



Connecticut Community for Addiction Recovery

Annual Meeting Report on Activities

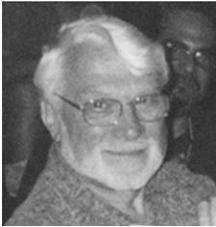
October 1, 2001 – September 30, 2002

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Dear CCAR member,

The following report is a compilation of the quarterly reports we send to our two major funding sources, the Center for Substance Abuse Treatment (CSAT) and the Department of Mental Health and Addiction Services (DMHAS). The activities are listed under the corresponding CCAR goal with which they most closely align. I hope this helps you see the tremendous progress we've made over the last fiscal year and given our humble beginnings back in November of 1997, I find these successes even more impressive. It is with great honor and respect for the CCAR staff, membership, volunteers and all recovery advocates that I offer this report.

Sincerely,



Robert Savage
CCAR Project Director

Project Highlights: First Quarter FY02 (October, November, December 2001)

Goal 1: Expand and build the CCAR organizational structure to expand capacity and effectively support our CCAR membership.

We spent a considerable amount of time this quarter helping to ensure that our organization is well positioned to work effectively as a 501(c)(3) organization. A new administrative assistant, Pat Howard, with extensive accounting experience was hired. We contracted with a CPA to assist us in providing our accounting needs and developing our accounting structure. We are negotiating with Audit Firms who will provide the required independent audit. We completed and submitted our Policies and Procedures Manual to the Center for Substance Abuse Treatment which will hopefully result in our being taken off the high-risk status – a normal precautionary measure for a new 501(c)(3). We are making the necessary changes to insure that we are in compliance with our new Personnel and Purchasing Policies. We negotiated the phase-out process with our fiduciary, Communities in Action (CIA) that is based in Stamford. We feel that we are progressing well in this process.

John Shea started work in November as the second Associate Director along with Phillip Valentine. Mr. Shea, a person in recovery, has worked a number of years in addictions treatment as a manager, marketing specialist, clinician and educator. He had served on the CCAR Board of Directors since 1999. He brings a special prospective to our staff and helps to balance the experience of the Project Director and the other Associate Director.

On November 13, CCAR held its second Annual Meeting. Well over 100 members were in attendance. The Department of Mental Health and Addiction Services (DMHAS) Deputy Commissioner Arthur Evans gave the keynote address citing Recovery Walks!, the Recovery Core Values and the development of local CCAR Chapters as highlights of the past year from the Department's perspective. A 14 member Board was elected with Felix Rivera assuming the role of President. They have all been identified as leaders in the CCAR membership and were ready and eager to assume leadership roles. We will provide training for some to assist them in serving effectively on the CCAR Board as well as other boards they may choose to serve on to represent the recovery community.

On October 3, over 200 people gathered in Bridgeport for the kick-off of that local CCAR Chapter. This chapter had been meeting for several months as a Friends of Recovery group and this event was held in celebration of joining forces with CCAR. CCAR worked collaboratively with RYASAP in organizing the event. A vice president of a large treatment program in the area was master of ceremonies and the speakers were Commissioner Thomas Kirk along with Mr. Savage, Mr. Valentine and Mr. Askew, the CCAR coordinator in the area. The most moving part of the evening was hearing the recovery stories from persons in the audience.

On November 15, 22 people gathered for the first CCAR Chapter meeting in the state's capital, Hartford. Facilitated by Area Coordinator Joey Petrello, the group discussed the history of CCAR, the role they might have as a CCAR member and issues of concern to the recovering community in Hartford. The group held a second meeting in December. At the end of December Joey Petrello resigned and took the opportunity to become a Recovery Manager for a managed care organization in the state. His experience with CCAR as staff and a volunteer helped provide him with the necessary skills to move his career in that direction. CCAR has begun the process of hiring a new Area Coordinator. Note: Terrienne Deko was hired in March 2002.

One of CCAR's primary interests this year will be to recruit more family members. We are planning to hold a number of focus groups with families who consider themselves in recovery. These families could have a member who is in recovery or a member who is still actively using. We have completed the development of the questions that we plan to use in the focus groups and will start to schedule the groups in the near future. All focus groups will be taped and used as a basis for a planned article to be co-authored by William White and Bob Savage entitled "The Role of Families in the New Recovery Movement".

In December, CCAR held a full-day staff retreat to discuss internal policies and procedures, to develop the CCAR team and to discuss the implementation of the new Department of Mental Health and Addiction Services (DMHAS) and the CSAT RCSP goals and objectives. Additional staff retreats are planned.

The CCAR website is maintained, updated and retooled by Mr. Valentine. The address is www.ccar-recovery.org. This quarter the website received a total of 46,079 hits, and averaged 21 full visits a day.

A number of CCAR members and staff attended the NEAAR conference in Jiminy Peak, MA on Family Issues. Two CCAR members facilitated workshops.

Goal 2: Empower the CCAR membership to influence themselves, their families, policy makers, service providers, and the general public regarding recovery issues.

DMHAS has received funding from CSAT to help identify and assist individuals in the state who have been traumatized as a result of the terrorist attack of September 11, 2001. Their targeted audience is the general public, the mental health and addiction treatment programs and recovery community. CCAR applied for and was awarded a \$50,000 grant to identify members of the alcohol and other drug addiction recovery community who may need assistance. Our intention is to organize three to four regional forums to address this trauma issue and is currently in the early planning stages. Our approach will be based on the experience gained during our Recovery Walks! that was held only five days after the disaster where we had 1800 to 2000 people present. Many persons described the experience of being with so many persons from the Recovery Community as very healing for them. We hope to duplicate this experience by using some of the same strategies used in organizing Recovery Walks!

During the quarter, CCAR staff had two separate meetings with the chairs of the State Legislature Judiciary Committee, one with Senator Eric Coleman and the other with Representative Michael Lawlor. They were very responsive and invited us to organize a Subject Matter Public Hearing to be held before their committee on issues of concern to the alcohol and other drug addiction recovery community during the latter part of February 2002 or early March. We are told that a Subject Matter Public Hearing before the Judiciary Committee is very rare. As indicated, we are there at the invitation of the Judiciary Committee to help educate them on issues of importance to us and will not be addressing any specific bills. Our intention is to provide education primarily on the felony issue and how difficult it is for recovering persons to progress in their recovery as a result of a felony committed a number of years ago. This topic has very strong interest among our membership across the state.

On November 5, Mr. Valentine delivered "The Language of Recovery" training to 15 people at the Windham Chapter. Designed by Mr. Valentine, this training explores the power of language and the differences between the recovery community and those still active. The evaluations for this training were outstanding

and we feel that this training has significant potential for helping to reduce stigma within the Recovery Community.

CCAR signed a contract with High Point Communications Group, Inc. to assist CCAR in implementing a Strategic Communication Process. CCAR, with training and guidance from High Point, will take a series of steps to develop a consistent message throughout the organization. It is hoped that this process will help develop appropriate and common messages and reinforce the sense of community throughout the CCAR staff, board and membership and to enhance CCAR's continued efforts to become better known across the state.

Goal 3: Organize recovering persons within professional and special population groups to form recovery advocacy organizations.

During this quarter, Mr. Savage worked closely with Dr. Mark Kraus, president of the CT Chapter of ASAM (American Society of Addiction Medicine) to explore opportunities of how we may work together. One possibility is to produce a video with the intent of helping the general public gain a better understanding of alcohol and other drug addiction treatment and recovery. Other possibilities of collaboration are being discussed. We feel that this relationship has the potential of being beneficial to both parties.

During this quarter, Mr. Savage concluded his work with the Latino HIV Integration Project in New Haven, CT. This was a planning project that sought to bring different agencies and organizations together to deal with HIV and addiction issues which resulted in a plan, developed by Latino consumers of HIV services in New Haven and Bridgeport that was submitted to DMHAS. This was another excellent example of seeing the power of recovering persons when given the opportunity and support to tell their stories and assume a leadership role.

Goal 4: Establish and enhance advocacy/education linkages with the five addiction treatment systems in Connecticut.

On November 29, CCAR along with Advocacy Unlimited, Inc., a mental health advocacy organization and DMHAS designed, developed and implemented a conference "Recovery Works: Reframing Our System of Care" to focus on the Recovery Core Values. The conference opened with DMHAS Commissioner Thomas Kirk strongly supporting these Recovery Core Values to the point where his vision is to develop a recovery-oriented system of care based on the core values and which will be included in their funding contracting and Request for Proposal Process documents. CCAR Project Director Bob Savage, Advocacy Unlimited Executive Director Yvette Sangster, CCAR Associate Director Phillip Valentine and Steve Fry, a Consumer Advocate, presented the Recovery Core Values to an audience of over 200 consisting mostly of treatment providers – both addictions and mental health – and persons in recovery. A panel of persons in recovery spoke with CCAR Board of Directors Vice-president Mickey Parker who told his story. Workshops included "How to have a Recovery-Oriented System of Care" co-facilitated by CCAR Associate Director John Shea, "Treatment Culture and Recovery Culture" co-facilitated and designed by Mr. Valentine, "Identifying Recovery Oriented Research based Programs", "The Language of Recovery", "How Recovery Practices Improve Treatment Outcomes" facilitated by Mr. Savage and "Emerging Challenges to Recovery". To close the conference, Mr. Savage presented an Exemplary Program Award to Catapult Services, Inc., a recovery based organization that provides Recovery Support Services. This conference will serve as a stepping-stone to a CSAT funded conference to be held on September 18-19, 2002. CCAR is very involved in the planning of this event. William White has already agreed to be a keynoter and workshop facilitator.

In December, the Department of Children and Families (DCF), in collaboration with the Regional Youth/Adult Substance Abuse Project (RYASAP) and the University of Connecticut Health Center Department of Community Medicine (UCHC) received notice that they would receive funding for their Connecticut Adolescent Treatment Community Action Grant and asked Mr. Valentine to chair the Statewide Consensus Building Group. CCAR looks forward to providing the recovery perspective during this planning process and looks to build a collaborative relationship with DCF.

Goal 5: Improve the use of recovery treatment concepts directly with treatment providers providing services within the five treatment systems.

CCAR had an opportunity on December 19 to work with a large treatment program in the state to assist them in implementing the Recovery Core Values. CCAR staff made a presentation to the total program administrative staff as well as the staff and clients of the Women and Children Treatment Component selected as a place to start the implementation process. They gathered information and reactions to implementing the Recovery Core Values in their program and will be meeting with the vice-president of the organization to provide the results of our visit. Two other large treatment programs are interested in having us work with them on this. With DMHAS's strong support that these Recovery Core Values will be implemented in all the treatment programs they fund, there is future funding potential as a result of this initiative.

During this quarter CCAR staff had the opportunity to visit two large state-run treatment programs. We requested the visit as a result of our concerns regarding the treatment regimen used at one of the facilities. The DMHAS Deputy Commissioner accompanied us during both visits. Recommendations for change were submitted to DMHAS and we are now waiting for the results. We used the Recovery Core Values as a guideline for the visits.

Goal 6: Develop recovery-oriented corporations within the recovery community to employ recovering persons to provide recovery support services and other recovery-related services.

No significant activities took place this quarter to address this goal.

Goal 7: Improve the status and increase the numbers of alcohol- and drug-certified counselors in recovery working in the alcohol and drug treatment field in Connecticut.

No significant activities took place this quarter to address this goal.

Goal 8: Reduce the stigma associated with addiction within the addiction treatment programs and the recovering community.

We feel that the work we are doing with treatment programs in implementing our Recovery Core Values will help reduce stigma within that particular treatment program. What we learn here will help us work with other treatment programs.

Goal 9: Obtain alternative funding to replace the CSAT funding over the three-year period.

We feel that the work we are doing to implement the Recovery Core Values may help us in this area. We are still struggling with this. No other specific activities related to applying or asking for replacement funding took place this quarter

Goal 10: Measure the results of CCAR-implemented goals and objectives over the three- year period.

No work has been started as yet on our evaluation process. We have to discuss this further with our Project Officer

Other areas:

Three CCAR staff attended the CSAT RCSP grantee conference in Arlington, VA as well as the National Summit in St. Paul, MN.

Project Highlights: Second Quarter FY02 (January, February, March 2002)

Goal 1: Expand and build the CCAR organizational structure to expand capacity and effectively support our CCAR membership.

As noted in last quarter's report, one of CCAR's primary interests this year will be to recruit more family members. We are planning to hold a number of focus groups with families who consider themselves in recovery. These families could have a member who is in recovery or a member who is still actively using. The focus group questions have been finalized. We had our first focus group on February 8th. The meeting was recorded and transcribed. All other focus groups will be taped and used as a basis for a planned article to be co-authored by William White and Bob Savage entitled "The Role of Families in the New Recovery Movement".

CCAR held three general membership meetings on January 8th, February 12th and March 12th.

CCAR local chapters (Bridgeport, Hartford, New London, Stamford and Windham) each met three times for a total of 15 local chapter meetings.

Chapter Highlights

Bridgeport: Held a Legislative Breakfast on January 23rd. One State Senator and 5 State Representatives attended and listened to 8 Bridgeport Chapter members tell their stories of recovery. The breakfast was strictly informational in nature.

Hartford: Involved in DMHAS regional planning process

New London: Held a Legislative Breakfast on January 26th and had attendance of 2 State Representatives and 1 of New London's Deputy Mayors. Also in attendance were 18 CCAR members from the New London area. Four of the New London

members shared their personal stories of recovery. This event was strictly informational in nature.

Involved in DMHAS regional planning process

Stamford: Held a Chapter 1-year anniversary celebration

Windham: Held a Legislative Breakfast on February 2nd. There were 2 State Representatives and the First Selectman of Windham and 10 CCAR members in attendance. Four Windham Chapter members shared their personal stories of recovery. The breakfast was informational and introductory.

Every other week 1-hour, call-in public access TV show, "Positive Faces"
Involved in DMHAS Regional Planning process
Presented to the Windham Rotary Club

Meetings were held with staff and the decision made to open 3 new chapters next quarter in Danielson, New Haven and Norwalk (note: for staffing reasons the Danielson chapter was not opened).

During this quarter, CCAR called for scholarship applications from the membership to the New England School of Addiction Studies at Franklin Pierce College in Rindge, New Hampshire June 16-21, 2002 and received 38 applications. CCAR, in collaboration with the Department of Mental Health and Addiction Services (DMHAS), found enough resources to send 17 CCAR members and 3 staff to the school. Most of those selected are first-time attendees of the school. Bob Savage, Phillip Valentine and John Shea will give a major presentation "The Recovery Perspective: Beyond the Treatment Episode" and will deliver an 8-hour course by the same name.

The CCAR staff held a one-day staff retreat to initiate policies related to our 501(c)(3) status, review our overall membership, recruitment approach especially as they relate to our chapters located across the state and to plan initiatives for the coming months.

The CCAR website is maintained, updated and retooled by Mr. Valentine. The address is www.ccar-recovery.org. This quarter the website received a total of 64,336 hits, an increase of 18,257 from last quarter's 46,079 hits.

Internally, CCAR worked on providing a comprehensive fringe benefits program for its employees, streamlined and updated the membership database (now over 1200 members), researched and purchased SmartMail software from Pitney Bowes to assist with monthly mailing and direct mail campaigns and reviewed resumes for a secretarial position. Also, the accounting procedure has now been fully implemented and all fiscal procedures and policies are in place.

Goal 2: Empower the CCAR membership to influence themselves, their families, policy makers, service providers, and the general public regarding recovery issues.

On March 11, 2002 at the invitation of the Judiciary Committee of the Connecticut State Legislature, CCAR provided an Informational Forum. As a result of hard work on the part of the CCAR Ad Hoc Committee that met several times before the event, between 130 and 150 people supported CCAR by their attendance. During the past 3 years as CCAR participated in Legislative Days, membership feedback led us to understand the many issues involving the criminal justice system. Sixteen people gave powerful testimony framing out CCAR's core message. This was another example of the recovery community's ability to educate legislators. John Shea delivered an editor's advisory on Friday, March 8th and press releases were distributed on Monday throughout the pressroom. At the general membership meeting the next day, John asked for feedback from those who attended. The Informational Forum did not address any specific bills and was strictly educational. Comments were as follows:

"Awesome experience in so many ways. We had close to 150 people supporting CCAR. The Senators and Representatives on the Committee showed a great deal of interest in the testimony. One State Representative was impressed by the information and could change his mind on some significant issues."

"The forum went very well and we accomplished a lot. The committee heard and agreed with us. I was impressed with the number of people who were there in support."

"Through its core message, CCAR was able to make great strides; we went up several notches in legislators' views. We stayed within the forum's 2-hour schedule and the Committee was impressed with our position and our keeping to the 2-hour time frame."

"I felt the forum went very well. The questions posed by the legislators to those giving testimony spoke to their ability to read between the lines about the recidivism message: recovery support services are critical to outcomes and reducing recidivism."

"I thank everyone and John (Shea) for the great job they did preparing for the Informational Forum. I felt the Judiciary Committee was impressed by the CCAR membership as they presented a recovery voice to address issues. Bridgeport Chapter member Mary Henry was grateful for the opportunity to speak out."

"We are educating and changing policy. Lives were changed as a result of the forum. That happens to CCAR members over and over again. CCAR has developed some very good relationships with some very influential people."

"I was very proud to be a part of CCAR. CCAR yellow badges were in view all over and as the morning progressed, more and more people came in support. I am especially impressed because Monday was a workday. My church supported advertising the event in their church bulletin."

"I was touched by the depth of the stories. I plan to include people's testimonies on the website and would like to develop a website "Story of the Month" as an excellent way to listen to people's stories. I urge people to submit their stories for inclusion. The day "had legs" and it will continue to grow. I am impressed that the Informational Forum was taped and will be shown over and over again. Jim Mattingly also was taping the day and came away with some great footage that he will incorporate into the new video project."

“Committee members were focused on our educational message and we achieved our goal with our common message.”

Planning began in earnest for the next Recovery Walks! scheduled for Sunday, September 22, 2002 from 10 AM – 4 PM in Bushnell Park, Hartford, CT with three meetings being held this quarter.

DMHAS has received funding from CSAT to help identify and assist individuals in the state who have been traumatized as a result of the terrorist attack of September 11, 2001. Their target audiences are the general public, mental health and addiction treatment programs and the mental health recovery community and the addiction recovery community. CCAR applied for and was awarded a \$50,000 grant to identify members of the alcohol and other drug addiction recovery community who may need assistance. Planning has begun for a forum in New London in mid-July.

Meetings were held with Jim Mattingly, the producer of our earlier video, to plan for the development of a new video to capture the healing power of the recovery community. The video will be based on our experience of our second Recovery Walks! held five days after the September 11th terrorist attack that resulted in a positive and healing experience for those who attended. People who attended the walk and others will be interviewed in an attempt to capture that healing experience. A meeting was also held with Darrell Decker, who developed our recovery posters, to discuss the development of an additional poster that will also present the healing power of the recovery community.

John Shea, Phillip Valentine and Bob Savage will be playing key roles in a Recovery Conference organized by the Substance Abuse and Prevention Agency in the City of New Haven for April 30, 2002. We will be serving on panels and leading workshops. Stacia Murphy of the National Council on Alcoholism and Drug Dependence (NCADD) will be a major presenter.

John Shea provided testimony in support of recovery housing at a zoning hearing in Enfield, CT on March 7, 2002

On January 14, Phillip Valentine delivered training “The Language of Recovery” to 18 people at the New London Chapter. Designed by Mr. Valentine, this training explores the power of language and the differences between the recovery community and those still active. The evaluations for this training were again outstanding and we feel that this training has significant potential for helping to reduce stigma within the recovery community.

A meeting was held with Allison Gould, Executive Director of the Rush Recovery Institute, to discuss ways that we may work together to enhance the recovery community. We agreed to help support their conference “Sin, Shame and Solutions: A Conference on Spirituality and Addictions” geared to workers in the faith community to be held in May. Phillip Valentine will lead the workshop “The Language of Recovery” three separate times and John Shea will help in the marketing process. The Betty Ford Center, Caron Foundation, Hanley-Hazelden Center, Hazelden and CCAR are all supporting the conference.

CCAR had signed a contract with High Point Communications Group, Inc to assist CCAR in implementing a Strategic Communication Process. CCAR, with training and guidance from High Point, was to take a series of steps to develop a consistent message throughout the organization. Due to an unforeseen change in our funding, this training had to be cancelled.

We continue to participate in monthly meetings with the Department of Mental Health and Addiction Services (DMHAS) Commissioner on mental health and addiction advocacy issues. A key topic being discussed now is how parents may work within the client confidentiality laws to keep informed of the progress of their child's progress in treatment.

CCAR members and staff continue to sit on several DMHAS committees including the State Advisory Board, the Policy and Planning Subcommittee of the State Board, the Training Steering Committee, the Addiction Services Planning Committee, the Technology Transfer Subcommittee, the Private Non-Profit Stakeholder Subcommittee, the Recovery Conference Planning Committee, the advocacy meeting with the Commissioner and the General Assistance Consumer Advisory Board. CCAR staff members either chair or co-chair several of these meetings.

Continue to participate in the NEAAR meetings where we share ideas and suggestions from other state organizations and plan how we may work together in the future.

Goal 3: Organize recovering persons within professional and special population groups to form recovery advocacy organizations.

Meetings were held with the president of the CT Chapter of the American Society for Addiction Medicine (ASAM) to continue our dialogue of how we may work together. Interesting possibilities are being developed.

A meeting was held with Beth Miller of ARM, a methadone advocate organization. Discussions were related to how we may work together on methadone issues and more particular how we may influence the Department of Correction to accept methadone as part of a detox process for inmates that need it. We plan to meet every six weeks to continue our dialogue.

Diane Potvin gave a presentation to the Elderly Housing council of New London.

Goal 4: Establish and enhance advocacy/education linkages with the five addiction treatment systems in Connecticut.

In December, the Department of Children and Families (DCF), in collaboration with the Regional Youth/Adult Substance Abuse Project (RYASAP) and the University of Connecticut Health Center Department of Community Medicine (UCHC) received notice that they would receive funding for their Connecticut Adolescent Treatment Community Action Grant and asked Mr. Valentine to chair the Statewide Consensus Building Group. Mr. Valentine chaired the meeting in January.

John Shea met with the Department of Labor and DMHAS on policy regarding unemployment compensation issues related to alcohol and drug problems, treatment and recovery.

Goal 5: Improve the use of recovery treatment concepts directly with treatment providers providing services within the five treatment systems.

Efforts to implement our Recovery Core Values in addiction treatment programs continued during the quarter. We ask the management, front line staff and clients to identify the positive aspects of the core values and the barriers to recovery and then CCAR reports the findings back to the top management of the respective programs. We presented the core values to a large men's treatment program in Stamford, as well as to the management staff of a large state run treatment program in Middletown. The executive directors of the three programs that we are working with have agreed to lead a workshop during our September 18-19, 2002 conference to report their experiences of working with CCAR and the Recovery Core Values.

Goal 6: Develop recovery-oriented corporations within the recovery community to employ recovering persons to provide recovery support services and other recovery-related services.

No significant activities took place this quarter to address this goal.

Goal 7: Improve the status and increase the numbers of alcohol- and drug-certified counselors in recovery working in the alcohol and drug treatment field in Connecticut.

No significant activities took place this quarter to address this goal.

Goal 8: Reduce the stigma associated with addiction within the addiction treatment programs and the recovering community.

A number of meetings were held to continue planning for the Recovery Conference scheduled for next September 18-19 sponsored by CCAR, Advocacy Unlimited and the DMHAS. The primary purpose of the conference is to promote a Recovery Orientated System of Care based on our Recovery Core Values. The conference is partially funded by a CSAT Conference Grant. A number of nationally known speakers and workshop leaders have been confirmed to speak on a recovery approach for both mental health and addiction treatment. Bill White and Rick Sampson have agreed to be presenters. There will be 18 workshops covering recovery issues of importance to both the addiction and mental health field in Connecticut.

We feel that the work we are doing with treatment programs in implementing our Recovery Core Values will help reduce stigma within that particular treatment program. What we learn here will help us work with other treatment programs.

Goal 9: Obtain alternative funding to replace the CSAT funding over the three-year period.

We feel that the work we are doing to implement the Recovery Core Values may help us in this area. We are still struggling with this.

The shift in the Substance Abuse and Mental Health Services Administration (SAMSHA) budget away from advocacy will have a serious impact on CCAR third year funding and CCAR will have to spend considerable time over the next year looking at possible fund-raising opportunities. Staff priorities will have to be rearranged.

Goal 10: Measure the results of CCAR-implemented goals and objectives over the three- year period.

No work has been started as yet on our evaluation process. We have to discuss this further with our Project Officer

Other areas:

Bob Savage and John Shea attended the ATTC New England Governing Committee meeting at Brown University in Rhode Island.

Project Highlights: Third Quarter FY02 (April, May, June 2002)

Goal 1: Expand and build the CCAR organizational structure to expand capacity and effectively support our CCAR membership.

As noted in the last two quarterly reports, one of CCAR's primary interests this year will be to recruit more family members. We held our 2nd and 3rd Family Focus Groups in a planned series of eight sessions to learn how we can be more effective in recruiting family members, to determine how best to support them as CCAR members and how they may be involved with our activities. One was with Legacies, a support group organized by parents whose son or daughter has died as a result of addiction. The other was with families who are active in AL-ANON. We are forwarding the transcribed results to William White who will be writing a paper entitled "The Role of the Family Member in the New Recovery Movement". The information collected to date indicates that this will be very helpful in enrolling more family members in our organization.

CCAR held three general membership meetings: one each on April 9th, May 14th and June 11th.

CCAR staff met with key leaders in the Bridgeport area in support of our CCAR Chapter located there. We also met with leaders in the New Haven and Norwalk communities in support of our planned opening of CCAR Chapters in those areas. We held our first CCAR Chapter meeting in New Haven on April 18th and it was a successful kick-off for CCAR members in that area. Norwalk held its first meeting on May 8th. We find these meetings valuable in addressing the needs of the area and to support our area coordinator's efforts in the area.

CCAR local chapters met – Bridgeport (3), Hartford (2), New Haven (3), New London (3), Norwalk (2), Stamford (3) and Windham (3) for a total of 19 local chapter meetings.

CCAR Chapter Highlights

Bridgeport: Hosted a "Language of Recovery" workshop presented by Phillip Valentine. Began planning process for local Recovery Forum.

Hartford: Held meeting with CCAR Board members from Hartford and strategized on how to improve the development of this Service Center.

- New Haven: Held first New Haven meeting in April with 19 in attendance. Provided information on CCAR and began the discussion of local issues that might be addressed through a Recovery Forum. In June, Jim Mattingly conducted interviews and videotaped the group discussing the healing power of recovery as a basis for producing a video entitled "The Healing Power of Recovery".
- New London: Along with regular CCAR updates, the New London Chapter focused on "Recovery Speaks in the Shadow of 9/11" to be held in New London on Saturday, July 20th. Began planning process for local Recovery Forum.
- Stamford: Began planning process for a local Recovery Forum.
- Windham: Every other week this chapter's members produce a 1-hour, live call-in public access TV show, "Positive Faces". There is excellent interchange with the local public. Began planning process for a local Recovery Forum. Continue to be involved with the planning of "Recovery Speaks in the Shadow of 9/11" scheduled for July 20, 2002.

Area Coordinators Michael Askew, Terrienne Deko and Diane Potvin gave several presentations about CCAR and about the recovery advocacy movement. Some of these places include Alliance Treatment Center, Brothers And Sisters In Christ – BASIC House, NEON Halfway House, Prison Prevention Unit, Liberation Meridian Guenster, Guenster WIN Program, Lebanon Pines, Teen Challenge, Clayton House, New Haven Oxford House, Hartford Oxford House, South Central Behavioral Health Network, Murphy Center, Windham Hospital, Integrated Behavioral Health, New London O.I.C., York Prison, Next Step, Old Lyme High School, Northeast Communities Against Substance Abuse (NECASA) and CPG.

The CCAR Membership Policy, designed to assist the communication processes with our Service Centers, is now under review by the area coordinators and members. We expect to finalize it in July.

Bob Savage participated in the DMHAS scholarship committee to select recipients of scholarships to the New England School of Addiction Studies. By combining CCAR scholarships with the DMHAS scholarships, CCAR was able to send six staff members and 13 CCAR members to the weeklong summer school held June 16-21 at Franklin Pierce College in Rindge, New Hampshire. Two CCAR Area Coordinators took the 24-hour course "Recovery Advocate Leadership Academy". Phillip Valentine and John Shea also gave a major presentation and an 8-hour course "The Recovery Perspective: Beyond the Treatment Episode". The school was a very empowering experience for our staff and members.

The CCAR website is maintained, updated and retooled by Mr. Valentine. The address is www.ccar-recovery.org. This quarter the website received a total of 58,842 hits, the first time we had a decrease for one quarter.

CCAR interviewed for an open secretarial position and was very fortunate to hire Yolibel Feliciano who promises to be a great asset for our organization.

We initiated our search for additional space to accommodate our additional staff and meeting requirements. We were successful in finding space with increased square footage at a less expensive rate. The new space is located across the street from our present office and our move will take place the middle of July.

We have developed and refined our accounting system. As our fiscal year for our DMHAS grant ends on June 30th, we spent a considerable amount of time during the last two months of the quarter in helping to make certain that fiscal requirements of the grant will be met effectively.

A number of e-mails and telephone call were held with Cathy Nugent, our CSAT Project Officer, to help determine appropriate CCAR activities for year 2003 that can be supported by CSAT in view of the shift in direction for the RCSP program.

Goal 2: Empower the CCAR membership to influence themselves, their families, policy makers, service providers, and the general public regarding recovery issues.

Considerable effort has been put into the planning for Recovery Walks! 2002 scheduled for Sunday, September 22, 2002 from 10 AM – 4 PM in Bushnell Park, Hartford, CT. Three planning meetings were held this quarter. The logo was selected, t-shirts ordered, billboards, lawn signs, posters and flyers designed, chocolate bars ordered and sold as a fundraiser, volunteer groups identified, sponsorship packages mailed, database redesigned and developed and meeting with City of Hartford park authority was held.

DMHAS has received funding from CSAT to help identify and assist individuals in the state who have been traumatized as a result of the terrorist attack of September 11, 2001. Their target audiences are the general public, mental health and addiction treatment programs, the mental health recovery community and the addiction recovery community. CCAR applied for and was awarded a grant to identify members of the addiction recovery community who may need assistance. Several planning meetings have taken place in New London where the first forum "Recovery Speaks in the Shadow of 9/11" will be held on Saturday, July 20th from 9 am to 3 pm at Connecticut College.

Jim Mattingly, the producer of our earlier video, began taping for a new video to capture the healing power of the recovery community. The video will be based on our experience of our CCAR members involvement in the second Recovery Walks! held five days after the September 11th terrorist attack that resulted in a positive and healing experience for those who attended. People who attended the walk and others are being interviewed in an attempt to capture that healing experience. Focus groups and videotaping were conducted at the CCAR General Membership meeting on June 11th and the New Haven meeting on June 13th. Mr. Mattingly reports that these sessions went extremely well. A poster, which will also show the Healing Power of Recovery, is in the process of being developed by Darrell Decker from Concerned Citizens for Humanity (CCfH), who created the first three CCAR posters.

John Shea, Phillip Valentine and Bob Savage played key roles in a Recovery Conference organized by the Office of Substance Abuse and Prevention for the City of New Haven for April 30, 2002. Bob Savage facilitated a panel. Phillip Valentine gave a keynote luncheon address and ran "The Language of Recovery" workshop. John Shea was a participant on a panel and helped to market the event. Stacia Murphy of the National Council on Alcoholism and Drug Dependence (NCADD) presented the morning keynote address on stigma reduction.

During this quarter, Associate Director Phillip Valentine delivered the training "The Language of Recovery" to two different substance abuse counseling classes at Central Connecticut State University, to the CCAR Bridgeport Recovery Service Center, at a large Stigma Reduction conference in New Haven and three

times at “Sin, Shame and Solutions” – a conference put on by the Rush Recovery Institute for faith based workers. Designed by Mr. Valentine, this training explores the power of language, dramatically exposes stigma while highlighting the differences between the recovery community and those still active. The evaluations for this training have been outstanding and we feel that this training has significant potential for helping to reduce stigma within, and outside, the recovery community.

We, along with other Advocacy Leaders, continue to meet with Commissioner Kirk on a monthly basis to help keep him informed on current issues of concern to the advocacy community in Connecticut. An area that we are currently working on is to develop a brochure for parents to help them understand and work more effectively within the requirements of the Client Confidentiality Regulations. Our family members identified this issue as a problem as they found it extremely difficult to determine the status of their family member while in treatment and to help support them in the process. We will also be working with providers to help educate them as to how they could be more flexible in providing information to the family members and still work within the Confidentiality Regulations.

CCAR members and staff continue to sit on several DMHAS committees including the State Advisory Board, the Policy and Planning Subcommittee of the State Board, the Training Steering Committee, the Addiction Services Planning Committee, the Technology Transfer Subcommittee, the Private Non-Profit Stakeholder Subcommittee, the Recovery Conference Planning Committee, the advocacy meeting with the Commissioner and the General Assistance Consumer Advisory Board. CCAR staff members either chair or co-chair several of these meetings.

Some of the other meetings that CCAR members and staff currently sit on: Department of Children & Families State Advisory Board, Mid-Fairfield Substance Abuse Council, Statewide Consensus Building Group for Adolescent Treatment, Advocates to End Homelessness, Regional Youth/Adult Substance Abuse Project (RYASAP), Bridgeport Substance Abuse Task Force and the Willimantic Ryan White Consortium.

We continue to attend the NEAAR leadership meetings held every second month. We find these meetings very valuable in the exchange of ideas and to help each other solve problems facing any particular NEAAR organization.

Goal 3: Organize recovering persons within professional and special population groups to form recovery advocacy organizations.

No significant activity took place this quarter.

Goal 4: Establish and enhance advocacy/education linkages with the five addiction treatment systems in Connecticut.

Associate Director John Shea continues to meet with the Department of Labor and DMHAS on policy regarding unemployment compensation issues related to alcohol and drug problems, treatment and recovery. He also attend the CT Alcohol and Drug Policy Council chaired by Commissioners Tom Kirk (DMHAS) and Kristine Ragaglia (DCF)

CCAR member Sandra Valentine attended her first Department of Children & Families (DCF) State Advisory Board meeting as a mother and a person in recovery. A Governor's appointee, Mrs. Valentine is one of a few people selected to be on this board.

Goal 5: Improve the use of recovery treatment concepts directly with treatment providers providing services within the five treatment systems.

Efforts to implement our Recovery Core Values in addiction treatment programs continued during the quarter. We presented the Recovery Core Values to the top management, front line staff and clients of a 50 bed male unit at Merritt Hall and also at a methadone program in the southern part of the state. Both the programs and CCAR are finding the process very useful. Officials of the treatment programs will present the results of the implementation of the core values in their respective programs during a workshop as part of our Recovery Conference scheduled for September 18-19, 2002.

CCAR Project Director Bob Savage participated in a number of scheduled planning meetings for the development of "Exemplary Practice for Opioid Treatment for Latinos" in the Danbury area. The project is to design and develop a culturally competent and gender-specific model treatment protocol. A CSAT Grant supports this. CCAR will be playing a key role over the next few months in recruiting Latinos to participate in the process and to help them reach consensus on the type of methadone program that will be most acceptable to the Latino and other minority populations in the Danbury Area related to Latino involvement in methadone treatment.

Goal 6: Develop recovery-oriented corporations within the recovery community to employ recovering persons to provide recovery support services and other recovery-related services.

No significant activities took place this quarter to address this goal.

Goal 7: Improve the status and increase the numbers of alcohol- and drug-certified counselors in recovery working in the alcohol and drug treatment field in Connecticut.

Bob Savage participated in two DMHAS Advisory Board meetings for their new Project for Addictions and Cultural Competency Training (PACCT) program. PACCT is a comprehensive recruitment, training, mentoring and internship program; it aims to increase the numbers of Latino, African Origin, and Asian professionals treating persons in New Haven, Hartford and Bridgeport by providing specialized career development opportunities. The first class of thirty is scheduled to start in October.

Goal 8: Reduce the stigma associated with addiction within the addiction treatment programs and the recovering community.

CCAR participated in a number of planning meetings for the Recovery Conference scheduled for September 18 and 19th. CCAR staff serves on the planning, marketing and logistics subcommittees that are actively involved in organizing the conference. The conference is sponsored by DMHAS, CCAR and Advocacy Unlimited, Inc. and is partially supported by a CSAT conference grant. The primary purpose of the conference is to continue to publicize our Recovery Core Values and to promote the implementation of the DMHAS Recovery Orientated System of Care for both Mental Health and Addictions.

CCAR participated with members of Advocacy Unlimited, Inc. in the filming of a DMHAS funded hour long video to describe the history and content of the Recovery Core Values. DMHAS will be using the video to help publicize the Recovery Core Values with both mental health and addiction treatment providers to stress DMHAS's requirements that the core values be used in support of their Recovery Oriented System of Care.

Bob Savage met to share ideas with Jim Siminowski the newly appointed DMHAS staff member who is responsible for overseeing the implementation of the DMHAS supported Recovery-Oriented System of Care that will be based on our Recovery Core Values.

Goal 9: Obtain alternative funding to replace the CSAT funding over the three-year period.

The shift in the Substance Abuse and Mental Health Services Administration (SAMSHA) budget away from advocacy will definitely have an impact on CCAR's operation. As a result, CCAR will be spending considerable time over the next year looking at possible fund-raising opportunities.

Bob Savage met with the executive director and a board member of Stepping Stones Foundation to discuss their response to our proposal to develop a manual on how to organize the recovery community which can be used by new and developing recovery community groups across the nation. We expect to learn if they will fund this project sometime in early July.

CCAR staff met with Tom Reynolds, principle fundraiser for the Hartford YMCA , to discuss possible fundraising opportunities.

Goal 10: Measure the results of CCAR-implemented goals and objectives over the three- year period.

No significant evaluation activities were implemented during this quarter. We are still looking forward to guidance from CSAT on how to approach our evaluation process.

We recently received an update on GPRA and are in the process of implementation.

Other areas of interest:

John Shea, Diane Potvin attended FOR-NH Conference featuring the Recovery Association Project (RAP). Bob Savage, John Shea and Phillip Valentine attended a 3-day RCSP meeting about the paradigm shift to recovery services in Washington.

Bob Savage met with Yuri Tarnavskiy from Friends of Recovery - New Jersey (FOR-NJ) to continue our discussion on how we can support each other in the growth of our organizations.

Bob Savage and John Shea attended ATTC Governing Board meeting. The board is very supportive of CCAR and NEAAR. They are currently conducting a survey to get some base line information on the addiction work force in New England with the intent of developing recommendations for improvement.

Bob Savage met with Stacia Murphy, president of NCADD, in New York City to discuss possible ways that we could work together on issues of mutual importance.

Bob Savage participated in the Campaign Advisory Committee meeting in Washington, DC led by Rick Sampson of the Alliance Project. The purpose of the meeting was to continue the development of a work plan for the Alliance Project.

Project Highlights: Fourth Quarter FY02 (July, August, September 2002)

In response to our CSAT Project Officer Cathy Nugent's, request in an email dated October 9th and titled "Various Reports Due", CCAR offers the following:

CCAR held a staff retreat and series of staff meetings to start the process of establishing how we will implement the shift in focus to meet the new CSAT requirements. The areas that we are addressing are as follows:

1. Discussion and mutual understanding regarding the CSAT Paradigm Shift and our planned approach to meeting the new requirements.
2. Discussion of plans to reorganize CCAR to meet the new requirements.
3. Planning and setting priorities to meet the CSAT response in the following areas:
 - a. How to enroll CCAR membership (recovering persons, family members and allies) in the process.
 - b. Hold focus groups with our chapter members to determine:
 - (1) the need to help sustain their recovery and improve their quality of life.
 - (2) what type of service CCAR members are interested in doing on a volunteer basis to assist other persons in sustaining their recovery and
 - (3) what service CCAR members are interested in doing that will improve the health and productivity of their community.
 - c. Review, summarize and prioritize focus group information to develop service programs to meet the identified needs.
 - d. Update current curricula and develop new curricula to meet training/TA needs.
 - e. Set up service/training program and identify trainers.
 - f. Schedule, publicize and provide the training/technical assistance.
 - g. Provide support to CCAR members in implementing their choices.
 - h. Determine how best to use our monthly statewide meeting to support the service program.
 - i. Determine how this shift relates to the DMHAS funding requirements, education/advocacy and other statewide activities.

We will be holding additional staff retreats and devoting a good portion of our staff meetings to properly develop our approach.

Goal 1: Expand and build the CCAR organizational structure to expand capacity and effectively support our CCAR membership.

CCAR held three general membership meetings: one each on July 9th, August 13th, and September 10th. CCAR local chapters met – Bridgeport (3), New Haven (3), New London (3), Norwalk (3), Stamford (3) and Windham (3) for a total of 18 local chapter meetings.

CCAR Local Chapter Highlights

Bridgeport

- Chapter members took 40 Recovery Walk Signs and posted them in Bridgeport.
- 2 Chapter members attended the Recovery Works Conference.
- One member volunteered at Recovery Walks!

New Haven

- A very interesting and informative discussion was held on what type of trainings would be helpful to our members. We got excellent feedback.
- A discussion on “the concerns facing the recovery community in New Haven” was held. We had excellent input from our members.
- Jim Mattingly attended our meeting and video taped individual members’ stories for the upcoming video, “The Healing Power of Recovery”.
- A New Haven Chapter member donated a bus to transport people from the New Haven area to Recovery Walks! in Bushnell Park, Hartford.
- The New Haven Chapter made a banner and proudly walked in support of recovery at CCAR’s 3rd annual Recovery Walks!
- 3 members received scholarships to the Recovery Works Conference and attended. All three were very grateful and enjoyed the learning experience.

New London

- Ted Nikkola, from the New London Regional Action Council, attended one Chapter meeting and got input from the attending membership on the needs of the area so that he could incorporate them into the DMHAS Report on Statewide Priority Services for our region.
- All but 1 ad hoc planning meeting for Recovery Speaks in the Shadow of 9/11 was held in New London. There was a lot of input from the membership. A few of the members took the lead, with one hosting ad hoc meetings in his house and going around town to get the word out. He was running a sober house and his tenants put all the packets together.
- On Saturday, July 20, New London hosted Recovery Speaks in the Shadow of 9/11. About 200 people attended a whole Saturday consisting of information on ‘recovery and trauma’, a wonderful BBQ and entertainment all afternoon. Perhaps the most important aspect of the day was the relationships forged. Members from both the New London and Windham Chapter played a large role in meeting the Connecticut College, picking the menu and planning the agenda (who was speaking, etc). To borrow some words from William White, this was a tremendous example of “an intervention of hope”.

- One of the New London Chapter members is now doing a New London Cable TV show called "Recovery Speaks" due to the frequent education he received by being a part of that Chapter. Even though it is not CCAR affiliated, he keeps the show positive and talks about positive things or a problem that is going on in the recovery community as they look for solutions.
- Ladies from the halfway houses made a banner for Recovery Walks!
- Two New London members were able to take advantage of a scholarship to the "Recovery Works" conference and were grateful for the experience

Norwalk

- Two chapter members applied for the PACCT program being offered by DMHAS. This is a program to help minorities enter the field of addiction counseling.
- Members posted Recovery Walks! lawn signs.
- Members attended the Recovery Works conference and Recovery Walks!
- Members set up a beautiful Recovery Walks! display in the Norwalk Public Library.

Stamford

- Members were involved with Recovery Walks!

Windham

- Bob Brex, the Executive Director of the Northeast Council Against Substance Abuse (NECASA) attended the Windham Chapter meeting and got input from the attending membership on the needs of the area so that he could incorporate them into the DMHAS Report on Statewide Priority Services for our region.
- Jim Mattingly got input from the membership on trauma and how it has affected their lives and how being in recovery has helped to be put in a video to be shared nationally.
- Hartford Courant reporter Bill Leukhardt interviewed some of the membership and we had an opened discussion at one of our meetings on the 'effect of heroin on Willimantic'. Diane Potvin, CCAR Senior Area Coordinator, took special interest in this because she wanted to make certain that even if Windham has the problem...it also has a lot of people in recovery.
- Diane recruited the pastor who works in the church where the Windham Chapter meeting is held and he has become a regular attendee.
- On the 4th of July Windham has what they call the Boom Box Parade. With quick notice it was agreed that the Windham Chapter would walk in it. 9-10 members and their families showed up, carried the CCAR sign and waved at individuals on the sidelines. We got a lot of thumbs up and many people shouted, "Way to go!".
- The Windham Chapter had a good size display in the Willimantic Library for Recovery Month.
- One of the Windham Chapter members got 2 buses donated to transport people to Recovery Walks! with many of the members volunteering for the Walk. One of the members who works in a local treatment facility had the facility make the "CCAR - Windham Chapter" banner.
- Windham members took part in a focus group for a 4th and new poster. An idea of one of our members prompted Darryl Decker from Concerned Citizens for Humanity to put the lion and the lamb together. The member is quite proud of his contribution. Note: This poster should be ready for distribution in November 2002.

- The Windham Chapter will also be hosting a Recovery Forum to educate people on the recovery process on October 28th called Recovery – Circle of Family and Friends. We have had 2 ad hoc planning meetings with 12-15 people attending.
- One of the Windham Chapter members is at the table of the Law Revision Commission for the process of developing a way to achieve a better quality of life for convicted felons in sustained recovery.
- Positive Faces continues to run on Channel 14, Charter Communications with guests such as Phil Valentine; Heather McDonald (who is a Chapter member, State DMHAS Board member who just started a new job in East Hartford Friends of Recovery – United (FOR-U); a fellow in recovery who is a sponsor for Alateen, John Potvin (who is a business owner, lived locally all his life and has been in recovery for 18 years); and a show that broadcasted parts of Bill White's RCSP luncheon address. In October, Charter will be broadcasting Bill White's entire speech. One member sang a couple songs live. Windham Chapter members handle the production of the show with 4 being involved since the start over one year ago. There are now 1 gentleman and 2 young men that work the cameras because they are in training and asked us if they could. They show up each time we have a show to do the cameras. Diane received a phone call from a lady who wanted to thank her and to let her know how grateful she was to "Positive Faces" for giving her sister back. For years she condemned her sister because she was an addict but because of the education and information that she received from the show, she now understands that addiction is a disease and that her sister did not deliberately hurt her or their family. This lady is now a member of the CCAR Windham Chapter and is helping us development our Recovery Forum.
- Some of our members were on an ad hoc committee (which meant about 5 extra meetings over the regular chapter meeting) for the planning of Recovery Speaks in the Shadow of 911 and had an important part in the program.

Membership Policy

The CCAR website is maintained, updated and retooled by Mr. Valentine. The address is www.ccar-recovery.org. This past quarter the website received more hits than at any time since its inception – 80,183. We have added a Message Board that to date has received little use. We are hopeful that it will gain momentum.

During this quarter, CCAR moved into new office space.

Goal 2: Empower the CCAR membership to influence themselves, their families, policy makers, service providers, and the general public regarding recovery issues.

On Sunday September 22, 2002, over 3000 people showed up in Bushnell Park to proclaim their support for recovery from alcohol and other drug addiction. The four major television networks - ABC, CBS, NBC and Fox, covered the event. The Hartford Courant also wrote an article. Surprisingly, the media seemed to "get it". They talked about putting a positive face on recovery, that people do recover from alcohol and other addiction and lead productive lives. After a warm welcome by Project Director Bob Savage, Department of Mental Health and Addiction Services (DMHAS) Commissioner Thomas Kirk read an Official Statement from Governor John G. Rowland declaring September 22, 2002 to be the official state day to put a positive face on recovery. On a warm fall day Randell Clark from Norwalk, 13, the son of a person in recovery cut the ribbon to start the walk. The walkers streamed in front of the Capitol while seriousness settled over the participants as they thought about their own recovery, the recovery of a loved one or of

someone not in recovery yet. Many groups carried banners. They returned to the staging area to a hot dog lunch that served up 3000 hot dogs, 2000 bags of chips, 2000 apples, 3400 bottles of water and 2000 cups of soda. 2750 Recovery Walks! t-shirts and 200 Recovery Walks! hats were given out. The "feet" logo was a big hit. The 500 lawn signs planted throughout the state drew immeasurable attention. In fact, the television news clips often focused on one of the lawn signs marking the walk route. Several people took advantage of the tent dedicated to trauma and recovery. Children were treated to two bounce houses, face painting and candy. Raffle prizes were drawn including a two round trip tickets to London, a bed and breakfast two-night stay, furniture gift certificates, health club memberships, framed prints and more. The day's entertainment included the Teen Challenge Choir, Arno Groot, Amanda Halsted, Selfish Steam, Sour Grapes, Tommy Dest, Liz, Set Free Praise Dancers, Sarah & Arno with guest Dennis Nevins, Practicing Umoja, Jean Luis and Hardwood. Many people stayed throughout the afternoon to listen and enjoy the music. Eighteen treatment providers from across the state brought over 600 clients new to recovery. Several directors described the clients as being more engaged in their recovery process by seeing that recovery has worked in the lives of hundreds and hundreds of individuals. Clients themselves often expressed some amazement at seeing so many people in support of recovery in one place, enjoying themselves and living life happy, joyous and free. They want what the recovery community has to offer.

CCAR hosted Recovery Speaks in the Shadow of 911 on July 20th at Connecticut College in New London, CT in response to a federal and state initiative. The Center for Trauma Response and Preparedness assisted in the planning and implementation. More than 200 people under the tent listened to the welcoming and supportive message by State Representative Rev. Wade Hyslop. Julian Ford, PhD, spent the entire morning educating the attendees on how to deal with trauma and answered many questions. After an appetizing barbeque there was a celebration of recovery with great group involvement inspired by the music by Sherry D'Alessandro, Bruce John and the mellow music of Sarah & Arno.

At Recovery Walks! 2002 we had a tent where walk participants were invited to stop in for educational and resource materials regarding trauma and recovery. As Kathy Dean from The Center for Trauma Response Recovery and Preparedness (CTRP) stated: "We are here today to give people at the walk an opportunity to take a time out joining us under the tent to learn a little about trauma and how sometimes traumatic experiences might interfere with daily recovery. People are here with us reflecting on the supports, skills and experiences in their own recovery process that they draw upon when things get tough." Walkers were invited to partake in a simple exercise entitled "Drawing My Recovery Crest" and to share their work with others. Walkers were offered printed educational materials on trauma, stress and recovery. Pathways to Healing, Trauma Services Directory produced through the Connecticut Department of Mental Health and Addiction Services Trauma Initiative was made available. Crisis intervention services were also available on site.

Jim Mattingly, the producer of our earlier video, continued production of a new video to capture the healing power of the recovery community. The video will be based on the experience of our CCAR members' involvement in the second Recovery Walks! held five days after the September 11th terrorist attack that resulted in a positive and healing experience for those who attended. People who attended the walk and others are being interviewed in an attempt to capture that healing experience. The anticipated completion of both the video and the poster is the middle of November.

We, along with other Advocacy Leaders, continue to meet with Commissioner Kirk on a monthly basis to help keep him informed on current issues of concern to the advocacy community in Connecticut.

CCAR members and staff continue to sit on several DMHAS committees including the State Advisory Board, the Policy and Planning Subcommittee of the State Board, the Training Steering Committee, the Addiction Services Planning Committee, the Technology Transfer Subcommittee, the Private Non-Profit Stakeholder Subcommittee, the Recovery Conference Planning Committee, the advocacy meeting with the Commissioner and the General Assistance Consumer Advisory Board. CCAR staff members either chair or co-chair several of these meetings.

Some of the other meetings that CCAR members and staff currently sit on: Department of Children & Families State Advisory Board, Mid-Fairfield Substance Abuse Council, Statewide Consensus Building Group for Adolescent Treatment, Advocates to End Homelessness, Regional Youth/Adult Substance Abuse Project (RYASAP), Bridgeport Substance Abuse Task Force and the Willimantic Ryan White Consortium.

We continue to attend the NEAAR leadership meetings held every second month. We find these meetings very valuable in the exchange of ideas and to help each other solve problems facing any particular NEAAR organization.

Goal 3: Organize recovering persons within professional and special population groups to form recovery advocacy organizations.

No significant activity took place this quarter.

Goal 4: Establish and enhance advocacy/education linkages with the five addiction treatment systems in Connecticut.

No significant activity took place this quarter.

Goal 5: Improve the use of recovery treatment concepts directly with treatment providers providing services within the five treatment systems.

We completed our series of meetings with three addiction treatment providers where we gave presentations on our Recovery Core Values to their executive staff, front line staff and clients. A confidential report was submitted to the executive team of each program showing the information that we collected. The reports included valuable information showing the commonalities and differences between the three groups in particular areas. An example is the different views of the three groups regarding the degree of input that clients have in their treatment plans. Representatives from the three programs conducted a workshop on the implementation of the recovery core values during the "Recovery Works: Implementing a Recovery-Oriented System of Care.

A number of meetings were held during the quarter with the Department of Mental Health and Addiction Services (DMHAS), Urban Policies Strategies and CCAR regarding the implementation of the CSAT grant entitled "Connecticut Exemplary Practice for Opioid Agonist Treatment in Danbury, Connecticut. CCAR's role in the grant is to collect information from the Latino Population involved in some way with Opioid Treatment i.e., family members, persons in treatment, persons currently active in their addiction and community leaders. This will be accomplished by holding focus groups with the above groups to collect the information and then formalize the data into a report. We have contracted with MCCA, a treatment program in Danbury, to do the outreach, with a professional group facilitator who will conduct the focus

groups along with a person conducting the evaluation from Urban Policies Strategies. DMHAS is the official grantee and the project is managed by representation from DMHAS, UPS and CCAR. Representation on the Implementation Committee is DMHAS, UPS, CCAR, MCCA and the focus group facilitator who meet on a regular basis. The first focus group was held on September 26, 2002.

Goal 6: Develop recovery-oriented corporations within the recovery community to employ recovering persons to provide recovery support services and other recovery-related services.

No significant activities took place this quarter to address this goal.

Goal 7: Improve the status and increase the numbers of alcohol- and drug-certified counselors in recovery working in the alcohol and drug treatment field in Connecticut.

No significant activity took place this quarter to address this goal.

Goal 8: Reduce the stigma associated with addiction within the addiction treatment programs and the recovering community.

CCAR played a key role in a very successful recovery month conference entitled "Recovery Works: Implementing A Recovery-Oriented System of Care". The grant was supported by a CSAT Conference Grant and DMHAS funding and was sponsored by CSAT, DMHAS, CCAR and Advocacy Unlimited, Inc. (our mental health counterparts). The planning process took place over the last year and included various addiction and mental health representatives from across the state. The Commissioner officially distributed his policy entitled "Promoting a Recovery-Oriented Service System" during the conference. The policy covers both mental health and addiction providers. There were excellent plenary speakers including Bill White, Rick Sampson and 18 workshops. Over 450 persons attended each day. We are proud of the fact that the Commissioner's policy and the overall conference were strongly influenced by the "Recovery Core Values" that were developed by CCAR and Advocacy Unlimited about three years ago.

Goal 9: Obtain alternative funding to replace the CSAT funding over the three-year period.

The CCAR Board and staff have assigned a high priority to developing a CCAR Strategic Plan a critical first step for our ability to sustain our efforts beyond the CSAT grant period. We met with the principal person for fund raising for the YMCA who provided us with valuable information and also recommended an organization that could work with us to develop a Strategic Plan. We met with representatives from that organization and they submitted a proposal that was reviewed by our board members. The consultants verbally presented the proposal in a meeting attended by our board president and treasurer. The full board reviewed the proposal during our regularly scheduled Board of Directors meeting on September 24, 2002 and voted unanimously to move forward. We are now in the process of finalizing a contract with the consulting group and will start the process in November 2002. No CSAT money will be used to support this effort.

We received funding from Stepping Stones Foundation to develop a "How To Manual for the Recovery Community". We are still in the process of developing the manual. At the appropriate stage of development we will forward the draft manual to June Gertig of Health Systems Research, a CSAT Technical Consultant, for review and recommendations.

Goal 10: Measure the results of CCAR-implemented goals and objectives over the three- year period.

Although we had several meetings and three very large high-profile events, none of these fell into the GPRA requirements of either being 4 hours of training or under a certain number of participants.

Other areas of interest:

Bob Savage participated in a SAMHSA, CSAT Recovery Month Web cast entitled “Civic and Appointed Officials, Raising Their Voices for Recovery which was scheduled to be aired on PBS on August 7, 2001. Dennis Wholey, of the PBS show This Is America with Dennis Wholey” and author of The Courage to Change hosted the Web Cast. The panelists, along with Bob Savage, were Hope Taft, First Lady of Ohio and Co-Chair of Leadership to Keep Children Alcohol Free; Dr. Andrea Barthwell, Deputy Director for Demand Reduction at the White House Office of National Drug Control Policy; Bob Dorsey, who is serving his fifth term on the City Council in Rockville, MD; and Allison Colker, a Policy Associate with the National Conference of State Legislatures.

Associate Director John Shea and Area Coordinator Terrienne Deko presented at 2nd Annual New England Association Of Drug Court Professionals “Treatment Trends and Emerging Issues”.

Senior Area Coordinator Diane Potvin was able to give a CCAR presentation to 72 inmates at Bergin Prison in Mansfield with Area Coordinator Michael Askew. As a result of that presentation, a man and his wife attend the Windham Chapter.

Area Coordinator Michael Askew attended an Awards Ceremony at the Seventh Day Adventist Church in Norwalk where he received a plaque in recognition of Community Services. He did a 20-minute presentation of CCAR highlighting Recovery Walks! Thirteen persons from the church attended the walk.

Staff appeared on the New Haven public access TV show, “Street Beat” along with Board President Felix Rivera.

Area Coordinator Terrienne Deko appeared on Channel 8 Action News to promote recovery Walks! MS. Deko also gave 16 presentations to various groups, had 11 relational meetings with prospective New Haven Chapter members and added 204 names to the New Haven membership list.

CCAR members and staff attended the RCSP gathering in July.