

Annual Report 2010

“CCAR is my lighthouse on this street.”

~ young man walking by the Hartford recovery community center (he has yet to come in for help)



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

Our Mission, Our Values, Our Story

Our Mission - The Connecticut Community for Addiction Recovery (CCAR) organizes the recovery community (people in recovery, family members, friends and allies) to 1) put a face on recovery and 2) provide recovery support services. By promoting recovery from alcohol and other drug addiction through advocacy, education and service, CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

Our Values – CCAR meets people where they are. We don't push any one form of recovery on anyone. Over the years CCAR has develop some foundational principles on which we base our work. They are

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

Many times people are left to navigate the system on their own. By the time they get to us, they are frustrated, crying , discouraged. We talk with them. We help them.

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

CCAR Board of Directors 2010

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**In loving memory of Allan Baker (February 28, 1952 – July 28, 2010). You are missed.*



Dear Friends,

The healing power of recovery amazes us... still. Every day, our Recovery Community Centers buzz with people in recovery offer themselves as living proof that recovery is real. They serve as walking examples of lives transformed. They give back with an attitude of gratitude. And even when their personal lives are in turmoil, they still offer a hand to those in need. Against the odds, many of these people have taken strides on the road of recovery; they are clean and sober, living in safe and stable housing and working. What a blessing to witness this every day.

Not to say that we haven't felt the bite of harsh economic times. CCAR has had to make adjustments. As most of us know, difficult times fuel alcoholism and addiction. Subsequently, more people seek help. Our Centers are jammed. Demand for recovery support services continues to rise. Our volunteers are very busy. CCAR staff is stretched.

Yet, we remain ridiculously optimistic. Contributions from individuals and organizations have risen dramatically. More volunteers gave more hours of service. More people have made use of our services than ever before. So many people have stepped up and freely given of themselves to help others.

In the spirit of recovery we offer thanks,



Phillip Valentine
CCAR Executive Director
In recovery since 12-28-1987

Advocacy

CCAR believes in the personal story of recovery. We offer ourselves as living proof that recovery is real. By telling our stories, the voice of the recovery community offers hope. And when people hear, and see, people in recovery they are much more likely to support and fund services that help people initiate and maintain recovery. It's a big problem that left untreated has only three outcomes – **jail, institution or death**. We promote the fourth and best outcome - **recovery**.

Service

CCAR strives to make people feel welcome. CCAR is a place where our guests don't have to feel alone, ostracized or ashamed. At CCAR people feel safe. We provide activities/trainings that help people new to recovery get through one more day. We also provide opportunities for people in recovery to help those that are new to the journey, showing them that recovery can be fun and that it works.

Recovery Community Centers

A Recovery Community Center is a recovery-oriented sanctuary located in the heart of the community. It's a safe place where people can work on their recovery. It's a physical location where people have opportunities to help each other. In the addiction prevention, treatment and recovery field this model is often referred to as peer-to-peer recovery support services. CCAR has been a pioneer by developing telephone recovery support, recovery coaching, recovery housing assistance and recovery vocational services. Peer-to-peer recovery support services are as numerous and creative as the people we serve.

How does someone get help at CCAR?

When, someone calls or walks into one of our Centers, they are asked "how can we help you?" That's our assessment. We go from there. Below is a sampling of how CCAR has helped people stay free from alcohol and other drugs – in other words, how we helped them sustain recovery.

- Clothed people in recovery with professional attire for interviews, etc. (Thanks to Men's Wearhouse and White Way Cleaners).
- Helped people figure out the next steps on their personal road of recovery through free guidance from trained recovery coaches.
- Offered smoking cessation classes and support.
- Held HIV/AIDS, Hep C workshops with on-site confidential HIV and Hepatitis C testing.
- Hosted free dental care.
- Conducted money management workshops free of charge to participants.
- Supported people in recovery with their application for a pardon.
- Distributed transportation vouchers.
- Hosted All-Recovery meetings – a "non-denominational" recovery support format
- Planned alcohol and other drug free social events – karaoke, talent shows, holiday parties, softball, volleyball, etc.

In 2010, our Centers had more than 15,000 visits - they are hubs of activity.

Recovery Support Services

Telephone Recovery Support

It's a connection to people just like me. I don't feel alone during stressful times. I live out in the boondocks and the conversations help. When I relapsed, just to hear that someone cared made me feel a lot better. I felt ashamed and like a failure. Someone cared and they called me. I didn't feel so alone. ~ Cynthia began receiving phone calls in January 2010. She reported a relapse in February and June.

The beauty is in the simplicity. TRS helps people in recovery stay in recovery. Sometimes just a phone call can make the recipient feel wanted, included and cared about. When making the call, the caller will often feel rewarded when they have spoken to someone and can share in their joy, share in their sorrow and know that sometimes just listening and speaking with another person helps both of them immensely. There's magic in those conversations.

How does it work?

A person new in recovery receives a weekly call from a trained person to check in and see how their recovery is going. On average, people receive calls for fifteen weeks, often times much longer. We streamlined our data management and made access even easier. We needed to. In 2010, we enrolled 1,218 new recoverees, our volunteers made more than 27,000 outbound calls and had more than 6,800 conversations about recovery. Imagine the spiritual ripple effect all these conversations had on Connecticut's recovery community. Outcome data also supports that telephone recovery support is highly effective, especially when it comes to relapse. In a recent sample of 504 individuals who received calls for 12 weeks, 65 self-reported they were no longer in recovery. Out of these 65, 42 later reported they were back in recovery (65%). Are the telephone recovery support calls a major influence of why they are back in recovery? We think so because they tell us. Just because someone tells us they are no longer in recovery, we don't kick them out of the program, we keep calling them, checking in with them, seeing if they want help. CCAR is often the only encouraging voice heard at a critical crossroad on the road of their recovery.

Recovery Housing Assistance

People new in recovery are vulnerable to relapse, especially if they return to a living situation where people are actively using alcohol and other drugs. That's why recovery housing has risen out of the recovery community – to address this need. Recovery housing gives a newcomer a safe, sober, supportive living environment and a good shot to maintain recovery. CCAR has inventoried recovery housing, helped to organize a statewide recovery housing coalition, developed standards and provided training to help people to open new recovery houses. The website www.findrecoveryhousing.com has listings from seven different states. Check it out today.

Recovery Oriented Employment Services (ROES)

"ROES gave me confidence that I could go back into the workforce even with gaps in my work history and it gave me a positive attitude towards work. The ROES Program provided strategies that I can incorporate into any work situation. It sparked my will to learn again. I've been talking to my parents about going back to school." ~ Adam S.

Along with social support and safe housing, employment is the third in the big three for maintaining recovery. CCAR developed a vocational curriculum infused with recovery principles and techniques. Participants are also asked to receive telephone recovery support calls and contribute twenty hours as a volunteer.

“The program was a re-education for me, a kind of back to basics. Before the ROES program I didn't have the slightest clue on how to successfully compose a resume, nor the pertinent information needed to put into it. You told me that I was selling my self short, with the aspects of my business. Once upon a time before my drug use, I did have a successful business and just because I don't have it now, doesn't mean it can't be reacquired. In summary I would have to say that the ROES program is a worth while program and I'm grateful I was a part of it. It's programs like these that give people in similar circumstances to mine, a second chance, if there willing to help themselves.” ~ Chris D.

Recovery Coaching

In each of our recovery community centers recovery coaching is offered by volunteers who have been trained at our Recovery Coach Academy. In Connecticut, we held the Academy 5 times and trained 62 coaches representing 18 different states. We also brought the Academy to Iowa, New Hampshire and New York City where 79 more people participated.



What an awesome experience! An absolute must for anyone who wants to be a Recovery Coach! Very well designed, insightful and a life changing experience! ~ Connecticut, August 2010

This was just an amazing experience. It was an educational training but simple enough for anyone to understand! The group I trained with and the facilitators were so smart and open-minded, just an emotional and loving experience. The tools I learned, I will take with me for the rest of my life! Unforgettable! Everyone should have this opportunity! ~ New Hampshire, April 2010

The Recovery Coach program sponsored by CCAR has been an eye opener for me giving the knowledge, tools and a direction to help individuals in recovery from one form of addiction or another in our society today. I just pray to God to help me make an impact on just one person's life and I will feel that my crazy path was all worth it. ~ Connecticut, November 2010

Volunteers

“Volunteering at CCAR gives me back so much more then I could ever put in; it feels good to help others and brings meaning and purpose to my life.” ~ Fred, CCAR volunteer

“CCAR/BRCC has really done a lot for me it has inspired me to grow and look at things from different points of view while given me the courage to take risks like going back to college and use what I am learning to improve my own quality of life and give back to the recovery community.” ~ Patti, CCAR volunteer

“Through volunteering at CCAR I have learned to love myself.” ~ Tanya, CCAR volunteer

CCAR has truly become a volunteer agency. The growth over the last several years has been steady and remarkable. Our active volunteer force generates more positive results than paid staff could possibly accomplish alone. We operate under a classic win-win scenario, where not only the people we serve “win”, the volunteers do as well. We adhere to the time-honored recovery principle, “You can’t keep it unless you give it away.”

Year	Volunteers	Hours Served	CT Volunteer Rate
2010	319	14,426	\$393,397
2009	273	13,449	\$347,329
2008	292	11,979	\$308,434
2007	189	8,305	\$180,229
2006	144	5,114	\$110,979
2005	90	3,450	\$74,870

Training & Events

The CCAR Recovery Community Centers are so much more than places to hang out. We offer a wide variety of workshops, trainings and events ranging from computer basics and financial literacy to smoking cessation and healthy relationships. In 2010, we had 1,742 participants. The Centers also host events (anything not formally evaluated) like all-recovery meetings, other recovery support meetings and social events like holiday parties, karaoke nights and talent shows. Our tally shows we had more that 11,000 attendees at our events.

Major Events

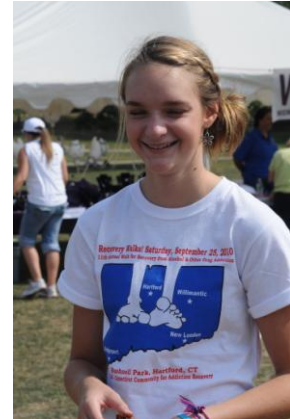
Volunteer Recognition Dinner



CCAR volunteers rock! They obviously love to give their time to recovery endeavors. On April 16th, at our 5th annual Volunteer Recognition dinner, CCAR presented 34 Presidential Awards and gave a Lifetime Achievement award to our own Geraldo Rivera. Held at Saint Clements Castle in Portland, Scot Haney from WFSB Channel 3 hosted for the evening – an incredible talent. Comedian Mark Lundholm ended the night (for the 5th straight year) with unparalleled energy.

Recovery Walks!

On Saturday, September 25th, CCAR held our 11th Recovery Walks! This is the longest running walk in support of recovery from alcohol and other drug addiction in the country. Designed as a **large scale intervention of hope**, hundreds upon hundreds convened on Bushnell Park in Hartford. Many were new in recovery and had never seen so many people were in long-term recovery. We are not alone, no matter what our addiction tells us. The band Shaded Soul wowed us. The Honor Guard (people with 10 or more years of recovery) led us, and then encouraged us. The power of recovery healed us all. Great company, music, dance, food and celebration – isn't that what recovery is all about?



Donors

Revenue vs. Expense

Statement of Activities and Changes in Net Assets

For the year ended June 30, 2010
(with summarized financial information for the year ended June 30, 2009)

	2010		2009
	Unrestricted	Temporarily Unrestricted	Total
Revenues and other support			
Contributions	\$ 95,908	\$ -	\$ 95,908
Grants and other government funding	976,711	-	976,711
Fund-raising events	51,811	-	51,811
Service fees and other	119,369	-	119,369
In-kind contributions	2,166	-	2,166
Total revenues and other support	<u>1,245,965</u>	<u>-</u>	<u>1,245,965</u>
Expenses			
Program services – recovery activities	1,157,050	-	1,157,050
Management, general and fundraising	122,531	-	122,531
Total expenses	<u>1,279,581</u>	<u>-</u>	<u>1,279,581</u>
Change in net assets	(33,616)	-	(33,616)
Net assets, beginning of year	<u>74,030</u>	<u>-</u>	<u>74,030</u>
Net assets, end of year	<u>\$ 40,414</u>	<u>\$ -</u>	<u>\$ 40,414</u>

Stories of Recovery



What's it like to be a recovery coach? Here's what Gale has to say in a letter to Laurie Fresher, HRCC Manager....

Dear Laurie,

I just wanted to let you know how grateful I am to have met **you** and learned about CCAR and the Recovery Coach Academy! Thank you!

As one of CCAR's Recovery Coaches I have had special opportunities to help recoverees try to find a way up and out of the dark. I hope you enjoy these special stories that I wanted to share with you.

One young lady I worked with came to CCAR for the first time and was attending the All-Recovery Meeting. When I announced that I was a Recovery Coach and what that was, she asked to see me after the meeting. Within an hour or so, we were able to create a resume and print several copies for her. We then looked at some job openings that she was going to apply for that day. That young lady left CCAR with a renewed view of her working history laid out in a professional-looking resume! Her hopes were up and she had a plan! Those are gifts from the H.P. (Higher Power) that come from working with another in recovery! I know she felt like a million bucks when she left CCAR that afternoon!

There have been several Recoverees that have asked for help on the computer. Basic stuff like, "How do I find a job that I can do?" to "How do I apply on line?" to "I just got out of prison, how do I account for the time I spent inside?" These are things that take nano-seconds for me to do and gives these people tons of relief! The smiles on the faces of those that I've been there for are just so awesome.

I have witnessed newcomers to CCAR that show up broken, hopeless and scared. They are welcomed by staff and volunteers. They are given free coffee, a warm place to hang out, introduced to others to speak to or just invited to a meeting. Within an hour or so I can see that they feel safe. They know they are among friends. The following week, I'll come back to CCAR and there they are! Smiling! Asking how they can become a volunteer too!

I can't wait to tell you about one very special opportunity I had this summer. It was just amazing! When I met "Sally", I told her that together we could help her do, find and change just about anything that she wanted. She just needed to get honest about herself. She just needed to ask for help. She just needed to show up. So, the first week we met, Sally and I were able to answer some questions about current situations. Then we were able to write down some immediate goals to aim for. At our second meeting, Sally and I reviewed the goals that she was to have worked on and talked about what she wanted to address next. Come to find out, she was homeless; she had been squatting. I asked her if she wanted to do anything about that. [Remember: do, find, change?] She said she didn't know what to do. She just winged it, day by day.

Because I am aware of the recovery housing services offered by CCAR I immediately logged on to www.findrecoveryhousing.com. As I did, I explained what we were about to do, that we would find a sober house for her if she wanted to. "Do you want to live at a sober house, Sally?" She said, "Yes, but how?" Together, we found a women's house that had an open bed. With much encouragement, I had her make the call to the house manager. [My heart races as I remember this!] I told her to make an appointment for an interview for 30 minutes from now. I'd see to it that she'd get a ride. The look on her face was

incredulous. Last I heard, she had a good interview and was getting reference letters for the house manager.

Laurie, thank you for bringing me into the fold at CCAR! It's a privilege to be of service!

Always a pleasure,

Gale Planson

Why Diane loves coming to work....

"Being out in the community, I can see hope and delight on the faces of the people we serve. Something good is happening to them. I see it on those that were once in recovery, went back out and then returned. When they walk into the Center, they are grinning from ear to ear. They come over to me with hugs. It's as if they had just come back home. So many times I hear something like, "I never thought I would want to stay in Willimantic, but this is a town that supports recovery. I can't walk down the street without seeing SOMEONE in recovery and that is one reason why I come back here...for my recovery."

I love to see people in recovery (for the first time) take the microphone and sing a song at one of our karaoke events; to see someone in recovery (for the first time) recite a poem they wrote or place an ornament on the recovery tree with their sobriety date. I have sat at my desk and heard Diana congratulate someone for graduating the ROES program and heard our TRS volunteers encourage and support recoverees.... It all touches my heart. Coming to work is great!

~ Diane Potvin, CCAR's Windham Recovery Community Center Manager, in recovery since Valentine's Day 1987

My name is Edward Barber and I just wanted to thank you once again from my heart and spirit within ...CCAR is a GREAT place. This community needs you- and all you and your volunteers do. I thank you for my warm coat and nice shoes. But above all I thank you! People really need you and what you stand for. We are so mis-understood.

Its simple. We help save lives.

CCAR Staff

Michael Askew Recovery Community Center Manager, Bridgeport
Normajeon Cefarelli Volunteer & Training Manager
Diana Desnoyers Recovery Oriented Employment Services Coordinator
Laurie Fresher Recovery Community Center Manager, Hartford
Andrea Gaines Volunteer Coordinator, Hartford
Curtiss Kolodney Program Manager
Yolibel Lebron Office Manager

Cheryle Pacapelli	Director of Operations
Diane Potvin	Recovery Community Center Manager, Windham
Luis Rivera	Volunteer Coordinator, Bridgeport
Phillip Valentine	Executive Director
Kathleen Wyatt	Volunteer Coordinator, Windham