



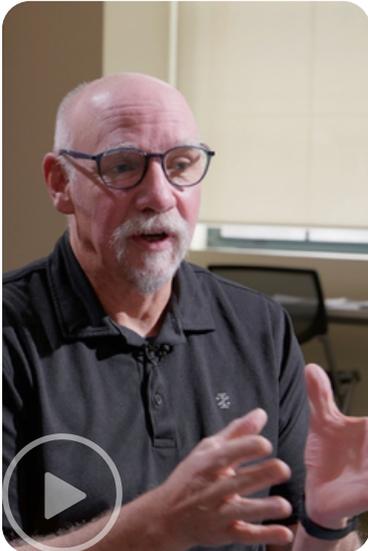
CCAR Board President

Maggie D. Young, LADC, MSW, CCS

Person in Recovery:

Established 1992

"My last year as Board President has been very rewarding. It has been different for me, working in the role of President, and I have learned a great deal. One of the most valuable things about the role of President is the ability to really work with the [Executive Director] and staff, which has really taught me a lot and it has also helped to fuel my inquires of what it is like to work in a different type of agency than what I work in."



CCAR Executive Director

Phil Valentine, RCP

Person in Recovery:

Established 1987

"When I look back at what we were able to accomplish in 2021, I'm actually astounded. We had thousands of visits in our Recovery Community Centers, saw over 5,500 in our Emergency Departments. Our team of over 50 people now, was out there spreading the message of recovery, promoting recovery, offering recovery opportunities - you can see all of this in the Annual Report."



Recovery Community Centers

RCC's are "recovery-oriented sanctuaries" located in the heart of the community. They provide a space for people seeking recovery or that are looking to enhance their recovery. Centers offer recovery support services including All Recovery meetings, vocational assistance, volunteer opportunities, family and community education, social events and more.

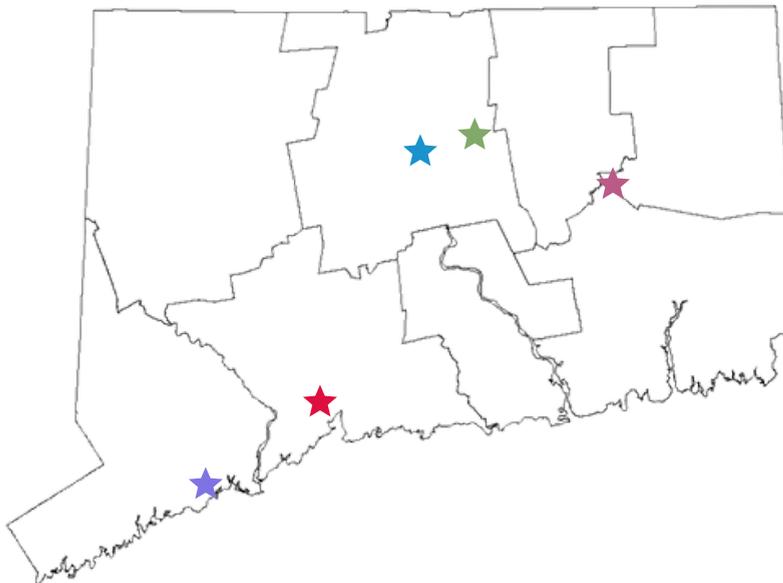
We rely heavily on volunteers to help us maintain a recovery-focused tone and culture and to 'meet recoverees where they are at.' We LOVE our volunteers! In 2021, our volunteers helped us with:



17,350
total visits to
our 5 RCCs.



6,392
individual visitors
to our RCC's.



Hartford
198 Wethersfield Avenue
Hartford, CT 06115

Manchester
102 Norman Street
Manchester, CT 06040

Windham
713 Main Street
Willimantic, CT 06226

New Haven
1435 Chapel Street
New Haven, CT 06511

Bridgeport
430 State Street
Bridgeport, CT 06604



Hartford RCC

"They encourage you to go further, and that's what we need sometimes - we need that push or that kick to go further."



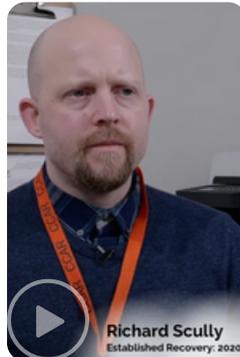
Windham RCC

"Engaging in the center has allowed me plenty of opportunities to learn different paths of recovery."



Manchester RCC

"I remember it being very confusing for a long time, I'm so grateful to have found CCAR because I didn't know there was more than one way."



New Haven RCC

"CCAR in New Haven has been crucially instrumental in my recovery. Not just for sobriety, but for my soul, my inner being -it's fulfilling."



Bridgeport RCC

"They embraced me, never closed a door, just always told me to keep coming, gave me encouragement - it always felt like a safe place to be."



Young People and Family Services

"It give me purpose, it gives me something to do, makes me feel a part of the community."

Volunteer Recovery Coaching

CCAR provides free recovery coaching in all 5 of our RCCs. These services are provided by our Volunteer Recovery Coaches (VRC). All VRCs have completed the Recovery Coach Academy (RCA) and are actively working towards obtaining CCAR's Recovery Coach Professional designation.

The VRC program is for people both in recovery from addiction themselves or for people (friends or family members) who have been affected by another's addiction



1,500+ Volunteer Recovery Coach Service requests

"I wanted to be of service to people and so Recovery Coach Academy was something, as I read about it and listened to Rita talking to me, I began to aspire to."

Telephone Recovery Support

CCAR provides weekly outreach calls to people in recovery. Trained volunteers check-in to see how people are managing their recovery and offer encouragement, support, and resources. TRS helps reduce relapse and enhances the recovery process.

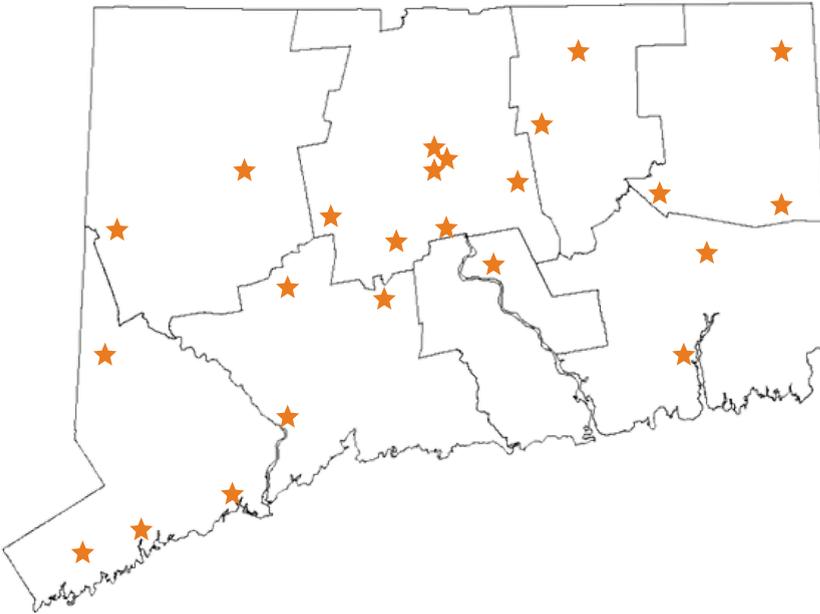
Due to the healing nature of the process, it's often hard to determine who benefits more, the volunteer making the call, or the recoverees receiving the call.



"We've helped a lot of people, and that is what really motivates me doing Telephone Recovery Calls. In the last year I've made approximately 2,500 TRS calls here at Bridgeport Center."

Emergency Department Recovery Coaching

Recovery Coaches meet with patients admitted to an ED as a result of any drug or alcohol related crisis. They support patients, family members, and hospital personnel by providing assistance to begin or to stabilize recovery. The ED Recovery Coach program responds to **22 CT hospital emergency departments**.



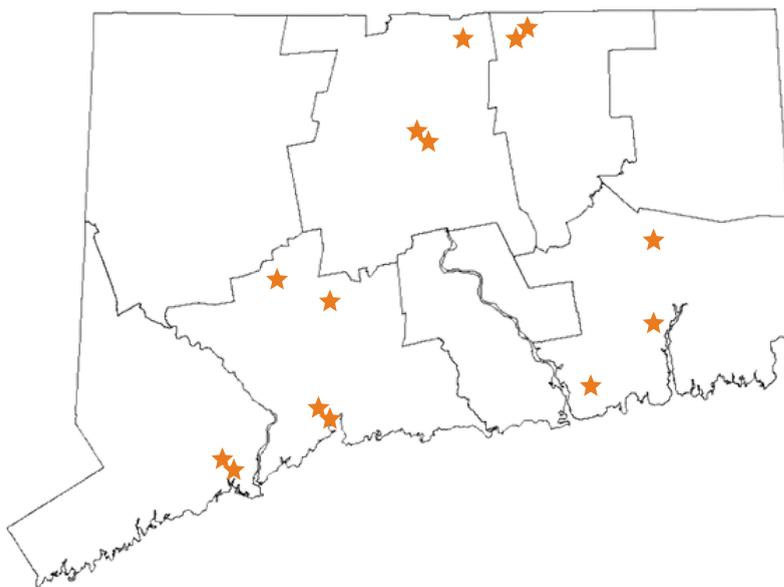
"He [the recovery coach] talked to me. He related to me. He made me feel like he was there with me. He knew what I was going through - that's important."

Department of Corrections Recovery Coaching

Recovery Coaches meet with returning citizens who are within 30 to 90 days from discharge. They provide seamless transition to community providers and other recovery support services that are vital to re-entry success. The DOC Recovery Coaching program works with 8 DOC facilities and all 5 district parole offices.



"It just sometimes feels like it's not real, like that somebody could be so open, honest, can actively listen to me, give me great advice, and care about me and not want anything from me - but just to succeed in my recovery."



2021 Recovery Contacts



64%

Telephone



22%

Text Message



10%

Face to Face



2%

Social Media



2%

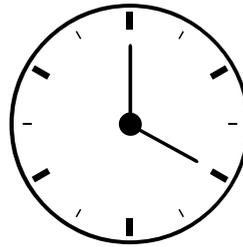
Email

TOTAL: 4,975

The Data



11,000+
people attended
CCAR trainings



23,500+
volunteer hours



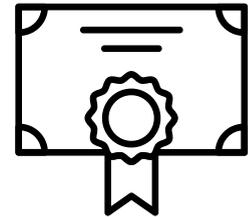
1,001
All Recovery Meetings held



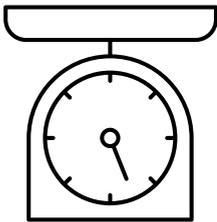
5,600+
calls for the EDRC Recovery
Coaching program



40,000+
calls made in the
TRS program



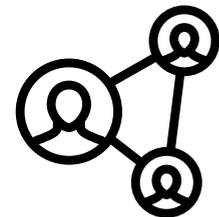
78%
of people interviewed
received their RCP



16,000+
pounds of garbage collected
at ORCA cleanups

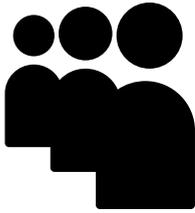


359
total volunteers



282
referrals to returning citizens
for DOC Recovery Coaching

The Data



85%

increase in DOC Recovery
Coach referrals



18

people hired



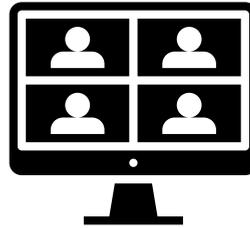
121

interviews conducted



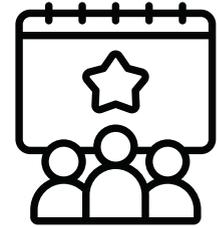
13,000+

attendees at All Recovery
Meetings



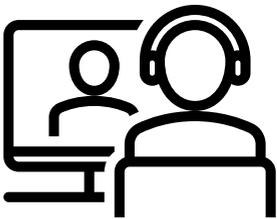
20%

of All Recovery Meetings
were held via Zoom



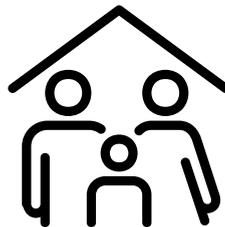
1,716

events/groups held at RCC's



192

webinars held



1,992

total attendees at Young
People and Family Services
Meetings



1,280

active recoverees in the
TRS program

ORCA

OCEAN RECOVERY
COMMUNITY ALLIANCE

The Ocean Recovery Community Alliance (ORCA) envisions a future where our coastlines, oceans and waterways are trash-free.

Our mission focuses on providing opportunities for people to give back to their communities in a meaningful way by organizing cleanups; building a community alliance of individuals, organizations, agencies and businesses united by a desire to act as stewards of our world's coastlines, oceans and waterways.

ORCA held **43** beach cleanups throughout Connecticut and Rhode Island this year.



Walle Hutton
Friend of ORCA

"With ORCA's mission, I think what really resonates is the fact that they are consistent and they really have an **impact on our local community** because the awareness is out there."

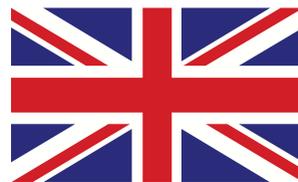
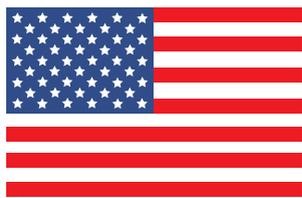


**From Personal Recovery
To Ocean Recovery**

CCAR Training

CCAR offers nationally recognized trainings for Recovery Coaches or anyone working to support the recovery of others. Our flagship, Recovery Coach Academy©, along with our other trainings, focus on the Art and Science of Recovery Coaching and are based on the fundamentals of coaching excellence.

CCAR Training reached **8 countries** internationally and **45 states** nationwide this year, and we surpassed training **75,000 individuals** since the inception of the RCA.



Participant

"They [CCAR trainings] gave me the ability to speak confidently and compassionately when speaking to police officers and the community."

Lt. Michael Stokes



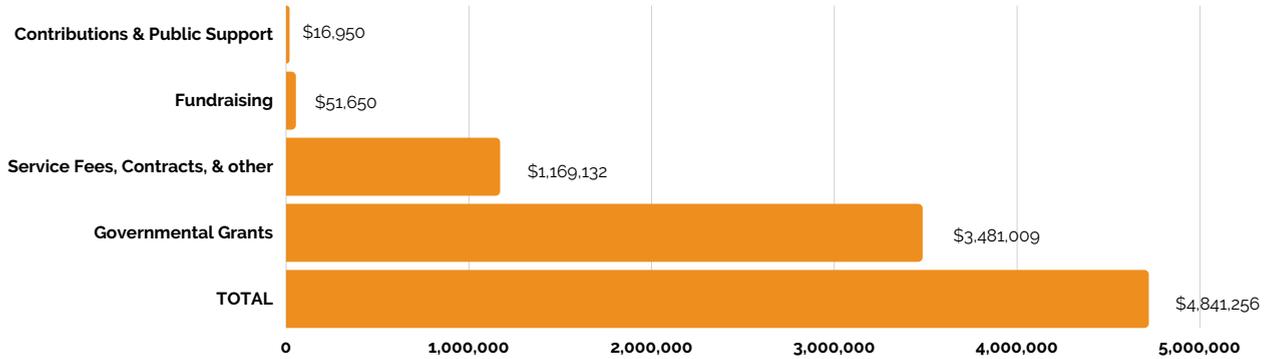
Trainer

"We have created a ripple effect that we dreamed about but never really imagined could be a reality."

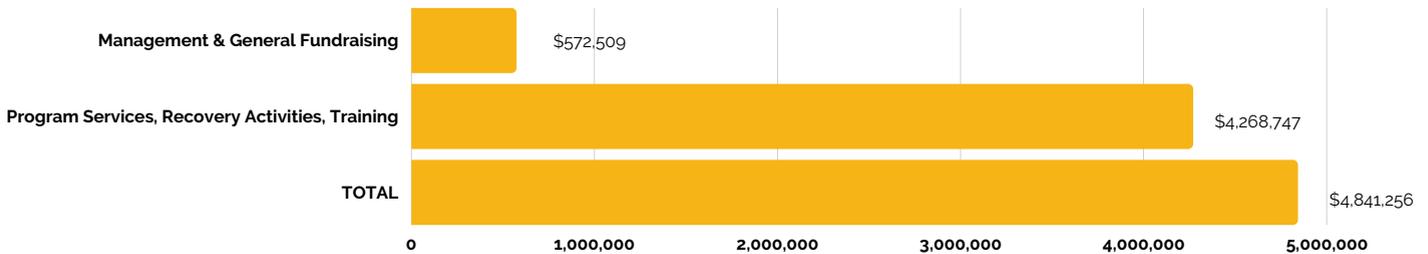
Naetha Uren

Financial Report

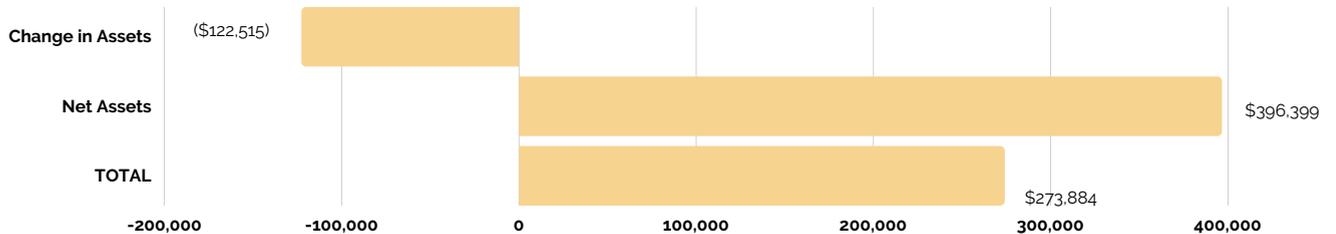
Revenue



Expenses



Assets



CCAR Recovery Cup Charity Golf Tournament

On Friday June 4, 2021 CCAR hosted its 8th Annual CCAR Recovery Cup Charity Golf Tournament at the gorgeous Hawks Landing Country Club in Southington, CT.

Players rallied for first place within the tournament, and were also treated to other fun contests around the course such as our annual hole-in-one and 50/50 contests.

Our 2021 Recovery Cup Tournament also featured an appearance from professional long driver Kyle Blakely! His hijinks at the hole entertained the players all day, and created an additional donation stream.



72

golfers (18 foursomes)



\$9,764

raised for recovery support
services in CT



CCAR Recovery Fest

Due to some construction planned in the park, we opted to change the location and style of our regularly scheduled Recovery Month celebration, Recovery Walks! For our 2021 event, we decided to host a recovery festival at Quassy Amusement Park. We brought vendors, artists, and recoverees from all over the state of Connecticut together for an all-day recovery celebration known as Recovery Fest.

Approximately **700 people** came out to Quassy to visit with the many exhibitors, enjoy the discounted ride passes courtesy of CCAR, plus hear and cheer on the contestants from our "Recoverees Got Talent" stage contest. Seven lucky artists were selected to compete to win our \$1,000 Grand Prize!

The 1st Recovery Fest event was a success, and a fun day filled with **recovery celebration, community, and connection.**



P.E.A.R.L.S. Recovery Storytelling Slams

In 2021 CCAR began the P.E.A.R.L.S Recovery Storytelling Slam Series- a creative, virtual open-mic storytelling experience. P.E.A.R.L.S is an acronym for "People Expressing Addiction, Recovery, & Life Stories". The Series consisted of 4 monthly Storytelling Slams, each set with a different theme. Individuals shared true, personally crafted, short stories based on the specific theme to compete for a prize and a spot in our Grand Slam!

We heard some incredible stories, brought people together from all over the globe, created a sense of community, and made a space for people to express themselves and exercise Recovery Storytelling as a pathway.

Congratulations to Naetha Uren and of Molly Meave - our very first P.E.A.R.L.S. Recovery Storytelling Slam Grand Prize winners!

Manchester Hope Initiative Recovery Coaching Program



"If I hadn't met Domenick (CCAR Recovery Coach), I don't know if I would still be here."

This program, launched in spring 2021, is a partnership between the Town of Manchester and CCAR in conjunction with the Manchester Hope Initiative. It provides recovery coaching resources to individuals that have alcohol/substance use involved contact with the Manchester Police and Fire Departments. Manchester Police Officers and Fire Emergency personnel have the ability to refer willing individuals to a CCAR Recovery Coach.

Safety Net

The SafetyNet program was a research grant between the Yale School of Medicine-Emergency Medicine and CCAR. It paired a Recovery Coach with a Paramedic to follow up with individuals after having suffered an overdose.

The grant ended in 2021 but the SafetyNet team was able to enroll **81 participants** and provide recovery support resources for an additional **200+ individuals** that struggled with Substance Use in the greater New Haven area.

The outcome data is still being analyzed but we want to thank our partners at Yale University and Yale New Haven Health for the opportunity to partner on such an important piece of research.



Hartford Hospital Consultant/Liaison Program

This initiative, launched in May 2021, provides recoverees who are in the hospital for an extended stay to have lengthened recovery coaching services that focus on building recovery capital and other external supports.

Recovery coaches work collaboratively with social workers and complex care coordinators to help facilitate and fulfill the needs of recoverees they serve.



"At the hospital, there was Mary and other CCAR representatives not giving up on me and telling me recovery is possible. It took those 200 days for me to finally realize that I don't want to live like this anymore, and CCAR introduced me to the tools that helped me get better."

Social Media

CCAR has put a strong emphasis to grow our social media to spread our mission of Promoting Recovery.

On CCAR social media platforms a variety of content is posted including promotion of events, promotion of our trainings, along with information, resources, and support surrounding recovery.



14,180 likes
250,000+ reach
11,000 page visits

@CCAR4recovery



1,369 followers
46,000+ reach
1,800+ profile visits

@ccar4recovery



1985 followers
155,000+ impressions
41,000+ profile visits

@CCAR4recovery

Advocacy

CCAR aims to Promote Recovery, and this is shown in organization's advocacy efforts.

This year, CCAR held 25 Recovery Advocacy trainings with 215 participants. The topics of these trainings include: Our Stories Have Power, The Language of Recovery, Public Speaking, How State Government Works, and How to Write Legislative Testimony.

In addition CCAR hosted a virtual Legislative Recovery Day, Recovery Advocacy Listening Session, and participated in a virtual Congressional Briefing.



RECOVERY MATTERS!



PODCAST



CCAR Executive Director, Phil Valentine and wife, Sandy Valentine host the weekly Recovery Matters! Podcast. With featured stories, interviews, speeches, and discussions that cultivate understanding and acceptance and the power hope and healing of recovery.

RECUPERACIÓN IMPORTA



PÓDCAST



¡Uno de los primeros podcasts en español sobre recuperación de adicciones! Michael Serrano y Geraldo Rivera con invitados semanales discuten todos los temas relacionados con la recuperación para crear apoyo y comprensión.



@CCAR 4recovery

Check out the video format of these podcasts on our Youtube channel. Don't forget to subscribe!

Administration

COVID-19

CCAR continues to be diligent with COVID-19 safety practices, following all protocols and guidelines to support staff and recoverees. Wearing masks, social distancing, and regular cleaning continue as COVID-19 seems to be here to stay for the foreseeable future. We have all adapted and continue to communicate with each other via Zoom, FaceTime, text and phone calls as appropriate.

Staff Expansion

As CCAR's reach grows, we grow our staff as well! We interviewed, hired, promoted, and even added the following 6 new positions:

- Bookkeeper
- Digital Communications Manager
- Participant Experience Coordinator
- Facilitator Development Coordinator
- Virtual Production Team Manager
- Learning Experience Team Manager

Technology Update

Having quality and supportive technology continues to be a priority. To support this CCAR did the following: continued ongoing upgrades of phones and laptops, implemented technology for video podcast production, deployed Multi Factor Authentication company wide, expanded resources on the remote server to keep up with growth, conducted ongoing patching of operating systems and updating of firmware on all computers and network equipment, and completed a 3-year Technology Plan.

