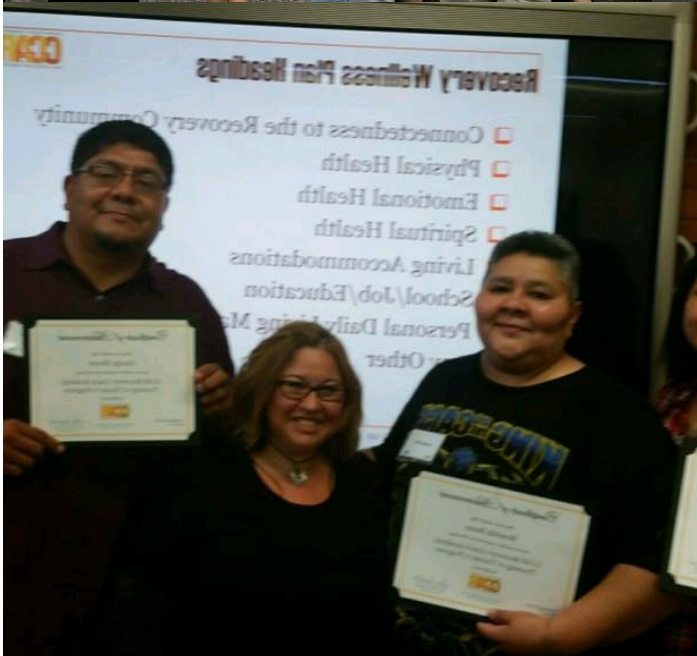


2018 Annual Report



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

<http://ccar.us>



“We honor ourselves when we speak out for recovery. We show the world that recovery matters because it brings hope and peace into the lives of individuals and their loved ones.”

– Beth Wilson



About CCAR



Our Mission

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



Our Values

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

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



Our Story

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

Special Welcome

“The 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.”

It’s a grand vision and with each year we come closer and closer to achieving it. That being said, there is so far to go. A complex challenge that CCAR embraces every day. The Board of Directors both admires and appreciates the work CCAR performs to advance recovery and serve those in it. As I reflect on this past year, I see the CCAR organization, leadership team, staff, and volunteers relentlessly focused on improving the contributions they make. These improvements are evidenced in enhanced emergency department recovery coach processes; focused state, regional and national advocacy and support efforts; expanded financial controls; and another significant increase in recovery training sales and services.

Often I wonder how CCAR can continue to make such remarkable progress each year. Certainly much credit is due the CCAR leadership team and staff. And the outstanding contributions CCAR volunteers make are second-to-none. The combination of CCAR employees and volunteers creates enviable synergy that most organizations only dream of.

But I think there’s more and it’s timing. Often *timing is everything* meaning that when the right people and the right resources are focused on the right opportunity at the right time, amazing results occur. Through a significant amount of effort over many years, the time for Recovery is now. Like recovering from other diseases, there are a growing number of addiction recovery supports, emergency rooms have recovery coaches that engage with patients, more people are aware of addiction recovery importance and value, and the meaningless stigma associated with addiction and recovery is lessening.

The Board of Directors and I extend our gratitude to CCAR for focusing the right resources on recovery every day.

Sincerely,

Kevin

Kevin Thompson
President, CCAR Board of Directors



Kevin Thompson, **CCAR Board President**

Cheryl Malloy, **CCAR Board Vice President**

Marc Paradis, CPA, **CCAR Board Treasurer**

Anne Thompson-Heller, **CCAR Board Secretary**

Asher Delorme, MS, LADC, CCS, **CCAR Board Member**

Ana Gopoian, **CCAR Board Member**

Joel Johnson, **CCAR Board Member**

William Savinelli, MS, LPC, LADC, **CCAR Board Member**

Maggie Young, **CCAR Board Member**

Pat Rehmer, **CCAR Board Member**

John Hamilton, **CCAR Board Member**

Special Welcome



In January 2019, I celebrated 20 years with CCAR. CCAR was fortunate enough to be one of the first recovery community organizations funded by the original federal RCSP (Recovery Community Support Program) grant starting October 1998. From there, we have worked steadfastly to build a solid, stable organization. I have always believed that if we, CCAR, conduct ourselves RIGHT (with Respect, Integrity, Gratitude, Honesty, and Transparency) then resources, both human and financial, would follow. This has proven true. The CCAR team includes volunteers, board, staff and partners in the community. We are privileged to help a lot of people each and every year and you'll see the evidence in this Annual Report. To see people make tremendous strides in their recoveries, to see lives redeemed and transformed, is our greatest blessing.

We've had a wonder full year. Amazing success continued with the Emergency Department Recovery Coaching program. We expanded the number of coaches and the number of hospitals served. The Bridgeport Recovery Community Center moved to an incredible new location. Michael Askew now serves as Director of Recovery Advocacy and made significant strides "putting a face on recovery". Our staff grew again to a high water mark of 32.

The Center for Addiction Recovery Training (CART) smashed all previous annual numbers including the most CCAR Recovery Coach Academies delivered and manuals sold. We are still riding the wave of recovery coaching. I believe we have established ourselves as the Global Leader in Recovery Coach Training. I dove back into the waters of blogging and produced 24 versions of Coaching Recovery 923. Check them out on our website (ccar.us).

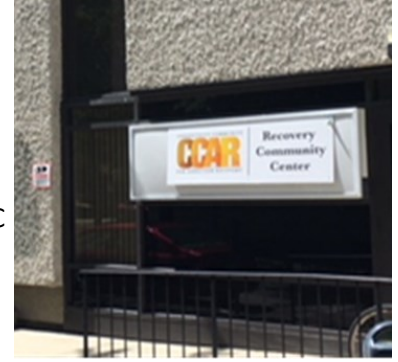
Even with all our success, leadership remains focused on improvement. We believe our primary purpose is to develop other leaders. I am still convinced; the best is yet to come. Continue,

A handwritten signature in blue ink that reads "Phil Valentine". The signature is stylized with a large "P" and a long horizontal line extending to the right.

Phil Valentine
CCAR Executive Director
Person in Recovery: Established 1987

Recovery Community Centers

The Bridgeport Recovery Community Center (BRCC) celebrated its 12th year at a **new** location just 3 blocks away. Our Open House attracted state and city officials from Bridgeport and the surrounding communities. The Recovery Coach Academy, facilitated by CCAR staff, came to Housatonic College, Bridgeport and trained 9 recovery coaches. BRCC Volunteers went to the Legislative Office Building to support the DHMAS Budget Hearing and also provided testimony at a Public Health Hearing on Sober Housing. BRCC held a "Opioid Forum," at the Bridgeport City Hall in collaboration with the Bridgeport Health Department and GBAPP. BRCC continues to provide recovery support services and referrals to resources at a high demand.



Bridgeport Recovery Community Center

430 State Street
Bridgeport, CT



"Everyone welcomes you with open arms."
~Tanya



"I come here to get my batteries charged."
~Darrell



"It's because of CCAR that I was able to get employed."
~Nicole



"I got clean at CCAR. It's the best place in town." ~Keith S.



"This place is my rock. When the world gives me a beat down, you guys have my back." ~Mike R.



"CCAR is love, it is life, it's my investment in my future." ~Tonya J.

713 Main Street
Willimantic, CT

Windham Recovery Community Center



2018 was a year for community building at the Windham Recovery Community Center (WRCC). The combined efforts of staff and volunteers in encouraging greater participation and engagement with our community partners have resulted in greater diversity of perspectives and experience. Our commitment to establishing and maintaining a safe, judgement-free space supports not only recovery, but the quest for a life built on meaning and purpose. The WRCC community has initiated a number of exciting projects and groups which bring new energy and opportunities for growth.

Hartford Recovery Community Center

198 Wethersfield Avenue
Hartford, CT



2018 was a very productive year for the Hartford Recovery Community Center (HRCC). We were pleased to make community collaboration our focus for the year and it paid off. We made connections within the treatment community and through those collaborations we accessed treatment beds for over 30 individuals. HRCC Volunteer Recovery Coaches were instrumental in assisting recoverees in getting community recovery support services specific to their pathway of recovery. Our collaboration with the newly launched Reentry Welcome Center at the City of Hartford allows us to assist recoverees returning to the community from incarceration with recovery support service and individual Recovery Coaching.



"The full embodiment of healing and health did not come to fruition until I was able to give selflessly... then and only then was I able to recover the "gift" of recovery." ~Anonymous

"CCAR's recovery support services have enabled me to be helpful, considerate, caring, and supportive. I enjoy and value the process of helping and assisting the recovery movement. Because of CCAR my life has changed in the following ways, I now have some stability in my life when prior I was all over the place. Thank you CCAR for allowing me to be a key volunteer and Recovery Coach." ~Allen G.



1,498 Groups held with 17,824 participants.



5,958 Individuals visited our Recovery Community Centers over 25,563 times.



269 Trainings held with 1,857 participants.



308 Volunteers contributed over 26,730 hours.



Volunteer Recovery Coaches put in over 6,720 hours of Recovery Coaching.

Young Adult & Family Program

223 Elizabeth Street

Derby, CT



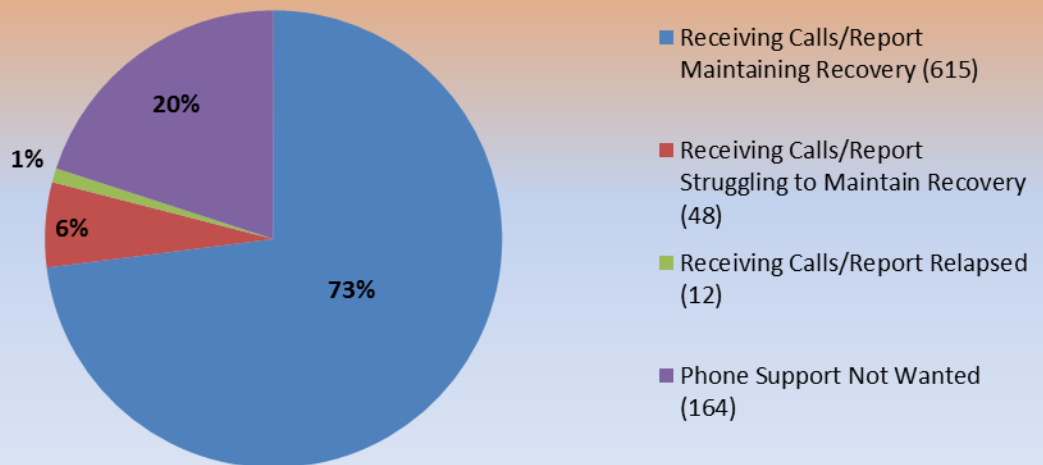
This year, the Young Adult and Family Program (YAFP) had some tremendous highlights and milestones. One milestone, occurred just recently on October 8th when we showed the documentary film *Generation Found*. Many community members and leadership came out to support us. We also had the opportunity to take our volunteers into 4 treatment centers so that they might share the power of their stories and we are now connected and partnered with over 25 local agencies. YAFP's first Family Narcan Training was hosted by BhCare at Grace Bible Church in Shelton CT where over 35 Valley members received education and awareness on how to administer Narcan – 35 free kits were distributed. YA&FP was also invited to speak at Capital Prep Magnet School in Bridgeport Connecticut where we had the amazing opportunity to engage over 100 youth.



Telephone Recovery Support



2018 TRS Recoverees Contacted (839)



"I love making the TRS calls. It makes me feel good that I am reaching out to someone who may need to hear from us." ~Brian

"I really love making the calls because I know that people appreciate it. Many times it's all they need to keep going." ~Darren

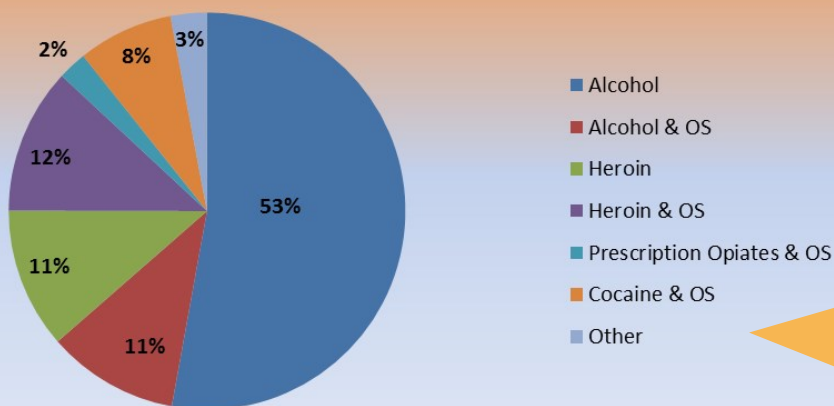
"I really like it when you call to check up on us. My son continues to be out there however it really feels good that you all care enough to continue to make the call." ~Miss Kennedy (mother of a Recoveree)

ED Recovery Coach Program

The CCAR ED Recovery Coach Program continued to grow in 2018. We are now responding to 13 hospitals and have a team of 12 ED Recovery Coaches. Our Coaches make very powerful connections to recoverees and their families; responding to over **3,141** calls for **2,577** individuals in 2018. CCAR Leadership worked closely with Senator Chris Murphy and his staff to develop the Recovery Coach Act signed into Law this past October. The legislation allows the ED Recovery Coach model to be replicated and funded on a national level. Jennifer Chadukiewicz, ED Recovery Coach Program Manager, along with several of the ED Recovery Coaches, presented our incredible outcomes all around the state in over 40 formal presentations.



Drug of Use EDRC Program 2018



"Their presence in our departments is not only viewed as best practice, it has proved to be a critical, effective resource for persons starting their recovery journey. I have witnessed profound exchanges between the coaches and the patients, where the coaches have truly impacted the lives of patients and their families by not only providing resources but a genuine connection and path to recovery." ~Jessica Collins, RN-BC, BSN, LPC

"Words of gratitude are often expressed as desperate patients and families have a feeling of hope instilled. In that pivotal moment, a light is sparked in their world changing how the pathway to recovery is defined for them. We must acknowledge and embrace that moment of opportunity to engage families in conversation about recovery which CCAR orchestrates so eloquently." ~Amanda Welsh LCSW

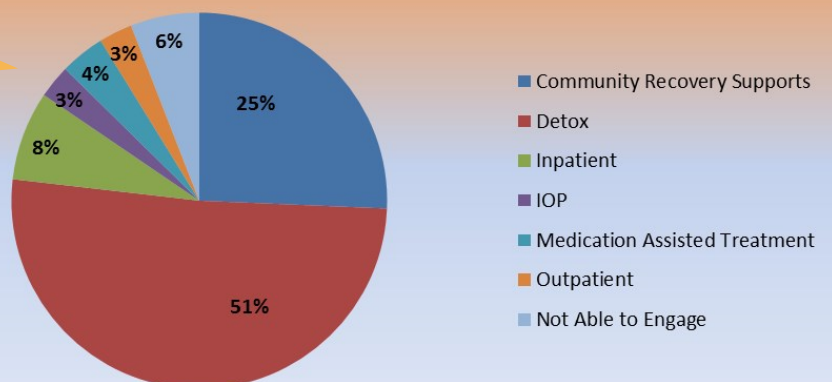
"It's been great. Always knowing I have that number I can call for help or support and won't be judged. You understand exactly what I'm going through. There's no BS; you're completely down to earth and real. It also feels effortless when I'm talking to you like I'm talking to one of my friends. I'm impressed with how quickly you followed up with me and how often as well. Like I said it's been great!" ~Ryan

"Thank you Coach! Because of your inspired help, support and connection to treatment, I've been able to remain clean one day at a time and in MAT outpatient and grateful to have my job and family back in my life." ~Sean

"Hey Regina, thanks for following up. I'm actually doing great. Last week really opened my eyes and I'm fully aware of what I have to lose. Once again thanks for reaching out and following up and I truly wish there were more people like yourself in this world. Stay blessed." ~Matt

"I celebrated 90 days sober.. I'm extremely grateful to be able to say that today. I'm grateful for you planting the seed and being real with me. Thank you so much for being there for me." ~Jesse

ED Level of Care Outcome 2018



CCAR Administration

Finance

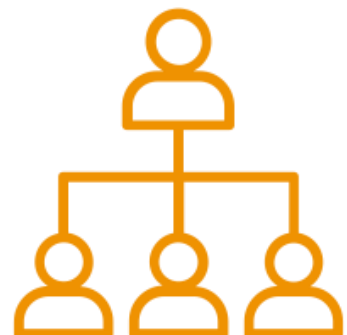
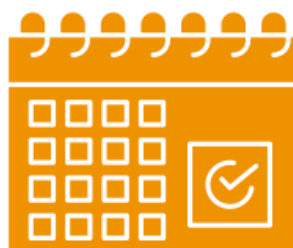
- Due to the growth in funding and programming there was a need to contract accounting firm Financial One Accounting.
- FY18 Audit had no significant findings.

Administration

- CCAR was accredited through CAPRSS.
- State Historic Preservation Grant Closing process was completed. This allowed for the exterior painting of the Hartford Recovery Community Center.
- Center locations clean up in the spring of last year allowed for cleaning out our centers and reviving location spaces for better efficient and organized spaces
- Keeping staff safe by providing the CPR/First Aid Training
- Expansion of the CCAR Administration office location by adding newly renovated spaces (created space for our Director of Recovery Support Services, CART, and remote traveling staff) including a new kitchen and conference room area as well as new carpeting installation.

Human Resources

- March 2018 Bamboo HR was implemented. This platform has allowed HR to streamline timesheets, time off requests, time accrual balances, new hire tracking, benefits, performance appraisals, and anniversaries.
- Conducted a total of 46 interviews, on-boarded 10 people and off boarded 6.
 - 7 Emergency Department Recovery Coaches
 - 1 Bridgeport Recovery Center Manager
- Michael Askew was promoted to Director of Recovery Advocacy.
- Staff meeting workshops included Leadership, Emotional Intelligence, Motivation, Public Speaking, CCAR Ambassador, RIGHT = Respect, Integrity, Honesty and Transparency, Customer Experience, Recovery Advocacy, Compassionate Fatigue.



CCAR Revenue vs. CCAR Expenses



Revenue

	2018	2017	2016	2015	2014
	Total	Total	Total	Total	Total
REVENUES AND OTHER SUPPORT					
Contributions and other public support	6,690	6,735	27,308	14,520	13,760
Government grants	1,674,387	1,558,591	1,214,752	1,206,939	1,117,108
Fundraising events	83,836	48,920	57,637	64,091	58,168
Service fees, contracts and other	808,308	759,462	624,864	420,515	400,979
In kind contributions	-	25,610	16,542	14,303	7,129
Total revenues and other Support	2,573,221	2,399,318	1,941,103	1,720,368	1,597,144



Expenses

	2018	2017	2016	2015	2014
	Total	Total	Total	Total	Total
EXPENSES					
Program Services-recovery activities	2,505,644	1,938,272	1,569,686	1,444,368	1,335,452
Management, general and fund-raising	259,294	255,038	238,597	232,113	217,144
Total Expenses	2,764,938	2,193,310	1,808,283	1,676,481	1,552,596



Assets

	2018	2017	2016	2015	2014
	Total	Total	Total	Total	Total
ASSETS					
Change in Net Assets	(191,717)	206,008	132,820	43,887	44,548
Net Assets, beginning of year	508,927	302,919	170,099	126,212	81,664
Net Assets, end of year	317,210	508,927	302,919	170,099	126,212

Volunteer Recognition Dinner



In 2018 over 308 volunteers donated more than 26,730 hours. In appreciation of our amazing volunteers, CCAR hosted the 13th Annual Volunteer Recognition Dinner in April at Hawk's Landing Country Club. We celebrated in style - an event worthy of honoring the service of CCAR volunteers.



CCAR Cup Golf Tournament



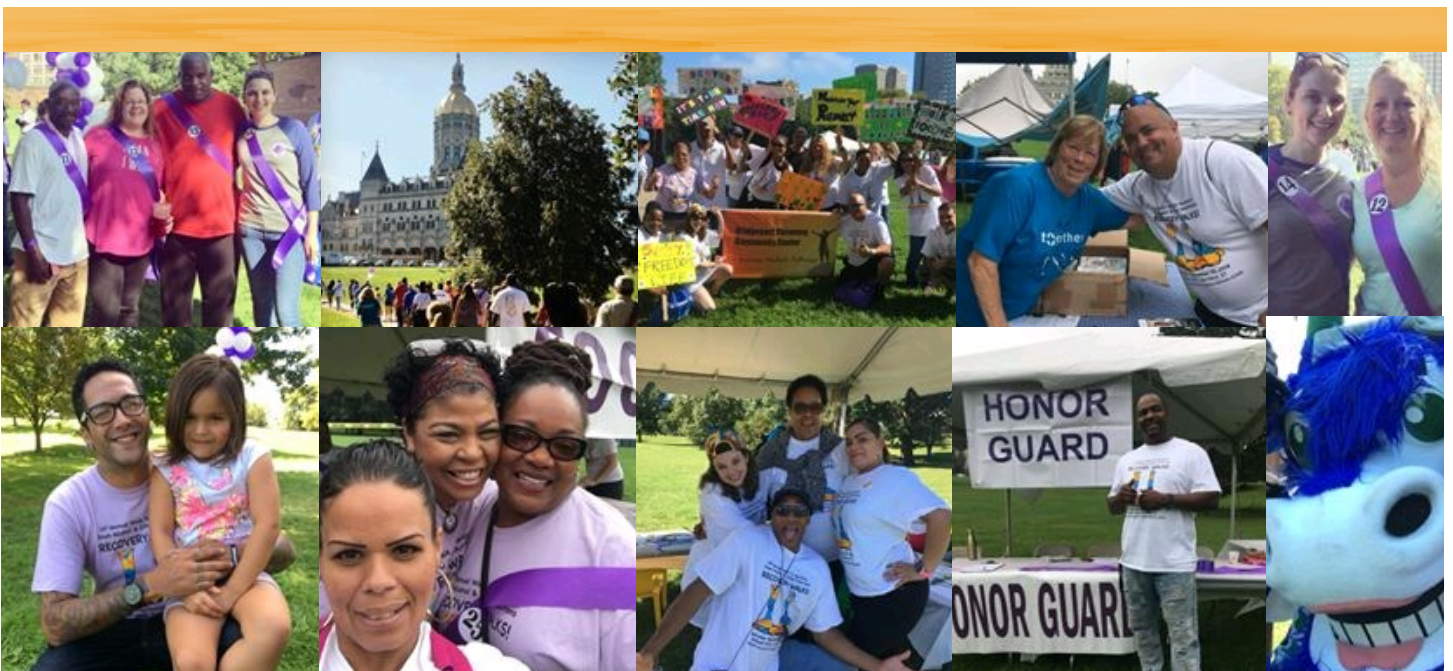
The 5th Annual CCAR Cup, an outstanding success, took place on a picture perfect New England late spring day (June 8th) at Hawk's Landing Country Club in Southington CT. A warm thanks to our golfers and sponsors for helping us raise funds to further support recovery efforts in CT.



Recovery Walks!



Throughout our country, the opioid crisis commands lots of attention with and far too many overdoses. For the last 19 years, CCAR organized this event to offer living proof that recovery is real. It is time, now more than ever to stand up and show recovery is possible. This is a celebration of where we, people in recovery, are now and where we are going. The walk highlights the solution to the opioid epidemic – recovery. No matter how severe the addiction, a rewarding life full of purpose is possible. Our collective presence brings a large scale intervention of hope to those desperately seeking solutions.



Multiple Pathways of Recovery Conference



CCAR held it's 3rd annual Multiple Pathways of Recovery Conference in October. The conference showcased the many pathways of recovery from alcohol and other addictions. We do this with the help of amazing keynote speakers, workshops, hands on meetings and networking opportunities.

Bill White and Don Coyhis answered questions and shared their knowledge, strength and hope for the future of Recovery Advocacy.





CCAR's Center for Addiction Recovery Training

CCAR's Center for Addiction Recovery Training (CART) added 2 new programs and reached a major milestone with number of people trained!



CART delivered two new curriculums in January 2018!



Recovery Coaching in an Emergency Department, based on best practices gathered through CCAR's own program began in 2018.

CART developed the RCA for Young Adults designed specifically for young adults for coaching other young adults through their unique recovery process.



"Training was absolutely wonderful! I learned so much about my own recovery and how to help others! Thank you! "

~CART Participant

"The training reemphasizes the evolution of the recovery coach to the professional level ."

~CART Participant

"The training has already helped me in my day to day life. I try to be aware of meeting people "where they are" – it applies to so many situations in life – and this has helped me to make space, to stay open and compassionate in many unexpected ways."

~CART Participant

"I appreciated the passion of the trainer. How does one stay so passionate and motivated to help others?"

~CART Participant





RCP

Designation

In 2018, 31 individuals received the Recovery Coach Professional (RCP) designation. We created a re-designation process for those who choose to maintain the RCP status past the initial two years.



Webinar

Training Series

The online webinar series for Recovery Coaches designed and delivered a total of nine (9) webinars. Topics ranged from Self-Care, to Trauma Informed Recovery Coaching and Conflict Resolution.



CART

Collaborative

The following organizations became CART collaborative sites in 2018: Helios (IL), Darjune (WI), PCA (CO), and 3C Recovery Support Training Institute (MD).

In 2018, CART training programs including the nationally recognized CCAR Recovery Coach Academy© were held 937 times for over 7,500 participants in 34 states across the U.S. These record numbers brought our total number of those trained to an astonishing 30,000 since the RCA debuted in 2009.



Year	CART Trainings Held	Number of CART Participants	Trainers Trained
2014	142	1334	113
2015	160	1863	121
2016	364	3348	179
2017	597	5180	289
2018	937	7482	610

2019 CART Events

Recovery Coach Academy

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

January 14-18, Rocky Hill, CT

March 18-22, Rocky Hill, CT

May 20-24, Rocky Hill, CT

July 15-19, Rocky Hill, CT

September 23-27, Rocky Hill, CT

Ethical Considerations for Recovery Coaches

Training runs 9am - 4pm. Optional TOT follows on the third day from 1:00 pm to 3:00 pm

February 4-6, Rocky Hill, CT

April 24-26, Rocky Hill, CT

August 12-14, Rocky Hill, CT

Spirituality for Recovery Coaches

Trainings run 9am to 4pm. Optional TOT follows each day for an additional 90 minutes.

February 7-8, Rocky Hill, CT

April 29-30, Rocky Hill, CT

August 15-16, Rocky Hill, CT

Recovery Coaching & Professionalism

Trainings run 9am - 4pm. Optional TOT follows each day for 90 minutes

February 11-12, Hartford, CT April 1-2, Hartford, CT

June 10-11, Hartford, CT

August 19-20, Hartford, CT

Recovery Coaching in the Emergency Department

Trainings run 9am - 4pm. Optional TOT follows each day for an additional 90 minutes.

February 13-14, Hartford, CT April 3-4, Hartford, CT

June 12-13, Hartford, CT

August 21-22, Hartford, CT

New for 2019! Coachervision

Trainings run 9am - 4pm. Optional TOT follows each day for an additional 90 minutes.

January 28-29, Hartford, CT

March 4-5, Hartford, CT

May 6-7, Hartford, CT

July 29-30, Hartford, CT

September 9-10, Hartford, CT

Recovery Basics for Parents

Trainings run 9am - 4pm. Optional TOT follows each day for an additional 90 minutes.

March 6, Hartford, CT

May 8, Hartford, CT

July 31, Hartford, CT

September 11, Hartford, CT

CCAR Staff

Virginia Adams, Hartford RCC Manager

TJ Aitken, Emergency Department Recovery Coach

Rebecca Allen, Director of Recovery Support Services

Michael Askew, Director of Recovery Advocacy

Lize-Anne Barker, CART Coordinator

Stacy Charpentier, Director of Center for Addiction Recovery Training

Michelle Christopher, Administrative Support Coordinator

Jennifer Chadukiewicz, EDRC Program Manager

Yolanda Dancy, Young Adult & Family Project Manager

Frankie DeJesus, Emergency Department Recovery Coach

Mary Gotlibowski, Emergency Department Recovery Coach

Maureen Hearn, Volunteer Recovery Coach Manager

Lekeisha Jones, Administrative Assistant

Yolibel Lebrón, Director of Administration, HRO

Regina McGarrah, Emergency Department Recovery Coach

Brian McManus, Emergency Department Recovery Coach

Chenay Powell, CART Coordinator

Carlos Reinoso Jr., Bridgeport RCC Manager

Barry Richardson, Emergency Department Recovery Coach

Mindy Richardson, Emergency Department Recovery Coach

Geraldo Rivera, Hartford Volunteer Coordinator

Emily Rochefort, Special Events Coordinator

Heather Ross, Emergency Department Recovery Coach

Thomas Russo, Emergency Department Recovery Coach

David Santiago, Emergency Department Recovery Coach

John Schwartz, Windham Volunteer Coordinator

Michael Serrano, Emergency Department Recovery Coach

Katie Siekiera, Emergency Department Recovery Coach

Conrad Sienkiewicz, Volunteer Manager

Tamara Steele, Administrative Support Coordinator

Liz Torres, Bridgeport Volunteer Coordinator

Phillip Valentine, Executive Director



2019 CCAR Events

14th Annual Volunteer Recognition Dinner

Friday, April 12th

5:30pm—9:30pm

Hawk's Landing Country Club - Southington CT



6th Annual CCAR Cup Golf Tournament

Friday, June 7th

8:00am - 3:00pm

Hawk's Landing Country Club - Southington, CT



20th Annual Recovery Walks! 2019 Rally for Recovery

Saturday, September 21st

12:00pm - 6:00pm

Bushnell Park - Hartford, CT



CCAR Multiple Pathways of Recovery Conference

Wednesday, November 13th -

Friday, November 15th

Punta Gorda, FL

www.ccarconference.com



CCAR RECOVERY COMMUNITY CENTERS

Bridgeport

430 State Street

Bridgeport, CT 06604

(203) 332-3303

Hartford

198 Wethersfield Ave

Hartford, CT 06114

(860) 244-3343

Windham

713 Main Street

Willimantic, CT 06226

(860) 423-7088

Young Adult & Family Program

223 Elizabeth Street

Derby, CT 06418

(203) 870-9132

CCAR Administrative Office

75 Charter Oak Ave. Suite 305

Hartford, CT 06106

(860) 244-2227

www.ccar.us