

2017 Annual Report



The Connecticut Community for Addiction Recovery envisions a world where the power, hope, and healing of recovery from alcohol and other addiction is thoroughly understood and embraced.

<http://ccar.us>

“There are many recent and noteworthy milestones in the history of addiction recovery in the U.S.—the growth and diversification of recovery mutual aid societies; maturation of the recovery advocacy movement; exponential growth of virtual recovery communities; landmark recovery research studies such as the life in recovery surveys; the proliferation of new recovery support institutions (community centers, residences, industries, schools, ministries, cafes, etc.); integration of peer recovery support services within a growing spectrum of service organizations; and the rise of an ecumenical culture of recovery with its own language, symbols, literature, art, music, theatre, sport venues, and rituals of celebration. Key to all of these developments has been a foundational proposition: ***There are many pathways and styles of addiction recovery and ALL are cause for celebration.***”

-William White, Author Slaying the Dragon



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About CCAR

Our Mission

The Connecticut Community for Addiction Recovery (CCAR) organizes the recovery community (people in recovery, family members, friends, and allies) to put a face on recovery and provide recovery support services. We promote recovery from alcohol and other addiction through advocacy, education, and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors, remove barriers to recovery, and maintain and sustain recovery regardless of the pathway; all while ensuring that all people in recovery or seeking recovery are treated with dignity and respect.

Our Values

CCAR meets people where they are. We don't push any one form of recovery on anyone. We believe people know what's best for them. Our helpers are trained to actively listen, ask good questions and to manage their own "stuff." This helps establish an organizational culture that embraces recovery principles. Over the years CCAR has developed some foundational principles on which we base our work. They are:

- You are in recovery if you say you are
- There are many pathways to recovery
- Focus on the recovery potential, not the pathology
- Err on the side of the recoveree
- Err on the side of being generous

Our Story

We were founded in 1998 when Bob Savage, a long time employee of the state, set out to answer two questions: Where are the people in recovery when policy decisions are made? Can the recovery community be organized? Now, thanks in large part to his early vision and dedication, the organized recovery community is at the table (locally and nationally) and our presence is growing. In the early years, CCAR focused solely on advocacy and because of the influence of the recovery community, evolved into providing recovery support services. We are viewed as pioneers and our consulting services are in high demand.

Special Welcome



On behalf of CCAR Board of Directors, we recognize and applaud the many accomplishments of CCAR during 2017, and look forward for what is yet to come in 2018.

CCAR's growth, since its inception has been steady and progressive in its outreach to many groups within recovery, as well as those touched by recovery, both within Connecticut, throughout the country, and in 2017 a visit to Hanoi, Vietnam. We as a board, would be remiss not to mention by name the two who brought the program to Vietnam, our own ED, Phil Valentine, and Cortney Lovell of New York. John Hamilton, who served on the board of directors for nine years worked hard to make this opportunity possible. As a result, Phil and Cortney were honored to make the trek to Vietnam where they led 46 participants in an RCA. We understand the experience was exceptional, and we recognize the monumental leap made by CCAR with this venture!!

As CCAR looks to 2018, on behalf of the Board of Directors, we see all good things. CCAR is moving forward and impacting many in Connecticut, but well beyond our borders, our neighboring states, as connections have now been made in far, far places. While the leadership team in place for CCAR is stronger than ever, the growth of CCAR, its leaders and the many volunteers who make the workings of CCAR everyday possible and impact so many by giving hope and meaning where they may have once felt there was none, are all a part of the healthy evolution of CCAR. While we as a board recognize and thank each and every current member, we also recognize and thank all those who came before. Those who started CCAR, and began the roadway, and those who continued its pathway to where we are today, CCAR is where it is today because of all who came before and for those who continue to be the beacon of light for so many.

Thank you, and we look forward to a strong, healthy, collaborative 2018 for CCAR and all touched by its services.

Sincerely,
Cheryl Malloy

Cheryl Malloy, **CCAR Board President**
Kevin Thompson, **CCAR Board Vice President**
Marc Paradis, CPA, **CCAR Board Treasurer**
Anne Thompson-Heller, **CCAR Board Secretary**
Asher Delorme, MS, LADC, CCS, **CCAR Board Member**
Ana Gopoian, **CCAR Board Member**
Joel Johnson, **CCAR Board Member**
Todd Regan, **CCAR Board Member**
William Savinelli, MS, LPC, LADC, **CCAR Board Member**
Maggie Young, **CCAR Board Member**

Special Welcome



In January 2018, I celebrated 19 years with CCAR. CCAR was fortunate enough to be one of the first recovery community organizations funded by the original federal RCSP (Recovery Community Support Program) grant starting October 1998. From there, we have worked steadfastly to build a solid, stable organization. I have always believed that if we, CCAR, conduct ourselves RIGHT (with respect, integrity, gratitude, honesty, and transparency) then resources, both human and financial, would follow. This has proven true. The CCAR team includes volunteers, board, staff and partners in the community. We are privileged to help a lot of people each and every year and you'll see the evidence in this Annual Report. To see people make tremendous strides in their recoveries, to see lives redeemed and transformed, is our greatest blessing.

Again, we've had a roller coaster ride this year. CCAR had amazing success with our newly funded Emergency Department Recovery Coaching program. Check out the results later in this report. They exceeded all our expectations. Our staff has grown from 18 to 28 – a high water mark. Our state has hit difficult financial times and we received significant cuts. The Recovery Oriented Employment Services contract that we had for many years was defunded.

Personally, I had opportunities to coach recovery in Vietnam and Canada, both enriching experiences for different reasons. I spoke in several states to promote recovery and highlight CCAR. The CCAR leadership team (Yoly, Rebecca, Stacy and I) traveled to Washington, DC to support Michael Askew as he won an America Honors Recovery Award. I could not have been more proud. Michael and I emceed the 2nd Multiple Pathways of Recovery Conference held in Punta Gorda, FL. We shared the stage with Bill White and Don Coyhis, dubbed the head and heart of the recovery advocacy movement.

The Center for Addiction Recovery Training (CART) smashed all previous annual numbers including the most CCAR Recovery Coach Academies delivered and manuals sold. We are still riding the wave of recovery coaching. I believe we have established ourselves as the *Global Leader in Recovery Coach Training*.

Even with all our success, I am focused on improvement. As a leader, my primary purpose is to develop other leaders. It will be a focus for the upcoming year for leadership, staff and volunteers. And I am still convinced; the best is yet to come.

Blessings,

Phil Valentine

CCAR Executive Director

Person in Recovery: Established 1987

Recovery Support Services



Rebecca Allen
Director Recovery
Support Services

2017 was a year of tremendous growth for CCAR's Recovery Support Services. The launch of our Emergency Department Recovery Coach (EDRC) program in March elevated our visibility statewide and allowed us to spread the hope and healing power of recovery to a much larger audience. Our EDRC's are dispatched to Emergency Departments to meet with patients who are experiencing a medical crisis caused by their alcohol or substance use. Our coaches turn these crises to opportunities...opportunities for change. Where individuals are supported and empowered to initiate their recovery, to connect to treatment, if desired, and to the greater recovery community.

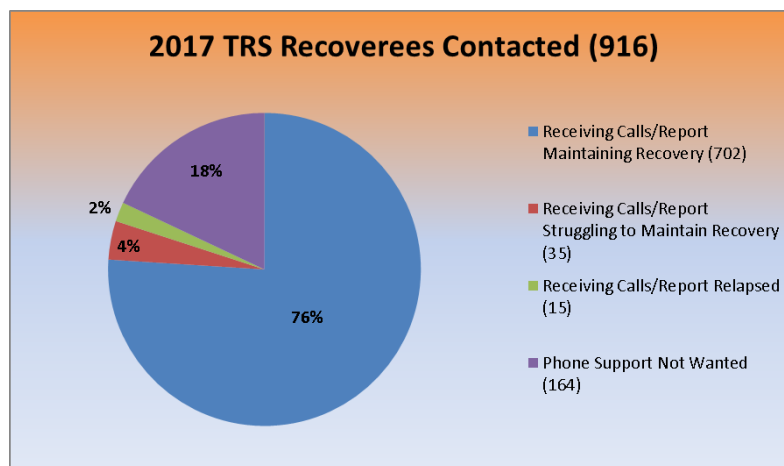
CCAR's Recovery Community Centers (RCC) are "where the magic happens." Our 3 RCC's and Young Adult and Family program saw over 30,000 visits by 4,325 individuals seeking the hope and healing power of recovery. If addiction is about isolation, recovery is about connection and that's what our Recovery Support Services are built upon, helping people make those connections. In 2017, we held 1,817 groups with over 21,000 attendees! That's a lot of connection! We facilitated 337 trainings on many different topics and in partnership with Beacon Health, delivered over 25 educational groups on Medicated Assisted Recovery. We continue to offer Problem Gambling support and education in our RCC's and have an ongoing partnership with DMHAS Problem Gambling Services.

Last year, CCAR staff and volunteers reached out to over 7,300 individuals at 302 different events that included health and wellness fairs, treatment programs, high schools, colleges, courts, prisons, opioid awareness and other community events. We were active participants at the CT Alcohol and Drug Policy Council, the DMHAS advisory board, the CT Women and Opioids workgroup, regional Re-Entry councils, the CT Recovery High School initiative, and many of the community opioid forums. We bring with us our experience and a recovery focus that is greatly needed as we all work together to turn the tide in the midst of the current "opioid epidemic".

"I want to thank our dedicated staff and volunteers" says **Rebecca Allen**, CCAR's Director of Recovery Support Services. "Your passion and enthusiasm for promoting the hope and healing power of *RECOVERY* is unparalleled. I also want to thank our supporters who we rely on to continue our work helping individuals achieve long term, life changing *RECOVERY*!"

Telephone Recovery Support

CCAR has been providing Telephone Recovery Support (TRS) since 2005. That's over 12 years of "conversations that matter!" In 2017, 82 trained volunteers from our 3 Recovery Community Centers and our Young Adult & Family program made recovery support calls to 916 individuals throughout the state of Connecticut. For many, TRS calls are their only contact with others in recovery and are relied upon for support, encouragement and information about community resources.



In 2017, CCAR introduced a short Recovery Capital survey based on the ¹Assessment of Recovery Capital. Participants were asked questions based on the following 9 measures: Physical, Psychological, Coping & Life Functioning, Housing & Safety, Citizenship/Community Involvement, Meaningful Activities, Recovery Experience, Social Support and Risk Taking. Over **80%** of respondents showed improvements in at least 6 of these 9 measures most notably in managing stress (*Psychological*) feelings of optimism and a larger recovery support network (*Recovery Experience*) and improved relationships with family and friends (*Social Support*).

¹Groshkova T, Best D, White W. The Assessment of Recovery Capital: Properties and psychometrics of a measure of addiction recovery strengths. Drug Alcohol Rev 2013; 32:187-194.



Jason Williams has been a volunteer at the Windham Recovery Community Center since the spring of 2016. Despite his own challenges, Jason's natural affinity for engaging and supporting others has been a welcome addition. Jason's capacity for empathy combined with his lived experience and familiarity with a wide range of resources made him a natural fit as a Telephone Recovery Support (TRS) volunteer, a program which he both adores and champions. When questioned about his involvement with TRS, Jason said "it's the ultimate win-win, we have the opportunity to both lend and draw strength, courage and hope". Jason is a passionate father, poet, and a fierce friend who always seems to have the right words at the right moment to help his fellow "recoverees".

Bridgeport Recovery Community Center



Michael Askew
BRCC Manager
&
Elizabeth Torres
Volunteer Coordinator

The Bridgeport Recovery Community Center (BRCC) is a dynamic “Support & Resource Center” for the greater Bridgeport Recovery Community. BRCC helps individuals access all types of recovery support services including addiction treatment, employment, housing, legal issues, childcare, transportation, and other community resources. Recovery Coaching has been aggressively sought after both as a recovery support and as a viable career path for people in recovery. BRCC receives numerous requests on how to become a recovery coach and their weekly Recovery Coach groups are always well attended. BRCC had 4 of their Volunteer Recovery Coaches (VRC) hired in 2017 and they expect this number to rise as we continue on grow our VRC into Recovery Coach Professionals.



BRCC has a long history of advocacy both locally and statewide. During this past year, **Michael Askew**, BRCC’s Manager and some volunteers traveled to the Legislative Office Building to provide testimony at the DHMAS Budget Hearing and also at a Public Health hearing regarding Sober Housing. Bridgeport Day was held at the Capitol and all the Legislators from Bridgeport made sure to stop by BRCC’s resource table to pose for photos and talk to Michael, **Elizabeth Torres**, BRCC’s Volunteer Coordinator and 4 of their most dedicated volunteers. BRCC held a “Response to the Opioid Crisis Symposium,” at Bridgeport City Hall in October. Commissioner Delphin-Rittman spoke along with a panel of local providers and share some of the initiatives that are being implemented in the state to help battle the opioid crisis. This was a great opportunity for the Bridgeport community to learn about not only the problem, but about some solutions.



“It’s not by accident that my life would change at the age of 48.” **Robert Bracey** says. “I was arrested, or as I like to think of it now, rescued a day before my birthday.” Robert spent 3 years in prison before being released on parole to a half-way house where he started his recovery journey by attending the unity group meetings. “I wanted more, and I found it when I was brought to CCAR’s Bridgeport center for the first time”. Robert became a volunteer in January of 2017 and has embraced all the different volunteer opportunities that were offered to him. Robert is a peer group facilitator, makes TRS calls, mans the front desk and has recently completed the Recovery Coach Academy©. “He is a wonderful volunteer and goes out of his way to help others in their recovery” says Elizabeth Torres, BRCC’s Volunteer Coordinator. Robert enjoys being a “recovery resource broker” who inspires and encourages others to be the best they can be. “The Bridgeport Recovery Community Center is where it’s at”, says Robert. “It’s about giving back and I’m just one of many volunteers that helps people to get their life back on track.”

Hartford Recovery Community Center



Virginia Adams
HRCC Manager
&

Geraldo Rivera
Volunteer Coordinator

The Hartford Recovery Community Center's (HRCC) staff and volunteers believe that recovery support services are the foundational basis on which their volunteers and visitors maintain their ongoing recovery. With respect to the multiple pathways for recovery, HRCC offers a diverse array of groups and specialty meetings that include All Recovery Meetings (ARM), Adult Children of Alcoholics (ACA) meetings, Spanish and LGBT Support groups, SMART Recovery, Women and Men's ARM, Job Club, Volunteer Leadership, Hope & Healing support and Arts and Crafts. "This variety makes HRCC a vibrant, inclusive environment for our volunteers and visitors" says **Virginia Adams**, HRCC Manager.



2017 was a phenomenal year for volunteers at HRCC and they enrolled, trained, and supported 138 new and returning volunteers. Those 138 volunteers contributed an astonishing 15,244 volunteer hours last year! Volunteers come to the center through a variety of avenues such as local colleges, community court, State of CT Labor Department, treatment providers, and most notably, by word of mouth from the local recovery community. HRCC's Volunteer Coordinator, **Geraldo Rivera** made lasting connections with the CT Judicial Branch's Community Courts and the CT Department of Labor's Return to Work program. As a result, participants in

both programs had the opportunity to volunteer at HRCC, learning new skills, maintaining their benefits and just as important, maintaining their recovery.



Leslie Matos was born in Bayamon, Puerto Rico, and came to Connecticut as a young child. She is not a person in recovery, but has close family members who have been in recovery for over 20 years. She says, "As a very young child, I witnessed people using drugs. I think because I was so young, they thought that I wouldn't remember it but I did. I remember the image clearly but I wouldn't find out exactly what they were doing until I was older". Leslie says that coming to CCAR has been a life changing experience for her. Leslie was introduced to CCAR through the American Job Center and was given the opportunity to volunteer at CCAR for twenty hours a week. She volunteers as the front desk receptionist, makes TRS calls, and facilitates groups if needed. "I get inspired by the people I see or meet everyday at CCAR, whether it's a staff member, a volunteer or just someone stopping by. Most have hope and faith for a better future even though they may have struggled with addiction for many years. That gives me hope for my life."

Windham Recovery Community Center



Nathan Cleaver
WRCC Manager
&
John Schwartz
Volunteer Coordinator

The Windham Recovery Community Center (WRCC) was CCAR's first RCC (2004) and continues to lead the way by offering new, innovative groups and activities. In 2017, **John Schwartz**, WRCC's Volunteer Coordinator became a Certified SMART Recovery facilitator. SMART Recovery is a self-guided and secular recovery support. WRCC established the areas first SMART Recovery Meeting. "By providing such a unique pathway, says WRCC's Manager **Nathan Cleaver**, we want WRCC to be viewed as a place that honors everyone's beliefs and guiding principles".

Journaling group continues to be well attended and has recently expanded to twice a week. Thursday is game day and the friendly competition often leads to recoverees forming bonds that extend beyond their time in the center. Some other unique groups and activities are Yoga, Documentary day, Bagels and Boundaries, and numerous Pot Luck celebrations. This is a direct influence of John's former profession of "chef extraordinaire".



WRCC has directly benefitted by our Emergency Department Recovery Coach (EDRC) program working in hospitals that are in such close proximity to the center. The EDRC's have referred patients and family members to the center for support and WRCC have acquired some wonderful new volunteers from this collaboration. "It's a great fit", says Nathan. The EDRC's meet with patients at the

hospitals and connect them to the center where they can access recovery support services and connect to the larger recovery community.



Cynthia Paduch was reserved and quiet when she first arrived at WRCC in February of 2017 but her desire to give support and lend her experience overtook her initial reticence in short order. Cynthia's natural kindness, willingness to address any task at the center that needs doing, and her significant life experience with at-risk populations make her an invaluable member of the Windham Recovery Community Center. Whether acting as a receptionist, TRS caller, volunteer recovery coach, surrogate parent, or role model, Cynthia's kind heart and gentle grace epitomizes CCAR's culture of building and transforming people. Cynthia regularly facilitates and participates in groups and trainings and encourages others to follow her path. Cynthia also completed CCAR's Recovery

Coach Academy in Spring 2017. A lifelong learner, Cynthia plans to attend CART advanced trainings in hopes of serving others in a professional capacity.

Young Adult and Family Program



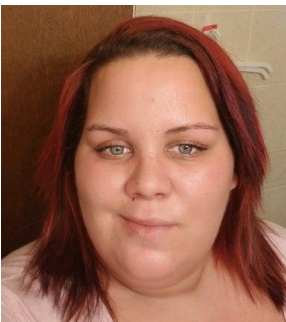
Yolanda Dancy
YAFP Manager

2017 was a busy year for the Young Adult and Family Program (YAFP). They kicked off the year speaking at a large, community event at Stratford High School. Our young adults were able to share their stories of the hope and healing power of recovery to over 125 students. This was a milestone for YAFP and many young people were impacted on that day. **Yolanda Dancy**, YAFP's Manager, has worked hard to build up a network that includes Bridgeport Rescue Mission's New Life Transitional Program, BHCare Prevention Alliance & Wellness, Community Solutions (AIC), Griffin Hospital CCT, the APT Foundation, Grace Bible Church, Recovery Network of Programs, MCCA, Abundant Life Ministries and Community Life Church. In collaboration with BHCare, YAFP hosted their first Narcan training as well as a focus group with UConn for young adults and families struggling with addiction. Both events were hugely successful.



2017 was also a transition year for YAFP. In September, YAFP moved to a new location in the city of Derby. This new space has separate offices for the YAFP Manager, Telephone Recovery Support, Social Media/Vocational activities and a large open area for All Recovery meetings, trainings and other social events. YAFP has been extremely well received by the Derby community and have been busy with presentations and networking with other local providers. YAFP has 8 very

active volunteers and 2 of our young adults have recently completed the Recovery Coach Academy. They're looking forward to practicing their "art" of coaching so that they can positively impact the lives of other young adults.



Jessica Santangelo's recovery journey began in jail, after years of using drugs and alcohol. "I made the decision that I wanted to be sober" she says. Jessica went to the APT Foundation in New Haven where she met Yolanda Dancy, CCAR Young Adult and Family Program Manager. Yolanda was at the APT Foundation sharing her recovery story and Jessica was able to relate to her so much that she just knew she had to meet her. "It just so happened that the YAFP had moved to my hometown of Derby so I had no excuses anymore. I wanted to help others, and I knew being a part of CCAR would enable me to do so". Jessica started to volunteer and has shared her story at some local high schools. She completed the Recovery Coach Academy in November and

regularly makes TRS calls to reach out to other addicts who may be struggling. "Yolanda has never given up on me and in turn, I have learned to never give up on myself" she says. "Today I am enrolled in college to become an Addiction Counselor, my family trusts me again and I'm working on having a higher self-esteem. Jessica says she's never had these things before, and is so happy I found them in recovery. "I will continue to use CCAR as a catalyst in my recovery."

Volunteer Recovery Coaching



Maureen Hearn
Volunteer Recovery
Coach Manager

Recovery Coaches work with people affected by substance use disorders. Recovery Coaches don't diagnose or treat addiction and they don't explore past feelings or trauma. That is the role of an addiction counselor. They are knowledgeable about the multiple pathways of recovery and they honor all pathways. Recovery Coaches help people consider solutions to problems caused by substance use, help develop plans to solve them, and provide support in following through. CCAR provides recovery coaching in 2 distinct programs: our *Volunteer Recovery Coaches* and our *Emergency Department Recovery Coaches*.

CCAR provides Volunteer Recovery Coaches (VRC) to any interested individual, free of charge, at all 3 of our Recovery Community Centers. VRC's work with recoverees to develop recovery wellness plans, assist in obtaining community-based services and resources, and provide hope and positive role modeling. CCAR also provides training and ongoing support for those that are interested in becoming a VRC. In 2017, we held over 236 VRC performance support groups that were attended by 380 individuals who were able to practice their "art" of coaching. CCAR also provides VRCs with scholarships to the Recovery Coach Academy ©. "CCAR is looking forward to formalizing a 'career track' for our VRCs that are vested in becoming Recovery Coach Professionals," says **Maureen Hearn**, CCAR's VRC Manager.



Nicole Hampton started her recovery journey approximately 2 years ago at CCAR's Bridgeport center and calls it her "safe haven". She started volunteering in March of 2016 and soon attended the Recovery Coach Academy. She continued at BRCC as a Volunteer Recovery Coach building her own Recovery Capital and that of her peers. She attended all of the Recovery Coach Support groups and eventually began facilitating the Recovery Capital Group. In March of 2017, Nicole began working for Western Connecticut Health Network as a Peer Engagement Specialist for the Community Care Team at Norwalk Hospital. She then went on to achieve the following certifications/designations: SAMHSA's SOAR (SSI/SSDI Outreach, Access and Recovery) Benefits Specialist, CART's Recovery Coach Professional Designation and CCB's Certified Peer Recovery Specialist. "CCAR inspires me to continue volunteering at BRCC as a Recovery Coach, attending Art Woodard's groups, guest facilitating the Recovery Capital Group and bringing an All Recovery meeting to First Step detox" says Nicole. "Being a part of the CCAR family is an indescribable feeling, and I am forever grateful for CCAR! I can honestly say that I love myself today, and CCAR helped me get my life back!"

Volunteering at CCAR



Conrad Sienkiewicz
Volunteer Manager

In 2017, hundreds of volunteers at CCAR continued to boost their own recoveries by reaching out to others who had once been where they are now – often, this was the fuel that fired up our volunteers and kept them going strong this year. Numerous volunteers found gainful employment utilizing skills gained and honed while they were volunteering at CCAR. Though it might be bittersweet to see a volunteer leave, we nonetheless celebrate when a volunteer finds employment.

Conrad Sienkiewicz, CCAR’s Volunteer Manager says, “It’s great seeing volunteers turning passions into paychecks.” In this regard, it was especially exciting to see CCAR hire five RCC volunteers as Emergency Department Recovery Coaches. Other CCAR volunteers are now working as coaches and case managers at CTBHP, Danbury Hospital, and Liberation House, among other organizations.

Though the number of volunteers decreased to 308 this year, it brought us more volunteer hours than ever – 28,841. That results in an increase in the average number of hours performed by each volunteer (almost 94 hours), and it calculates into \$844,760.21 worth of volunteer time – an all-time high for us. Seven of our volunteers contributed over 500 hours each to CCAR.

Volunteers welcomed people to CCAR, ran groups, made Telephone Recovery Support calls, helped people find jobs, coached others in their recovery, performed community outreach, and assisted at events such as Recovery Walks! As always, our volunteers show that CCAR is truly an organization that has volunteerism as its foundation – we can’t do all we do without our dedicated volunteers.

Volunteering at CCAR by the Numbers

Year	Hours Served	Volunteers	Hours per Volunteer	In Kind (CT Vol. Rate x Hours)
2017	28,841	308	78	\$844,760.21
2016	26,551	496	54	\$737,321.27
2015	27,027	391	69	\$724,053
2014	28,802	420	69	\$761,237
2013	28,427	293	97	\$803,347

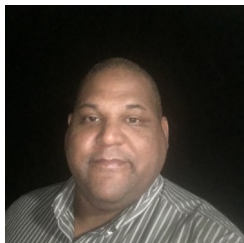
Emergency Department Recovery Coach Program



Jennifer Chadukiewicz
Recovery Coach
Program Manager

In early 2017, CCAR received funding from the CT Department of Mental Health and Addiction Services (DMHAS) to launch a new program that pairs on-call recovery coaches with Emergency Departments (ED) in four hospitals in eastern Connecticut. CCAR's Emergency Department Recovery Coaches (EDRC) are trained professionals that assist patients admitted to the ED due to an overdose or other alcohol- or drug-related medical emergency.

EDRC's support patients, family members and hospital personnel, linking patients to treatment and/or community-based recovery resources when a desire for recovery is indicated. As people with lived addiction recovery experience, EDRC's demonstrate that people can recover, offering guidance and hope to those who are suffering from addiction.



Jay Osborne
ED Recovery Coach
Manager

EDRC's are CCAR full-time employees who receive, what we believe, is the gold standard in training:

- CCAR Recovery Coach Academy© (40 hrs.)
- Ethical Considerations for Recovery Coaches© (12 hrs.)
- Spirituality for Recovery Coaches© (12 hrs.)
- Professionalism for Recovery Coaches© (12 hrs.)
- Medicated Assisted Recovery (6 hrs.)
- Mental Health First Aid (8 hrs.)
- Sexual Harassment Training (8 hrs.)
- Crisis Intervention & Conflict Resolution
- Naloxone training
- Hospital specific training (fire/general safety, OSHA, blood borne pathogens, infection control, hazardous materials, HIPPA , etc.)

Emergency Department Recovery Coach Program

Jennifer Chadukiewicz was hired in January 2017 as the EDRC manager and the first 3 coaches were hired in February. **Jay Osborne**, **Katie Siekiera** and **David Santiago** were seasoned CCAR volunteers and transitioned easily into their new role. Having former volunteers that were familiar with CCAR's foundational principles was vital in developing protocols for the EDRC program. The program grew gradually, introducing one hospital at a time. Manchester Hospital came on board March 1st. They generously allowed CCAR to develop our "art" of coaching and time to learn how to navigate the busy ED environment. We then added Windham Hospital, Lawrence & Memorial Hospital and finally Backus Hospital.

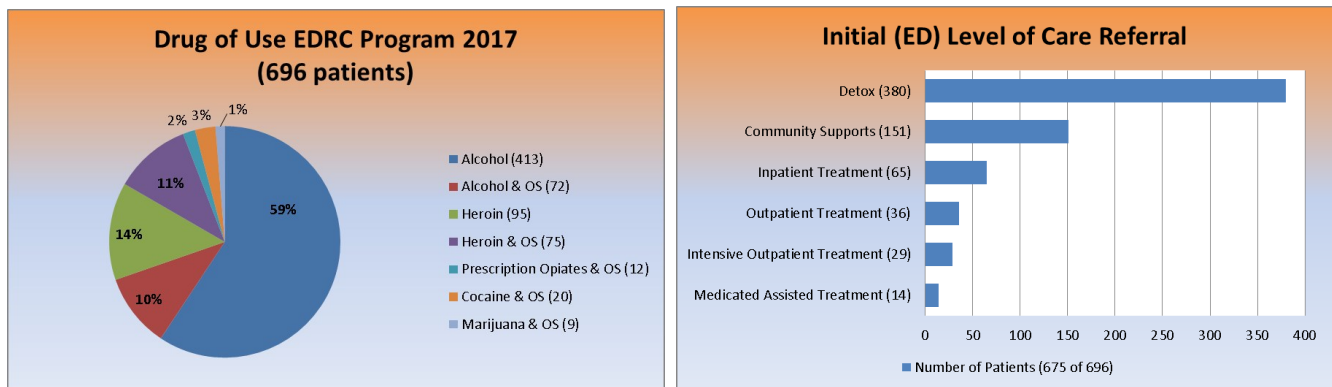
In the summer, DMHAS expanded the EDRC program to include Mid State Hospital, St. Francis Hospital, Danbury Hospital, and Day Kimball Hospital. This expansion led to our EDRC team increasing to a total of nine coaches; **Michael Serrano**, **Pamela Brown**, **Michael Heaven**, **TJ Aitken**, **Wende Cooper** and **Mary Gotlibowski**.

Building connection in recovery is what we do at CCAR. Not only do the EDRC's work with patients in the ED's, but they provide daily follow up contact for the first 10 days after discharge then weekly for as long as the patient desires. This connection is at the heart of our program and the Yale School of Medicine's Program for Recovery and Community Health is analyzing our follow up data. We look forward to sharing this analysis when completed and are confident that it will demonstrate how important regular connections can be in early recovery.



Emergency Department Recovery Coach Program

Here is some of our preliminary data for 2017...our EDRC's engaged a total of 696 individuals; 200 female and 496 male. 62 patients were admitted to the ED as a result of an overdose and 634 were admitted for some other alcohol- or drug-related medical emergency. The charts below show the breakdown of drug of use and the initial level of care referral from the ED. We were able to refer over **97%** of the patients we engaged with into some type of formal treatment or recovery support service!



One of the remarkable benefits we've seen was the shift in the behavior of some ED staff. Our EDRC's have observed ED staff, once plagued by compassion fatigue, begin to use slightly different language and "err on the side of generosity". We feel our coaches are not just providing the patient with hope that recovery is possible, but also to the ED staff.

Below are some testimonials from some Hospital Administrators:

"The CCAR recovery coaches are kind, compassionate and respectful, and have become critical members of the ED healthcare team at Windham. We have found that our CCAR partnership has been beneficial to our community, patients and our staff. We believe they provide an invaluable service." ~ *Windham Hospital*

"I have heard patients express their gratitude for the connections to care and the critical treatment they require to address their needs to thrive in their lives. Nurses also have expressed their appreciation of CCAR and they now could not imagine operating without the service. I am happy to say our relationship with the CCAR program is strong, productive and enhances the care and services provided to patients who present to the ED with substance use disorders". ~*Backus Hospital*



CCAR Administration



Yolibel Lebron
Director of
Administration/HRO



Tamara Steele
Administrative Support
Coordinator



Michelle Christopher
Administrative Support



Jerilynn Clarke
Special Events
Coordinator

2017 was another great year! This year was all about growth in many areas of CCAR. We launched the Emergency Department Recovery Coaching program in 6 Hospitals. With this new initiative came the hiring of 9 Emergency Department Recovery Coaches. Due to the onboarding of new staff, additional support was needed in the Administrative and Human Resource departments. We welcomed **Tamara Steele** and **Michelle Christopher** as new Administrative Support Coordinators. They provide great support to the Administrative, Human Resources, Finance and Technology functions of the organization. Additionally, the Center for Addiction Recovery Training (CART) functions expanded as well prompting the promotion of **Lize-Anne Barker** to CART Coordinator and the hiring of an additional Coordinator - **Chenay Powell**. They provide much needed support in their roles. We also welcomed **Jerilynn Clarke** as the new Special Events Coordinator. We are now at 28 full- time staff members, with a total of 5 locations running many programs. In addition, CCAR Administration moved to the CT Nonprofit Center on Charter Oak Ave in Hartford allowing for expansion of our Hartford Recovery Community Center.

Furthermore, CCAR was granted a Strategic Technology Grant in 2016 through the Hartford Foundation for Public Giving. Since then, we've purchased new computer work stations, upgraded our entire phone system, switched to another cloud server host, developed a brand new website (www.ccar.us) and purchased mobile equipment to support our growing staff and center locations. This improves our agency technological capabilities. Overall, allowing better communication with staff as well as better services provided to our volunteers and recovery center visitors. As we anticipate future opportunities for growth, we continue to build user friendly inventories that sustain our current technology stance as well.

Great teamwork and collaboration continued all year round especially at our annual events such as the Volunteer Recognition Dinner, CCAR Cup Golf Tournament, and Recovery Walks!

I would like to thank our wonderful volunteers who continue doing amazing work in helping others.

Proud member of a Super Team!

CCAR - Leading people in recovery since 1998

CCAR Revenue vs. CCAR Expenses

Revenue

	2017	2016	2015	2014	2013
	Total	Total	Total	Total	Total
REVENUES AND OTHER SUPPORT					
Contributions and other public support	6,735	27,308	14,520	13,760	49,457
Government grants	1,558,591	1,214,752	1,206,939	1,117,108	947,9012
Fundraising events	48,920	57,637	64,091	58,168	44,322
Service fees, contracts and other	759,462	624,864	420,515	400,979	355,243
In kind contributions	25,610	16,542	14,303	7,129	9,780
Total revenues and other Support	2,399,318	1,941,103	1,720,368	1,597,144	1,406,804

Expenses

	2017	2016	2015	2014	2013
	Total	Total	Total	Total	Total
EXPENSES					
Program Services-recovery activities	1,938,272	1,569,686	1,444,368	1,335,452	1,275,437
Management, general and fund-raising	255,038	238,597	232,113	217,144	123,177
Total Expenses	2,193,310	1,808,283	1,676,481	1,552,596	1,413,614

Assets

	2017	2016	2015	2014	2013
	Total	Total	Total	Total	Total
ASSETS					
Change in Net Assets	206,008	132,820	43,887	44,548	-6,810
Net Assets, beginning of year	302,919	170,099	126,212	81,664	88,474
Net Assets, end of year	508,927	302,919	170,099	126,212	81,664

Volunteer Recognition Dinner



In 2017 over 300 volunteers donated more than 28,000 hours. In appreciation of our amazing volunteers, CCAR hosted the 12th Annual Volunteer Recognition Dinner in April at Hawk's Landing Country Club.

Top Sponsors:

Larry Mayer \$500

Wheeler Clinic \$500

Johnson Brunetti \$500



CCAR Golf Cup



The 4th Annual CCAR Cup was an outstanding success! The event took place in June at Hawk's Landing Country Club in Southington CT. A special thank you to our golfers and sponsors

Top Sponsors:

Recovery Research Institute \$5000

RNP \$5000

Johnson Brunetti \$2500



CCAR Recovery Walks!



Throughout our country, addiction has garnered lots of attention with the opioid crisis and far too many overdoses. For the last 18 years, CCAR has organized this event to offer living proof that recovery is real. It is time, now more than ever to stand up and show recovery is possible. This is a celebration of where we, people in recovery, are now and where we are going. The walk highlights the solution to the opioid epidemic – recovery. No matter how severe the addiction, a rewarding and life full of purpose is possible. Our collective presence brings a large scale intervention of hope to those desperately seeking solutions.



America Honors Recovery



America Honors Recovery Winner Michael Askew

In July, CCARs very own Michael Askew received the Vernon Johnson award for advocacy by America Honors Recovery. Michael's own recovery began on May 28, 1989 and he has a long history of recovery advocacy, Michael was an early supporter of CCAR and has worked as the Manager of the Bridgeport Recovery Community Center since January 2000. Michael has fought tirelessly to remove barriers for people seeking recovery so that they have the opportunity to live a full and happy life. Michael is *Living Proof* that recovery is possible, turning his hardships that include multiple incarcerations and an HIV diagnosis into a deep motivation to help others.

Michael served on the DMHAS advisory board from 2000-2010 supporting the early structuring of their Recovery Oriented System of Care. He has served on the Police Activities League in his hometown of Norwalk, CT and has been a long-time Board Member of the Mid-Fairfield Aids Project. Michael serves as a reminder to his community and the country that long-term recovery is possible and that the barriers to it can, and must be broken. He states, "My concerns are for all persons to be able to receive the support and treatment they deserve with dignity and respect."

Congratulations Michael! We are so proud of you!

Multiple Pathways of Recovery Conference



Multiple Pathways of Recovery Conference

The 2nd Multiple Pathways of Recovery Conference (MPRC) was held in October of 2017 in Punta Gorda, Florida. It was designed for participants to explore responses to the following questions.

- What is really meant by multiple pathways?
- Do you believe there are multiple pathways to the same destination?
- Or do people believe that the most familiar or well-known pathway is the only one and maybe because that one has worked?

We moved the conference to Florida in order for William White, author of *Slaying the Dragon* and noted historian of the recovery movement, to attend the conference. Just prior to the conference he released his latest book, *Recovery Rising*, a powerful personal memoir. He signed more than 100 copies and interacted graciously with conference goers.

Don Coyhis, founder of White Bison, commanded the stage during his keynote. He spoke humbly and with authority about the Red Road to Wellbriety. He reviewed Native American prophecies that included a spider web around the world (world wide web), the birth of a white bison and the time when the woman's song will be heard. We are living in those times.

Bill White and Don Coyhis took the stage together, a truly historic moment, and answered questions that mesmerized the audience for a full 90 minutes. One participant noted that Bill and Don are the head and the heart of the recovery advocacy movement – an insightful perception.

Keeping with the theme of multiple pathways, MPRC gathered the following speakers to present:

Mark Lundholm – *Comedy*

Dr. John Kelly – *Recovery Research*

Durga Leela – *Yoga*

Shannon Egan – *Creativity*

Tom Hill – *Closing Remarks*

Dr. Joe Gerstein – *SMART Recovery*

Lisa Hope – *Art*

Devin Reaves – *Medication Assisted Recovery*

Njon Weinroth – *LifeRing Secular Recovery*

Sandi Coyle – *The Phoenix*

Rick Davila – *Biotherapy*

Ian Acker – *Fit 2 Recover*

Lacey Garcia – *Fit 2 Recover*

Pastor Bradley Hill – *Faith*

Dona Dmitrovic – *Narcotics Anonymous*

Adrienne Miller – *Women for Sobriety*

Beth Terrence – *Shamanic Healing*

RT & Kenny P – *In The Rooms*

Mike Pantalone – *Progressive Recovery Coaching*

Bea Aikens – *Gambling Recovery*

Rick Pacukonas – *Alcoholics Anonymous*

There is tremendous momentum and enthusiasm for a 3rd Multiple Pathways of Recovery Conference. So with full Board support, this October 24-26, CCAR will once again host another MPRC in Punta Gorda, FL. And yes, Bill White, Don Coyhis and Mark Lundholm have all committed. Hope to see you there.



CCAR Center for Addiction Recovery Training



Stacy Charpentier
Director CART



Liz-Anne Barker
CART Coordinator



Chenay Powell
CART Coordinator

Skilled, professional recovery coaches are being called upon to transform those seeking recovery to those living a life fulfilled in recovery. Because of this, CART has experienced a tremendous amount of growth in 2017. Organizations across the country and abroad rely on the CCAR Recovery Coach Academy©. Who have thought that a curriculum built back in 2009 to help our own volunteers would have led to a global model for training and standard of excellence in Recovery Coaching? Fast forward to 2017 to over 20,000 participants trained in our model, through 6 different curriculums, the impact we are making and the lives we are saving is immeasurable.

The growth in attendance at our CT trainings as well as the increase in numbers of trainings scheduled throughout the country necessitated the need for additional CART staff. We are pleased to have hired **Chenay Powell** as a CART Coordinator to support the needs of recovery coaches, and **Lize-Anne Barker** was promoted to CART Coordinator to support our trainers of the various CCAR curriculums. The CART team, headed by **Stacy Charpentier**, Director, prides itself in providing the highest level of customer service.

In 2017, we held over 590 trainings through out the country, training over 5,000 individuals in our nationally recognized programs for Recovery Coaches. This past year, CART traveled to a wide variety of locations in the United States and abroad. Trainings were held in New Hampshire, Maryland, Michigan, and Washington, Canada and Vietnam!

Year	RCAs Held	Number of RCA Part	Trainers Trained
2013	121	1741	136
2014	142	1334	113
2015	160	1863	121
2016	364	3348	179
2017*	597	5180	289

We have seen a 33% increase in numbers of participants in our trainings, a 40% increase in numbers of trainings and a 33% increase in number of trainers trained.

CCAR Recovery Coach Academy

Recovery Coach Professional (RCP) Designation

CART is invested in advancing the role of Recovery Coaching by creating a new professional standard for coaches who achieve specific training requirements and readiness levels. Instead of relying on a written exam process, which measures competencies through the knowledge of science, CART has created an interview process to determine competence. CCAR believes that successful recovery coaches must also demonstrate the art of coaching and this designation recognizes their skill.

In our first full year of awarding our RCP designation, we are proud to report that 58 people are RCPs representing eleven states across the country. Although we had to encourage a few interested parties to reapply, we were able to provide meaningful feedback and resources as a way to support them in having a successful interview the next time.

CART Collaborative

One of the requests made to CART back in 2016 was to find a way to replicate our model in other states. Many of our trainers wanted to become a partner in delivering our world class curriculum. Out of these discussions, the CART Collaborative was born. Currently we have partnerships with two agencies, 70x7 in Muskegon, MI and Recovery Communities of North Carolina in Raleigh, NC. Each of these programs have been vetted by CCAR and CART staff and will offer CCAR trainings on a regular and routine basis in order to help meet the needs of those who may not have the ability to travel to CT for training. We are extremely excited to partner with these two agencies, and look forward to working with additional agencies in the near future.

Recovery Coach Academy (RCA) for Young Adults

CART began working with an outside consultant in 2017 to write a new curriculum designed for those working with the young adult population. Cortney Lovell from WRise, LLC took on the challenge of writing a curriculum that would equal the transformative qualities that make the flagship training so superior to many other training programs for coaches. In order to begin promotion of the brand new version, Cortney worked with several people known for their role in the new recovery movement to develop a series of White Papers. Each paper, with topics from the Criminalization of Addiction to Addiction in the Workplace, gave voice to many of the challenges young adults in recovery face. Given the feedback and response, we are encouraged that this new curriculum will reach a new audience of young adults that are looking for ways to give back and help others as trained Recovery Coaches.

2018 CART Training Schedule

CCAR Recovery Coach Academy

Monday through Friday 9am - 4pm. Optional TOT follows each day from 4:15pm to 6pm

Rocky Hill February 12th –16th	Rocky Hill June 18th—22nd	Rocky Hill October 15th—19th
Cromwell April 23rd– 27th	Rocky Hill August 13th—17th	Cromwell December 10th– 14th

Two Day Only TOT

(Must have completed the RCA prior to attending)

Rocky Hill March 14th & 15th	Rocky Hill July 26th & 27th	Rocky Hill November 15th & 16th
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Spirituality for Recovery Coaches

Monday and Tuesday classes from 9am to 4pm. Wednesday Classes from 10am to 5pm.

(Optional TOT follows each day for an additional 90 minutes)

Rocky Hill March 12th & 13th	Rocky Hill July 24th & 25th	Rocky Hill November 13th & 14th
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Ethical Considerations for Recovery Coaches

Wednesday and Thursday 9am - 4pm and Friday 9am to 1pm. Optional TOT Fridays from 2pm to 5pm

Cromwell February 28th – March 2nd	Cromwell July 11th—13th
Cromwell May 9th –11th	Cromwell September 5th—7th

Recovery Coaching & Professionalism

Monday & Tuesday 9am - 4pm. Optional TOT follows each day for 90 minutes

Rocky Hill January 29th & 30th	Rocky Hill May 21st & 22nd
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Pilot: Recovery Coaching in the Emergency Department

Mondays & Tuesdays 9am - 4pm. Optional TOT follows each day for an additional 90 minutes

Rocky Hill January 31st & February 1st	Rocky Hill May 23rd & 24th
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Pilot: RCA for Young Adults

Cromwell January 10th & 11th 9am-4pm

* Please note that the dates above may be subject to change

CCAR Staff

Virginia Adams, Hartford RCC Manager
TJ Aitken, Emergency Department Recovery Coach
Rebecca Allen, Director of Recovery Support Services
Michael Askew, Bridgeport RCC Manager
Lize-Anne Barker, CART Coordinator
Pamela Brown, Emergency Department Recovery Coach
Stacy Charpentier, Director of Center for Addiction Recovery Training
Michelle Christopher, Administrative Support Coordinator
Jerilynn Clarke, Special Events Coordinator
Nathan Cleaver, Windham RCC Manager
Jennifer Chadukiewicz, Recovery Coach Program Manager
Wende Cooper, Emergency Department Recovery Coach
Yolanda Dancy, Young Adult & Family Project Manager
Mary Gotlibowski, Emergency Department Recovery Coach
Maureen Hearn, Volunteer Recovery Coach Manager
Michael Heaven, Emergency Department Recovery Coach
Yolibel Lebrón, Director of Administration, HRO
Jay Osborne, Emergency Department Recovery Coach Manager
Chenay Powell, CART Coordinator
Geraldo Rivera, Hartford Volunteer Coordinator
David Santiago, Emergency Department Recovery Coach
John Schwartz, Windham Volunteer Coordinator
Michael Serrano, Emergency Department Recovery Coach
Katie Siekiera, Emergency Department Recovery Coach
Conrad Sienkiewicz, Volunteer Manager
Tamara Steele, Administrative Support Coordinator
Liz Torres, Bridgeport Volunteer Coordinator
Phillip Valentine, Executive Director

2018 CCAR Events Schedule

13th Annual Volunteer Recognition Dinner

Thursday April 12th

5:30pm—9:30pm

Hawk's Landing Country Club - Southington CT



5th Annual CCAR Golf Cup

Friday June 8

8:30am - 3pm

Hawk's Landing Country Club - Southington CT

www.ccarcup.org



19th Annual Recovery Walks!

Saturday September 22

10am - 2pm

Bushnell Park - Hartford, CT



3rd Annual Multiple Pathways of Recovery Conference

Wednesday October 24th - Friday October 26th

Punta Gorda, Florida

www.multiplepathwaysconference.com



Bridgeport

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Bridgeport, CT 06604

(203) 332-3303

Hartford

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Hartford, CT 06114

(860) 244-3343

Windham

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Willimantic, CT 06226

(860) 423-7088

Young Adult & Family Program

1944 Boston Ave

Bridgeport, CT 06610

(203) 908-3386

CCAR Administrative Office

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Hartford, CT 06106

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