

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.

Special Greetings



In January 2019, I celebrated 20 years with CCAR. CCAR, one of the first recovery community organizations funded by the original federal RCSP (Recovery Community Support Program) grant starting October 1998, worked faithfully 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 of volunteers, Board, staff and partners in the community helped a lot of people this year; 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.

It's been a fulfilling, exciting year! CCAR added two more recovery community centers in New Haven and Manchester. CCAR succeeded again with our amazing Emergency Department Recovery Coaching (EDRC) program. The CT Department of Mental Health and Addiction Services (DMHAS) offered more support for the EDRC program; now we cover 20 hospitals. Staff reached a high-water mark numbering 42.

CCAR hosted the 4th Multiple Pathways of Recovery Conference held in Punta Gorda, FL sharing the stage with Bill White and Don Coyhis, dubbed the head and heart of the recovery advocacy movement. Planning for a "western" version in 2021 commenced.

CCAR Training smashed all previous numbers including the most CCAR Recovery Coach Academies delivered and manuals sold. Still riding the wave of recovery coaching, we established ourselves as the Global Leader in Recovery Coach Training.

Even with all our success, I am focused on maintain focus on the essence of what we do – promoting recovery in individuals, families and communities.

Let's keep our internal fires stoked. The best is yet to come.

Blessings,

Phil Valentine

CCAR Executive Director

Person in Recovery: Established 1987



Our Mission:

The Connecticut Community for Addiction Recovery organizes the recovery community (people in recovery, family members, friends, and allies) to put a face on recovery and provide recovery support services. CCAR strives to need 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 principals 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



We were founded in 1998 when Bob Savage, a long time employee of the state set out to answer two questions:

- 1) Where are the people in recovery when policy decisions are made?
- 2) 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.

2020 BOB SAVAGE RECOVERY ADVOCATE AWARD RECIPIENT

Bob Savage's influence was instrumental to the fundamental founding principles of the CCAR organization. For that reason each year we carefully consider and recognize one individual for their Recovery Advocacy efforts in his honor.

This year The Connecticut Community for Addiction Recovery awards Mr. Mark Jenkins, Founder of the Greater Hartford Harm Reduction Coalition with "The 2020 Bob Savage Recovery Advocate of the Year Award".



This honor is awarded to one carefully considered individual and presented to a recipient whose efforts have helped organize, unify and strengthen the recovery community throughout the year. They are considered to be some of the most inspirational, and highest regarded individuals within the recovery community and Mr. Mark Jenkins is an excellent choice. Please join us in celebrating Mr. Jenkins and the amazing work he is doing through the Greater Hartford Harm Reduction Coalition.





MEET THE BOARD

CCAR Board President:

Kevin S. Thompson

CCAR Board Vice President:

Cheryl Malloy

CCAR Board Treasurer:

Marc Paradis, CPA

CCAR Board Secretary:

Anne Thompson-Heller

CCAR Board Members:

Asher Delerme, MS, LADC, CCS
John Hamilton, LMFT, LADC
Pat Rehmer, MSN, ACHE
Joel Johnson
William Savinelli, MS, LPC, LADC
Maggie Young



"Put a Face on Recovery"

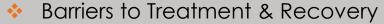
CCAR Statewide Recovery Advocacy Meetings

During the formative years, CCAR founder Bob Savage established a monthly statewide meeting that drew in core members and served as an organizing foundation.

In 2019 Michael Askew, Director of Recovery Advocacy brought it back...

Date	Attendance
March 26, 2019	24
June 6, 2019	21
August 13, 2019	17
November 7, 2019	30

KFY ISSUES DISCUSSSED



- Sober Housing
- Increasing Resources

Legislative Advocacy



- Michael provided a variety of trainings to prepare advocates to speak at hearings and to meet with their representatives
- Nine CCAR recoverees testified at the DHMAS **Appropriations Committee Public Hearing**
- Eleven CCAR members attended the CT Nonprofit Alliance "I Am Essential" Advocacy Day
- CCAR attended the Black & Puerto Rican Caucus
- The Bridgeport Recovery Community Center hosted Bridgeport Day at the State Capitol

"Put a Face on Recovery"



CCAR 20 Years Strong

I've had the pleasure of working with Phil for 17 years now and it has been quite interesting...

However, one of the main qualities I admire about Phil is his ability to build people through his leadership. He builds leaders by encouraging people to lead and strive for excellence in everything they do. He builds leaders by believing in people's abilities. By saying it's ok to make mistakes – how else would one learn? He builds leaders by treating people as resources, by asking the following questions: What do you want to do? What happens if you do nothing? What's the solution?



Phil has been instrumental in building a positive work culture, where diverse points of view are welcome. By having an open-door policy and being available to all staff members no matter the title or position within the organization. Most importantly, for living the mission of CCAR in treating everyone with dignity and respect.

I want to thank you for your incredible leadership. I appreciate you and your commitment to the organization and the recovery community.

Wishing you another 20 years!

-Yolibel Lebron Director of Administration & Human Resources



ADVOCACY

"Put a Face on Recovery"

Special Events

Throughout the year, CCAR hosts a number of recovery-focused events that spread awareness and promote our founding principle of advocacy.

MAJOR CCAR EVENTS

- Volunteer Recognition Dinner APRIL 12th 2019
- CCAR Cup Annual Golf Tournament JUNE 7th 2019
- Annual Recovery Walks 2019 SEPTEMBER 21st 2019
- Multiple Pathways Recovery Conference NOVEMBER 12-15th 2019

In 2019 we added some innovative features and elements to our major events that aided in the overall growth in attendance, activity and social engagement.

VOLUNTEER RECOGNITION DINNER:

- VIP Red Carpet Entrance
 - New Menu Items







ANNUAL RECOVERY WALKS!:

- Chosen by Faces and Voices of Recovery to be a National Hub Event
 - Extended Event Hours
 - Added Bus Transportation







MULTIPLE PATHWAYS OF RECOVERY CONFERENCE

- Pre-conference Adventure Recovery Day
 - Outdoor Fire Ceremony
 - Storytelling Showcase
- Guest Speakers Patrick Kennedy, Bill White & Don Coyhis
- Emergency Department Recovery Coach Keynote Panel















ADVOCACY

"Put a Face on Recovery"



Meghann Perry Recovery Coach and Teaching Artist, Phoenix Tales Recovery Storytelling

Meghann Perry, CARC, is a Certified Addiction Recovery Coach, speaker, actor, teaching artist, and award-winning storyteller. She uses her degree in Theater Education and her passion for performing arts in combination with her work as a recovery coach and recovery advocate in many creative projects.

Learn more at www.meghannperry.com



Andrea Lovett Storyteller and Teaching Artist, Phoenix Tales Recovery Storytelling

Andrea Lovett has been performing and teaching storytelling professionally for 25 years. She is the recipient of the New England Brother Blue and Ruth Hill Award and The Oracle Award from the National Storytelling Network. Lovett was the first to create a workshop for personal short stories for performance in New England.

Recovery Storytelling Workshop

How to Bring Your Stories to Life & Heal Yourself in the Process

In 2019, CCAR invited Andrea Lovett and Meghann Perry to host a Recovery Storytelling Workshop for staff and friends of CCAR. In the workshop participants discovered how the healing power of storytelling benefits their wellness, and how it builds resilience in individuals and communities. They learned storytelling basics that help them discover new stories of their own and tell them in compelling ways that reach diverse audiences.

Storytelling builds strong, healthy, connected communities





"Put a Face on Recovery"

Tom Russo, Communications Manager

In 2019, CCAR stepped up its recovery advocacy efforts – to put a positive face and voice on recovery. To bolster our presence and influence, CCAR created a new position, Communications Manager to coordinate all our external communications. Tom Russo stepped into the role beautifully.



Twitter Impressions



- Grew from 8,020 to 21,400 impressions per month
- Daily Profile Visits grew from 160 to 279 per day

Added 1,102 **New Followers** in 2019



Facebook **Followers**

In 2019 CCAR made appearances, was acknowledged or was published in the following news mediums















SERVI "Building Connecticut's Recovery Capital"



The CCAR Emergency Department Recovery Coach Program continued robust growth in 2019, adding eight hospitals, bringing our total number of Hospitals to twenty.















CT Hospital Association Collaboration





CCAR collaborated with The CT Hospital Association and Senator Christopher Murphy's office to move towards a sustainable, long-term funding model to position us to serve recoverees in the Emergency Department for many years to come

Regina McGarrah, EDRC Program Coordinator

In 2019 The EDRC hired Regina McGarrah as their new Program Coordinator. Regina serves the team through weekly schedule management, training scheduling and program data entry and coordination



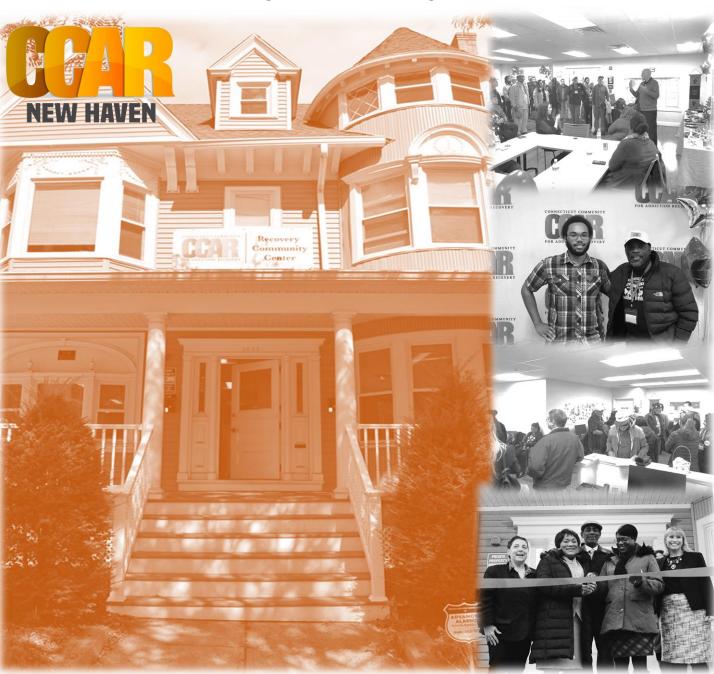
- 13 Emergency Department Coaches
- Responded to 5,046 calls

SERVICES

"Building Connecticut's Recovery Capital"

New Haven Recovery Community Center Open House

In 2019 CCAR successfully opened the New Haven Recovery Community Center (NHRCC). The house is a beautifully restored Victorian located at 1435 Chapel Street. The Open House was hosted December 4th, with special guest speakers, a large attendance, and a great welcoming from the community.



SERVICES "Building Connecticut's Recovery Capital"

"I would not be where I am now with out the support of CCAR. I jokingly say that if there was a poster for the most grateful CCAR recoveree of the year; it would have my face on it. 1st year clean, best year being alive. Thank you, I am without a doubt one of your biggest fans." Donald Neely — HRCC Participant

Volunteer Management System

466 Total Volunteers

Contributed 34,557 hours Averaging 74 hours per Volunteer CCAR'S HIGHEST NUMBERS TO DATE

According to the Independent Sector the estimated value of each volunteer hour is \$31.05 creating a 2019 total value of \$1,072,944

2019 Presidential Volunteer Service Awards

- 74 Bronze Awards (100+ Hours)
- 22 Silver Recipients (250 + Hours)
- 8 Gold Recipients (500+ Hours)
- 11 CCAR Volunteers with 1,000+ Hours
- Allen Grant, Tyrone
 Johnson & Leeta Reed
 5000+ Hours

CCAR hired the

following Volunteers in 2019

- Bobby Brown
- Guy Brenan
- Carmen Bravo
- Dimitri Bakes
- Cathy Bergren
- Tonya Jakubowski

"Building Connecticut's Recovery Capital"

Telephone Recovery Support

CCAR offers an innovative recovery support service that provides weekly outreach calls to people in recovery. Trained volunteers call to 'check in' and ask people how they are managing their recovery. TRS helps reduce relapse and enhances the recovery experience not only for the people that are called, but also the volunteers that call them. Due to the healing nature of the process its often hard to determine who benefits more.



- make TRS calls
- Average length of time calls are made is 16 weeks (4 months)
- 70% report that their recovery is going well
- 15% report that they are struggling
- 10% report that they don't want support calls
- 5% report that they relapsed but still want support calls



TRAINING

"Global Leaders in Recovery Coach Training"



Rebranding CART

In 2019, CCAR took a leap and rebranded CCAR's "Center for Addiction Recovery Training" (CART) to "CCAR Training", expanding the training staff to handle ever increasing volume.



Department of Corrections Trainings

While working with the CT's Department of Correction Osborne facility, members of their Peer Mentor program participated in monthly performance meetings with staff while bring trained by DOC staff in an RCA model developed to be used with the prison population.

DOC Model

DOC Peer Mentor reenter Society



Connects with a CCAR Recovery Community Center

- •Receive support services
- Connect to the larger community



Professionally Develops as a Recovery Coach

Curriculum Updates

of the many curriculums we train.

The latest curriculum developed by CCAR this past year focuses on a concept developed from our model of supervising Emergency Department Recovery Coaches.

Coachervision demonstrates "coaches coaching coaches". Coachervision is just one





Other updated CCAR TRAINING Curriculum

- Recovery Coaching Basics (Previously Recovery Basics for Parents) May
- Spirituality for Recovery Coaches –October
- Recovery Coaching in an Emergency Department –November
- Ethical Considerations for Recovery Coaches -December

TRAINING

"Global Leaders in Recovery Coach Training"

Recovery Coaching

In 2019, CCAR has trained over 14,000 participants in the art and science of Recovery Coaching



Year	# Trainings	# Trainers	#Participants	
2009	6	0 128		
2010	14	6	166	
2011	49	152	210	
2012	132	170	1,252	
2013	140	155	1,895	
2014	179	199	1,995	
2015	252	138	2,996	
2016	364	289	4,883	
2017	597	303	7,722	
2018	931	451	10,474	
2019	1,342	462	14,903	
TOTALS	4,212	2,326	46,624	

In 2019

- 43 individuals became CCAR Recovery Coach Professionals
- Conducted 49 informational webinars on a wide variety of topics
- Produced two educational videos in collaboration with Retrospective Films, LLC

A training video for Recovery
Coaching in an Emergency
Department:

https://youtu.be/DW3OfWUkFKQ

· Recovery Coach Professional (RCP):

https://youtu.be/Whm_0ExtDGo

ADMINISTRATION

"A Solid Foundation Supports Vision and Mission"



With the growth and expansion of staff came the need for improved technology.



CCAR
upgraded
to the
latest 2019
Microsoft
Office Suite
and an
updated
server.



Employee Expansion

In 2019, CCAR's Administration conducted a total of 86 interviews for the following positions:

- Special Events Coordinator
- Administrative Assistant
- Recovery Community Center Manager
- Emergency Department Recovery Coach
- CCAR Training Coordinator
- Volunteer Coordinator
- Recovery Coach Department of Corrections
- Technology Coordinator
- Communications Manager



Stay Interviews

A total of 27 stay interviews were conducted by the Director of Administration, Human Resources and the Executive Director, providing an opportunity for staff members to offer feedback on the organization and describe why they stay working at CCAR

REVENUE vs EXPENSES



Annual Financial Statement

Annual Financial Statements featuring CCAR's growth in Revenue, Expenses, and Net Assets from 2015 – to the year ending June 30th 2019.

REVENUES AND OTHER SUPPORT	2019	2018	2017	2016	2015
Governmental Grants	\$2,026,728	\$1,674,387	\$1,558,591	\$1,214,752	\$1,206,939
Service Fees, Contracts, and other	\$1,352,511	\$808,308	\$759,462	\$624,864	\$420,515
Fundraising	\$70,036	\$83,836	\$48,920	\$57,637	\$64,091
Contributions and other Public Support	\$10,475	\$6,690	\$6,735	\$27,308	\$14,520
TOTALS	\$3,459,750	\$2,573,221	\$2,399,318	\$1,941,103	\$1,720,368

EXPENSES	2019	2018	2017	2016	2015
Program Services, Recovery Activities, CCAR Trainings	\$3,003,180	\$2,505,644	\$1,938,272	\$1,569,686	\$1,444,368
Management and General Fundraising	\$429,456	\$259,294	\$255,038	\$232,113	\$232,113
TOTALS	\$3,432,636	\$2,764,938	\$2,193,310	\$1,808,283	\$1,676,481

ASSETS	2019	2018	2017	2016	2015
Change in Net Assets	27,114.00	-191,717.00	206,008.00	132,820.00	43,887.00
Net Assets, beginning of 2019	317,210.00	508,927.00	302,919.00	170,099.00	126,212.00
NET ASSETS (end of 2019)	\$344,324	\$317,210	\$508,927	\$302,919	\$170,099

