

Connecticut Community for Addiction Recovery

# 2012 ANNUAL REPORT

"CCAR has given me my life back. My confidence is ridiculously high!  
Volunteering is the best thing that has happened to me in a long time.

All the people are very nice...it's like a family.

When you walk in you get treated with respect."

*~ Myrta, Hartford Recovery Community Center*

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.





In Memory of Roberto Garcia

1954 - 2012

A life well lived, chock full of love and service.

Thank you for all you did for the recovery community.

You are missed.

#### 2012 CCAR Board of Directors

Bill Leary - President

John Hamilton - Vice President

Mary Painter - Treasurer

Roberto Garcia - Secretary

Gregg Atterberry

Tom Kirk

Rosann Rafala

Bill Savinelli

Judith Stonger

Kim Turner-Haugabook

## 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 meet them where they are. We offer the hope of a new way of living. 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? Fourteen years 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 seen as pioneers and our consulting services are in high demand.

## Advocacy - Putting a Face on Recovery

CCAR believes in the power of personal stories of recovery. We offer ourselves as living proof that recovery is real. By telling our stories, the voice of the recovery community offers hope to those still struggling. 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 conclusions – jail, institution or death. We promote the fourth and best outcome - recovery.



Through the excellent work of Baldwin Media, CCAR had numerous appearances on local radio shows and news broadcasts. We made more use of social media with dramatic increases on our facebook pages, twitter and linked-in accounts.

## Recovery Support Services

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 the possibility of a redeemed life.

Dear Friends,

2012 summarized? It was a year of dramatic transition, improbable improvement and fantastic growth.

Dramatic transition: Our theme for the year as a staff was “excellence” and it resulted in overarching change. In March, CCAR hired Deb Dettor as the CCAR Director of Operations who came to us with an established track record as Maine’s recovery advocacy leader and premier recovery support services developer. Maine still might be a little upset with Connecticut! Deb immediately invested herself into directives outlined by our strategic plan and focused on improving the culture and tone in all our program areas to better reflect recovery core principles. As CCAR embraced this refined focus, some staff turnover occurred. Now, our reinvigorated team has increased our enthusiasm and capacity. We are doing more with the same number of people.

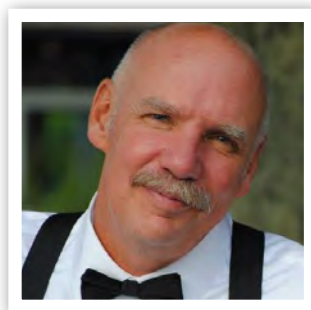
Yoly Lebrón, Director of Administration and Human Resources Officer frames it this way, *“There was a lot of recruitment, staffing, re-structuring, repairing and staff development. As part of the strategic plan we are looking into talent management and placing people in positions with certain skill levels. We had turnover, however some turnover is healthy in an agency that is following through with its strategic plan. With the turnover came great new hires and onboarding is still continuing which is the key to stay on course.”* Yoly also went back to school and earned her Human Resources Management Certificate from the University of Saint Joseph. Congratulations Yoly!

Improbable improvement: What do I mean by doing more? Even through all this transition, volunteer hours are up, telephone recovery support enrollments, calls made, people talked to - all way up, number of visits to the Centers up, number of people attending our events and trainings.... up. On top of this, our technology became top notch thanks to a \$40,000 grant from the Hartford Foundation for Public Giving. We upgraded the Hartford Recovery Community Center with brand new public computers, printers and wiring. The Bridgeport and Willimantic Centers received new public computers as well. We added additional VOIP phones for telephone recovery support. Our server was upgraded too. Staff are working now with Apple products. Finally, we are completing an overhaul of our e-commerce website ([shoprecovery.us](http://shoprecovery.us)) and [findrecoveryhousing.com](http://findrecoveryhousing.com).

Fantastic growth: Two of our Recovery Community Centers doubled their space! The Windham Center moved to a beautiful storefront location on Main Street and updated its look. Talk about visibility! And our Bridgeport Center took over the space next door increasing the functional space twofold. Thanks to the staff, volunteers, recoverees, local supporters and allies that made these transitions a success. Not to mention the army of IT experts, builders, and other contracted vendors!

January of 2013 will mark my 14th year with CCAR. And I can honestly say I have never been more optimistic...

The best is yet to come!



Blessings,

Phil Valentine

CCAR Executive Director

In recovery since 12-28-1987

# CCAR Recovery Community Centers

*"I love coming to CCAR because they have recovery meetings and also because they have computers so that you can get online to do job applications. They also have a person there that runs resume workshops, that helps with a lot of stuff, they also have coffee, and they also have phones that you can use. You can come here and just hang out if you don't have nowhere to go, they also have a TV with DVDs so that people can watch movies on certain days (they mainly watch recovery movies)." - BRCC Recoveree*

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. 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 varied and creative as the people who provide them.

## *How does someone get help at CCAR recovery community center?*

When, someone calls or walks into one of our Centers, they are asked "how can we help you with your recovery today?" That's our assessment. This is our starting point. Recovery is directed by the recoveree. 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.

- Hosted All-Recovery meetings – a "non-denominational" recovery support format.
- Produce local cable TV shows that put a positive face on recovery.
- Clothed people in recovery with professional attire for interviews, etc. Thanks to Men's Wearhouse.
- Helped people figure out the next steps on their personal road of recovery through guidance from trained recovery coaches.
- Offered GED classes (Hartford).
- Held HIV/AIDS, Hep C workshops with on-site confidential HIV and Hepatitis C testing.
- Assisted people in acquiring food stamps.
- Hosted free dental care.
- Hosted Wellness Days.
- Run a recovery bookstore.
- Started a new group for people to explore art - AIR (Artists In Recovery).
- Supported people in recovery with their application for a pardon.
- Distributed transportation vouchers.



*"I come to CCAR because it's a place where I've learned that I could stay clean. I became a better person since I came to CCAR. In CCAR I learned that I could trust and I thank God for Mike and others from CCAR." - Madeline G., Bridgeport*





- Hosted Holiday parties where hundreds and hundreds attended. In Willimantic, they hosted a Halloween party with more than 80 in attendance.
- Planned alcohol and other drug free social events – hiking club, karaoke, talent shows, softball, basketball, etc.

Here are some interesting tidbits. In 2012, the 3 CCAR Recovery Community Centers...

Handled just under 50,000 visits!  
(Is it any wonder we had to expand?)

Hosted 292 trainings delivered to 1,677 people.

Held 397 other events with 14,807 people in attendance.

### Myrta's Story

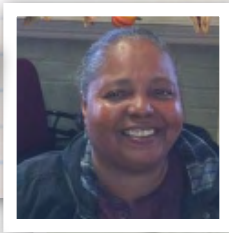
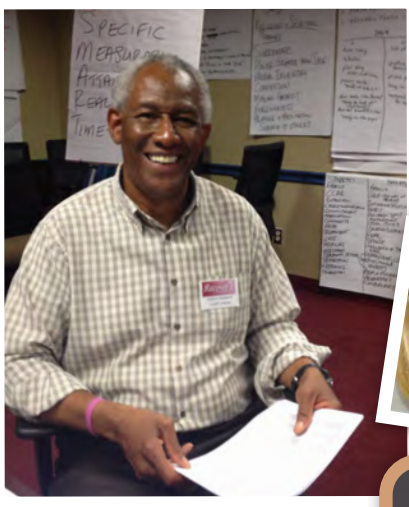


A volunteer at the Hartford Recovery Community Center, Myrta, has a sensational story of recovery. We first saw Myrta a few months ago. She has been in recovery for years but has been living as a depressed recluse just a block down Wethersfield Avenue. She started here by attending a GED class, felt at home and wanted to get more involved. She proceeded to get a certificate from APLHA, staffed the CCAR booth with Jim Higgins at the Latino Community Center Health Fair, helped put on the Halloween Dance, became our main volunteer receptionist, runs WIRED (Women In Recovery through Enhanced Design), started a Medication-Assisted Recovery group, worked on our first Thankful & Grateful for Recovery dinner and spearheaded our first Christmas Toy Drive. She gets upset on the holidays that CCAR is closed!

### Dave's Story

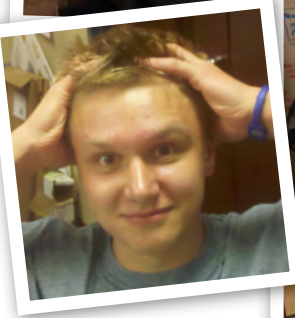
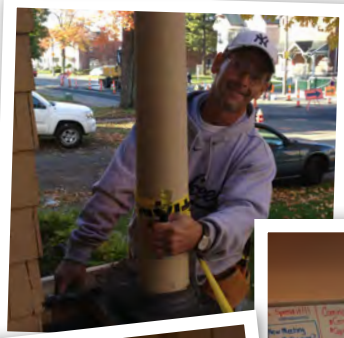
One evening, Dave tuned into the Willimantic public access TV show, CCAR's Positive Faces. The WRCC Volunteer Coordinator co-hosted that particular show where she mentioned that she served time in prison for vehicular manslaughter. He decided to pay the WRCC a visit and became interested in volunteering and in particular making telephone recovery support calls. As fate would have it, Kathy would be conducting a training that same day. Dave returned and heard Kathy's story in more detail. He politely asked if he could share and revealed that both his brother and nephew had been killed by drunk drivers in separate incidents. Kathy says, "I was floored! I asked if he still wanted to continue the training. I understood if he didn't. The last thing I wanted to do was cause more pain. To my surprise, he said this is exactly why he came." Dave then indicated he wanted to heal and that maybe he could help Kathy heal. Kathy continues, "He hugged me and... forgave me! I cried as I thought about the pain I caused. That family will never forgive me. But Dave did. I never thought I would hear that."

Dave is a valued volunteer now. He leads a weekly meditation group along with making TRS calls. Coming to CCAR helped Dave get out of a depressing isolation where he was smoking marijuana. He is clean now and completed the CCAR Recovery Coach Academy this past year.



## Wonderful People of CCAR 2012

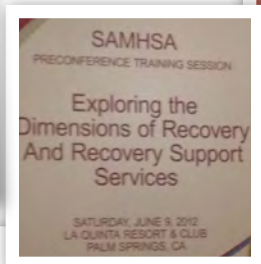
"I appreciate the social and interpersonal skills I have learned as well as the fun sober events. Staff helps us in positive ways to enrich our lives." ~ Alaina, Willimantic



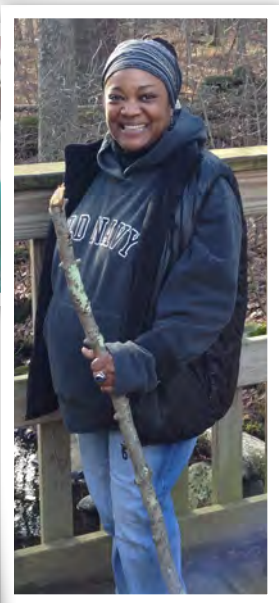




"CCAR has helped me with my road to recovery and has taught me to love me, for me. Besides...the coffee is brewed fresh every day."  
~ Rashawn J., Bridgeport



"I jumped off the diving board of gratitude into the pool of sobriety."  
~ Steve, Bridgeport



"I'm not able to attend outside support groups, so the calls I receive from CCAR are very important to me." ~ Ron, Willimantic

## Recovery Support Services

### Telephone Recovery Support (TRS)

Frederick has been in recovery for 2.5 years. Frederick has colon cancer. We have talked with him every week since December 2010. One week Frederick said, "I am glad to have your support. The chemo is tough and I look forward to your calls." Another time he said, "It is a blessing to have another day clean." Recently, a TRS caller asked how he was feeling. He replied, "I have to go have a bone marrow test. Doctors think the cancer may be there too." Then he said how grateful he was. That, my friends, is telephone recovery support. That, my friends, is recovery in action.

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 or 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. And look how the program has grown!

Year	Enrollments	Outbound Calls	Contacts
2010	1,218	27,000	6,800
2011	1,945	32,368	8,226
2012	2,677	34,230	12,765

### How does TRS 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 thirteen weeks, often times much longer. At the time of this report we are calling between 650-700 people every week! Imagine the spiritual ripple effect that 12,765 conversations about recovery has had on the people of Connecticut. We know our calls help people get back into recovery when a relapse occurs. 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 junction on the road of their recovery. As you can see from the quotes, we often walk with people through difficult times, the difficult times that life throws at all of us whether we are in recovery or not.

*"It's in my heart to help others. Making the TRS calls makes me feel like a woman and gives my life joy."  
~ Barbara, Hartford*

*"It frees me! Being able to give inspiration and hope to others, it frees me!" ~ Tony, Bridgeport*

*"I do not get out much. These calls keep me in touch." ~ Pat C. Note: CCAR has been calling him for more than 3 years and was with him when his wife died in 2010. We called him several times a week.*

## Recovery Oriented Employment Services (ROES)

*"The ROES Program gave me a new found confidence I didn't have before, in both my interview skills and my recovery. I know that I got the job I have today because of everything I learned in the ROES Program. This program gave me the skills I need in my job search and once I find that job, how to hold on to it." ~ Marc*

This was a great year for the ROES Program, with nearly all of the participants who completed the 8-module curriculum finding employment. In 2012, 185 individuals were referred to the ROES program; 56 completed the 8-module curriculum and 53 are now working!

Among the highlights in 2012, we created new relationships with the residents of recovery housing located in Willimantic and New London. We also identified and then created new relationships with recovery-friendly businesses located in Hartford, Willimantic and New London.

Notably, one such relationship with a respected business in New London resulted in the hiring of a ROES recoveree who had just been released from prison after serving an extensive sentence. He was given a promotion after 3 months due to his hard work and is still working there. During the past year, we connected in all three areas with several recovery-friendly businesses.

*"I think this is a great program for anyone in recovery no matter what your background is. I knew what I needed to do but wasn't sure how. ROES helped me see the area I really needed to work on and showed me how." ~ Becky*

## Recovery Coaching

This past year, CCAR took significant strides in establishing ourselves as a leader in the training of recovery coaches. The CCAR Recovery Coach Academy™ ran 117 different times across the country. Tally: 2,038 people were trained in 2012 using this model!

Next on our agenda is to establish ourselves as leaders in the delivery of recovery coaching. 2013 will see us partnering with Recovery Network of Programs to deliver recovery coaching services to recoverees in their medication-assisted recovery programs. Our pilot project will test, and we believe successfully, that a recovery community organization (RCO) can develop a pool of skilled recovery coaches that can work within a variety of settings, yet keep the management of the program and the "supervision" of the coaches within the RCO. In consultation with recovery coaches from across the country, we have learned that clinical treatment settings can be difficult for recovery coaches because of systemic policies and procedures. Often times, they are supervised using clinical guidelines when they are not clinicians. CCAR will use "performance support" for our recovery coaches. This will take the form of one-on-one consultations with a seasoned recovery coach and regular group meetings with other coaches.

Other considerations: Faces and Voices of Recovery is working to establish accreditation for RCO's. This, in essence, would give the qualifying RCO a stamp of approval that they have passed muster and are qualified to deliver peer recovery support services. This would include recovery coaching. This accreditation is targeted to be available in 2014. The Connecticut Certification Board released a Certified Addiction Recovery Coach credential this past year.





## Volunteers

Volunteers are the lifeblood of CCAR. The growth over the last several years has been steady and remarkable. In 2012, the trend continued with the number of hours increasing. You will notice that the number of volunteers decreased. This is a sign of health. The volunteers we have are contributing more hours. They generate 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. Adherence to the time-honored recovery principle, “You can’t keep it unless you give it away” serves us well.

Year	Volunteers	Hours Served	In-kind (CT Vol. Rate x Hours Served)
2012	291	23,264	\$646,041
2011	317	20,438	\$551,417
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

A quick review of the table above shows that CCAR is a fantastic investment, don't you think?

## Community Education

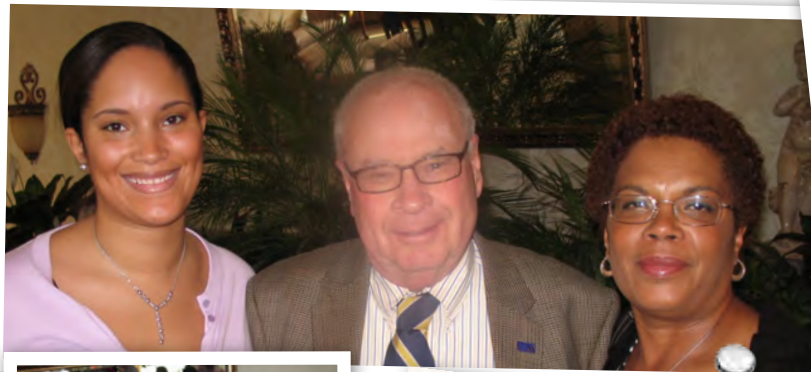
With support from the CT Behavioral Health Partnership, CCAR embarked on a community education project where we bring the addiction recovery perspective to a variety of behavioral health providers across the state. Ken Aligata, our Community Educator (and Recovery Housing Manager) criss-crossed the state and delivered just over 100 presentations that reached more than 1,400 people. At these appearances, Ken gathered TRS enrollments which definitely contributed to the increase.

*“CCAR is a gift of my recovery; my commitment to the social committee, the all-recovery meetings, and the idea that my recovery is a gift that I can't keep unless I give it away.”*  
~ Jody, Willimantic

*I feel that I am selfish because of all the things I get from volunteering. CCAR gives me a purpose; I feel needed, and participate in lots of free training. I don't know what I would do if I didn't have CCAR to come to - it's really helped me.”* ~ Michelle, Hartford

*“I learned to appreciate others feelings and emotions and how to help people in recovery. Volunteering has given me strength and motivation to feel relaxed and comfortable in my own recovery.”*  
~ Leeta, Bridgeport





Volunteer Recognition Dinner  
April 20, 2012  
A Villa Louisa, Bolton, CT





# 7th Annual Volunteer Recognition Dinner Sponsors

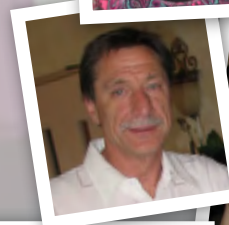
Headlining Sponsor \$5000  
Connecticut Behavioral Health Partnership

Gold Sponsors \$2500  
Recovery Network of Programs

Silver Sponsors \$1000  
Ambassador Wheelchair  
John Kelly, PhD  
Stonington Institute

Copper Sponsor \$250  
Alpha Prison and Community Ministry  
Lawrence Mayer  
Laura Baker  
Reckitt Benckiser  
Chemical Abuse Services Agency, Inc.  
New England Bank  
Wellmore Behavioral Health

Bronze Sponsors \$125  
ADRC  
Balance Within, LLC  
Hour Glass Cleaners  
Havens of Hope  
Fahey & Landolina, Attorneys LLC  
Community Solutions, Inc.  
William Leary  
Southside Institutions Neighborhood Alliance  
Fellowship Place  
Career Resources  
O'Malley, Deneen, Leary, Messina & Oswecki



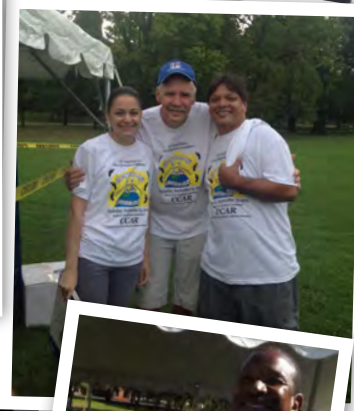




13th Annual Recovery Walks!  
Live-Linked w Manchester, England!  
September 15, 2012  
Bushnell Park, Hartford, CT









# Recovery Walks! Sponsors

## Gold Sponsors \$1000

ACE Taxi  
CT Chapter - ASAM  
Community Renewal Team, Inc.  
Thomas Curran  
Geeks for Good  
Havens of Hope  
CT Behavioral Health Partnership  
Wheeler Clinic  
Advanced Behavioral Health  
John Kelly, PhD

## Silver Sponsors \$500

Rushford  
Stepping Stone House  
Ann Phelan  
BHcare  
MCCA  
Charities of Hope  
CT Renaissance, Inc.  
David Ruth  
CT Judicial Branch Community Service Program  
ADRC  
William Leary  
Standard Builders, Inc.  
Silver Hill Hospital

## Bronze Sponsors \$250

Lawrence Mayer  
Community Health Services, Inc.  
SCADD  
Pat Howard  
Crossroads, Inc.  
Andy Pond  
JSR Scrap Metal  
Lori Szczygiel  
Altruista - Addison House  
Community Mental Health Affiliates, Inc.  
CT Turning to Youth & Families  
Open Hearth  
Windsor Recovery Club  
Glastonbury Rotary Club  
NE Healthcare Employees Union  
Steven Shapiro  
Chemical Abuse Services Agency, Inc.

## Bronze Sponsors \$250 (continued)

Stonington Institute  
Coram Deo, Inc.  
Kevin Kirby  
John Potvin  
Hour Glass Cleaners  
Minuteman Press

## Copper Sponsors \$100

Reckitt Benckiser  
Dona Pagan  
Latino Community Services  
Soroptimist International of Willimantic  
Katrina Gallant-Russo  
Richard Lucibello  
Amy Ranard  
Foxy Fast Lube  
WB Mason Co., Inc.  
Marcella A. MacDonald, DPM  
Valerie Dixon  
Phillip Dee  
Suzanne Rosenberg  
Curtiss W. Kolodney  
Vincent Fortunato  
Jason Howey  
George Levine  
Stephen Merritt  
New Britain Rock Cats  
Kardas Larson  
Boston Red Sox  
Martha Purdy  
CT Radio Information System (CRIS)  
Rick & Sharon McCracken  
Wellmore Behavioral Health  
Carmon Community Funeral Homes  
Urban Policy Strategies, LLC  
Tony & Hilary Taschner



*There will always be a chair for you in  
our registration tent...  
Rest in Peace, Joe.*

*Joe Howard  
1941 - 2012*

## Revenue vs. Expense

### Statement of Activities and Changes in Net Assets

For the year ended June 30, 2012

	2012	2011
	Total	Total
Revenues and other support		
Contributions	31,504	30,241
Grants and other government funding	932,426	947,061
Fund-raising events	50,871	44,376
Service fees and other	334,839	177,373
In-kind contributions	3,412	3,959
Total revenues and other support	1,353,052	1,267,735
Expenses		
Program services – recovery activities	1,176,532	1,079,252
Management, general and fundraising	112,576	204,366
Total expenses	1,289,108	1,283,618
Change in net assets	63,944	-15,833
Net assets, beginning of year	24,531	40,414
Net assets, end of year	88,475	24,531

## CCAR Staff Contact Information

Phil Valentine	Executive Director	(860) 244-2227	<a href="mailto:phillip@ccar.us">phillip@ccar.us</a>
Deb Dettor	Director of Operations	(860) 218-9531	<a href="mailto:deb@ccar.us">deb@ccar.us</a>
Yoly Lebrón	Director of Administration/Human Resources Officer	(860) 560-8947	<a href="mailto:yoly@ccar.us">yoly@ccar.us</a>
Diana Desnoyers	Volunteer Manager	(860) 218-9476	<a href="mailto:diana@ccar.us">diana@ccar.us</a>
Ken Aligata	Recovery Housing Project Manager/Community Educator	(860) 967-0508	<a href="mailto:ken@ccar.us">ken@ccar.us</a>
Stacy Rosay	Recovery Coach Academy Coordinator	(860) 218-9553	<a href="mailto:stacy@ccar.us">stacy@ccar.us</a>
Michael Dunne	Recovery Oriented Employment Services Coordinator	(860) 967-0490	<a href="mailto:michaeldunne@ccar.us">michaeldunne@ccar.us</a>
Michael Askew	Manager - Bridgeport Recovery Community Center	(203) 583-4702	<a href="mailto:michael@ccar.us">michael@ccar.us</a>
Danielle Elliott	Volunteer Coordinator - Bridgeport Recovery Community Center	(203) 583-4704	<a href="mailto:danielle@ccar.us">danielle@ccar.us</a>
Jim Higgins	Manager - Hartford Recovery Community Center	(860) 910-4816	<a href="mailto:jim@ccar.us">jim@ccar.us</a>
Virginia Adams	Volunteer Coordinator - Hartford Recovery Community Center	(860) 218-9545	<a href="mailto:virginia@ccar.us">virginia@ccar.us</a>
Rebecca Allen	Manager - Windham Recovery Community Center	(860) 423-9843	<a href="mailto:rebecca@ccar.us">rebecca@ccar.us</a>
Kathy Wyatt	Volunteer Coordinator - Windham Recovery Community Center	(860) 967-0492	<a href="mailto:kathy@ccar.us">kathy@ccar.us</a>

## CCAR Contact Information

CCAR General Email	<a href="mailto:ccar2005@ccar.us">ccar2005@ccar.us</a>
CCAR Office Phone	(860) 244-2227 or (800) 708-9145
CCAR Fax	(860) 244-2228
CCAR Website	<a href="http://ccar.us">http://ccar.us</a>
Recovery Housing Website	<a href="http://www.findrecoveryhousing.com">www.findrecoveryhousing.com</a>
Telephone Recovery Support Phone	(877) 676-2227
Telephone Recovery Support Fax	(877) 840-2703



Hartford Recovery Community Center  
CCAR Administrative Offices  
Capitol Voices of Recovery  
198 Wethersfield Avenue  
Hartford, CT 06114  
(860) 243-3343



Bridgeport Recovery Community Center  
Recovery on the Sound  
49 Cannon Street, Courtyard Rear  
Bridgeport, CT 06604  
(203) 332-3303



Willimantic Recovery Community Center  
Positive Faces of Recovery  
713 Main Street  
Willimantic, CT 06226  
(860) 423-7088





Administrative Offices  
198 Wethersfield Avenue  
Hartford, CT 06114  
(860) 244-2227  
[www.ccar.us](http://www.ccar.us)