

CONNECTICUT COMMUNITY

**CCAR**

FOR ADDICTION RECOVERY

## **2013 Annual Report**

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

## Recovery is Contagious

"This phrase suggests that recovery can be "caught"—interpersonally transmitted—before it is chosen.

Recovery is spread through exposure to *recovery carriers* ("wounded healers")—people who make recovery infectious through their persona and their love and service to those still suffering. Positioning the contagiousness of recovery counters the ideas that people must "hit bottom" before recovery is possible and that family and community are powerless to affect addiction until the addicted person is "ready" for recovery. This notion of contagiousness suggests quite the opposite: that recovery initiation has as much to do with hope as with pain, and that hope can be elicited through interpersonal encounters with people living vibrant, meaningful lives in recovery."

~ Bill White, State of the New Recovery Advocacy Movement, Amplification of Remarks to the Association of Recovery Community Organizations, Faces and Voices of Recovery, Leadership Academy, Dallas, TX, November 15, 2013

## 2013 CCAR Board of Directors

Bill Leary - President  
Judith Stonger - Vice President  
Tom Kirk - Treasurer  
Mary Painter - Secretary  
John Hamilton  
Kim Turner-Haugabook  
Rosann Rafala  
Bill Savinelli

## 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 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. We believe they know what's best for them. Our helpers are trained to actively listen, ask good questions and to manage their own stuff. This helps to establish an organizational culture that embraces recovery principles. Over the years CCAR has developed 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

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? 16 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. Addiction is a big problem that left untreated has only three conclusions – jail, institution or death. We promote the fourth and best outcome - recovery. CCAR people make numerous appearances in the media to offer our lives as living proof that recovery is real. We also are very active in social media through facebook, twitter and linked-in.

### 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 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.

CCAR has been a pioneer in developing telephone recovery support, recovery coaching, recovery housing assistance, recovery vocational services and all-recovery meetings. Peer recovery support services are as varied and creative as the people who provide them.

Dear Friends,

As I reflect on 2013, two major themes come to mind; we really carried the message and we focused on the culture and tone of recovery in everything we do. One of the main points in our strategic plan is to ensure we never lose our roots of actively putting a face and voice on recovery. I feel we took significant strides to heighten appreciation for recovery from alcohol and other addiction. Some of the highlights of 2013 are...

*The Anonymous People* - At last year's annual meeting, filmmaker Greg Williams received the Bob Savage Advocate of the Year award. We had the opportunity to view a trailer from his feature film, *The Anonymous People*. We were hopeful this film would have an impact, but I don't think any of us imagined the way it has shifted conversations around the world. CCAR and Hartford had the honor of hosting the very first public sneak preview of *The Anonymous People* in Bushnell Theatre. I strongly encourage you to watch this film; it's a MUST for anyone interested in recovery advocacy.

*Voices of Recovery* - This past year, I teamed with local celebrity Ann Baldwin, a professional woman in recovery, and together we launched *Voices of Recovery*, a 30-minute radio program that airs every Sunday morning at 5:30 on WTIC Newstalk 1080, Connecticut's largest AM radio station. This is a consistent pulse into the airwaves that offers experience, strength and hope.



*Recovery Walks!* - This year the walk was held on a Friday while the city of Hartford was full. And because of that, Governor Dannel Malloy ventured down the hill and graciously addressed our gathering. To our knowledge, this is the 1st time an active Governor attended a Recovery Month event through the US.

I believe leaders of recovery community organizations need to consistently ask a vital question - does the culture and tone of recovery permeate everything we do? This year at CCAR, we came to believe that we could make our recovery community centers even more recovery focused. Director of Operations Deb Dettor led our staff to rise to this challenge. And rise they did. Recoverees, volunteer and staff are all on the same page. We worked together to create a document titled "Staying in Your Lane - Recovery Community Centers" that outlines similarities and differences between a Drop-In Center, 12 Step Clubhouse, Recovery Community Center and Addiction Treatment Center. We all are striving to make our recovery community centers "recovery-oriented sanctuaries anchored in the hearts of the communities". I invite you to visit any of our centers any time and experience this for yourself.

Personally, I am very proud of the recoverees, volunteers, staff, Board and funders who have all contributed to "elevating our game". This report will show how we helped so many maintain and sustain recovery in a variety of ways. I am truly impressed. And truly blessed by God to have a small part in the new recovery advocacy movement.

I believe we are just at the beginning, that we can't even conceive the impact recovery will have on families, communities, nations and yes the world. I believe with all my heart that the best is yet to come.

Blessings,

Phil Valentine

CCAR Executive Director  
In recovery since 12-28-1987



## CCAR 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 recovery. In the addiction prevention, treatment and recovery field this model is often referred to as peer-to-peer recovery support services. 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, our starting point. Recovery is directed by the recoveree.

### Trainings and Events

CCAR engages recoverees through multiple training and workshop opportunities. One of our goals in 2013 was to increase the activities in each of our recovery community centers. The more structured the time in a center, the better.

CCAR classifies trainings as learning sessions that occur less frequently than events and have an evaluation done by participants. Examples of trainings are CCAR Ambassador, Hep C, HIV/AIDS and Addiction, Peer Facilitation, Resolving Conflict, Healthy Relationships in Recovery, Professionalism in a Recovery Community Center, Volunteer Orientation, Pardons Process, Receptionist Training, Telephone Recovery Support, Alpha - A Life Worth Living, Recovery Oriented Employment Services (ROES) modules, So, You Want to Open a Recovery House, Power of Our Stories and Spirituality in Recovery.

Events, as CCAR classifies them, occur much more frequently than trainings. Our most popular "event" is the All Recovery Meeting drawing hundreds each and every week. Other events include Beginners Computer Class, Community Meeting, Focus Groups, Game Day, Holiday Party, Karaoke, Legacy of Hope Video Series, Medication Assisted Recovery Support, Movie, Recovery Coach Group, Volunteer Meetings, Volunteer Recognition Celebration, Women in Recovery through Enhanced Design (WIRED), Women's All Recovery Meeting, Artists in Recovery (AIR), CCAR Rocks!, DOC Outreach, GED class, Information Session - Volunteers, Men's All Recovery Meeting, Spanish Support Group, Step Writing and Recovery Cup Softball.

| Year | Trainings | Training # | Events | Event # |
|------|-----------|------------|--------|---------|
| 2013 | 300       | 2,438      | 1,131  | 24,336  |
| 2012 | 218       | 1,352      | 803    | 14,655  |
| 2011 | 300       | 1,732      | 375    | 14,031  |

*"CCAR has given me back my self respect and a sense of real self esteem. It taught me to be accountable for my actions." ~ Tony, CCAR Volunteer*

As you can see illustrated in the table above, in 2013, CCAR was quite successful in increasing the number of learning opportunities drawing considerably more attendance.



*"I never thought I'd be able to draw like this!"  
~ Tracy M,  
Artists In Recovery (AIR)*



Another goal in 2013 was to get our folks more involved within local communities. We want to be “good neighbors”. The following list shows some of the ways recovery community centers got involved.

Bridgeport

- Daily All Recovery Meetings at detox
- Homelessness vigil
- Open House
- Christmas toy drive
- Business attire for men thanks to Men’s Wearhouse

Hartford

- All Recovery Meeting in DOC halfway house
- DARC, PACCT interns
- CCAR Rocks!
- Community clean up
- Outreach Team presentations with volunteers
- Hartford Project Youth Ministry
- Hoop It Up basketball tournaments

- Health Fair participation
- Hartford Police/Guardians toy drive
- Willimantic
- Third Thursday participant
- New England School of Addiction Studies (NESAS) open house
- Community garden
- Homelessness vigil
- Community Thanksgiving dinner with Eastern Connecticut State University (ECSU)
- “Don’t Gamble Your Life Away” forum with ECSU
- Positive Faces cable TV show
- Community Halloween celebration
- Community forums with ECSU

Telephone Recovery Support (TRS)

“Helping others makes me feel good.” ~ Chris, TRS Volunteer BRCC

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.



Out of the 173 people who indicated a relapse, 103 indicated they got back in recovery. That’s 60%!

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 one time this past year, we were calling more than 1,000 recoverees per week. Imagine the spiritual ripple effect that all these positive, recovery-based conversations 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. For example, we had 1,421 people receiving calls last year, 173 disclosed a relapse to us. By the way, that translates to 88% of people receiving calls maintain their sobriety for as long as they receive calls. This is an outstanding number! What’s even more exciting is, out of the 173 people who relapsed, 103 indicated they got back in recovery. That’s 60%!

“I like to talk to people and let them know they have the option of recovery, that they don’t have to go back to their old ways.” ~ Frank TRS Volunteer WRCC



CCAR is often the only encouraging voice heard at a critical junction on the road of their recovery. Feedback from people receiving calls also tells us that they are very grateful for the calls, that they make them feel like someone cares and the calls make their recovery stronger.



"2013 was the most prosperous, rewarding year of my life, and CCAR was a big reason for that."  
~ Allen, CCAR Volunteer

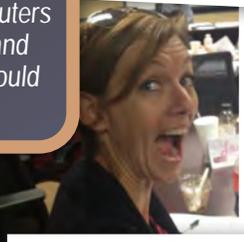
Wonderful People of CCAR  
2013



no longer  
**ANONYMOUS**  
ask me about RECOVERY



"I feel that I benefit from CCAR by being able to come here and talk with other people in recovery. I also benefit from being able to use the phone and computers to search for jobs. I am very thankful for CCAR and without your help I really wouldn't know where I would be. Thank you." Demetris, BRCC Recoveree



"I have been in recovery for 20 plus years and have sponsored many individuals in the past. But sitting down, calling people and connecting with someone one-on-one who wants recovery - and even with those who don't - is a tremendously powerful experience. This is why I want to do what I want to do." ~ Winston aspires to be a Recovery Coach for the VA



"I love being able to support people in their recovery, I just wish someone had called me when I was in early recovery." ~ Stephanie, TRS Volunteer HRCC



## Recovery Oriented Employment Services (ROES)

"I've never prepared for an interview before, I always wing it. Thank you so much, this was very helpful."  
~ Kevin, ROES participant

"Going over my positive characteristics really helped me remember and realize what my special characteristics are."  
~ Joe, ROES participant

"The activity where I write a script explaining my arrest will be really helpful and I will definitely feel more comfortable discussing it now that I'm prepared." ~ Connie, ROES participant

For a vast majority of recoverees, meaningful employment plays a huge role in maintaining recovery. The majority of folks that attend the ROES modules have histories that hamper their ability to find work. They also have long criminal histories filled with felony charges. For many, ROES is the first time they have had any exposure on how to write resume, how to prepare for an interview, etc. And even though we like to have participants attend all 8 modules, we consider it a success when recoverees attend any classes at all. ROES Coordinator Michael Dunne routinely meets one on one with many recoverees to discuss employment related issues, to assist people with resume writing and to help recoverees fill out job applications online.

*"I am going to keep the ROES packet forever. This was so helpful. I am definitely going to start studying and preparing before I go on interviews."  
~Patrice, ROES Participant*

*"This module really made me think of how I can limit destructive behavior and negative thinking when life is not good. I know I have the tools. I just have to use them." ~ Jennifer, ROES Participant*

## CCAR Recovery Coach Academy®



This year CCAR received official copyright for the CCAR Recovery Coach Academy®. Notice the © symbol? This curriculum is receiving more and more recognition across the country. In 2013, it ran 121 different times and trained 1,741 recovery coaches, far more than any other recovery coach curriculum. Our website describes the CCAR Recovery Coach Academy® this way.

"The CCAR Recovery Coach Academy® is an innovative new approach to healing people's lives that is unlike any other training. Utilizing a dynamic approach to learning that blends both process and content, the CCAR RCA offers a once-in-a-lifetime experience that has been referred to as "pure recovery genius". If you're ready to learn, be challenged, and reap valuable rewards for life, this training is a must for anyone in the recovery field.

The CCAR Recovery Coach Academy® is a five-day learning opportunity designed for those interested in becoming actively involved in serving as a recovery coach."

A CCAR Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery. The training builds on 3 fundamental skills - listening actively, asking good questions and discovering and managing your own stuff. These are terrific life skills, aren't they? Perhaps this is why people find the experience transformative.



Victoria Steele, HRCC Volunteer - CCAR set the base for me and has played a HUGE part in my recovery. It has helped me build on my social skills and allowed me to open up. By doing some of the groups here, I learned there are people I can help. It created a sense of purpose and is a place where I felt secure and safe and wanted. People here believed in me and had hope in me. I hung on to their hope. When I walked in staff kept asking, "Can you do this?" This made me feel like I was wanted and needed. I found out I could do the things they asked and I got some confidence at CCAR. I kept showing up and started helping other people. I have seen evidence in other people here that something is working. I keep building on my recovery and am learning about myself and my inner strength. I have been clean since May 2010." ~



Since her start at CCAR, Victoria Steele has completed the CCAR Recovery Coach Academy and worked behind the scenes on the Capitol Voices TV Show hosted on local TV.

Currently, she volunteers her time for CCAR as an outreach speaker who speaks at area treatment program. Victoria has completed the Projects for Addiction and Cultural Competency Training (PACCT) and recently earned her Counselor in Training certificate. She performs with a group called Women on Our Own, an artistic outreach performance project led by Judy Dworin. Victoria sang and spoke poetry at CCAR's 2013 Recovery Walks! and more recently at the Hartford Stage for an engagement with Piper Kerman talking about her book, "Orange is the New Black". She spoke as part of a panel discussing "The New Jim Crow" at a presentation this past fall hosted by the Harriet Beecher Stowe Center in Hartford. Victoria works part time for Community Partners in Action and is excited about her upcoming move from a transitional living house into her own apartment in February. CCAR staff are grateful for all the ways Victoria gives back to others, sharing her experience, strength and hope while offering herself as living proof that recovery is real.



Orlando Andujar, BRCC Volunteer - "During an Intensive Out Patient (IOP) session, a volunteer from the BRCC was sharing about CCAR and ended up inviting me to one of the All Recovery Meetings (ARM). I went to the meeting and wasn't really interested. I did start attending the NA meetings in the



evening that are held in the BRCC and picked up a commitment. Some time later I went to the ARM again and liked it! I liked what the center was doing and recognized the Volunteer of the Month picture hanging in the center and thought, "I can do this, too" - especially since I was not working! I have been coming to the center ever since. CCAR is where I do my recovery. I look at all areas I can volunteer. I helped with Recovery Walks!, holiday dinner, maintenance in the center, receptionist, and TRS calls - I love it all. It works for me. It helps me to stay clean, especially TRS and sharing my story to callers. I invite a lot of people I talk to the center for support. Since I have been coming to CCAR, doors have opened. If I use, I know the doors will close. My family is starting to

trust me again. My children and grandchildren are back in my life. Some family members are still skeptical but I know I have to show them and not just talk it. Today, I am blessed!"

Jessica Zasadnyj, WRCC Volunteer - "In June of 2013, I was court-ordered to do community service and I was mad. I did not want to return to the small town where I had done my street living, but CCAR helped me a lot. Being a CCAR volunteer keeps me busy during my unemployment, keeps me connected to the community and helps me stay clean. It also helps me be responsible. All this was new to me, after running on the streets for so long. CCAR taught me how to stay clean, how to be on time... what would I have done if I wasn't here? Where would all these people be without CCAR, in this small town? I love it here, and will do just about any volunteer duty: making TRS calls, working at the receptionist's desk, filing, shredding, cleaning... I am here about four days a week, and it helps me be accountable."



George Cruz, HRCC Volunteer - "I came to CCAR in October, through Manchester Community College Work/Study. I chose to volunteer with CCAR because I was involved with the Community Renewal Team's program Grandparents Raising Grandchildren and that is where I learned about CCAR. Many of the people involved there had drug and alcohol issues and they told me about CCAR. As I learned more about CCAR, I saw that they were based on recovery and it was different from AA and NA. CCAR is truly inclusive, especially for people who struggle with their recovery and they understand that struggle. As a CCAR volunteer, I make TRS calls, assist the Volunteer Coordinator, and attend trainings to better myself as a leader and ambassador. To me, service is a part of my life, giving back to the community; being of service to others is important to me. I find great satisfaction in helping others, and as I help others, I help myself. Volunteering here is like being in front of a mirror: you see yourself in others and their success reflects back on you."



Kim Cocomo, HRCC Volunteer - "On Christmas of 2012, I was at a low: unhealthy, overweight and out of work. I was broke, broken, out of balance and lost. I spent many days on the couch, staring at the ceiling, and one day my mother said to me, 'Find something you like to do, that you are passionate about, and go volunteer.' CCAR instantly felt like home. CCAR saved my life: I learned so much from the Recovery Coach Academy and the CCAR staff. I provide resources for people in crisis, and I get so much satisfaction from helping and giving back. With my volunteer experience and knowledge, I was able to land a great job at Community Health Resources as a Peer Support Employment Specialist, helping individuals with mental health and addiction issues get jobs and retain them. I am passionate about helping individuals in recovery and I have found my purpose! There is no better feeling!"



## Volunteers

Volunteers are the lifeblood of CCAR. The growth over the last several years has been steady and remarkable. In 2013, the trend continued with the number of hours increasing slightly. However, you will notice that the number of volunteers stayed nearly the same. We take this as a sign of health. The volunteers we have are contributing more hours. We reached a high-level mark of 84 hours per volunteer. CCAR volunteers generate more positive outcomes than paid staff could possibly accomplish alone. Adherence to the time-honored recovery principle, "You can't keep it unless you give it away" serves the recovery community well.

| Year | Hours Served | Volunteers | Hours per Volunteer | In-kind (CT Vol. Rate x Hours Served) |
|------|--------------|------------|---------------------|---------------------------------------|
| 2013 | 28,427       | 293        | 97                  | \$803,347                             |
| 2012 | 23,264       | 291        | 80                  | \$646,041                             |
| 2011 | 20,438       | 317        | 64                  | \$551,417                             |
| 2010 | 14,426       | 319        | 45                  | \$393,397                             |
| 2009 | 13,449       | 273        | 49                  | \$347,329                             |
| 2008 | 11,979       | 292        | 41                  | \$308,434                             |
| 2007 | 8,305        | 189        | 44                  | \$180,229                             |
| 2006 | 5,114        | 144        | 36                  | \$110,979                             |
| 2005 | 3,450        | 90         | 38                  | \$74,870                              |

## Community Education

With support from the CT Behavioral Health Partnership, CCAR continued 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, often times with CCAR volunteers and delivered 61 presentations to 1,138 people. We continually receive excellent feedback about these presentations.

Volunteering at CCAR keeps me grounded in my recovery and gives me stability, especially because I am unemployed. I volunteer about two or three full days each week, usually at the receptionist's desk; I like to meet and greet people, move around the center and assist with different requests.

Volunteering here is a potpourri: I never know what the day will present, but it is always challenging and rewarding! I am returning to school now, but I am making sure that my school schedule still leaves me with time for volunteering at CCAR because it is that important to me." ~Jennifer Williams, WRCC

CCAR is always there for me, even when I had nowhere to go; they meet you where you are at." ~ Winston Coleman, WRCC

"CCAR gave me courage to get a job. It was 8 years since the last time I held a job and last year I began working at Good Will. I am now currently working part time at UPS." ~Judy Oliver, BRCC

# 8th Annual Volunteer Recognition Dinner

Friday, April 26, 2013  
A Villa Louisa, Bolton, CT

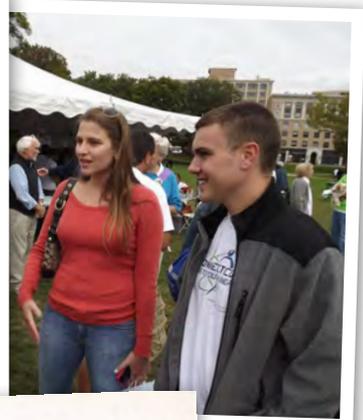
Headlining Sponsor \$5000  
Connecticut Behavioral Health Partnership

Silver Sponsors \$1000  
Ambassador Wheelchair  
Geeks for Good

Copper Sponsor \$250  
Lawrence Mayer  
Laura Baker  
Wheeler Clinic, Inc.

Bronze Sponsors \$125  
ADRC  
William Leary  
Bardaglio, Hart & Shuman, LLC  
Reckitt Benckiser  
Fahey & Landolina, Attorneys LLC  
Chemical Abuse Services Agency, Inc.  
G. Norman Holland, CPA  
O'Malley, Deneen, Leary, Messina & Oswecki





14th Annual Recovery Walks!  
 Friday, September 27, 2013  
 Bushnell Park, Hartford, CT



Recovery Walks! 2013 Fun Facts

- More than 1,000 people celebrated.
- First time ever on Friday.
- Appearance by CT Governor Dannel Malloy.
- Mayors of Hartford and Bridgeport attended.
- Artists in Recovery display.
- Faces of Recovery photo exhibit.
- Honor Guard had 50 walkers, ranging from 10 – 45 years in recovery, totaling 1,397 years sober and clean.
- More than 100 volunteers served.



14th Annual Walk for  
Recovery from Alcohol & Other Drug Addiction

Recovery Walks... 2013  
Hartford Winham Bridgeport

Friday, September 27, 2013  
Bushnell Park Hartford, Connecticut  
**CCAR**  
Connecticut Community for Addiction Recovery



# Recovery Walks! Sponsors

## Gold Sponsors \$1000

Advanced Behavioral Health  
American Society of Addiction Medicine  
CT Behavioral Health Partnership  
Face It Together  
Havens of Hope  
MCCA  
Wheeler Clinic

## Silver Sponsors \$500

Alcohol & Drug Recovery Centers (ADRC)  
Alkermes  
Anonymous  
Baldwin Media Marketing  
Charities of Hope  
CT Judicial Branch Community Service Program  
- Wheeler Clinic  
High Watch Recovery Center  
Liberation Programs  
Rushford  
Silver Hill Hospital  
Stonington Institute  
Bill Leary

## Bronze Sponsors \$250

AIM Insurance Agency  
Alpha Prison and Community Ministry  
CT Turning to Youth and Families  
Coram Deo  
Lori Szczygiel  
New England Health Care Employees Union 1199  
Reckitt Benckiser  
The Wilson Company of CT  
Windsor Recovery Club

## Copper Sponsors \$100

Carmon Funeral Homes  
CT Lighting Center  
Dr. Steven Shapiro  
Fairfield University  
Frontline Screenprinting  
Green Mountain Coffee  
George Levine  
Tony & Hilary Taschner  
KardasLarson  
Rick & Sharon McCracken  
Dick & Dee Valentine  
Soroptimist Willimantic  
W.B. Mason

## Exhibitors

AIM Insurance  
Alcohol & Drug Recovery Centers (ADRC)  
Alkermes  
Artists In Recovery (AIR)  
Capitol Area Substance Abuse Council  
CT Association of Addiction Professionals  
CT Behavioral Health Partnership  
CT Council on Problem Gambling  
CT Turning to Youth & Families  
Coram Deo - Access Health CT  
DARC/MCC  
Faces of Recovery  
Liberation Programs  
Problem Gambling Services  
Recovery Network of Programs (RNP)  
Rushford  
Stonington Institute  
The Connection  
Wheeler Clininc  
Windsor Recovery Club

## Special Thanks

Catherine Reevey - logo design  
City of Hartford Parks Department

## Revenue vs. Expense

### Statement of Activities and Changes in Net Assets

For the year ended June 30, 2013

|  | 2013      | 2012      | 2011      |
|--|-----------|-----------|-----------|
|  | Total     | Total     | Total     |
| Revenues and other support             |           |           |           |
| Contributions                          | 49,457    | 31,504    | 30,241    |
| Grants and other government funding    | 947,912   | 932,426   | 947,061   |
| Fund-raising events                    | 44,322    | 50,871    | 44,376    |
| Service fees and other                 | 355,243   | 334,839   | 177,373   |
| In-kind contributions                  | 9,780     | 3,412     | 3,959     |
| Total revenues and other support       | 1,406,804 | 1,353,052 | 1,267,735 |
| Expenses                               |           |           |           |
| Program services – recovery activities | 1,275,437 | 1,176,532 | 1,079,252 |
| Management, general and fundraising    | 138,177   | 112,576   | 204,366   |
| Total expenses                         | 1,413,614 | 1,289,108 | 1,283,618 |
| Change in net assets                   | -6,810    | 63,944    | -15,833   |
| Net assets, beginning of year          | 88,474    | 24,531    | 40,414    |
| Net assets, end of year                | 81,664    | 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>                 |
| Ken Aligata        | Recovery Housing Project Manager/Community Educator        | (860) 967-0508 | <a href="mailto:ken@ccar.us">ken@ccar.us</a>                   |
| Rebecca Allen      | Telephone Recovery Support Manager                         | (860) 920-7733 | <a href="mailto:rebecca@ccar.us">rebecca@ccar.us</a>           |
| Conrad Sienkiewicz | Volunteer Manager  | (860) 218-9476 | <a href="mailto:conrad@ccar.us">conrad@ccar.us</a>             |
| Stacy Rosay        | Recovery Training Center Manager                           | (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      | (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>         |
| Vacant             | Manager - Windham Recovery Community Center                | (860) 423-9843 |  |
| Kathy Wyatt        | Volunteer Coordinator - Windham Recovery Community         | (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



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