

Support  recovery!



CCAR

**CONNECTICUT COMMUNITY
FOR ADDICTION RECOVERY**

CCAR envisions a world where the power, hope and healing of recovery from alcohol and other drug addiction is thoroughly understood and embraced.

Annual Summary of Activities

October 1, 2006 – September 30, 2007

"One of the bright organizational stars of the New Recovery Advocacy Movement is Connecticut Community for Addiction Recovery (CCAR). CCAR became an early model for diverse grassroots membership, collaborative influence on state policy, innovative media for recovery education, annual "Recovery Walks!" celebration, a focus on family and their recent development of regional recovery community centers." – Bill White, December 2006.

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CCAR Board of Directors as of November 13, 2007*

| | |
|-----------------------|----------------|
| Anton "Tony" Taschner | President |
| William "Bill" Leary | Vice President |
| Gary Grodzicki | Treasurer |
| Roberto Garcia | Secretary |
| Gregory Atterberry | |
| John Hamilton | |
| Luther Miller | |
| Edwin Rivera-Pacheco | |
| Carmen Roldan | |
| Judith Stonger | |

*if Slate of Candidates as presented at the Annual Meeting on November 13, 2007 is approved

Mission Statement

The Connecticut Community for Addiction Recovery (CCAR) promotes and puts a positive face on recovery through advocacy, education and service to:

- End discrimination surrounding addiction and recovery.
- Open new doors and remove barriers to recovery.
- Ensure that all people in recovery and people seeking recovery are treated with dignity and respect.

Executive Director Summary

"My name is James and I am a recovering alcoholic and drug addict. I was pre-disposed to this disease, of course, through my mother's and my father's drinking. My mom also drank while she was pregnant with me and I grew up around it all my life. I have been in and out of recovery for 20+ years now and have relapsed so many times. This time I have been working my program and have been coming to CCAR for about a month and have stayed clean and I owe a lot to CCAR. The recovery center has given me a place to come and helped me stay clean. They have so much to offer and I'm glad they are here. I just wish it were 24/7." ~James from the Willimantic Homeless Shelter

As I reflect on the past year, I've been incredibly impressed and inspired with how our four Recovery Community Centers (RCC) have evolved. CCAR now has an RCC in Willimantic, New London, Bridgeport and Hartford. The 4th and most recent center opened when we moved into our new Hartford home on 198 Wethersfield Avenue, a character laden, three story Victorian. We celebrated with a jam-packed Open House on January 25, 2007. Whenever I walk into one of the Centers, I sense a feeling of sanctuary, safety and, dare I say, love. Always I see and experience, people helping people, people supporting people and people caring for people. This has always been the vision we shared for these Centers and it is quite fulfilling to see them bearing more fruit than we imagined.

This year the Department of Mental Health and Addiction Services (DMHAS) issued a Request For Qualifications (RFQ) for an agency to provide Telephone Peer Support. Because of our experience and expertise, we were positioned extremely well and CCAR promptly responded (the application literally flew off the fingertips). Subsequently CCAR earned a \$270,000 award to provide Telephone Recovery Support (TRS) to 2,500 recoverees annually. With the winning of the DMHAS grant to provide Telephone Recovery Support – we reaffirmed our belief that if you carefully choose programs and conduct them with integrity that the work will be rewarded.

CCAR is growing. At last year's Annual Meeting we were at 10 staff; this year we're at 15! Unfortunately, not included is Michael Askew, who left on good terms to relocate his family to North Carolina. Michael had been with CCAR since the beginning. I miss him both personally and professionally. In Bridgeport we now have Gregory Payne, Recovery Community Center Manager and Jaime Simmons, TRS Coordinator. They are a duo that works very well together. We also hired Bob Marcuccio as our CCAR statewide TRS Manager, Kevin Hauschulz as Hartford's TRS Coordinator, Renee Anderson was promoted to Willimantic's TRS Coordinator and Linda Hunter was moved from part-time to New London's full-time TRS Coordinator. The last person to join our staff was Veronica Arroyo, now serving as the Recovery Housing Project Coordinator.

We had another awesome Volunteer Recognition Dinner in April. Mark Lundholm came back and delivered another powerful, provocative and hilarious message. The Volunteer Management System is now part of our organizational culture as evidenced by the sheer numbers. For example, this past year volunteers contributed more than 8,300 hours, up from 5,100 the prior year – nearly a 63% increase!

Rain hampered our 8th annual Recovery Walks!, yet Paul Williams showed and delivered an incredible message. The sun filled the sky and our hearts when it appeared dramatically as the Honor Guard formed to encourage the people following in their footsteps.

Nationally, CCAR continues to draw attention. For example, CCAR is represented on the Board of Faces & Voices of Recovery and the Addiction Technology Transfer Center – New England. The CCAR experience was documented in interviews conducted by Bill White on the Faces & Voices of Recovery (see Attachment

1) and Great Lakes Addiction Transfer Technology Center (GLATTC) (see Attachment 2) websites and published in *Recovery Solutions* magazine. Kim Haugabook represented CCAR at an "invitation only" Whitehouse Roundtable in Washington, DC this past September. We've been in several states to help them with either a recovery community organization or a recovery-oriented system of care. States include Missouri, South Carolina, Kentucky, New York and Arizona. We regularly field calls from other states and a consulting schedule is blossoming.

I had the opportunity to write a paper with Bill White and Pat Taylor titled, "The Recovery Community Organization: Toward A Working Definition and Description." (See Attachment 3)

Our response to the HBO *Addiction* generated a lot of activity. CCAR held a successful premier March 8th at St. Francis Hospital's Chawla Auditorium for about 125 people. After the showing we had a panel discussion that included Phillip Valentine (CCAR), Pat Taylor (Faces & Voices), Thomas Kirk (DMHAS), Kim Haugabook (CCAR) and Marcus McKinney (St. Francis).

These are all just highlights and summaries. More details will follow in this report, but what this all points to is the fact that CCAR is thriving. That's not to say we don't face significant challenges in the near future. Our federal RCSP funding ends September 30, 2008. The Board and other key stakeholders will be working on a strategic plan to respond to the next round of RCSP funding and position ourselves for other funding possibilities. Yet with this challenge, CCAR is blessed to have remarkable employees who work tirelessly, with great enthusiasm and passion. Coupled with a volunteer force that is unparalleled in its dedication, CCAR has become a force to be reckoned with. To me, that is the power of recovery. There are times when I, personally, tap into that power. It strengthens my resolve, because at times, the work, the activity and the responsibility is more than one man or even one staff of fifteen can bear. Yet, at those times, I can hear the voice of the recovery community, the voice of our volunteers, and to me the voice of God, quietly encouraging us to "do the next right thing". I have always believed that if we stick to our mission, if we conduct ourselves in the light of utmost honesty and integrity, that the support (human and financial) would follow. It has, it is and it will. He has proven that He is right there with us. He is the source of light and power of the recovery movement.

-- Phillip Valentine, in recovery since 12-28-87, CCAR Executive Director

Volunteer Management System

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"Out of all of the commitments I've had – TRS is my favorite way of giving back. Honestly – it's a toss up as to who gets more out of it...me or them." ~Caroline Miclette, CCAR Volunteer

The Volunteer Management System (VMS) continues to blossom under the leadership of CCAR's Volunteer Manager Normajeon Cefarelli. The VMS is the key to CCAR's future success and the backbone of our organization. It has become part of our organizational culture. At staff meetings, public presentations and in conversations with the recovery community, the importance of our volunteers is consistently emphasized. An active volunteer force will generate more positive results than paid staff could possibly accomplish alone. Our volunteer force is growing as shown by the following two tables that illustrates the hours contributed over the last two fiscal years.

| Fiscal Year 2007 | | |
|----------------------|---------------------|---|
| <i>Quarter</i> | <i>Hours Served</i> | <i>Connecticut Volunteer Rate (\$21.70)</i> |
| Oct 1 – Dec 31, 2006 | 1,451.25 | \$31,492.13 |
| Jan 1 – Mar 31, 2007 | 1,805.50 | \$39,179.35 |
| Apr 1 – Jun 30, 2007 | 2,361.00 | \$51,233.70 |
| Jul 1 – Sep 30, 2007 | 2,687.75 | \$58,324.18 |
| Total | 8,305.50 | \$180,229.36 |

| Fiscal Year 2006 | | |
|----------------------|---------------------|---|
| <i>Quarter</i> | <i>Hours Served</i> | <i>Connecticut Volunteer Rate (\$21.70)</i> |
| Oct 1 – Dec 31, 2005 | 919.25 | \$19,947.73 |
| Jan 1 – Mar 31, 2006 | 1,274.25 | \$27,651.23 |
| Apr 1 – Jun 30, 2006 | 1,250.25 | \$27,130.43 |
| Jul 1 – Sep 30, 2006 | 1,670.50 | \$36,249.85 |
| Total | 5,114.25 | \$110,979.24 |

Just one 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, 2006 – September 30, 2007

| Date | Training | Location | Attendees | Trainers |
|-------------|--|-----------------|------------------|--------------------------------|
| 10/21/06 | Understanding Addiction & Recovery TOT | New London | 8 | Jim Wuelfing |
| 11/04/06 | Booster TOT | Wethersfield | 5 | Jim Wuelfing |
| 11/18/06 | Volunteer Training | Windham | 12 | Normajeon Cefarelli |
| 11/20/06 | Group Facilitation Training | Bridgeport | 6 | Normajeon Cefarelli |
| 02/14/07 | Volunteer Orientation | Hartford | Cancelled | Normajeon Cefarelli |
| 02/28/07 | Volunteer Orientation | Windham | 8 | Normajeon Cefarelli |
| 03/14/07 | Volunteer Orientation | Bridgeport | 8 | Normajeon Cefarelli |
| 03/24/07 | TOT Weekend | Madison | 18 | Jim Wuelfing, Donna Aligata |

| | | | | |
|----------|---------------------------|--------------|-----------|----------------------|
| 04/11/07 | Volunteer Orientation | New London | Cancelled | Normajeane Cefarelli |
| 05/16/07 | Volunteer Orientation | Hartford | 7 | Normajeane Cefarelli |
| 05/23/07 | Volunteer Orientation | Willimantic | 3 | Normajeane Cefarelli |
| 06/06/07 | Volunteer Orientation | Bridgeport | 2 | Normajeane Cefarelli |
| 06/13/07 | Volunteer Orientation | New London | 3 | Normajeane Cefarelli |
| 08/06/07 | Volunteer Orientation | Hartford | 11 | Normajeane Cefarelli |
| 09/05/07 | Peer to Peer Facilitation | Hartford | 4 | Normajeane Cefarelli |
| 09/24/07 | Peer to Peer Facilitation | New London | 2 | Normajeane Cefarelli |
| | | Total | 97 | |

Ms. Cefarelli submitted the following report on the Training of Trainers Weekend held in March 2007: "18 volunteers participated in the Training of Trainers weekend seminar. This consisted of two full days of training and delivery of training to their peers. This group of volunteers is exceptional in their presentation skill, confidence and excitement of the program. There were a lot of favorable comments pulled from the training evaluations. Answers to the question, "What did you feel was the most useful in the training?" were;

- the coaching and smoothness of presentation
- I feel the only way to get comfortable and good at things is by doing them
- Knowledge
- a kind of confidence the trainers give each person
- encouragement to get involved
- I was given some good points on what I do incorrectly while speaking in public
- good presentation of material

The rest of the evaluations were very positive and exuded excitement to go out there and "train". The next step is for the Recovery Community Center Managers to walk through CCAR curriculums so that they will be able to deliver trainings as soon as possible in the Recovery Community Centers. Two of the new trainers from the HRCC are delivering trainings at a conference in April.

CCAR's VMS has all the components of a comprehensive program including recruitment, interviewing, selection, screening, job descriptions, scheduling, supervision, evaluation and recognition. Our big recognition event is in April, National Volunteer Recognition Month. CCAR hosts a dinner and provides some top-flight entertainment to show our appreciation for each and every volunteer. Again, Ms. Cefarelli reports:

"More than 200 people attended this year and we presented 17 Presidential Awards! Last year we presented 3. This award has generated an increase in volunteer's hours over this past year. As part of our fundraising activities, we decided to have an Ad book. The total sales of this book alone generated \$2,575.00. We are very fortunate that our Board Members purchased their own tickets as a donation and/or placed an Ad or sold an Ad in our booklet. Comedian/Motivational Speaker Mark Lundholm returned to give another brilliant performance. No one left disappointed – there was laughter emanating from the audience from the moment Mark walked on stage until the bitter sweet end – you never wanted him to say "good night". Mark was adept at tying in our Executive Director's message as part of his act. He is able to eloquently integrate into his routine his perception of the audience, our mission and vision and the dynamics of the evening leading up to his performance. He captured our attention and made it a truly rewarding experience for everyone."

The next Volunteer Recognition Dinner is scheduled for Friday, April 18, 2008 from 6:00 – 10:00 at Saint Clements Castle in Portland, CT. Please email Normajeane at normajeane@ccar.us if you're interested in attending and/or taking an ad out in the Ad book.

Recovery Community Centers (RCCs)

A Recovery Community Center (RCC) is a recovery oriented sanctuary anchored in the heart of the community. It exists to put a face on recovery, to build recovery capital and to serve as a physical location where CCAR can organize the local recovery community's ability to care. An RCC is not a treatment agency; it is not a 12 Step club; it is not a drop-in center although aspects of all of these are apparent. An RCC will deliver peer-to-peer recovery support services using its volunteer force as the deliverers of these services. An RCC is not a place for people to simply hang out, watch TV, play cards or pool and attend a daily meeting. We are not seeking to duplicate existing resources. Yet, an RCC will host specific social events. An RCC is not a drop-in center whose primary purpose is to refer and help people get into treatment. Obviously, people in need of help will enter the RCC and we will do everything in our power to assist them.

An RCC maintains a structured schedule where recovery-related workshops, trainings, meetings, services and social events are consistently delivered. An RCC targets people in recovery, family members and friends to serve as CCAR volunteers, who in turn help those coming up behind them. An RCC is a place where a person with long-term recovery can give back. An RCC is also a place to find workshops, training and educational sessions to enhance one's own recovery. An RCC exists as a recovery resource for the local community. ~Taken from the Core Elements of a Recovery Community Center posted on the CCAR website. (See Attachment 4)

For an idea of the monthly activity that occurs in all our Recovery Community Centers please see Attachment 5 - September 2007 Schedule of Events for all RCC's.

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



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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, more than 12,000 people signed in. The traffic is so heavy that the WRCC will soon be moving down the street to a site with more space at 713 Main Street. For the purposes of this report, we will pull some segments of several reports to illustrate the various services, activities and advocacy generated in each of our RCCs. These summaries are from Diane Potvin, Recovery Community Center Manager in Windham:

- A woman named Lisa passed away in December 2006 from a heroin overdose. At one time, she was an active member of CCAR and was a guest on our cable TV show "Positive Faces". After being hit by a car, Lisa was prescribed pain medication that sent her down the road to relapse. The WRCC hosted the "Celebration of Lisa's Life" where the local recovery community gathered. Person after person shared their memories of Lisa. Many members of the WRCC felt her medical condition could have been

handled much better by the local hospital. Lisa had gone to the ER after overdosing and was given the medication Narcan, released an hour later with a note on her release paper that said "stop using illegal drugs, it will kill you." Lisa died 12 hours later from another overdose. Members of the WRCC have since met with the hospital and are working to establish a stronger connection with the recovery community.

- The WRCC hosted "Dessert and Discussion" on Thanksgiving for about 25 people who brought 18 desserts and then shared about gratitude. One young lady said that "she raced to the Center, knowing that it would be a safe place for her" because she had just spent an afternoon with family that were drinking and drugging. A man came with his sister; he had just gotten out of prison a week before and "was very moved by the sincerity and truly felt welcomed the moment he walked in the door."
- The WRCC displayed a "recovery tree" again this Christmas and had 429 years of recovery represented on the ornaments.
- The WRCC cable TV show "Positive Faces" is generating more response from call-ins. People who have had loved ones die because of addiction are calling in and looking for support. They have been referred to the Family Support Group and have shown up on occasion. One inspirational guest was Adrienne who came from Bridgeport to Willimantic through the correctional system and is now a role model for the ladies in the system. She sang the national anthem at last September's Recovery Walks! as one of the Recovery Angels and she sang on the show. "Fireman" Brian spoke of his 13 years of recovery and how his recovery is built by God and giving back to the recovery community. He sponsors a lot of the men in this area. Wanda spoke of her 2 years in recovery and Caroline with her 1 year of recovery, getting her son back from DCF and volunteering at the Center and how it "helped her wean into the recovery community". Chris, the Turtle Man, told his powerful story. "I had a few people say to me after the show that they would have called in but they didn't want to miss anything," he said.
- The attendance to the WRCC All-Recovery meetings, 4 days a week, has been impressive. The room is maxed out most of the time with about 35-45 people. The theme a lot of the times is "thank God for this meeting and/or this place".
- The WRCC has an Old Timers meeting that started out meeting every other month but a couple new people-one with 19 years and the other with 21 years-asked if it could be once a month. Then with it going once a month, they wanted more. The attendance is between 7 to 11, with the numbers growing, and the word getting out there, mostly by our attendees. People that did not look at CCAR favorably are now attending.
- HBO, in partnership with the Robert Wood Foundation, the National Institute on Alcohol Abuse and Alcoholism, produced the documentary "Addiction" to educate America about drug & alcohol addiction as a brain disease, its treatment, and medical improvements. As CCAR collaborated with Faces & Voices of Recovery (FAVOR), Join Together and Community Anti-Drug Coalitions of America; 14 people attended a house party at the WRCC and viewed and discussed "Addiction". The party drew new visitors to the Center.
- The WRCC newsletter "Recovery Town News" was published.
- The WRCC was used for some sober social events like a baby shower, a one-year anniversary party and a twenty-year anniversary celebration for none other than CCAR Willimantic Recovery Community Center Manager Diane Potvin.

- One of the CCAR volunteers and supporters of the WRCC, John Powell, pulled off a totally successful 'Never Alone Café'. We have held it twice with about 25-30 people attending, entertainment was great and hands were clapping. Those that heard about the great time and music were sad they missed it but determined to attend the next one.
- The 3 WRCC karaoke parties held this past year have been successful with about 15-30 in attendance.
- The Family Support Group wavered in attendance from 3 to 22 people. Diane observed that the meeting adapts to the needs of the participants. At times it has become emotional, yet always rewarding. On several occasions people leave saying, "this is my favorite meeting".
- The WRCC has a volunteer that was in a terrible car accident that left her pretty disabled. When she started coming to the Center her walk was hesitant, her speaking was hesitant and it was a bit of a struggle. She is now the person that relieves us when staff can not be at the Center and is a dependable TRS volunteer. She has a glow about her. She now comes to the Center 4 days a week and she is on a schedule...she HAS to get up and she says her volunteering at CCAR has "helped her outlook on life...it's not so bad getting up anymore because she has a reason."

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



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The following summaries are submitted by Kim Haugabook, Recovery Community Center Manager in New London:

- The NLRCC organized a Holiday Food-Drive in association with one of the area's Behavioral Health agencies. A major radio station responded to the NLRCC's request in assisting with advertising. KOOL-101 invited me and a CCAR volunteer to speak on their popular morning show. Volunteers, community members and local businesses responded by not only contributing food donations but financial contributions as well. Approximately 200 lbs. of food was collected and donated to the local food pantry on behalf of CCAR.
- The NLRCC added a bi-weekly Methadone Anonymous meeting. The men in recovery group has continued to thrive with participation increasing to 20-25 weekly. The families in recovery group continues to meet monthly with an average of 10-12 participants. The women's recovery group continues to struggle with participants. Transportation seems to be an issue. I am working with volunteers on re-strategizing and have targeted a possible funding opportunity for transportation and childcare.

- The Families in Recovery group has been extremely effective in educating family members about addiction and recovery. For example, a mom who had been silently suffering with the guilt and shame of her 19-year old son's 5 year heroin addiction was able to reach out and get the support she needed. "I've kept this secret for a very long time. I was ashamed. I've never said these things out loud". Kim assisted in getting her son into treatment. The mom happens to be a reporter and ended up writing a full-page article titled, "Area Couple Reaches Out to Those with Addictions" that highlighted CCAR, the NLRCC, me and my husband John, a dedicated CCAR volunteer. The young man is still in recovery today.
- Another example: Linda Hunter called the NLRCC, very upset about her step-son's addiction. The call was taken by a CCAR volunteer, a person in recovery, who was compassionate and understanding. He invited her to come to the Center where she would find support. Linda came. Linda states, "I never thought I would find support, friends, and mentors, I wasn't alone- they understand". Not only did Linda join the Families in Recovery group, she volunteered and after 3 months Linda was offered a part-time office assistant position in the NLRCC and now serves as a full-time Telephone Recovery Support Coordinator.
- The NLRCC volunteers organized the 2nd Annual "Another Recovery Social" Comedy Show & After Party, another successful event full of fun in recovery. There were approximately 150 people in attendance. The comedians were excellent. After the show a lady came up to me and said, "This was so much fun. I haven't laughed that hard in a long time. You need to do this two times a year instead of once a year!" Another person exclaimed "Awesome, just awesome!"
- The NLRCC debuted CCAR's 3rd cable access show "Hooked on Recovery" title inspired by the Executive Director's bi-weekly article. After participating in CCAR's Windham Recovery Community Center's cable access show ("Positive Faces") 100th episode celebration, I was so inspired and proud of their accomplishment that I wanted to replicate the same type of educational and inspiring recovery show in New London. What better way to promote recovery!" The first show aired January 2nd with Executive Director Phillip Valentine as the guest. Phillip described his recovery journey as "coming out of the darkness of addiction and living in the light of recovery". The show was serious, humorous, and hopeful. "Hooked on Recovery" airs every week with 2 live call-in shows and 2 repeats.
- The NLRCC hosts a course put on by the Manchester Community College Drug & Alcohol Recovery Counselor (DARC) program. The NLRCC is providing classroom space for New London area students (many in recovery and working in the field) desiring to complete their Associates Degree. One student stated, "This has been a God-sent. I'm 50 years old and always wanted to go back to school. This program is being offered right in my backyard; I had to take advantage of the opportunity."
- The NLRCC helped organize six regional House Parties to increase the viewing audience of the HBO documentary "Addiction". Reports indicate the majority of individuals enjoyed the documentary. Follow up discussions were intense and honest.
- The NLRCC volunteers tried something new in organizing a "Financial Recovery Series". This series originated from the membership who wanted to learn more about budgeting, saving, and controlling credit card debt. A volunteer who teaches a high school Personal Finance course ran the classes. She offered her testimony as a person living in "Financial Recovery". "I used to have tag sales to pay my bills." Her honesty and candor invited everyone to share their "financial fears, disasters, and insecurities". 14 people signed up for the class and 10 people completed the 7 week series. Upon completion individuals received certificates and the book, "Rich Dad-Poor Dad". All evaluations collected

were excellent. All the students asked for a follow-up series.

- The NLRCC hosted a 12 week-Women's Big-Book Step-Study. An old-timer (20+ years of sustained recovery) volunteered to facilitate the group. Participants include women in very early recovery and women still in treatment. The women were thrilled! Many of them attended meetings but had never picked up the Big Book. One young girl from North Haven said, "I never picked it up because it said Alcoholics Anonymous"- I'm not an alcoholic, but now I see a drug is a drug and I can identify with the feelings and cravings the alcoholic described." Another young woman stated, "I'm glad I came to this meeting. This is a fun & interesting way to learn about this disease and know that I am not alone." The women were able to ask questions on parts of the readings they didn't understand.
- The NLRCC celebrated National Recovery Month by premiering a quarterly newsletter "Seaport of Recovery News". With a committee of 6 members, the 1st fall edition was distributed throughout Southeastern Connecticut via email as well as mailed to approximately 300 supporters. The newsletter's primary function is to continue to promote the NLRCC and its activities. It also serves as a thought - provoking tool highlighting various views from different parts of the recovery community.
- A newspaper article titled, "On Two Feet – Annual Recovery Walk Focuses Attention on Addiction Services" was featured in *The Day* newspaper with an estimated circulation of 37,800 readers. Three CCAR members were interviewed and photographed as they shared their triumphant stories of recovery.
- The NLRCC hosted its annual "Free Day in the Clothes Closet." Participants were in & out all day finding interviewing clothes & accessories. Volunteers offered their support in coordinating interviewing outfits for men & women in early recovery. Clothing was donated by area churches as well as private donations.
- The NLRCC's Recovery Community Center Manager Kimberly Haugabook reported, "As a stand-in for CCAR's Executive Director, Phillip Valentine, I was honored to attend the Compassion in Action Roundtable, "Expanding the Substance Abuse Treatment Paradigm: Faith-Based and Community Partnerships Toward Recovery Support." CCAR was among 100 community and faith based organizations in attendance. The roundtable highlighted the effectiveness of specific local, grassroots programs that elicit positive changes in people's lives and paves the way for individuals to become full partners in their communities. It was truly a privilege and honor to be part of such an emotional and spectacular event. It was re-affirming to know that the work we do in the field is recognized and valued."

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



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The BRCC transitioned successfully from the leadership of Michael Askew to Gregory Payne and Jaime Simmons. Their reports included the following:

- Michael started to recognize the toll personal recovery coaching could take on his time and began referring more people to his trained volunteer staff. Some examples include:
 - a man who needed help getting his driver's license reinstated
 - a man who needed to get into a treatment program to avoid going to prison
 - a 19-year old woman who needed help getting a job
 - a man who wanted to attend a culinary arts school but was denied federal loan assistance because of a felony conviction
 - a woman who could not read or write and wanted desperately to learn
 - 4 men who needed help filling out an application for a pardon
 - a man who needed recovery housing
 - several individuals have come in seeking careers in the "recovery field".
- The BRCC was used as a meeting space for several local community groups including RISE, a group of women who empower themselves through Self Expression, the H&I Sub Committee of Narcotics Anonymous, the Greater Bridgeport Continuum of Care, the Consumer Forum for Co-Occurring Disorders and the Providers Roundtable and the Regional Network of Programs.
- The Connecticut Association for Human Services held a training "Money Management 101" in January. The training helped people "get a better understanding of how to let my money work for me."
- A local artist displayed his art work at the BRCC. There is an Artist Loft next door and the BRCC would like to rotate the art every 2 months.
- 17 people attended a legislative breakfast to learn more about Recovery Community Centers.
- The BRCC took part in a Voter Registration Drive with 23 people registering.
- The BRCC organized five regional House Parties that viewed the HBO documentary "Addiction" reaching 157 people including 83 from an area treatment center.
- Congressman Christopher Shays visited the BRCC.
- 2 CCAR volunteers used their experience volunteering at the BRCC to move onto paid positions in the Bridgeport Community.

Hartford Recovery Community Center (HRCC) "Capitol Voices of Recovery"



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Phone (860) 244-3343 Fax (860) 244-3363

"I first became involved with CCAR in Willimantic. I was in a long term treatment program and began attending the All Recovery Meetings daily. Diane (Potvin) served as a role model. She appeared to have a quality life as well as quality recovery. When I relocated to Hartford in March, I became involved with the HRCC. I have attended several of the trainings offered here. I have become involved with Telephone Recovery Support and really enjoy it. I am able to give back some of what has been given to me so freely. When I had no hope, the staff at CCAR had hope for me. When I felt defeated, by power of example, I saw problems/situations can be overcome. Words of encouragement are a given at the HRCC. The CCAR management as well as Laurie from the HRCC serve as advocates and supporters of my recovery. They have encouraged me when I lacked courage." -Helena, CCAR volunteer and person in recovery

"The beginning of my journey into this life of recovery has been amazing! My eyes have been opened, not only to a supportive and caring organization, but to my own values and ideas of what recovery means to myself and to my community. I came to the realization that the lifestyle of abusing drugs and alcohol, leading a life of crime and dealing with the Department of Corrections was leading me down a path I no longer wanted to travel. I had sought help in many ways, never to follow through, or actively pursue, which led me straight to my "dead end", and I mean dead end! I was facing death or incarceration. Unfortunately I was not the one whom chose the latter but I could have been the one to have chosen death. I suppose because of my poor decisions and choices, a period of incarceration was chosen for me. But thanks to a higher power there was an exit off that one lane highway to hell. At the end of that ramp was a rest stop of a sort named "CCAR" not like any other rest stop that you might find in America as you travel down that dimly lit highway looking for some direction for that destination you so eagerly seek. They even had coffee brewing!

That's when I realized I was lost! They showed me direction and they all start at this road named RECOVERY. They explained it would be a life long journey and there was not a final destination but a place of well being, a place of sharing, a place of giving and a place of constantly learning. I have found that place at CCAR, a place that has given me hope, that there is a community dedicated to the recovery life style, that there are people out there whom genuinely care about others who seek living a recovery life style. CCAR has given me an opportunity through education and advocacy to reestablish a self worth and regain my self esteem through the work and volunteering that I am able to help with. I've seen first hand that work, dedication, knowledge and outreach to not only people in the recovery but to the community as a whole is the correct road for me. If it was not for the work, support and education they have provided me I would not have found a passion for advocacy and dedication to helping others in need of care or assistance. Through the support groups I've attended and through the stories and testimonies of others, I have grown stronger as a person in recovery. By accepting feedback and relating to some of what is shared I can better put into perspective my thoughts and feelings.

I have also been given the opportunity to have my voice heard. CCAR has opened new doors and revealed to me a passion and ability I did not realize I was so fond of. Being able to express myself and voice opinions on issues I feel are worthy and beneficial to myself and others gives me a sense of responsibility and accountability, another lesson learned here at CCAR. I have also regained my love and zest for life, in the past when I was using, I sometimes did not think of the consequences, but I now have a different outlook on life and can learn to live life and enjoy the many pleasures without drinking and drugging. I have also regained my respect and love for all people and all things small and helpless (dogs, cats, rabbits, and even white mice). My loyalty (sometimes misplaced) has gained me respect with my peers and loved ones. But most of all they have helped me find that place in my heart, that good place, that place full of empathy for people hurting and with less than myself, people less fortunate than I. If I can touch someone in some way, as CCAR has touched me, that may benefit their lives in some positive way, lets me know that I am indeed on the "Road to Recovery". ~John "Demo", CCAR volunteer, HRCC

CCAR ventured into the world of real estate ownership by purchasing its first building. On October 11th, 2006 we closed on 198 Wethersfield Avenue in Hartford, CT. CCAR staff spent a lot of time renovating the new Center. All contractors had to be secured, quotes reviewed and time frames for work to be set. Also the move from our old administrative offices needed to be coordinated and organized. The new building is beautiful and has provided an excellent place for the recovery community to gather in Hartford. Laurie Fresher, Recovery Community Center Manager reports:

- More than 200 people attended the HRCC Grand Opening held on January 25th. It was standing room only. Volunteers did an outstanding job of organizing this event. The back room had an incredible spread of food. The Center looked great. Staff and volunteers gave tour after tour after tour of all three floors. Four people from PRO-ACT attended. I mention this because they drove up from Philadelphia! Laurie also revealed how the day affected her and her recovery. "The excitement and fear of the approaching grand opening was almost too much to take. Would the building be ready? Was I ready? Could I handle it? Would anyone actually show up? These were just a few of the questions running through my mind as the day approached. The Hartford Recovery Community Center was going to be located in our state capitol and would I be able to coordinate a recovery center? How would I be able to reach all the people who could benefit from our services? Thoughts kept creeping into my mind about my own addiction, some of my worst days and memories from my addiction were right here on these very streets. What an absolute blessing to be on the other side of my addiction and able to help others; I must say it was quite overwhelming. Since that day, many people new in recovery have come to the HRCC to volunteer after hearing about the Grand Opening. I look forward to the future with some of my many questions answered. Some are still hanging out there. I learned a lot from this event and will approach new ones with confidence and anticipation."
- A collaboration with the University of Connecticut's School of Nursing has been established to bring volunteers into Hartford.
- The HRCC held an Open Mic Night which was organized by the HRCC Social Committee. CCAR member and peer leader Dale Kightlinger was the main sponsor and contributor to the event. 13 entertainers signed up for the event representing Blues, Gospel, Salsa and more. The event gave new meaning to "Capitol Voices of Recovery". The message of recovery and hope were clearly expressed through the participant's lyrics, music and poetry. The fellowship, support and encouragement were also amazing. Folks came together never having met before to share in the strength of recovery. The number of years of recovery ranged from 1 day to over 20 years. Audience participation ranged from playing instruments like tambourines and shakers to dancing.

- The HRCC asked the Youth for Project Hartford, a collaboration of local church youth groups, to do some service work. The youth helped with some outside landscaping and then canvassed the area with literature about CCAR. In exchange, CCAR shared some of their experience and knowledge around addiction, treatment and recovery. The teens had a chance to share some real issues in their lives and to ask questions that apparently they were scared to ask peers, family or clergy.
- The HRCC has been instrumental in working with the men at Cheyney House, a local Department of Correction half-way house. The HRCC has been able to offer recovery supports, where prior HRCC opening there was little to none meetings, advocacy, hope, resource center and support.

Recovery Housing Project

Veronica Arroyo – Recovery Housing Coordinator, 198 Wethersfield Ave, Hartford, CT
(860) 244-CCAR (2227) Fax: (860) 244-2228 Email Veronica@ccar.us

The Recovery Housing Project continues to thrive thanks to the dedication and expertise of Cheryl Pacapelli, CCAR Director of Operations. She reports:

The Recovery Housing Coalition of Connecticut (RHCC) meets regularly on the 1st Tuesday of the month. The Coalition continues to grow and has had substantial influence in helping new recovery house owners establish their houses. For new house owners the Coalition has been a valuable resource to begin networking and establishing themselves in this unique field of Recovery House ownership. The RHCC tackled some hard issues over the last year, coming up with ways to handle unexpected situations that house owners sometimes find themselves in. Some examples are; what do you do when you find out a house manager has been using, the actual owner of the house relapses, or that your program manager is being accused of secretly videotaping women who reside in the house? Each owner realized that these situations could happen to anyone, and ultimately devised a way for recoverees to report critical and non-critical situations. This critical and non-critical incident report will be used in January 2008.

The Recovery Housing Database continues to be a highly sought after commodity. CCAR continues to give over 100 referrals per week to recovery houses throughout the state. The www.findrecoveryhousing.com website is in the final stages of completion. Since hiring Veronica Arroyo, Recovery Housing Project Coordinator, testing is being done daily. We have Recovery House owners waiting to sign up and treatment providers seem anxious to have the service available to them also.

Recovery House Training: "So, You Want to Open a Recovery House?" was held four times this year. At the most recent training at the HRCC over 30 people registered. It was standing room only with people showing up who were not able to register because the training was full. CCAR continues to provide one-on-one technical assistance to new owners regarding setting up rules and policies, insurance requirements, drug testing kits and marketing for their programs.

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



Bob Marcuccio - TRS Manager, 198 Wethersfield Ave, Hartford, CT (860) 218-9570
Fax: (860) 244-2228 Email Robert@ccar.us

Attachment 6 – TRS Brochure, Enrollment Form

"When asked if I find the TRS (Telephone Recovery Support) calls helpful I can't say yes enough. There's something so supportive about knowing that no matter what happens in my life there's someone who genuinely cares about how my recovery is going. My volunteer has shared in every victory I have had in my recovery since the calls began. I hope to continue receiving these calls for a long time to come."

-Constance Carpenter, recoveree enrolled in CCAR's TRS program for the last 86 weeks

"When I was using, my phone never rang and I wanted it to. I remember just sitting there, staring at the phone wishing someone would call me, talk to me...possibly help me. Now I'm in recovery, for me this is the perfect way of giving back...being that phone call that I never got." -Curtiss Kolodney

Perhaps the most significant happening of this past year was the expansion of the Telephone Recovery Support (TRS) program. Connecticut, through DMHAS, has invested significantly in the provision of this innovative, effective service. The simple premise is this: "a recoveree receives a phone call from a trained CCAR volunteer (usually a person in recovery) once a week for 12 weeks to check-in on the recoveree's progress." Frequently, the calls continue well past the 12 weeks. Because of our state's lead on this, CCAR has already received many requests from other states on how to implement this. In September, TRS Manager Bob Marcuccio began building the foundation to dramatically increase this service. He reports:

The TRS program looks to be an exciting chapter in the growth of CCAR. In September we created five positions to support the framework of expanding our TRS program. The expansion is supported by people and technology. We've found that the importance of securing a firm foundation to this project is our top priority. As TRS grows across the state we want to be sure that the infrastructure is in place in order to handle the call volume we anticipate in 2008. To set the stage we are building a platform that begins with our people. Each recovery support center (RCC) has a TRS coordinator that oversees the daily responsibilities of scheduling calls, training volunteers, recording the calls through database management and providing hands-on support in the event a call requires additional attention. Our coordinators also support the outreach by developing relationships with the treatment community by meeting with providers, promoting TRS and offering assistance anyway they can. Most important they continue to support our vision of putting a face on recovery by getting out and promoting TRS and CCAR as a whole. To support the outreach the need for a software management system was required. We implemented ACT! database software in September and it gives us the tools we need to report the data that's captured with TRS. ACT! also allows our coordinators the ability to manage the volume in a simple format by adding the recoveree to the database and entering the information received from the phone call. The software will identify new enrollments assigned to each RCC, provider response, call tracking and recoveree status as well as other reports that support the service. Continuing to promote TRS we have a simple yet effective way to spread the word. We like to call it an "expansion" because of the steps we've taken since the TRS pilot project began in 2005. Listed below are a few of the things we've done to generate participation.

- Press Release from DMHAS
- Brochure with TRS Consent form.
- E-Marketing
- Website
- 800# Phone and Fax Line
- E-Fax

Having a trained volunteer call someone to see how they are doing and to offer additional support is a wonderful program to offer a person new in recovery. The service is also portable, for example, New London TRS Coordinator Linda Hunter reported, "A recoveree notified us that he was moving to Los Angeles and wanted us to continue calling until he was able to connect with the recovery community in that city. The recoveree stated, "I'm having a hard time adjusting to CA out here by myself." He was grateful to still have a Connecticut connection." Many times we find that the person making the call gets just as much out of it as the person receiving the call. In the near future, we will continue to build the TRS infrastructure. Our people, volunteers and partners in the treatment community all play an important role in our expansion. We look forward to setting our vision high and to reach our goals through commitment and growth.

Recovery Walks!

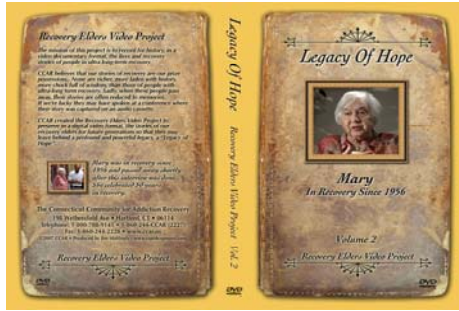


2008 Save the Date! **Saturday, September 20th, 2008** **9th Annual Walk for Recovery from Alcohol & Other Drug Addiction**

For the 8th consecutive year CCAR hosted Recovery Walks!, a walk in support of recovery from alcohol and other drug addiction. Songwriter/vocalist Paul Williams was our first-ever celebrity headliner and he spoke eloquently about his own recovery. For the first time in eight years the weather did not cooperate; it actually poured in the morning hampering the set up but not dampening spirits. The weather definitely affected the attendance; however the people that did come really wanted to be there. The sense of community was profound. A lot of smiles, hugs, laughter and the heavens had a surprise for us. After Paul Williams spoke, Arno Groot's saxophone rendition of the Lord's Prayer and Adriene Young's singing of the National Anthem, the ribbon was cut and the Honor Guard led the walk to the top of the hill. There they parted and encouraged the people coming up behind them. As the band on stage played "Here Comes the Sun", the clouds parted and brilliant sunshine lit up the park and our hearts. Tears streamed down the cheeks of all participants – a very powerful moment.

Honor Guard participation decreased slightly with 63 people donning a purple sash and representing 1,139 years of recovery – that's an average of about 18 years per person. Sponsorship and support was again outstanding. Please see the full list of supporters later in this document.

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 about 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 consists 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 (DMHAS) and have been reproduced and are currently being distributed to every recovery house in Connecticut free of charge. The elder has also received 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.

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."

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. 569 people (up from 514) attended training, an 11% increase from the previous year. Evaluations were consistently excellent. What follows are a few brief descriptions of some of the training offered.

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.

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? We will answer this and other questions 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.

Understanding Addiction and Recovery: CCAR envisions a world where the power, hope and healing of recovery from alcohol and other drug addiction is thoroughly understood and embraced. By looking at and understanding the disease of addiction, the hope and process of recovery is explored.

Chart: Summary of CCAR Recovery Training Series October 2006 – September 2007

| Date | Training | Location | Attendees | Trainer | Trainer |
|------------|--|--------------|-----------|----------------------------------|---------------------|
| 10/02/06 | Pardons 1 | Windham | 12 | Donna Aligata | Renee Anderson |
| 10/04/06 | Legislative Training Part 2 | Hartford | 7 | Doreen DelBianco | |
| 10/05/06 | Telephone Recovery Support | Wethersfield | 5 | Normajean Cefarelli | |
| 10/16/06 | Pardons 1 | New London | 12 | Kim Haugabook | |
| 10/19/06 | Old Timers Retreat | New London | 20 | Jim Wuelfing | |
| 10/21/06 | Understanding Addiction & Recovery TOT | New London | 8 | Jim Wuelfing | |
| 10/25/06 | Pardons 2 | Wethersfield | 13 | Donna Aligata | Ken Aligata |
| 10/26/06 | Telephone Recovery Support | Bridgeport | 5 | Tom Broffman | |
| 11/04/06 | Booster TOT | Wethersfield | 5 | Jim Wuelfing | |
| 11/08/06 | Old Timers Retreat | Windham | 22 | Jim Wuelfing | |
| 11/21/06 | Understanding Addiction & Recovery | Bridgeport | 18 | Michael Askew | |
| 12/04/06 | Understanding Addiction & Recovery | Windham | 18 | Renee Anderson | |
| 12/11/06 | Understanding Addiction & Recovery | New London | 18 | Kim Haugabook | |
| 12/12/06 | Racism of the Well-Intended | New London | 55 | Jim Wuelfing | |
| 12/27/06 | Understanding Addiction & Recovery | Hartford | 12 | Laurie Fresher | Joanne McCormick |
| 01/16/07 | CCAR 101 | Bridgeport | 9 | Michael Askew | |
| 01/22/07 | Telephone Recovery Support | Hartford | 6 | Laurie Fresher | Normajean Cefarelli |
| 02/02/07 | Telephone Recovery Support | Hartford | 4 | Laurie Fresher | |
| 02/05/07 | CCAR 101 | Willimantic | 12 | Renee Anderson | |
| 02/06/07 | Money Management | Bridgeport | 5 | CT Association of Human Services | |
| 02/28/07 | CCAR 101 | Hartford | 7 | Laurie Fresher | Donna Aligata |
| 03/01/07 | Pardons I | Bridgeport | 16 | Michael Askew | Donna Aligata |
| 03/01/07 | Old Timers Retreat | Hartford | 11 | Jim Wuelfing | |
| 03/12/07 | CCAR 101 | New London | 10 | Kimberly Haugabook | |
| 03/13/07 | Telephone Recovery Support | Bridgeport | 9 | Cheryle Pacapelli | |
| 03/20/07 | Understanding Addiction & Recovery | Bridgeport | 14 | Michael Askew | |
| 03/24-3/25 | TOT Weekend | Madison | 18 | Jim Wuelfing | Donna Aligata |
| 04/05/07 | Pardons 2 | Bridgeport | 6 | Michael Askew | |
| 04/11/07 | Housing Certification Training | Willimantic | 1 | Cheryle Pacapelli | |
| 04/16/07 | Housing Certification Training | Hartford | 1 | Cheryle Pacapelli | |
| 04/19/07 | Housing Certification Training | Bridgeport | 1 | Cheryle Pacapelli | |
| 04/24/07 | Telephone Recovery Support | Hartford | 2 | Laurie Fresher | |
| 04/25/07 | Pardons 1 | Hartford | 10 | Laurie Fresher | Donna Aligata |
| 05/07/07 | Pardons 1 | Willimantic | 10 | Caroline Miclette, Jen Warren | Keith Sawyer |
| 05/14/07 | Pardons 1 | New London | 14 | Kimberly Haugabook | |
| 05/23/07 | So, You Want to Open a Recovery House | Hartford | 18 | Cheryle Pacapelli | Terri O'Connell |
| 05/30/07 | CCAR 101 | Hartford | 8 | Laurie Fresher | Kevin Hauschulz |
| 06/13/07 | CCAR 101 | Bridgeport | 5 | Michael Askew | |
| 06/21/07 | Understanding Addiction & Recovery | Bridgeport | 9 | Michael Askew | |
| 06/27/07 | Understanding Addiction & Recovery | Hartford | | Laurie Fresher | Kevin Hauschulz |
| 06/27/07 | So, You Want to Open a Recovery House | Bridgeport | 5 | Cheryle Pacapelli | Terri O'Connell |
| 07/06/07 | Telephone Recovery Support | Hartford | 3 | Laurie Fresher | |

| | | | | | |
|----------|---------------------------------------|------------|------------|--------------------|--------------------|
| 07/09/07 | Understanding Addiction & Recovery | New London | 14 | Kimberly Haugabook | James Smith |
| 07/18/07 | Telephone Recovery Support | Windham | 14 | David Kapica | Glenda Nieves |
| 07/25/07 | CCAR 101 | Hartford | 10 | Laurie Fresher | Pam Allen |
| 08/07/07 | CCAR 101 | New London | | Kimberly Haugabook | Carol |
| 08/30/07 | Telephone Recovery Support | New London | 4 | Diane Potvin | Renee Anderson |
| 09/06/07 | Telephone Recovery Support | Hartford | 11 | Laurie Fresher | |
| 09/10/07 | CCAR 101 | New London | 10 | Kimberly Haugabook | |
| 09/10/07 | Community Education 10-week Series | Windham | 9 | Diane Potvin | Renee Anderson |
| 09/12/07 | Telephone Recovery Support | Windham | 6 | Renee Anderson | David Kapica |
| 09/26/07 | CCAR 101 | New London | 20 | Diane Potvin | Renee Anderson |
| 09/27/07 | So, You Want to Open a Recovery House | Hartford | 19 | Cheryle Pacapelli | Terri O'Connell |
| 09/27/07 | Telephone Recovery Support | New London | 8 | Linda Hunter | Kimberly Haugabook |
| | Total | | 569 | | |

Prison Support Groups

In Bridgeport, the Inner Circle met consistently at the local prison. CCAR has 6 peer leaders that rotate every Monday. Average attendance has increased to 8-10 inmates with leaders preparing to start a second Inner Circle in another part of the prison. Staying Clean, Employment, Relationships and Fear seem to be the most popular topics at this group. The Winner Circle met every 1st and 3rd Wednesday in the BRCC and has developed 4 core members and several others have attended but haven't stuck.

Diane in the WRCC and Kim in the NLRCC have joined forces to bring an All-Recovery meeting to the women's prison York Correctional Facility in Niantic. One evening, Diane brought a CCAR volunteer Glenda, a former inmate more than 10 years ago, to speak to the women. Glenda was overcome with gratitude.

Recovery Coaching

This Recovery Coaching piece is new to the report. Mainly because it is not a formalized program or process; yet there is movement in the field. For example, CCAR has been working with the Connecticut Certification Board to develop a curriculum that would train people in the science and art of serving as a Recovery Support Specialist. CCAR was also a founding member of the Connecticut Recovery Supports Collaborative) along with the CCB, PRCH (Yale Program of Recovery and Community Health) and FOR-U (Focus on Recovery United), RSS Conference, RSS Credential. "The vision of the CTRSC is that anyone with the desire to contribute to recovery, health and well-being can promote recovery support services, which includes people in recovery, family members, treatment providers and other important stakeholders from spiritual, religious and tribal communities. The CTRSC will provide training, resources and support for recovery support services and will offer a certification for Certified Recovery Supports Specialists." CCAR sees the Recovery Support Specialist curriculum as a "deluxe" version of our existing CCAR Volunteer training particularly appropriate for volunteers who spend a lot of time in the RCC and interact with people as they come in. CCAR has applied to the state Access To Recovery (ATR) program to provide this recovery guide service. We may end up calling the people that have completed this training Recovery Coaches or Recovery Guides, we're still not sure. We also see this curriculum open and available for anyone interested in learning more about recovery support services.

Currently, many instances of recovery coaching goes on in all our RCCs. Indeed, this is why the model works so well – recoverees supporting recoverees. Every two weeks the "field" staff at CCAR send the Executive Director reports on what has happened at each of the Recovery Community Centers. To give

you a taste of recovery coaching, we offer you the following. All are real scenarios from RCCs and are in addition to the examples already written about.

- Amie coming back from a relapse and then going to jail
- Bill fighting the urge to go back home
- Kim's partner relapsed
- Steve starting to lose his gusto for the program
- Kenny has relationship issues and brother in active addiction
- Jen had surgery and had fear plus fear of pain medication
- Chris came here drunk, offered treatment, he refused
- Jackie keeps relapsing and coming to All Recovery Meetings and does not consider herself in recovery
- Jodi has gotten her adult children back in her life
- Elaine is physically ill
- Bobby wanted his life back, he had relapsed, got him into treatment
- Cookie and Terence feel disconnected, want to get into the swing of going to meetings again
- Chuck had trouble in a sober house
- Glenda and Carlos planning Shezoa's shower
- Dave having trouble with another tenant in a sober house
- Curtis manages a sober house and wanted to vent regarding a tenant he was having trouble with
- Annette was having problems with a roommate
- Jen with network issues
- Carlos had job issues
- Terence's wife's mother died and felt inadequate to fix it for his wife
- Maryann with her disabilities
- Carlos with his new apartment
- Dale from the shelter with drinking issues
- Liz and relationship issues
- Terri with a proposed RFP for a program she wants to start.
- Jamie was released from prison a few days ago and remembers me from a presentation that I did at Bridgeport Correctional Center. He called me and came into the Center. I connected him to some resources; how to get his birth certificate and social security number. As we talked, he mentioned he was having difficulty sleeping. I found out that he was bi-polar and was released from prison without medication. I called Greater Bridgeport Mental Health Center where he was seen by a physician. He came back to the Center the next day and we got him a list of 12-Step meetings and worked on helping him obtain ID. He joined the Winners Circle and feels good about connecting to CCAR. "Thanks for coming to the prison. I might have never known about the Center if you didn't come there."
- Adrianna called me stating that she needs to get into treatment. She had been on a run for a few days and I asked her to come down to the Center. She did and I got her into treatment by speaking to the Unit Chief. She was so thankful. I had met the Unit Chief at the Mayors Luncheon during Recovery Month.

Sustainability

- CCAR was awarded a \$270,000 grant to provide Telephone Recovery Support to 2,500 recoverees annually.
- Prior to getting the grant award from DMHAS, CCAR received \$36,905 through Access To Recovery (ATR) for the provision of Telephone Recovery Support.
- CCAR was successful in securing their first foundation funding from Hartford Foundation for Public Giving and their Technology Improvement program. We finished a technology strategic plan, contracted with Geeks for Good, installed a server and updated all our administrative computers. The amount of the award was \$32,100.
- Recovery Walks! 2007 raised \$14,319.
- The Hartford Recovery Community Center capital campaign raised \$1,545. In a response to our Individual Giving Campaign for the Hartford Recovery Community Center, we had two legislators submit an application to some CHFA fund. They were successful to a point. In December CCAR received a check for \$50,000. When we inquired if there were any restrictions on the money, we were informed that it was for transitional housing, which we were not. We returned the check.
- CCAR received another \$1,990 in unsolicited donations.
- CCAR received \$2,400 for the Recovery Housing Project from churches working with Prison Fellowship.
- CCAR entered into a lease agreement with Columbus House who are renting about half of our space on the third floor. They will be running a satellite branch of their Road to Recovery transportation program. This program has a mentor and a driver to transport a recoveree from one level of care to another. This generates \$500/month, \$6,000 annually.
- We are now a United Way member organization eligible for funding, #5901.
- The CCAR Board and staff are looking at ways to turn the increasing demand on staff time for technical assistance to help blossoming Recovery Community Organizations (RCOs) nationwide into some type of sustainability for the organization. For example: Mr. Valentine spoke at a Missouri Recovery Network rally, then provided technical assistance and spoke at a FAVOR-South Carolina event, presented at the National Association of State Alcohol and Drug Abuse Directors (NASADAD) annual meeting and the New England School of Addiction Studies (NESAS). The Board at its June meeting talked about the moral obligation and privilege CCAR has in mentoring, offering suggestions to younger RCOs. A "consulting fee schedule" is now under development.
- The Legacy of Hope: Recovery Elders Video Project has been completed. This features five stories of people in long-term sustained recovery – up to 50 years. We produce the 5 DVD set in-house and are working out a price. Recently, at the Co-Occurring recovery conference we offered them at an introductory price of \$50 a set. They are posted on the front page of our website. We will now begin distributing them to all independently-owned, privately operated recovery houses in CT (for free) as we enlist houses into the new eCommerce recovery housing database.
- Each of the RCCs conducts small fundraising events. For example, the HRCC raised \$312 by having volunteers and members staff the concession stand at New Britain Rock Cats minor league baseball games. The WRCC sells coffee at Third Thursdays in Willimantic, the NLRCC holds a Comedy Night.
- CCAR is involved with Weed & Seed in Willimantic. Previously we have received some financial support from this program. For example, telephone calling cards for recoverees to make long distance calls to friends and family.

Thank You to Our Supporters

Recovery Walks! 2007 (\$32,172*)

Platinum Sponsors \$5000

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

Gold Sponsors \$1000

ACE TAXI 244-9999
Advanced Behavioral Health
Cephalon
Connecticut Behavioral Health Partnership
Earthworks Landscape Design
Ellington Volunteer Ambulance Service
Havens of Hope, D's Place, Gloria House
Mountainside
Regional Network of Programs
SAMHSA National Alcohol & Drug Addiction
Recovery Month
Stonington Institute

Silver Sponsors \$500

ADRC
City of Hartford Commission on Alcohol & Drugs
Connecticut Association of Addiction Professionals
Connecticut Certification Board
Connecticut Chapter of the American Society of
Addiction Medicine
Connecticut Property Lenders
Connecticut Renaissance
Foxwoods
Frontline Screenprinting
G. Norman Holland CPA
Harbor Health Services
Hometown Buffet
MCCA
NAADAC The Association for Addiction
Professionals
Nutmeg State Federal Credit Union
Pith Products
Rally for Recovery-Faces and Voices of Recovery
Rushford
Stepping Stone House
Tankworks
Wheeler Clinic
Wilson Electric
World Wrestling Entertainment

Bronze Sponsors \$250

Hogar Crea International of CT Inc.
Hosmer Mountain Bottling Company Inc.
Saint Francis Hospital/The Saint Francis Foundation
The McCall Foundation, Inc.
The Rosier Family
The Wilson Company Realtors

Copper Sponsors \$100

Birmingham Group Health Services
Carmon Community Funeral Homes
City Steam Brewery Café
Central Auto and Transport
Community Prevention and Addiction Services -CPAS
Marta Moret
Natchaug Hospital
Nathan Hale Inn & Conference Center
New Alliance Bank
Hilary & Tony Taschner
TD Banknorth
The Valentine Family

Exhibitors

Advanced Behavioral Health
Become Part of the Solution
CASAC
Celebrate Recovery
Cephalon
Connecticut Behavioral Health Partnership
Connecticut Association of Addiction Professionals
Connecticut Property Lenders
CPA/Project PREP
Hartford Commission on Alcohol and Drugs
FAVOR, Inc.
Mountainside
Recovery Ware
SAAC – Substance Abuse Action Council
United Way
Wheeler Clinic

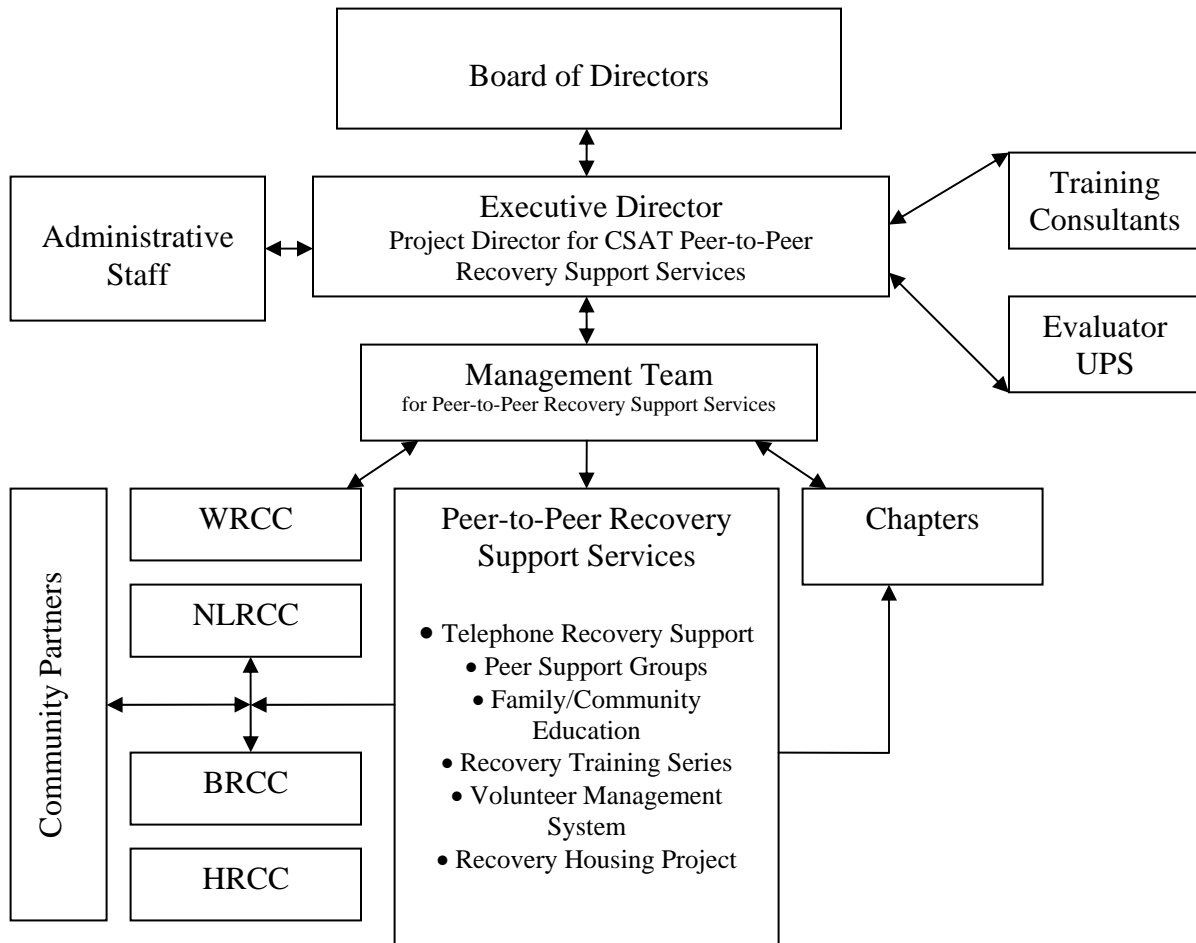
Hartford Capitol Campaign (\$1,545)

Lois Davies
Charles Jenney
William Leary
Shirley Mack
Andrew May
Margaret McLaren
Stephen Merritt
Nutmeg Federal Credit Union
The Wilson Company of CT

Recovery Housing (\$2,400.00)

Cathedral of St. Joseph
Enfield Community Church
The First Church of Christ in Wethersfield
St Bernard Roman Catholic Church
St Peters Church
Union Congregational Church of Christ

CCAR Organizational Model



CCAR Historical Time Line

| A Brief History of CCAR | |
|--------------------------------|--|
| 1997 | <ul style="list-style-type: none"> • CCAR holds Connecticut's first Recovering Community Organization meeting |
| 1998 | <ul style="list-style-type: none"> • Connecticut Community for Addiction Recovery officially named • 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 • Mailing list topped 100 • Awarded an original CSAT Recovery Community Support Program (RCSP) grant • Awarded funding from DMHAS |
| 1999 | <ul style="list-style-type: none"> • 60 members attended 1st Legislative Day at State Capitol • 1st Board of Directors meeting held • 15 members spoke at CSAT Public Hearing in Hartford "Changing the Conversation, A National Plan to Improve Substance Abuse Treatment" • 140 attended CCAR Conference "In Celebration of Recovery!" • 1st video "Putting a Face on Recovery" released • 5 people in recovery selected to serve on DMHAS State Advisory Board, 2 appointed by Governor • Recovery Support Services Concept Paper submitted to CSAT for conference grant |
| 2000 | <ul style="list-style-type: none"> • 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) • Hosted 2nd Legislative Day, over 100 people attended • Started "Legacies" support group for parents who had lost children to addiction • Hosted training – Racism of the Well-Intended, Slaying the Dragon • 700 attended first annual Recovery Walks! at Bushnell Park in Hartford • "Putting a Face on Recovery" video distributed to 700+ • 1st edition of The Recovery Herald newsletter published and distributed to 6500+ • 112 people attended 1st Annual Meeting & Awards Dinner |
| 2001 | <ul style="list-style-type: none"> • 1st of 7 Chapters established giving CCAR local and regional presence • 200+ people attended 3rd Legislative Day, 36 legislators sponsored the event with 3 talking about their own recovery • Non-profit 501(c)3 status granted • 10,000+ Recovery Posters distributed nationwide • Website www.ccar-recovery.org goes live • "Putting a Face on Recovery" video updated; 2000+ distributed nationwide • Awarded CSAT Recovery Community Support Program (RCSP) Track II grant • 2000+ participated in 2nd Recovery Walks! held 5 days after terrorist attack of 9/11 |
| 2002 | <ul style="list-style-type: none"> • 16 members testified at Informational Forum at the invitation by CT Legislature Judiciary Committee issues relating to felony conviction and sustained recovery • 200+ people attended CCAR's trauma/recovery forum "Recovery Speaks in the Shadow of 9/11" in New London • Membership topped 2000 • 3000+ participated in 3rd annual Recovery Walks! in Hartford |
| 2003 | <ul style="list-style-type: none"> • 200+ attended 2nd trauma/recovery forum in Bridgeport • Code of Ethics established • Shifted successfully from Recovery Community Support Program to Recovery Community Services Program • 1st of 42 trainings in the "Recovery Training Series" delivered • New video "Healing Power of Recover" completed • 3000+ participated in 4th annual Recovery Walks! in Hartford • Staff invited to "Innovator's Meeting: Strategic Planning for Peer Recovery Support Services" SAMHSA/CSAT Access to Recovery (ATR) Program • First audit for year ending June 30, 2003 completed and earned a non-qualified opinion |
| 2004 | <ul style="list-style-type: none"> • CCAR involved in development of state ATR proposal • 200+ people attended Grand Opening of Windham Recovery Community Center • First Family Support Group met in Windham Recovery Community Center |

A Brief History of CCAR

| | |
|------|--|
| | <ul style="list-style-type: none"> • Transition of leadership to new Executive Director • Executive Director Co-chairs state team with DMHAS Commissioner at National Policy Academy on Co-Occurring Mental Health and Substance Abuse Disorders • Formal Volunteer Management System implemented • Awarded CSAT Recovery Community Services Program (RCSP) Track III grant • 3000+ participated in 5th annual Recovery Walks! in Hartford |
| 2005 | <ul style="list-style-type: none"> • New London Recovery Community Center opened • Recovery Housing Project developed state-of-the-art internet database to include 100 independently owned, privately operated recovery houses covering 1069 beds • Recovery Housing Coalition of Connecticut (RHCC) established • RHCC established standards for independently owned, privately operated recovery housing • Recovery Housing Project training "So... You Want to Open a Recovery House" generated 7 new recovery houses totaling 70 new recovery beds • Prison Support Groups established in Enfield and Bridgeport • Comprehensive Volunteer Management System implemented • 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 • Recovery Walks! model replicated in several other states • Recovery Walks! drew 2000+, Honor Guard established for first time • Executive Director served on CSAT Summit Planning Committee • Established Recovery Capital Tool and Recovery Friendly Tool for evaluation purposes • Hosts recognition dinner in honor of CCAR founder, Bob Savage • The WRCC attracted 10,000 visitors • More than 350 individuals attended Recovery Training Series • CCAR represented at historic Faces and Voices of Recovery summit in Washington, DC • Executive Director presented at CSAT Summit • Begin series of Oldtimer (20+ years of recovery) Retreats and Focus Groups • The 50th 'Hooked on Recovery' article penned |
| 2006 | <ul style="list-style-type: none"> • Core Elements of a Recovery Community Center written • Volunteer Coordinator hired • Telephone Recovery Support became CCAR's first "fee-for-service" • Article published on Telephone Recovery Support in Addiction Professional magazine • New London Recovery Community Center held successful comedy night/pasta dinner event • Recovery Community Center Manager Diane Potvin received the Dr. Edward Brown Humanitarian Award for her work in support of recovery in Willimantic. • Executive Director traveled to AZ to serve as consultant to a sister Recovery Community Organization • Hosts 1st Annual Volunteer Recognition dinner with comedian Mark Lundholm, 144 registered CCAR volunteers invited, Keith Sawyer earns Presidential Award with over 1200 hours • Legacy of Hope: Recovery Elders Video Project launched • CCAR staff ran workshops, served on panels and introduced speakers in statewide DMHAS Recovery Conference: <i>Vision to Outcomes</i> • Bridgeport Recovery Community Center opened (#3) • Purchased a 3-story Victorian on 198 Wethersfield Avenue in Hartford to house the Hartford Recovery Community Center and the administrative offices • Individual Giving campaign launched • Recovery Walks! held for the 7th consecutive year, a lead event for Rally for Recovery, banner for 46 other events held nationally on same day • Executive Director Phillip Valentine received America Honors Recovery award from The Johnson Institute at the National Press Club, Washington DC • Executive Director presented on CCAR, recovery support services and promotes the RCSP at congressional briefing in Washington, DC • WRCC attracted more than 15,000 visitors • Hartford Recovery Community Center opened (#4) • Technology grant received from Hartford Foundation for Public Giving |
| 2007 | <ul style="list-style-type: none"> • Hosted HBO "Addiction" premier at St. Francis Hospital Chawla Auditorium for 125 persons |

A Brief History of CCAR

- Hosted 2nd Annual Volunteer Recognition dinner with comedian Mark Lundholm, more than 200 registered CCAR volunteers invited, 17 Presidential Awards given
- The CCAR experience highlighted in interviews published on Faces &Voices of Recovery website, Great Lakes Addiction Technology Transfer Center (GLATTC) website, *Recovery Solutions* magazine
- Hartford Recovery Community Center launched with Grand Opening for more than 200 people
- CCAR leased space to Columbus House "Road to Recovery" program on 3rd floor of the HRCC
- New author Richard Anthony (his pen name) began new recovery column that goes out on CCAR website and listserv, "Reflections of a 10th Leper"
- Recovery Community Center Manager Diane Potvin celebrated 20 years of recovery
- Legislative breakfasts held in each of the Recovery Community Centers
- NLRCC held 2nd successful Comedy Night
- CCAR presents at CCB conference on co-occurring disorders
- Executive Director presents at NASADAD (National Association of State Alcohol and Drug Abuse Directors) on the CCAR experience in Burlington, VT
- Recovery Community Center Manager Michael Askew retires and moves to North Carolina
- Executive Director is lead author on a paper titled, "The Recovery Community Organization: Toward A Working Definition and Description" with Bill White and Pat Taylor
- CCAR won \$270,000 DMHAS grant to provide Telephone Recovery Support to 2500 recoverees
- Staff expanded from 10 to 15.
- Recovery Walks! held for the 8th consecutive year, Songwriter/vocalist Paul Williams keynotes, first time weather bad, yet sun breaks out during Honor Guard
- Recovery Community Center Manager Kim Haugabook represented CCAR at a Whitehouse Roundtable in Washington, DC
- Recovery Community Center Manager Diane Potvin presented at New England Association of Drug Court Professionals in Boston, MA
- Executive Director represented CCAR at CSAT Regional Recovery Summit state planning meeting
- Executive Director served on a consensus panel for a Center for Substance Abuse Treatment (CSAT) TIP (Treatment Improvement Protocol) on Relapse Prevention
- Volunteer Manager Normajeon Cefarelli presented on the CCAR Volunteer Management System in Kentucky
- Findrecoveryhousing.com launched
- Volunteer hours served topped 8,000

Attachment 7 – Organizational Chart

CCAR Staff

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|------------------------------|--|
| Renee Anderson | Telephone Recovery Support Coordinator, Windham |
| Veronica Arroyo | Recovery Housing Project Coordinator |
| Normajeon Cefarelli | Volunteer Manager |
| Laurie Fresher | Recovery Community Center Manager, Hartford |
| Kimberly Haugabook | Recovery Community Center Manager, New London |
| Kevin Hauschulz | Telephone Recovery Support Coordinator, Hartford |
| Pat Howard | Office Manager |
| Linda Hunter | Telephone Recovery Support Coordinator, New London |
| Yolibel "Yoly" Lebrón | Administrative Assistant |
| Robert Marcuccio | Telephone Recovery Support Manager |
| Cheryle Pacapelli | Director of Operations |
| Gregory Payne | Recovery Community Center Manager, Bridgeport |
| Diane Potvin | Recovery Community Center Manager, Windham |
| Jaime Simmons | Telephone Recovery Support Coordinator, Bridgeport |
| Phillip Valentine | Executive Director |