees enjoyed a buffet dinner and participated in the silent auction bidding and raffle. Amazing items were donated by local businesses and beautiful theme baskets were created by individuals from our community for the silent auction and raffle. Our keynote speaker, Mark LaPalme gave a moving testimony of how he struggled with his own drug addiction. And through a series of events, he established the Isaiah House in Kentucky for those seeking recovery. We would like to thank all the businesses and individuals for their generosity and the volunteers for their time given to support our fundraiser. We are all blessed to be a part of this great community!

Upcoming Events

Every Friday - Family Fun Night
"The Shed" Recovery Community
Center in Center Ossipee
5-8 pm - Family meal, games and
activities. Special Events too!

New Family Support Group at the
"The Shed", Center Ossipee
Mondays 6-7:30PM
All are Welcome! Call us for details.

Overdose Awareness Rally
August 31, 2019 – **Free Event** – music,
food, kid's activities, candlelight vigil

Behind the Scenes

Meet Rick Cogswell, MLADC

BA Psychology, MS Clinical Psychology, PHD Candidate Walden University

The White Horse Addiction Center vision presented by founder Mitch Yeaton four and half years ago at the First Congregational Church of Ossipee was immediately embraced by Rick Cogswell. He wanted to be involved in this start-up to provide services for individuals seeking recovery from drug and/or alcohol addiction. As the first clinician to provide outpatient counseling at White Horse in the fall of 2015, he has been very instrumental in establishing and expanding the services provided by this agency. He was the acting clinical director as new clinicians and recovery coaches were hired, but his passion has always been to work directly with those in recovery.

Currently, as the Senior Outpatient Clinician on staff, his counseling provides hope and encouragement to those in recovery to help them rebuild their lives. Through Individual Counseling and the Intensive Outpatient Program (IOP) along with cognitive behavioral therapy, Rick helps individuals understand the brain science behind why addictions occurs.

"Most individuals seeking recovery are in crisis that could involve the loss of a job or driver's license, loss of their spouse or children, or criminal charges requiring court appearances" says Rick Cogswell. "We need to first understand what they are dealing with and then come up with a treatment plan that is best suited for them".

White Horse uses many pathways to recovery, secular and non-secular. Rick encourages community support for successful recovery. Here are a few of his suggestions:

- Church to restore their spiritual side
- Alcoholics Anonymous
- Celebrate Recovery

Testimonial – Letter of Appreciation

Mitch & Staff at White Horse,

I am so grateful and appreciative for everything the staff at Whitehorse has done for me and my family. The past three years or even longer has been so difficult...things are starting to fall into place and prayers are being answered... Thank you, because of you...your staff...God and the power of prayer, we are getting a vehicle today and I am forever grateful. J.

How you can donate - All donations are tax deductible

Online: www.whitehorseac.com Credit card or PayPal

Mail Check to: WHAC, PO Box 487, Center Ossipee, NH 03814

Thrift Store donations: Drop off: M-F 10AM-4PM, Sat. 10AM-3PM



A Few Facts About Rick

Held Various Health & Human Services positions.

U.S. Navy, Chief Petty Officer Operations Specialist

- Active/Reserve Service for 26 years
- Deployments: Battleship New Jersey (1984), Desert Storm (1991), Haiti (1994)

Attended Westminster Theology Seminary in Philadelphia (73 credits)



White Horse Community Garden

The garden is located next to "The Shed" at 70 Route 16-B in Center Ossipee. All are welcome to come pick fresh vegetables. The garden has tomatoes, cucumbers, salad greens, kale, onions, zucchini, summer squash, peas, carrots, peppers, strawberries, garlic and a variety of herbs.