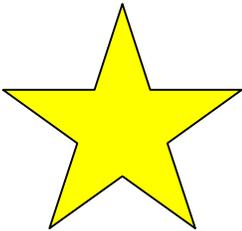


# CCAR

*Connecticut Community for Addiction Recovery*

## Annual Summary of Activities

October 1, 2005 – September 30, 2006



*"The North Star in the recovery advocacy movement has been CCAR."* - Bill White

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*"In a 1998 PBS interview with Bill Moyers, I made what was more a wish than a prediction that a new recovery advocacy movement would rise in America. Today that movement is a vibrant reality in communities across the country, and our presence here today is living proof of that movement's birth and growing vibrancy.*

*Effective social movements become many movements, and we reflect that truth. We are a policy advocacy movement that is taking on issues of discrimination, social justice and service access. We stand for the proposition that addicted people and their families need to be embraced within systems of compassion and care rather than sequestered within systems of punishment and control. We are a public and professional education movement. We are building anti-stigma campaigns and we are trying to push addiction treatment from an emergency room model of acute intervention to a model of sustained recovery support. We are a recovery research movement. We are a recovery celebration movement. We are an outreach movement delivering messages of hope to the very heart of this country's cultures of addiction. We are a post-treatment recovery support movement—a housing movement, a jobs movement, a back-to-school movement, a health maintenance movement. We are many movements.*

*What these movements are doing collectively is pushing this country's response to severe alcohol and other drug problems from a pathology paradigm and a treatment paradigm to a recovery paradigm."*

- William L. White, Author of Slaying the Dragon, The History of Addiction Treatment and Recovery in America at the FAVOR Recovery in Action Summit, September 6, 2005, Washington D.C.

*"In the midst of that process, there has been a North Star, and that North Star in the recovery advocacy movement has been CCAR under Bob & Phil and other's leadership. What CCAR brought was a number of things, not just the marches, not the incredible videos that Jim and others have worked on that have had such a national impact. But I think also a unique relationship that CCAR began to form with DMHAS in this state; that virtually began to transform the state system, truly, into a recovery orientated system of care. And that partnership, I believe, is the emerging model nationally, that state after state around the country will emulate. I think you need to know what a shining star your work has been, in light of this broader national historical context. I think, also, what you're doing with the concept of recovery centers is another model that will be replicated widely throughout the United States."*

-William White, at the retirement dinner for Bob Savage, CCAR founding father, January 25, 2005

## Executive Director Summary

What a year! The time before the annual meeting is usually a busy time and part of me dreads having to put together the Annual Report of Activities and another part of me absolutely relishes it. I enjoy it because it gives me the opportunity to reflect back on the year; to take an eagle eye view and fly over the mountaintops. I saw more mountains this year than in any year of our short history. We opened our third Recovery Community Center in Bridgeport. CCAR purchased a building, a character laden, 3-story Victorian in Hartford where we will house the fourth Recovery Community Center and our administrative offices. In April we honored our dedicated volunteer force with a memorable dinner/comedy show featuring Mark Lundholm. We laughed and cried and laughed some more. We celebrated again in September with another successful Recovery Walks!... which leads me to a more amazing (to me) trend. Bill White's words are coming to fruition: CCAR IS seen as the North Star of the new recovery movement.

- In the year 2000, Recovery Walks! was the first march ever in support of recovery from alcohol and other drug addiction and this year under the Rally for Recovery banner, 46 events were held on September 16<sup>th</sup> promoting recovery involving more than 40,000 people.
- CCAR played a significant role in the DMHAS Recovery Conference: *Vision to Outcomes*. Several CCAR staff ran workshops, served on panels and introduced speakers.
- Telephone Recovery Support has taken off first as CCAR's initial "fee-for-service" through Access to Recovery (ATR) and second as a national model with calls for consultation coming in from Arizona, Oregon, Florida, Minnesota and West Virginia.
- The Recovery Housing Project is another nationally recognized model and the database will now be a CCAR ecommerce site, [www.findrecoveryhousing.com](http://www.findrecoveryhousing.com) and is scheduled to go live by January 1, 2007.
- CCAR's experience with Recovery Community Centers is also in high demand. We gave presentations in several national settings like the SAMHSA Medicaid Conference and the CSAT Satellite Session at The Science of Relapse Prevention and Recovery Services.
- CCAR was asked to present at a historic congressional briefing in Washington DC.
- Because of all the effort of CCAR volunteers, staff and Connecticut's recovery community, I had the honor of receiving the 2006 America Honors Recovery award from the Johnson Institute at the National Press Club in Washington, DC.

Today, I find myself in a place of humility and gratitude. I have always believed that if we stick to our mission, if we conduct ourselves in the light of honesty and integrity, that the support (human and financial) would follow. Today, I can see that playing out. It strengthens my resolve, because at times, the work, the activity and the responsibility is more than one man or even one staff of ten can bear. Yet, at those times, I can hear the voice of the recovery community, and to me the voice of God, quietly encouraging me to "do the next right thing".

He has proven that He is right there with us. He is the source of light and power of the North Star of the recovery movement.

-- Phillip Valentine, in recovery since 12-28-87, CCAR executive director

## Volunteer Management System

The Volunteer Management System is the key to CCAR's future success and the backbone of our organization. At staff meetings, public presentations and in conversations with the recovery community, the importance of our Volunteers is consistently emphasized. CCAR believes that to keep true "peerness" in its services, volunteers must remain unpaid. This seems to go against the tide in many other recovery community organizations. Many feel that Volunteers should be given a stipend. Our question is, "How are they volunteers if they receive money?" Perhaps more importantly, we also feel that peerness is lessened even more once money is introduced. Money will always set up an invisible power dynamic. CCAR feels we can protect peerness to a greater degree by making our volunteer program top-notch. Because of a major change in staffing, we had an opportunity to look at our organizational structure and the position we most needed was that of a Volunteer Coordinator. After reviewing 68 applications, holding 6 first phase interviews, reviewing 3 project plans, we hired Normajeane Cefarelli who started January 30, 2006.

Ms. Cefarelli hit the ground running and organized CCAR's 1st Annual Volunteer Recognition Dinner on April 22, 2006 at the Hawthorne Inn in Berlin, Connecticut. The Presidential Service Award was presented to three volunteers. Of the three Presidential Awards, one volunteer received the Gold Award for 1,230 hours of service, one volunteer received the Bronze Award for 218 hours of service and one Bronze Group Award was given for 200 hours of service. A total of 144 Volunteers were invited to our 1st Annual Volunteer Recognition Dinner. This number included non-registered volunteers involved in special projects such as the Recovery Housing Coalition of Connecticut, Recovery Walks! and/or temporary assistance. Each volunteer was recognized with a dinner, a certificate of appreciation and a custom-made lapel pin stating "CCAR Volunteers Make a World of Difference". Entertainment for the evening was provided by Mark Lundholm, a nationally known comedian and inspirational speaker who took the audience on a roller-coaster ride of emotions that ended in a standing ovation! After the event favorable remarks flooded in by email, cards and phone calls. A debriefing of the event at the following CCAR bi-monthly staff meeting provided suggestions for next year's event planning and organization.

CCAR Administrative Office has performed 97 background checks since January 1, 2006, well on our way to our goal of 100 for the calendar year. The number of active volunteers to date is 130. There has been an increase of 40 volunteers since last quarter. This number fluctuates; a challenge of managing volunteers. Normajeane researched area programs and found that a large turnover rate is not unusual and affects agencies nationwide. Below is a breakdown of the Volunteer Valuation using Independent Sector and Minimum Wage standards for the past three quarters. As you can see, the number of hours served by CCAR volunteers has showed a steady increase each quarter.

<i>Quarter</i>	<i>Hours served</i>	<i>Minimum wage (\$7.10)</i>	<i>Volunteer Rate (\$21.70)</i>
Oct 1 – Dec 31, 2005	919.25	\$6,526.68	\$19,947.73
Jan 1 – March 31, 2006	1,274.25	\$9,047.18	\$27,651.23
April 1 – June 30, 2006	1,250.25	\$ 8,876.78	\$27,130.43
July 1 – Sept 30, 2006	1,670.50	\$11,860.55	\$36,249.85
<b>Total</b>	<b>5,114.25</b>	<b>\$36,311.19</b>	<b>\$110,979.24</b>

A key component of running a successful Volunteer Management System is to provide training. Below is a table that shows the training we have conducted for CCAR volunteers.

### Summary of Volunteer Training Activity October 1, 2005 – September 30, 2006

Volunteer Trainings 10-05 thru 09-06					
01/25/06	Telephone Recovery Support	New London	3	Tom Broffman	
02/01/06	Telephone Recovery Support	Hartford	6	Tom Broffman	
02/15/06	Telephone Recovery Support	New London	4	Tom Broffman	
3/17-3/19	TOT	Madison	10	Jim Wuelfing	Donna Aligata
03/29/06	Telephone Recovery Support	New London	8		
04/15/06	TOT: CCAR 101 & Spirituality	CCAR	13	Jim Wuelfing	N. Cefarelli
05/13/06	6.5 Volunteer Training	Wethersfield	13	Donna Aligata	
06/03/06	TOT Pardons	Windham	3	Donna Aligata	
06/30/06	Telephone Recovery Support	Hartford	2	N. Cefarelli	Laurie Fresher
07/22/06	6.5 Volunteer Training	New London	10	N. Cefarelli	
07/31/06	Telephone Recovery Support	Windham	11	Diane Potvin	R. Anderson
08/10/06	6.5 Volunteer Training Part I	Bridgeport	22	N. Cefarelli	
08/17/06	6.5 Volunteer Training Part II	Bridgeport	16	N. Cefarelli	
09/23/06	TOT Pardons 1	New London	4	Donna Aligata	Ken Aligata
		<b>Total</b>	<b>125</b>		

## Recovery Community Centers

### Windham Recovery Community Center (WRCC) "Home of Positive Faces"

The Windham Recovery Community Center is CCAR's first RCC having officially opened in January 2004. Foot traffic is heavy, very heavy in the WRCC. Over this last year, an astonishing 15,027 people signed in, a 52% increase over last year. The WRCC operates in a steady stream of activity. The best way to illustrate this activity is to pull an excerpt from the federal quarterly report covering July, August and September. The highlights from this quarter were:

- 8 individuals were assisted into detox with transportation being provided via taxi vouchers through the Eastern Region Services Council (ERSC). Senior Peer Services Coordinator Diane Potvin considers this function of the WRCC to be a true blessing.
- The WRCC organized the local recovery community to walk in Willimantic's annual 4<sup>th</sup> of July Boom Box parade. This event drew some people in long-term recovery that had been previously quite skeptical of the CCAR mission.

- A WRCC attendee who is a part of the Drug Intervention Program (DIP) recently completed the program without a sanction (a rare accomplishment) and she attributes coming to the WRCC and being with other people in recovery as part of her successful completion. Diane attended her graduation from the program and said, "It was truly lovely".
- The WRCC has an active role in a local Weed and Seed federal project.
- The WRCC participates regularly in Third Thursday, a local community event. They sell water or coffee (depending on the weather). An example of how community involvement can help a person with their recovery is Bill Jackson. A CCAR volunteer, he works on the WRCC TV show "Positive Faces" and makes Telephone Recovery Support calls. At Third Thursday, Bill draws people to the WRCC booth by being open and engaging. When Bill first started coming around, he never talked and was ashamed of his illiteracy. Involvement with the WRCC has helped him immeasurably and his confidence with people is readily apparent.
- The WRCC volunteers are taking more and more responsibility in the daily operation of the Center. For example, when both WRCC staff were in Washington DC, the volunteers not only successfully kept the Center open, they ran the Third Thursday event themselves. 29 WRCC volunteers logged 516.5 hours for the quarter.
- The Windham Chapter continues to meet regularly with 14 to 18 individuals attending regularly.
- The WRCC Advisory Council met three times last quarter making facility-use decisions.
- The All Recovery meetings have grown to about 25-40 people per meeting. The Women's All Recovery meeting still fluctuates between 5 and 20.
- The Family Support Meeting is struggling for attendees. We are working on ways to market this more effectively.
- Diane and other volunteers are going to York Correctional Institution (a women's facility) to share their experience, strength and hope.
- Diane continues to be the lead recovery coach suggesting courses of action on issues of relapse, children, spirituality, relationships, jobs, recovery housing, leaving treatment, fighting, finances, criminal arrest, etc. Diane feels that just by listening she is helping promote recovery in Willimantic.

Senior Peer Services Coordinator Diane Potvin is a very active member of the local community serving on several committees and task forces. She also is the host of the popular recovery cable TV show "Positive Faces" now in its 5<sup>th</sup> year. In recognition of her dedication and commitment to the recovery community, Diane received the Dr. Edward Brown Humanitarian Award from CPAS.

### **New London Recovery Community Center (NLRCC) "Seaport of Recovery"**

Under the leadership of Senior Peer Services Coordinator Kimberly Haugabook, the NLRCC has a full year of operation under its belt. Approximately 1,650 people came through the doors the first year and it continues to increase. Kim has worked hard to establish community connections, recruit volunteers and work with an active Social Committee to put on some impressive, successful events. One event was a pasta dinner/comedy night dubbed, "Another Recovery Social". It was a huge hit within the local recovery community (and the community at large) in Southeastern CT. CCAR put a positive face on recovery throughout several cities and towns in Connecticut; people came from the northeast, southwest, and central parts of the State. Many people shared their enthusiasm with Kim, "This was great!", "I haven't had this much fun in a long time!", and "When is the next recovery social?" More than 200 people enjoyed the pasta dinner prepared by the CCAR

Executive Director, the CCAR Director of Operations and NLRCC member John Haugabook. A local DJ and comedians from New York made the evening unforgettable. More than 100 new people signed up for NLRCC monthly communications. The event generated over \$600.

They also held "Another Recovery Social Part 2". The outdoor mini-concert was one of a kind for the shoreline. Guests enjoyed an array of donated finger foods from area restaurants while enjoying the option of viewing art inside the gallery and/or listening to the recovery band "Selfish Steam". The best part of the evening was celebrating the 326 years of recovery represented ranging from 23 years to 1 day. Some comments from participants, "Kim, I remember when I used to go to the diner across the street after drinking all night long; it's good to be able to come downtown again!", "I never come downtown; they have nothing but bars down here. It's really nice to have sober fun like this", and "What's the next summer event?" The courtyard of the Hygienic Art Gallery lent itself to a beautiful, elegant, peaceful atmosphere with approximately 50 people in attendance.

The NLRCC also hosts a steady schedule of recovery support meetings including a men's meeting, a women's meeting, family education and a kleptomaniac and shoplifters anonymous meeting.

### **Bridgeport Recovery Community Center (BRCC) "Recovery on the Sound"**

This year, through the persistency of Senior Peer Services Coordinator Michael Askew and the CCAR Bridgeport Chapter, CCAR opened its third Recovery Community Center! On August 25<sup>th</sup> the Bridgeport Recovery Community Center (BRCC) – Recovery on the Sound, held a Grand Opening attended by more than 160 people. State Senators Bill Finch and Ed Gomes attended. Speakers included people in recovery, Board president Tony Taschner, DHMAS Deputy Commissioner Peter Rockholz, Executive Director Phillip Valentine and CCAR Senior Peer Services Coordinators Michael Askew, Diane Potvin and Kim Haugabook. The Grand Opening was covered by the local newspaper and a cable news channel showed footage for several days afterwards. Since the opening, the BRCC has been a hub of activity that keeps increasing each week as word gets out. Bridgeport will generate a tremendous amount of foot traffic. These are a few highlights from the last quarterly report:

- The BRCC formed an Advisory Council that met 5 times, elected a Chair and Vice-chair, and had a major role in planning the Grand Opening. About 10 people representative of the local recovery community attend regularly.
- A Men's Retreat drew 20 men, mostly in mid to long-term recovery. Topics covered Men, Keeping it Real, Spiritual Journey, Dealing with Men's Issues, PMS - Power, Money and Sex, Being a Role Model, and Keeping Hope Alive. A local treatment program invited 7 men Friday.
- Bridgeport Senior Peer Services Coordinator Michael Askew began to refer more of his recovery coaching duties to some of the BRCC's trusted volunteers. He also has made good and appropriate use of local resources. He has helped some get into treatment, some with the pardon process, another with a pending court case and others with finding recovery housing.

## Recovery Housing Project

The Recovery Housing Project continues to thrive thanks to the dedication and expertise of Cheryle Pacapelli, CCAR Director of Operations.

*Recovery Housing Coalition of Connecticut (RHCC):* The RHCC meets on the 1<sup>st</sup> Tuesday of each month. A significant milestone occurred in September 2006 when several house owners were having problems with the administration of the state's Access to Recovery program. DMHAS Commissioner Tom Kirk responded quickly to the concerns of the RHCC and now the two entities are working toward solutions. The RHCC will also serve as a critical voice for recovery house owners in light of recent controversy surrounding recovery housing. The RHCC meetings also provide a forum for informal sharing of information and networking sessions. New owners often attend to learn from others experience.

*Recovery Housing Database:* The database now has about 150 houses in it that cover more than 1,500 beds. CCAR fields about 70 housing referral calls per week using the web-based technology. This has consumed a lot of staff time. CCAR has been working with RapidExposure, our main technology vendor, to develop a website [www.findrecoveryhousing.com](http://www.findrecoveryhousing.com). Users will be able to access real time bed availability, contact information for house owner's information on what to expect if you move into a recovery house, the house's recovery rating, legal cases, relevant training opportunities, Recovery House of the Month, testimonials, Recovery Housing Coalition of CT information and much more. The website will allow users to search the CCAR Recovery Housing Database where they will be provided with information on available beds within a selectable mile range and be able to set their search criteria. The site is scheduled to go live prior to January 1, 2007.

*Recovery House Training:* The training "So, You Want to Open a Recovery House?" was held four times this past year and generated intense interest and outstanding results. Because of an overwhelming demand to provide individual technical assistance to potential owners after they attend the training, CCAR developed a second phase called "Putting it into Action". CCAR remains very grateful to Attorney Terri O'Connell of PATH (People Advocating for Therapeutic Homes) who has contributed a great deal of time and expertise to this project. We know of several houses that have opened as a direct result of these trainings, but do not have an exact number.

The Prison Fellowship, working in collaboration with CCAR in support of recovery housing, has sent out a fundraising letter. To date CCAR has received \$2,400 from local community churches that support recovery housing.

## Telephone Recovery Support

The Telephone Recovery Support project experienced tremendous growth this past year. CCAR has received calls from several states interested in our results, training, techniques and forms. This was CCAR's first "fee-for-service" and generated significant revenue of \$7,800 this year through the state's Access To Recovery (ATR) program. (Note: Since October 1, 2006 TRS has generated another \$2,469.) The premise is simple, a new recoveree receives a call once a week for 12 weeks from a trained volunteer (usually a person in recovery) to check up on their recovery. Two of CCAR's unstated philosophies are to 1) always err on the side of being generous and 2) to always err on the side of the recoveree. With these in mind, after 12 weeks we ask the recoveree

if they want to still receive a phone call. Most times the answer is "yes". We now have people who have been receiving calls for 40 or more weeks! In the year of this report, CCAR volunteers and staff have made more than 3,100 calls. The program is generating terrific outcomes as evidenced by this excerpt from the latest quarterly report.

This quarter (July, August, September 2006), 108 unduplicated recoverees participated in the Telephone Recovery Support Program. TRS calls were made from Willimantic and Hartford. There were 827 calls made and contact with the recoveree was made 326 times. 310 times the recoveree indicated they were still in recovery. 304 reported they used a support system. Of the 326 contacts made 13 times people reported they had relapsed. This translates into 88% maintaining their recovery. Latest national data reveals that more than 50% of all people leaving treatment will relapse within the first year, and of these people 80% do so within 90 days. TRS helps.

One recoveree left a message stating "thanks for calling, my life is great, I love recovery, please call me back". Another recoveree said, "This is great! Next week will be my 1 year anniversary. It's nice to know I could have a bad day at work, and then I come home and get a call from someone asking about my recovery and if I need support. It's a great service. Thanks!" Both Hartford and Willimantic offices are continually training new volunteers to continue to provide high quality recoveree contact. The New London Recovery Community Center has trained 6 volunteers and will begin providing services on October 1<sup>st</sup>. Senior Peer Service Coordinator Kim Turner-Haugabook reports; "Although CCAR New London's TRS program started off slowly, after re-organizing volunteer schedules & commitments, it's off and running. We are getting more and more referrals daily. Volunteers are happy to give back by making the calls- it's a win-win for all involved". To Kim's surprise, she found a recipient of TRS waiting on her doorstep at work Monday morning after receiving a phone call over the weekend. She discharged from treatment 2 days prior. "Someone from here called me!" she exclaimed. "Somebody actually did what they said they would do! I want to get involved; how can I volunteer?" Individuals like this woman and many others need to feel connected and that's what TRS did for Diana. Kim states: "I have a feeling she will be giving back for quite some time, she was so grateful and happy that someone cared enough to call and check up on her."

An article on Telephone Recovery Support titled "[A Direct Contact After Discharge: Connecticut agencies test telephone recovery support conducted by peers](#)" appeared in the March/April 2006 edition of *Addiction Professional*. Executive Director Phillip Valentine co-wrote the article along with three others who collaborated in the pilot phase of the program.

## **Recovery Walks!**

For the 7<sup>th</sup> consecutive year CCAR hosted Recovery Walks!, a walk in support of recovery from alcohol and other drug addiction. This year we could see how all our experience paid off. We were set up in record time and the program proceeded without a hitch. We had more than 50 college students serve as volunteers. People in the crowd were offered opportunities to share their gratitude between bands. For the first time we held the walk on a Saturday (as opposed to Sunday in years past.) We did this for two reasons: 1) to see if we could draw more faith-based organizations and 2) to be part of Rally for Recovery – a Faces and Voices of Recovery campaign to host many recovery month events on the same day. We were successful on both counts. We estimate total attendance to be close to 3,000. Honor Guard participation increased slightly with 72

people donning a purple sash and representing 1,233 years of recovery – that's an average of 17 years per person. Participation from local recovery communities was excellent, for example:

- The Hartford Chapter ran the sign-up table for the Honor Guard for the 2nd year in a row.
- The NLRCC provided volunteers for the children's activities and added a successful component - jewelry making.
- The NLRCC also formed a team and raised money in pledges and organized a 6 car caravan for individuals to attend the Walk! For the first time NLRCC sponsored a fun "Pizza Party-Kick Off" for Recovery Walks!
- The WRCC sent 3 Recovery Angels (currently in the correctional system) who performed the National Anthem.
- The WRCC ran the food tent getting 15 volunteers. Three of these volunteers were medium to high level drug sellers that in the past wreaked havoc. At Recovery Walks! they stepped up to the front line and served pizza slices. They had successfully made the move from drug dealer to pizza deliverer.
- The Bridgeport Chapter raised money as well and brought 6 volunteers. They also got pastries donated.
- CCAR received a \$5.00 donation from a man who wrote that he attended Recovery Walks! 2005 with less than a week clean. He's been clean for a year now and wanted to make a donation.

### **Legacy of Hope: Recovery Elders Video Project**

The mission of this project is to record for history, in a video documentary format, the lives and recovery stories of people in ultra long-term recovery. CCAR believes that our stories of recovery are our prize possessions. None are richer, more laden with history, more chock full of wisdom, than those of people with ultra-long term recovery. We're talking people with 40 or more years. Sadly, when these people pass away, their stories are often reduced to memories. If we're lucky they may have spoken at a conference where their story was captured on an audio cassette. CCAR created the Recovery Elders Video Project to preserve in a digital video format, the stories of our recovery elders for future generations so that they may leave behind a profound and powerful legacy, a Legacy of Hope. Each 30-minute video will consist of an interview with the elder, interviews with family members and friends, photos from the elder's life, supporting documents, B-roll footage of places of interest and more. The first 5 videos are made possible through a grant by the Connecticut Department of Mental Health and Addiction Services and will be reproduced and distributed to every recovery house in Connecticut free of charge. The elder will also receive 25 copies of their video to distribute as they see fit. CCAR will also send copies to archives, museums, treatment agencies and the general public at a nominal fee to help cover production costs.

Four of five videos have been taped. Editing is almost complete on two. Barring any complication, all five will be released by January 2007.

An email from producer Jim Mattingly on October 30, 2006 illustrates the importance of this project. "PS - if you want to see first hand why the legacy project is a great idea, we've only to look at Mary from Virginia. Mary knew Bill W and shared a great legacy with us on the value of recovery after her 50 year anniversary this year; the importance of going to meetings, etc. Her story is unique the world over. We were very lucky to have found her; it was pure "coincidence"... as we know,

nothing, especially in recovery, is by chance. Mary passed away 3 days ago. With her story on tape, she will live and help others forever."

## Prison Support Groups

Through the leadership of Senior Peer Services Coordinator Michael Askew, Bridgeport prison support groups are doing well. Michael has recruited several CCAR Volunteers to run both Inner Circle (inside the prison) and Winner Circle (outside the prison) support groups. A crowning achievement that strongly encouraged everyone involved was when a man who was released from prison and had been attending the Inner Circle made it to the Winner Circle. He now attends regularly. In the WRCC, Diane Potvin has been bringing speakers regularly to an inside meeting at another Corrections facility. York Correctional, a women's facility, has shown interest in working with CCAR through both the NLRCC and WRCC.

## Recovery Training Series

Over the last year, CCAR's Recovery Training Series has continued to be an integral piece to our recovery support and is summarized in the chart below. 514 people attended training, a 44% increase from last year. Evaluations were consistently excellent. What follows are a few brief descriptions of some of the training offered.

*Religion and 12 Step Recovery:* Have you heard a newcomer to 12 step recovery complain about all that "God stuff"? Newcomers have a lot of company as many folks in recovery struggle with integrating religious and spiritual principles into their recovery. This session explores many of these issues and discusses the similarities and differences between religion and spirituality. Thoughts on the subject from early founders of 12 step recovery and personal insights on becoming spiritually whole are shared.

*Becoming A CCAR Ambassador:* Since 1997, CCAR has emerged as a well-respected, highly visible and vibrant grassroots organization that includes persons in recovery, their family members, friends and allies. Simply, we seek to "put a face on recovery". What does it mean to be a CCAR Ambassador? This and other questions are answered as more and more volunteers want to reach out, give back and support the vision and goals of CCAR. Join us for a deeper understanding of the history, vision, mission, values and goals of this vibrant organization and an increased commitment to representing CCAR and its efforts.

*Pardons I & Pardons II Practicum:* Connecticut is in the process of transforming its pardon process. Pardons I provides an update on the new process, policies and protocols. Learn about the benefits of petitioning for pardon, the personal implications, the stigma and challenges and the next steps. Review the application and the critical elements of writing an effective "personal statement", completing and submitting a strong application. Note: A CCAR Member from New Haven received her pardon as a direct result from the CCAR Pardons Process training she attended in Hartford last year. Needless to say she was very excited, grateful and will continue working with CCAR to carry the message.

Chart: Summary of CCAR Recovery Training Series October 2005 – September 2006

Date	Training	Location	#	Trainer	Co-Trainer
10/01/05	Women's Retreat	Windham	30	Donna Aligata	
10/01/05	Men's Retreat	Bridgeport	21	Jim Wuelfing	
10/03/05	Spirituality: An Integral Component of Recovery	Windham	10	Jim Wuelfing	
10/03/05	Becoming a CCAR Ambassador	Windham	1	Jim Wuelfing	
10/26/05	Spirituality: An Integral Component of Recovery	Hartford	12	Jim Wuelfing	Laurie Fresher
11/12/05	Pardons Follow-up	Hartford	3	Donna Aligata	Ken Aligata
11/2005	Counselor Certification Process	Norwalk	16	Rick Prentice	
11/14/05	Spirituality: An Integral Component of Recovery	New London	17	Jim Wuelfing	John Haugabook
11/16/05	Spirituality: An Integral Component of Recovery	Norwalk	14	Jim Wuelfing	
12/03/05	Old Timers Retreat	Farmington	7	Jim Wuelfing	
12/08/05	So, You Want to Open a Recovery House	Hartford	21	Cheryle Pacapelli	Terri O'Connell
01/09/06	So, You Want to Open a Recovery House	New London	10	Cheryle Pacapelli	Terri O'Connell
01/25/06	Putting it Into Action	Wethersfield	6	Cheryle Pacapelli	
01/26/06	So, You Want to Open a Recovery House	Bridgeport	17	Cheryle Pacapelli	
02/22/06	Putting it Into Action	Wethersfield	7	Cheryle Pacapelli	
03/22/06	Old Timers Retreat	Farmington	17	Jim Wuelfing	
03/29/06	Putting it Into Action	Wethersfield	2	Cheryle Pacapelli	
05/01/06	CCAR 101	Windham	14	Renee Anderson	Keith Sawyer
05/08/06	Old Timers Retreat	Orange	17	Jim Wuelfing	
05/10/06	Religion & 12-Step Recovery	Norwalk	21	Mechele Mack	
05/11/06	So You Want to Open a Recovery House	Hartford	16	Cheryle Pacapelli	
05/16/06	CCAR 101	Bridgeport	10	Ramon Torres	
05/31/06	Pardons 1	Hartford	28	Donna Aligata	
06/03/06	Women's Retreat	Wheeler NB	14	Diane Potvin	
06/10/06	Women's Retreat	Bridgeport	14	Diane Potvin	
06/12/06	Religion & 12 Step Recovery	New London	16	Kim Haugabook	John Haugabook
06/24/06	Women's Retreat	Meriden	22	Diane Potvin	
06/28/06	Religion & 12 Step Recovery	Hartford	10	G. Jefferson & A. Manning	Laurie Fresher
06/30/06	Telephone Recovery Support	Hartford	2	Normajean Cefarelli	Laurie Fresher
07/12/06	CCAR 101	Norwalk	8	Michael Askew	
07/18/06	Religion & 12 Step Recovery	Bridgeport	4	Michael Askew	
08/07/06	Religion and 12 Step Recovery	Windham	4	Renee Anderson	
08/14/06	CCAR 101	New London	19	Kim Haugabook	L. Anna Williams
08/30/06	CCAR 101	Hartford	8	Laurie Fresher	J. McCormick
08/31/06	So you Want to Open a Recovery House	Bridgeport	20	Cheryle Pacapelli	Terri O'Connell
09/13/06	Pardons 1	Bridgeport	35	Donna Aligata	
09/19/06	CCAR 101	Bridgeport	10	Michael Askew	
09/27/06	Legislative Training Part 1	Hartford	11	D. DelBianco	
		<b>Total</b>	<b>514</b>		

## Oldtimers Retreats

CCAR hosted four Oldtimers retreats with the first held in December 2005 at the Farmington Marriot. These retreats are designed to celebrate and embrace people in recovery from alcohol and other drug addiction for more than 15 years. They are intended to celebrate long-term sustained recovery, discuss issues related to long-term recovery and then to discuss CCAR. How might CCAR be able to help them? We also wanted to draw on their vast experience, strength and hope and ideally, get them involved with us. For example, a probate judge with 27 years of recovery is now serving on the CCAR Board of Directors. The discussions were rich. One major theme that emerged was avoiding relapse after having to be on a narcotic due to surgery or injury. Everyone in the room knew someone with 20+ years that had gone back out due to this situation. They also showed great interest in reaching out to Senior Citizens about the hazards of prescription medication. There is also a common, strong desire to hold a statewide conference of some sort that would allow Oldtimers to spend time together.

## Hooked on Recovery

Executive Director Phillip Valentine took some time off from writing this popular column, but still managed to publish 19 essays reflecting on his personal recovery, his family and some of his fishing adventures. All the essays are tied into recovery and have helped shed the disgrace and humiliation that can be associated with recovery from alcohol and other drug addiction. Distributed over the internet to a listserve that tops 3,000, Mr. Valentine has received countless emails in appreciation of these reflections. He also has been asked to speak on several occasions and reads these essays using dramatic photos and imagery to enhance the presentation.

## Recovery Television

CCAR's recovery TV shows through local cable access stations continue to promote recovery. The WRCC's "Positive Faces" continues to enhance the recovery of those who appear on the show. The longest running show of its kind, "Positive Faces" celebrated 100+ shows with the staff of CCAR as guests. New volunteers are serving as co-hosts. The Hartford Chapter's "Capitol Voices of Recovery" has been running most of the year. During the month of September the station aired the Public Service Announcements from SAMSHA to promote National Recovery Month. Executive Director Phillip Valentine will now serve as a host, replacing one of our volunteers who stepped down due to other commitments.

## Hartford Chapter

The CCAR Hartford has steadily grown in large part to the dedication of Peer Services Coordinator Laurie Fresher. In December 2006, Hartford will open its 4th CCAR Recovery Community Center at 198 Wethersfield Ave. This site will house the Hartford Recovery Community Center and the Administrative Offices. Over the last year, Hartford has held 11 Chapter meetings that included several Recovery Training Series sessions and 2 Legislative Trainings. They also ventured into the world of fundraising by running the concessions stand at three New Britain Rock Cats baseball games and generating more than \$1,100 in revenue.

## Norwalk Chapter

Senior Peer Services Coordinator Michael Askew still found the time to maintain an active Norwalk Chapter while establishing the Bridgeport Recovery Community Center. Norwalk ran a nice Christmas event and planted a community garden under the Adopt-a-Spot banner.

## Thank You to Our Supporters

### Recovery Walks! 2006 (\$35,140\*)

#### **Platinum Sponsors**

Department Mental Health  
and Addiction Services  
Department of Children  
and Families  
KWF Enterprises  
Starbucks Coffee  
Company

#### **Gold Sponsors**

ACE Taxi  
Advanced Behavioral  
Health  
Charities of Hope  
Connecticut Women's  
Consortium  
Mountainside  
Stonington Institute  
Ellington Volunteer  
Ambulance Service

#### **Silver Sponsors**

Connecticut Behavioral  
Health Partnership  
ADRC  
APT Foundation  
City of Hartford  
Connecticut Renaissance  
Gloria House  
Harbor Health Services  
MCCA  
Rushford

Silver Hill Hospital  
Stepping Stone House  
Wheeler Clinic Inc  
YWCA of the Hartford  
Region, Inc  
Hometown Buffet  
Talcott Mountain Materials  
WWE  
The Village South  
Frontline ScreenPrinting

#### **Bronze Sponsors**

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Birmingham Group  
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Nutmeg State Federal  
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Society of Addiction  
Medicine  
Eder Brothers Inc.

#### **Copper Sponsors**

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CT Council on Problem  
Gambling  
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Ken Aligata  
Connecticut Lighting  
Center  
CPAS  
KLAFF'S  
Marta Moret  
Natchaug Hospital  
New Alliance Bank  
RISE  
Tony Taschner  
WFSB/TV 3 Meredith  
Corporation  
Youth Challenge of  
Connecticut  
Mohegan Sun  
New England Insurance  
Services  
Capitol Region Mental  
Health Center  
Linda Guillorn  
United Way of CT  
Greg Ryan  
TD Banknorth  
Rich Uterstaedt  
Julie Nelson  
*\*does not include  
donations made day of  
walk*

**Hartford Capitol Campaign**  
(1,864.00)

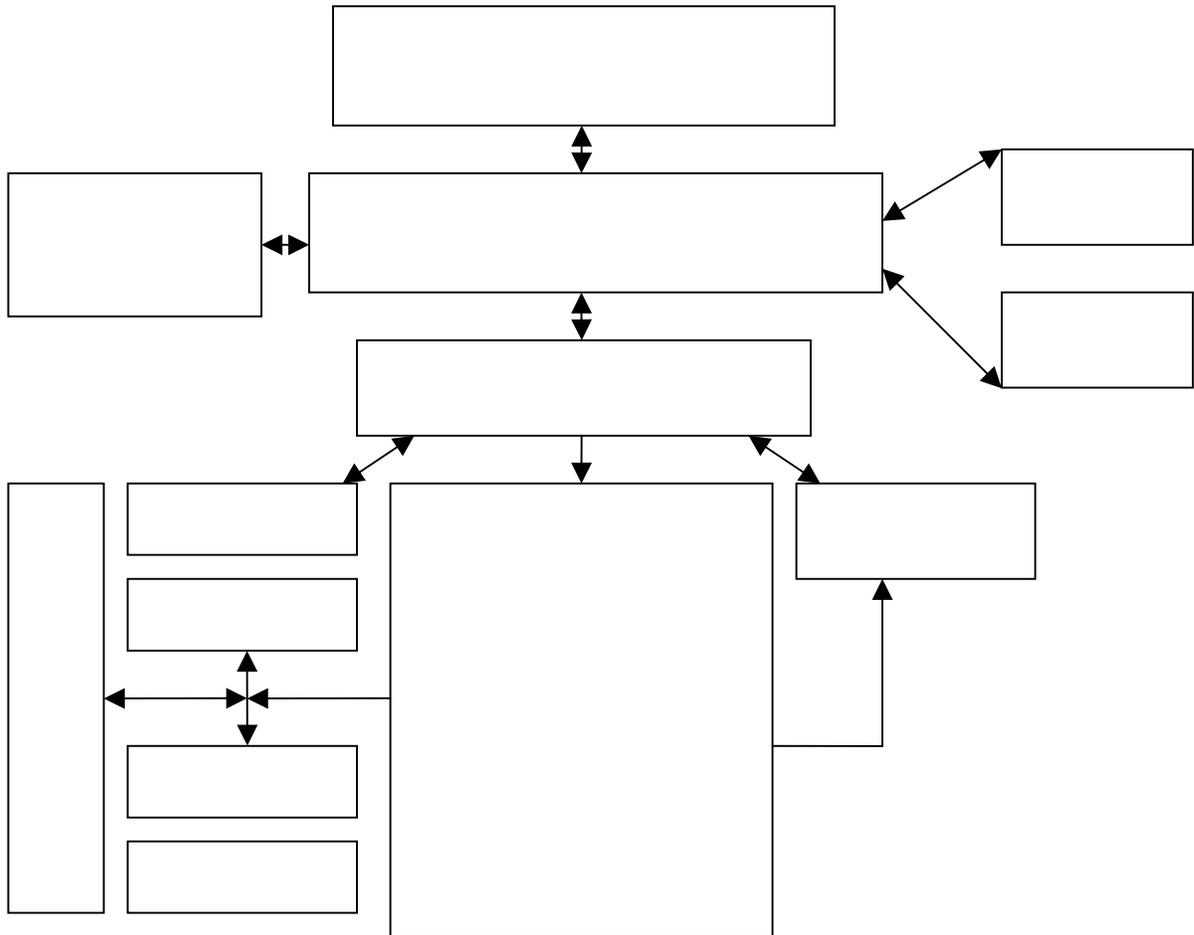
The Commonwealth Group  
Ahern Communication  
Ken Aligata  
Aleyce DelMastro  
Roberto Garcia  
Patricia & Joseph Howard  
Ruth Howell  
Emily Sassman  
William White  
Dallas Cyr  
Robert Esteves  
Geri Langlois  
The New England Center  
Cheryle Pacapelli  
Peter Rockholz  
Tony Taschner  
Richard Valentine  
Anthony Williams  
Albert Farah  
Anthony Concatelli  
Maryann Frangules

June Gertig  
Mary Henry  
Richard Holden  
Brian O'Toole  
Precision Engineering  
WB Mason  
Thomas Boyd  
Patricia Fritz  
Mary Jones  
Tanya Nemirovich  
Velma Taylor  
John Reed

**Recovery Housing (\$2,400.00)**

Cathedral of St. Joseph  
Enfield Community Church  
The First Cathedral  
The First Church of Christ in Wethersfield  
St Peter's Church  
Union Congregational Church of Christ

## CCAR Organizational Model



## CCAR Historical Time Line

<b>A Brief History of CCAR</b>	
1997	<ul style="list-style-type: none"> <li>• CCAR holds Connecticut's first Recovering Community Organization meeting</li> </ul>
1998	<ul style="list-style-type: none"> <li>• Connecticut Community for Addiction Recovery officially named</li> <li>• 5 founding members spoke at statewide CT Department of Mental Health and Addiction Services (DMHAS) conference, publicly for the first time putting a face on recovery, resulting in initial funding from DMHAS</li> <li>• Mailing list topped 100</li> <li>• Awarded an original CSAT Recovery Community Support Program (RCSP) grant</li> <li>• Awarded funding from DMHAS</li> </ul>
1999	<ul style="list-style-type: none"> <li>• 60 members attended 1<sup>st</sup> Legislative Day at State Capitol</li> <li>• 1<sup>st</sup> Board of Directors meeting held</li> <li>• 15 members spoke at CSAT Public Hearing in Hartford "Changing the Conversation, A National Plan to Improve Substance Abuse Treatment"</li> <li>• 140 attended CCAR Conference "In Celebration of Recovery!"</li> <li>• 1<sup>st</sup> video "Putting a Face on Recovery" released</li> <li>• 5 people in recovery selected to serve on DMHAS State Advisory Board, 2 appointed by Governor</li> <li>• Recovery Support Services Concept Paper submitted to CSAT for conference grant</li> </ul>

### A Brief History of CCAR

2000	<ul style="list-style-type: none"> <li>• Co-presented with Advocacy Unlimited, a mental health advocacy organization, on the "Recovery Basic Premises and Recovery Core Values" (Note: these values ultimately served as the basis for the DMHAS Recovery-Oriented System of Care)</li> <li>• Hosted 2<sup>nd</sup> Legislative Day, over 100 people attended</li> <li>• Started “Legacies” support group for parents who had lost children to addiction</li> <li>• Hosted training – Racism of the Well-Intended, Slaying the Dragon</li> <li>• 700 attended first annual Recovery Walks! at Bushnell Park in Hartford</li> <li>• “Putting a Face on Recovery” video distributed to 700+</li> <li>• 1<sup>st</sup> edition of The Recovery Herald newsletter published and distributed to 6500+</li> <li>• 112 people attended 1<sup>st</sup> Annual Meeting &amp; Awards Dinner</li> </ul>
2001	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> of 7 Chapters established giving CCAR local and regional presence</li> <li>• 200+ people attended 3<sup>rd</sup> Legislative Day, 36 legislators sponsored the event with 3 talking about their own recovery</li> <li>• Non-profit 501(c)3 status granted</li> <li>• 10,000+ Recovery Posters distributed nationwide</li> <li>• Website <a href="http://www.ccar-recovery.org">www.ccar-recovery.org</a> goes live</li> <li>• “Putting a Face on Recovery” video updated; 2000+ distributed nationwide</li> <li>• Awarded CSAT Recovery Community Support Program (RCSP) Track II grant</li> <li>• 2000+ participated in 2<sup>nd</sup> Recovery Walks! held 5 days after terrorist attack of 9/11</li> </ul>
2002	<ul style="list-style-type: none"> <li>• 16 members testified at Informational Forum at the invitation by CT Legislature Judiciary Committee issues relating to felony conviction and sustained recovery</li> <li>• 200+ people attended CCAR’s trauma/recovery forum “Recovery Speaks in the Shadow of 9/11” in New London</li> <li>• Membership topped 2000</li> <li>• 3000+ participated in 3<sup>rd</sup> annual Recovery Walks! in Hartford</li> </ul>
2003	<ul style="list-style-type: none"> <li>• 200+ attended 2<sup>nd</sup> trauma/recovery forum in Bridgeport</li> <li>• Code of Ethics established</li> <li>• Shifted successfully from Recovery Community Support Program to Recovery Community Services Program</li> <li>• 1<sup>st</sup> of 42 trainings in the "Recovery Training Series" delivered</li> <li>• New video “Healing Power of Recover” completed</li> <li>• 3000+ participated in 4<sup>th</sup> annual Recovery Walks! in Hartford</li> <li>• Staff invited to “Innovator’s Meeting: Strategic Planning for Peer Recovery Support Services” SAMHSA/CSAT Access to Recovery (ATR) Program</li> <li>• First audit for year ending June 30, 2003 completed and earned a non-qualified opinion</li> </ul>
2004	<ul style="list-style-type: none"> <li>• CCAR involved in development of state ATR proposal</li> <li>• 200+ people attended Grand Opening of Windham Recovery Community Center</li> <li>• First Family Support Group met in Windham Recovery Community Center</li> <li>• Transition of leadership to new Executive Director</li> <li>• Executive Director Co-chairs state team with DMHAS Commissioner at National Policy Academy on Co-Occurring Mental Health and Substance Abuse Disorders</li> <li>• Formal Volunteer Management System implemented</li> <li>• Awarded CSAT Recovery Community Services Program (RCSP) Track III grant</li> <li>• 3000+ participated in 5<sup>th</sup> annual Recovery Walks! in Hartford</li> </ul>
2005	<ul style="list-style-type: none"> <li>• New London Recovery Community Center opened</li> <li>• Recovery Housing Project developed state-of the-art internet database to include 100 independently owned, privately operated recovery houses covering 1069 beds</li> <li>• Recovery Housing Coalition of Connecticut (RHCC) established</li> <li>• RHCC established standards for independently owned, privately operated recovery housing</li> <li>• Recovery Housing Project training “So... You Want to Open a Recovery House” generated 7 new recovery houses totaling 70 new recovery beds</li> <li>• Prison Support Groups established in Enfield and Bridgeport</li> <li>• Comprehensive Volunteer Management System implemented</li> </ul>

### A Brief History of CCAR

	<ul style="list-style-type: none"> <li>• An article on Recovery Walks! appeared on the cover of the inaugural edition of Rising Recovery in Action, Faces and Voices of Recovery (FAVOR)'s national magazine</li> <li>• Recovery Walks! model replicated in several other states</li> <li>• Recovery Walks! drew 2000+, Honor Guard established for first time</li> <li>• Executive Director served on CSAT Summit Planning Committee</li> <li>• Established Recovery Capital Tool and Recovery Friendly Tool for evaluation purposes</li> <li>• Hosts recognition dinner in honor of CCAR founder, Bob Savage</li> <li>• The WRCC attracted 10,000 visitors</li> <li>• More than 350 individuals attended Recovery Training Series</li> <li>• CCAR represented at historic Faces and Voices of Recovery summit in Washington, DC</li> <li>• Executive Director presented at CSAT Summit</li> <li>• Began series of Oldtimer (20+ years of recovery) Retreats and Focus Groups</li> <li>• The 50<sup>th</sup> 'Hooked on Recovery' article penned</li> </ul>
2006	<ul style="list-style-type: none"> <li>• Core Elements of a Recovery Community Center written</li> <li>• Volunteer Coordinator hired</li> <li>• Telephone Recovery Support became CCAR's first "fee-for-service"</li> <li>• Article published on Telephone Recovery Support in Addiction Professional magazine</li> <li>• New London Recovery Community Center held successful comedy night/pasta dinner event</li> <li>• Senior Peer Services Coordinator Diane Potvin received the Dr. Edward Brown Humanitarian Award for her work in support of recovery in Willimantic.</li> <li>• Executive Director traveled to AZ to serve as consultant to a sister Recovery Community Organization</li> <li>• Hosts 1<sup>st</sup> Annual Volunteer Recognition dinner with comedian Mark Lundholm, 144 registered CCAR volunteers invited, Keith Sawyer earns Presidential Award with over 1200 hours</li> <li>• Legacy of Hope: Recovery Elders Video Project launched</li> <li>• CCAR staff ran workshops, served on panels and introduced speakers in statewide DMHAS Recovery Conference: <i>Vision to Outcomes</i></li> <li>• Bridgeport Recovery Community Center opened (#3)</li> <li>• Purchased a 3-story Victorian on 198 Wethersfield Avenue in Hartford to house the Hartford Recovery Community Center and the administrative offices</li> <li>• Individual Giving campaign launched</li> <li>• Recovery Walks! held for the 7<sup>th</sup> consecutive year, a lead event for Rally for Recovery, banner for 46 other events held nationally on same day</li> <li>• Executive Director Phillip Valentine received 2006 America Honors Recovery award from The Johnson Institute at the National Press Club, Washington DC</li> <li>• Executive Director presented on CCAR, recovery support services and promotes the RCSP at congressional briefing in Washington, DC</li> <li>• WRCC attracted more than 15,000 visitors</li> <li>• Hartford Recovery Community Center opened (#4)</li> <li>• Technology grant received from Hartford Foundation for Public Giving</li> <li>• Findrecoveryhousing.com launched</li> </ul>

## CCAR Board of Directors as of November 14, 2006\*

Anton "Tony" Taschner	President
William Leary	Vice President
(vacant)	Treasurer
Roberto Garcia	Secretary
Nicholas Amico, Jr.	
Gregory Atterberry	
Edwin Rivera-Pacheco	
Judith Stonger	

\*if Slate of Candidates as presented at the Annual Meeting on November 14, 2006 is approved

### CCAR Staff

Phillip Valentine	Executive Director
Cheryle Pacapelli	Director of Operations
Normajeane Cefarelli	Volunteer Manager
Diane Potvin	Senior Peer Services Coordinator, Windham
Kimberly Turner-Haugabook	Senior Peer Services Coordinator, New London
Michael Askew	Senior Peer Services Coordinator, Bridgeport
Laurie Fresher	Senior Peer Services Coordinator, Hartford
Pat Howard	Office Manager
Yolibel "Yoly" Lebrón	Administrative Assistant
Renée Anderson	Office Assistant, Windham