

CONNECTICUT COMMUNITY

CCAR

FOR ADDICTION RECOVERY

2014 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.

CCAR was founded in 1998. Through the leadership of Bob Savage and Phil Valentine, CCAR developed a vision of mobilizing recovering people and their families as an educational, advocacy, and healing force within local Connecticut communities. CCAR's focus since its inception has been to "put a face on recovery", advocate pro-recovery social policies, and provide peer-based support services that help people achieve a high quality of life in long-term recovery.

CCAR's central message to communities across Connecticut is not that "alcoholism is a disease" or that "treatment works" but that "recovery is a reality" in the lives of hundreds of thousands of individuals, families, and communities across the U.S. One of its central strategies is creating a bridge between the recovery community and the treatment community, funding agencies, and policymakers.

CCAR provided a number of innovations that were widely modeled, including its inclusion of family members in leadership and recovery support roles, its relationship with the Department of Mental Health and Addiction Services, its network of recovery community centers, its sophisticated model of organizing large recovery celebration events, and its approach to the training and delivery of peer recovery support services.

~ William L. White, [Slaying the Dragon: The History of Addiction Treatment and Recovery in America](#), Second Edition, page 486.

2014 CCAR Board of Directors

Tom Kirk - President
Judith Stonger - Vice President
Bill Savinelli - Treasurer
Rosann Rafala - Secretary
John Hamilton
Bill Leary

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 people 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? Sixteen 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 viewed 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, instagram 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.

The Bill Leary and Judith Stonger Leadership Scholarship Program

Bill Leary and Judith Stonger served as members of the Connecticut Community for Addiction Recovery (CCAR) Board of Directors for nine years. Having served three consecutive terms of three years each, their Board membership formally ended in January 2015. Their outstanding leadership and activities in support of the vision and mission of CCAR have been so superb that Bill and Judith leave a legacy which will positively impact the organization for many years in the future.



Bill Leary

The Connecticut Community for Addiction Recovery is a legally established 501(c)3 nonprofit organization. As such, the Board must ensure that the organization operates in accordance with the laws regulating such organizations and that there is accountability relative to its financial, service and personnel operations. Among other responsibilities and functions, Board members work to set direction and policy, establish goals and budgets, raise funds and oversee the operations of the agency, actively promote CCAR in the Connecticut community and create visibility for CCAR programs and services.

Bill and Judith not only contributed their skills and time in support of the Board's responsibilities but they did so with personal and leadership styles which promoted a positive board culture, an informed decision process and informal mentoring of other board members. Together their efforts position CCAR for its next generation of activities, all in support of our Vision and Mission and an improved quality of life for individuals, families and communities in Connecticut and elsewhere.



Judith Stonger

In honor of their legacy, the Bill Leary and Judith Stonger Leadership Scholarship Program has been established. Its purpose is to provide opportunities for people who have participated in CCAR programs to enhance their leadership skills through formal training, mentoring and related opportunities. The overall goal of the Leadership Scholarship Program is to create a pool of leaders from the Recovery Community Centers to inform the Board of Directors about ideas and approaches for Board consideration that will significantly enhance the Mission of CCAR. Such leaders could eventually be considered for membership on CCAR's Board or recommended as candidates for other boards whose missions are important to people in recovery.

The first pool of scholarship candidates will be identified in January 2015 with training and mentoring opportunities identified within two months later. The overall program and available funding will be reviewed annually.

Tom Kirk
CCAR Board President
December 2014

Message from the Executive Director

Over the years I have been involved with CCAR, 16 of them now, I have been blessed to witness remarkable growth. We were fortunate enough to be one of the first recovery community organizations funded by the original federal RCSP (Recovery Community Support Program) grant in 1998. From there, we have worked steadfastly to build a solid, stable organization. I have always believed that if we, CCAR, conduct ourselves with **honesty, integrity and transparency** then the resources will follow. This has proven true.

I believe our influence has also grown over the years. Other recovery community organizations look to us so they don't repeat some of the mistakes we've made and can benefit from our experience, strength and hope. This year we were visited by people from Idaho, Wisconsin, Alabama and Denmark. I also spoke in West Virginia, North Carolina and Texas. People from 26 states have attended the CCAR Recovery Coach Academy®.

Perhaps our greatest "pat on the back" was inclusion in Bill White's Second Edition of Slaying the Dragon, our field's preeminent historical account. Bill's words (on page three of this report) help us to see another perspective and we are all flattered by his account. I don't believe, CCAR would have been included in this book if it weren't for our focus on using a team approach. Our team includes volunteers, Board, staff and partners in the community. We are privileged to help a lot of people each and every year and you'll see the evidence in this Annual Report. To see people make strides in their recoveries is our greatest blessing.



Our team also has fun. CCAR launched a new event, the CCAR Cup golf tournament this year where our team had a remarkably good time while raising some significant dollars for the work we do. Back in the day (from 1984-1987) I was employed as a golf professional. I have seen and played in my share of charity events. I am really proud of what we accomplished. Everyone pulled together. Most importantly, our guests - the golfers - had a wonderful time. Our formula worked - good golf, good food, good prizes in a warm and welcoming atmosphere. Thanks to our Special Events Coordinator Chiara Maggiore who expertly handled all the details.

2015 promises to be full of new achievements both for CCAR and me personally. Our new strategic plan calls for Board development and it looks like seven new members will be stepping up. CCAR is sponsoring an international Multiple Pathways of Recovery Conference on October 19-21. And after four years of planning, I will be setting out on an incredible adventure by attempting to thru-hike the entire 2,189 miles of the Appalachian Trail starting March 19th. The purpose is to "put a face on recovery" and to show that people in recovery can go on to do remarkable things. Visit the website at www.AT4Recovery.org if you'd like to sponsor and/or get the latest updates.



Personally, I am very proud of our team and excited about the opportunities. I believe with all my heart that the best is yet to come.

Blessings,

Phil Valentine
CCAR Executive Director
Person in Recovery: Established 1987

Message from the Director of Operations

I am already coming up on my three year anniversary here at CCAR after arriving from a younger recovery community organization that looked to CCAR to help plot our course. I have been inspired and challenged to dive aboard this ship that set sail more than 16 years ago. My role has plunged me deep into the inner workings of this vessel where I study and adjust the mechanisms that keep us afloat and moving forward. I am grateful to serve with this crew and to plan together ways to keep our systems growing and vibrant.



Our team has been fine-tuning our activities this past year, to fit with core principles of recovery and what will most help participants. We really mean it when we ask, "How can we help you with your recovery today?" And quite often, discussions break out about how grateful we are to work in an environment that not only values recovery but strives to embody it. We understand the power that comes from being immersed in a culture of recovery. And we are frequently reminded of this by those who pass through our doors, and tell us how CCAR helps them change their lives. All of us get to participate in transformation everyday and that keeps us going.

One thing I didn't mention: I spent more than 32 years as a professional helper in recovery fields. I am pleased to share that I have never before felt so hopeful about what can be accomplished with recovery as the goal.

CCAR staff get to promote recovery through our centers, activities, events and news coverage. As Phil wrote, that team is much larger than the staff that show up every day. Our efforts are upheld by so many of you who contribute in ways I can't count. Together we make recovery from addiction a living reality in Connecticut. Thank you.

Deb Dettor
CCAR Director of Operations
Person in Recovery: Established 1985

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 in the community where people can work on recovery. CCAR operates three of them - Bridgeport, Hartford and Willimantic. We have a lot of visits each and every year - 39,280 in 2014. Our busiest center, Bridgeport, averages 76 visits a day. When someone 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. We believe recovery is always directed by the recoveree.



Recovery Community Center Highlights

- The Mental Health First Aid® training was delivered in all three RCCs
- All three RCCs initiated evening hours
- RCC volunteers conducted more educational workshops and seminars
- RCCs increased participation in Medication-Assisted Recovery Groups
- Each of the three RCCs hosted a focus group on gambling for a total of 59 people
- Participation in Recovery Coach groups increased
- The WRCC reports that 24 former volunteers all gained full-time employment in 2014
- BRCC volunteers bring an All-Recovery Meeting to a local detox
- Two HRCC volunteers secured employment as Associate Counselors with The Open Heart



Trainings & Events

CCAR engages recoverees through multiple training and workshop opportunities. One of our goals in 2014 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. Events, as CCAR defines them, occur much more frequently than trainings. Our most popular “event” is the All-Recovery Meeting drawing hundreds each and every week.

Year	Trainings	Training #	Events	Event #
2014	312	2,276	1,867	29,864
2013	300	2,438	1,131	24,336
2012	218	1,352	803	14,655
2011	300	1,732	375	14,031

“I am so glad I came to this workshop. I was so well informed about Hep C and took the test to get my status.” ~ Leon H.

“CCAR is an awesome place, especially for someone in early recovery. It filled up my time when I was not working and felt lonely with positive things to do, good people to talk with and meetings to go to.”
~Tatiana Lee

Joanne Alexander did not come to CCAR as a person in recovery. She came to HRCC as a Christian minister and life coach to support one of the women she was coaching. She was amazed at the level of honesty, sharing and intimacy that she saw and experienced when she sat in on one of our Women’s Recovery Meetings. “I felt people getting down and taking on deeply rooted issues that need to be dealt with. This wasn’t just a bandaid for the surface of their recovery; they were helping each other heal from deep within.” Joanne has since presented her Reigning in Love Women’s Empowerment Workshop for the women of HRCC and was again impressed with the power she felt in that group.

Recovery Community Centers - Activity Snapshot

Bridgeport	Hartford	Willimantic
<p>New Ventures - Monthly Volunteer Recognition, Current Events, Volunteer Presentations, Team TRS</p>	<p>New Ventures - Young Adults in Recovery, Homeless in Recovery, Re-Entry Support, Family Support, College Student Meeting, Team TRS, Joe & Charlie Step Study, Fun with Food, Miguel's Movies, Spanish Heritage, Italian Festival, Gambling Focus Group, Rich Dad - Poor Dad, Perspective on Methadone, Capitol Voices Choir</p>	<p>New Ventures - Arts & Crafts, Yoga, Meditation, Parents in Recovery, Groundbreakers (Medication-Assisted Recovery), Knitting & Crochet, Developing Leaders, Self Esteem, Spirituality in Recovery, Team TRS, Giving & Receiving Affection in a Healthy Manner, Bingo</p>
<p>Weekly Meetings - All-Recovery, How You Living?, Daily Meditation, Women's All-Recovery, Men's All-Recovery, Spirituality in Recovery</p>	<p>Weekly Meetings - All-Recovery, Men's All-Recovery, Women's All-Recovery, Relapse Prevention, ALPHA Christian Group, Job Club, Spiritual Step, Bereavement, Community, GED Prep Class, WIRED</p>	<p>Weekly Meetings - All-Recovery, Women's All-Recovery, Men's All-Recovery, Groundbreakers (Medication-Assisted), Parents in Recovery, Arts & Crafts Club, Meditation</p>
<p>Community Partnerships - Bridgeport Re-Entry Collaborative, Career Resources, Bridgeport Council of Churches, Greenwich Prison Ministries, GBCMHC, CASA, Liberation Programs, Recovery Network of Programs (RNP), CT Renaissance, Projecto Nueva Vida, GBAPP, Sacred Heart University, Housatonic Community College, Liberation Programs, Family Services Woodfield, REACH, Project Longevity Bridgeport, United Way of Fairfield County, Family Re-Entry</p>	<p>Community Partnerships - Prisons (5), Open Hearth, The Connection, Catholic Charities, Community Partners in Action, Greater Hartford Re-Entry Council, Capitol Region, Chrysalis, CHR, Intercommunity, Latino Community Services, Charter Oak Cultural Center, TOIVO, CT Works, Goodwill Industries, South Park Inn, My Sisters Place, Katherine's Place, Harriet Home Healthcare, Families in Crisis, Sexual Assault Crises Services</p>	<p>Community Partnerships - Problem Gambling Services, Access to Recovery, ADRC, Perception Programs, AIDS Risk Reduction Outreach Worker (ARROW), Windham Area Re-Entry Council, Community Garden, Eastern CT State University, CHR Milestone, Natchaug Hospital, Windham Area Interfaith Ministry, Grow Windham, Backhus Hospital, Conencion Inc., Thomas Murphy Center, Oak Street Inpatient Work Release, United Services, CT Works, Willimantic Renaissance, Inc.</p>
<p>Workshops - Mental Health First Aid®, Pardons Process, American Liver Foundation, Recovery Coaching Learning Session, GBAPP HIV/AIDS,</p>	<p>Workshops - Mental Health First Aid®, Volunteer Orientation, Resolving Conflict, Peer Facilitation, Volunteer Professionalism, Pardons Process, Nuts & Bolts of Healthy Relationships, The Power of Our Stories, Reigning in Love Women's Empowerment, Sexual Assault Crises Services, So - You Want to Open a Recovery House?</p>	<p>Workshops - Mental Health First Aid®, American Liver Foundation, Nuts & Bolts of Healthy Relationships, Domestic Violence: Understanding & Addressing Unhealthy Relationships, World AIDS Day presentation, Job Search, Interviewing</p>
<p>Annual Events - Holiday Share Program, Holiday Pizza Dinner, Halloween, Thanksgiving</p>	<p>Annual Events - Black History Month Lunch, Mothers Day Brunch, Fathers Day Lunch, Thankful & Grateful for Our Recovery Dinner & Tree Trimming</p>	<p>Annual Events - Spring Karaoke Night, Holiday Game Days (4th of July, Christmas, New Years), Halloween Party, ECSU Annual Day of Giving</p>

"I have been volunteering at CCAR for over five years. My recovery keeps me coming back because CCAR is a safe haven – if I'm here, I'm not using. Volunteering keeps me sane. I'm in recovery and at CCAR, I help others in their process of recovery – I give them the support that helped me. CCAR gives me an opportunity to give back. I often work with homeless people, sharing what I have learned in recovery. I help out any way I can – cleaning, helping people on the computer, managing the reception desk. I'm like Mr. All Purpose Guy!" ~Allen Grant

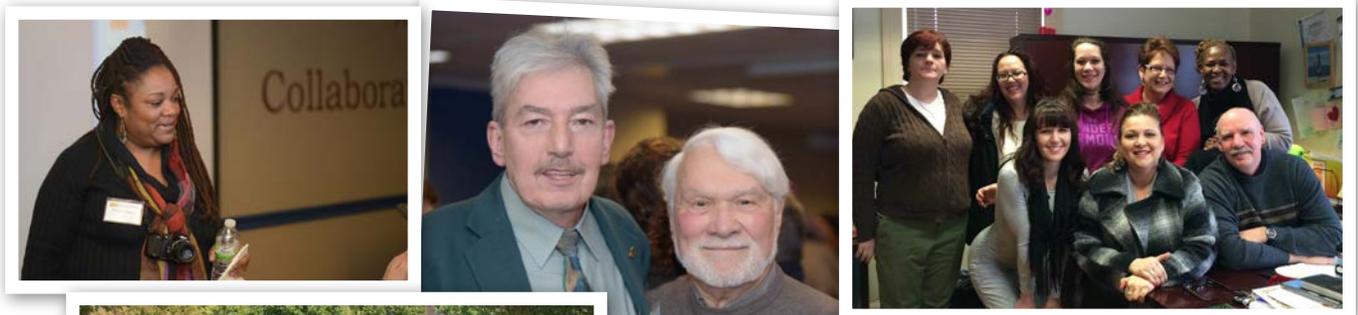


Collaboration

Wonderful People of CCAR 2014



"I have been volunteering at CCAR for a year now. I enjoy working at the reception desk, and I also volunteer with vocational support, assisting people with their resumes and helping them search for jobs. I also attend support groups here, and I like supporting others while I get supported, too. There is a great atmosphere at CCAR – we can be ourselves and have a healthy state of mind. We leave here feeling stronger with ourselves – healthier, more optimistic. We all have our struggles and it's nice to know you're not alone." ~Alanna Johnson, HRCC Volunteer



"CCAR is a place where I come and find people, support and services to help my recovery and my life." ~Greg Richardson in recovery for 17 years. He and his wife, Vendetta, facilitate a Spiritual Step meeting every week at the HRCC



" CCAR is a place to come and network with other people who are also trying to stay clean and sober. It is a place where I have gotten strength from the meetings and the people I have met there.~ Stephanie, TRS Volunteer HRCC

Telephone Recovery Support (TRS)

"When I make calls, I feel like I am helping myself grow in my own recovery. It gives me an attitude of gratitude."
~Shantell Turner, TRS Volunteer

"The volunteer always talked about the recovery centers and all the stuff that goes on there. I decided to come to an All-Recovery Meeting to see what all the fuss was about." ~Rebecca S. (receiving TRS calls since July 2014)

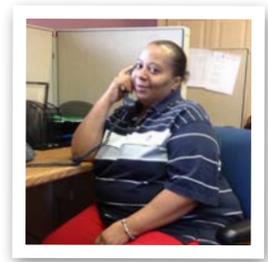
The beauty is in the simplicity. TRS helps people in recovery stay in recovery. Sometimes our phone calls make recoverees feel wanted, included and cared about. When making the call, the caller will often feel rewarded when they have spoken to someone and can share in their joy (or sorrow) and know that sometimes just listening and speaking with another person helps both of them immensely. In 2014, we called, on average, 519 people per week!

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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 16 weeks, often times much longer. This past year, we had 1,576 new enrollments from 26 different sources. CCAR made 30,259 outbound calls and made contact 9,030 times. Imagine the spiritual ripple effect that all these positive, recovery-based conversations had on the people of Connecticut. CCAR is often the only encouraging voice heard at a critical junction on the road of recovery. Feedback from people receiving calls also tells us that they are very **grateful** for the calls, that they make them me feel like someone **cares** and the calls make their recovery **stronger**.

CCAR made several improvements to the TRS program this year, most notably an upgrade to an web-based call tracking system. This has led to better engagement and support. We can collect more data, more easily. We improved the TRS training curriculum and have begun piloting the entire system in other recovery community organizations.

"Making the call helps me. I know it helps the other person too, they always say it. I'm happy to be able to share my recovery in this way. It really helps me a lot." ~Robert Brown, TRS Volunteer



"I love my calls! I don't get out much and don't have a lot of support in my recovery. I save all my good news and even my bad news for my phone call from CCAR. They celebrate or commiserate with me." ~Esther O. (receiving TRS calls since June 2012)

Young People & Family Program (YPF)

CCAR launched the Young People & Family Program this year in the Bridgeport area. We are tasked to work with young people (18-30) to develop a support network, provide training on recovery coaching and offer Telephone Recovery Support. We'll also do the same with their families. Our first Advisory Council meeting was held in December 2014.

Recovery Housing Project (RHP)

CCAR started tracking calls in the middle of 2014. After six months we fielded 239 calls from people seeking information on recovery housing. CCAR also staffs the Recovery Housing Coalition. Fourteen meetings were held with participants from 14 different towns attending. We ran our popular “So, You Want to Open a Recovery House?” training four different times for 82 people. Visit www.findrecoveryhousing.com.

Recovery Oriented Employment Services (ROES)

“This program helped me get the courage to go to employers and sell myself even with my record. Now I feel proud of myself and feel I can get work. I have confidence in myself.” *-Eliezer, ROES Participant*

“I learned how to carry my head high and focus on my recovery instead of my past.” *-John, ROES Participant*

Year	CCAR Participants	Gained Employment	%
2014	195	93	43
2013	144	62	43
2012	189	52	28

For a vast majority of people in recovery, meaningful employment plays a huge role in maintaining that recovery. Over the last several years, CCAR has collaborated with ADRC to deliver a recovery-infused vocational training. In 2014, we added a 9th module on computer basics. As a rule, the majority of folks that attend ROES modules have histories that hamper their ability to find work. For many, ROES is the first time they have had any exposure on how to write a resume, how to prepare for an interview, etc. CCAR ran ROES modules 119 separate times for 655 attendees.

“I knew nothing about computers and getting the help in this ROES program was perfect for me. I learned all of the online sites I needed to start me on my way to a job search.” *-Hugh, ROES Participant*



“I have been able to improve my self esteem since I have been in the ROES group and I will be able to go to interviews and state good things about me.” *-Elizabeth, ROES Participant*

“I know that going to ROES helped me get a job because I knew what to say when I went to the interview and what to wear.” *-Melissa, ROES Participant*

“Using the computer lab gave me daily job search support. I learned advanced computer skills and I eventually got an interview with Fedex and obtained a full time job! Thank you CCAR!” *-Anthony*

“I like to come to group to speak about trouble I have with English and finding jobs and I get help here from my friends and you (referring to the trainer) understand.” *Henry, ROES Participant*

1st Annual CCAR Cup Golf Tournament



The 1st Annual CCAR CUP

Wednesday, June 18, 2014
 Hawks Landing, Southington CT
 Register online at www.ccar.us
 Registration begins at 8:30 a.m. with a shotgun start at 9:30.

\$125 Per golfer

Tournament includes:

- Opportunity Drawings
- Prizes for Top Teams
- Buffet Dinner
- Gifts for every golfer
- Longest drive contest
- Closest to pin contest
- Hole in one contest

CCAR believes that Recovery from Addiction to Alcohol and Other Drugs is not just a possibility...
 ...it's a REALITY!

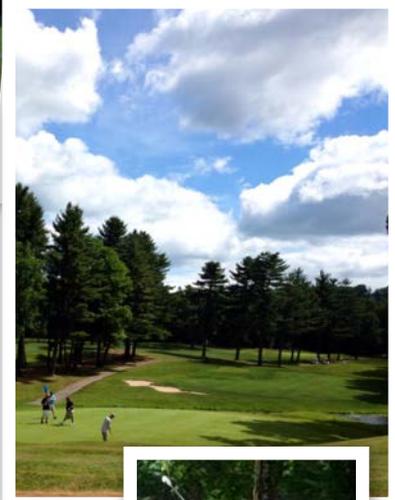
All proceeds raised will help support the mission of CCAR which aims to organize the recovery community (people in recovery, family members, friends and allies) to

1) put a face on recovery and
 2) provide recovery support services, we also promote recovery from alcohol and other drug addiction through advocacy, education and service.

RECOVERY is Contagious!

Reserve your spot today!

Sponsorship Opportunity



"The CCAR Cup was great all around! Concerns raised during our early 9-hole test drive were allayed - the course greened up beautifully, and the greens were excellent for a public course. The short holes made for fun play. We got around in under five hours including lunch break - first tourney I felt ended 'too soon'. And, of course, the choice based largely on the dining room was perfect. CCAR staff/volunteers worked like they've been doing this for years, and the pro shop was tops. Prizes were amazing (yes, Phil, you'll need a bigger bowl next year). They'll be beating down the doors next year!!! Keep it early in the season, and the greens will be rolling smoothly again. Thanks for a great time!!" ~Peter Rockholz

"Chiara, What a great job you and the other staff members of CCAR did yesterday. As I have said to Phil, the guys I played with have played in a lot of scrambles and they could not stop talking about how great a day it was. And that did not even include the fact that we did so well. You should be proud of all your hard work. It obviously paid off. Great job." ~Jon Peck



- CCAR Cup Sponsors**
- Recovery Champion**
Recovery Network of Programs (RNP)
- Recovery Ally**
Hartford Dispensary
MCCA
Kardas Larson, LLC
Recovery Research Institute
SCADD
- Tee Signs**
102.9 FM
Advocacy Unlimited
AIM InsuranceHELP, Inc.
ALPHA
Baldwin Media
CT Certification Board
CT Prevention Network
Farrell Treatment Center
Geeks 4 Good
Intercommunity, Inc.
Johnson & Brunetti
Emily Marcotte, EA
MOAR
NADAAC
New England Financial
Parsons Buick
Plumbers & Pipefitters Local 777
Amy & Bill Savinelli
SCADD
Silver Hill Hospital
Stonington Institute
Taschner Retirees
Toivo
Universal Tile
Wheeler Clinic
The Wilson Company
Value Options

Bruce Pratt, HRCC Volunteer - "I come to CCAR to help me with my own sobriety. Coming here is like a job to me. I go to a lot of AA meetings, but I also come here almost every day to connect with others in recovery and share my own story, experience, strength and hope. I have come to the point where many of the other volunteers and I have become like family." Bruce has been coming to CCAR for about three years. He is in recovery and has been alcohol/drug free for 5+ years, since June 2, 2009. Bruce facilitates meetings, serves as a receptionist, does outreach and is an outstanding leader at the Hartford Recovery Community Center. He is constantly helping others in recovery - his phone rarely stops ringing or vibrating!



Elizabeth Torres, BRCC Volunteer - Ms. Elizabeth Torres is a proud single mother of three beautiful children. She has 17 months in recovery. Elizabeth serves as a volunteer at CCAR's Bridgeport Recovery Community Center (BRCC) contributing more than 450 hours of service. She assists BRCC in a variety of capacities; Recovery Coaching, Telephone Recovery Support, vocational support, administrative support and maintaining the cleanliness of the center. She frequently speaks to various organizations in the community sharing her experience, strength and hope. This year, she appeared on a local television station to share her story of recovery and encourage others to join the recovery community. Elizabeth also works for the Department of Social Service for the City of Bridgeport as a Healthcare Coordinator. She is a Peer Mentor for CASA and a part-time student at Housatonic Community College. With her demanding schedule, Elizabeth continues to make time to give back and support the people of her community.

"CCAR showed me how to believe in myself and inspired me. They welcomed me at a time of need in my life. Being a part of CCAR has allowed me to overcome many obstacles in my life and I am truly grateful. While at CCAR I was able to find myself and my purpose in life. I was able to help others in need of recovery, and I am stronger than ever in my recovery. Doors have opened in my life and I will be forever grateful. My journey at CCAR is a part of my life and my story. Thank you CCAR for believing in me when I didn't believe in myself. "



Tyrone Johnson, HRCC Volunteer - Tyrone Johnson probably does more CCAR outreach than most paid outreach coordinators in other programs, routinely speaking with patients and staff at ADRC, Rushford, Wheeler Clinic, Community Partners in Action and the Institute of Living. In 2014 Tyrone added Department of Corrections work to his repertoire by accompanying HRCC Manager Jim Higgins into prisons to spread the word to inmates about tending to their recovery in reentry, how CCAR has been part of his long term sobriety (5+ years) and turned his life around. Tyrone and Jim are much sought after team at Enfield CI, Osbourne CI, Robinson CI and MacDougall CI. Tyrone was born and

raised in the Stowe Village section of Hartford and has gone from "...being from the Vill, never worked and never will..." to being a well known, strong example to many in Hartford, having forsaken his "ego, pride and reputation" for the gifts of real manhood in long term recovery. He credits much to those people he has met and worked with at CCAR. His motto is "Don't stop until the miracle happens; and there's a miracle every day."



James "Jim" Skinner, TRS Volunteer has been a CCAR volunteer since August 1, 2014. Jim came to CCAR to support a friend but soon realized he too was in need of support around his drinking. "I never considered myself as having a drinking problem, but the more I came to CCAR and listened to people share, I realized that drinking wasn't a good choice for me and that I needed to stop." Jim has a way of speaking to people that puts them at ease and makes them feel like he's an old friend so it wasn't long before he was recruited to be one of our TRS volunteers. Since then, he has made over 2,000 calls and is one of our most dependable volunteers. Jim not only shows up for his scheduled time to make calls but is always willing to help out whenever asked. "I get just as much out of the calls as they (recoveryees) do," Jim says. "Making calls helps me to get out of my head for awhile and it feels good helping others even if it's just listening to them and letting them know someone cares."

Katelynn Collins, WRCC Volunteer – "I started coming to CCAR because I was required to do community service. I was surprised to find that I actually enjoyed the opportunity to volunteer with CCAR and I quickly found it to be a really rewarding experience. As a mother with two young boys, I really enjoy the atmosphere of being in CCAR because it is a place where I can feel both safe and welcome for me and my family. I have enjoyed getting to work with Kathy, the Volunteer Coordinator, because her story was so inspiring to me and I see her as a role model. I've volunteered at CCAR in a lot of different roles including making calls for Telephone Recovery Support, working at the front desk as receptionist and speaking as an outreach volunteer at local intensive outpatient programs. Recently, I met a woman at a sober dance who recognized me as the visiting speaker she saw in her program and it was an amazing feeling to realize that I am helping others who are new in their recovery while keeping me strong in my recovery. I enjoyed going to the volunteer dinner and receiving a Presidential Award for my volunteer service. It was an incredible feeling to be recognized and have my achievement celebrated. Volunteering at CCAR has given me a place where it was safe to grow and now it is my goal to go back to school to become a nurse."



Raynor Hunter, HRCC Volunteer is a volunteer who burst on the scene at HRCC in 2014 and logged in more than 400 hours of service. Ray serves as receptionist, facilitates meetings, cleans the center, does outreach and is constantly helping others here at the center or wherever else he is. He often brings in food for our volunteers, meetings or events. "CCAR is my home. It is a place where I can come and talk with volunteers and staff. I can both give and receive guidance. It's great to talk with Virginia and Jim, but my most enjoyable part is being with the other volunteers, doing what's right and getting our lives together. No matter if they are living in recovery houses or shelters, people come here to share. My favorite part of CCAR is the recovery meetings."



CCAR Recovery Coach Academy©

"What an awesome experience. The insight that you gain for yourself by attending the Academy helps you become a better person to help serve others." ~Andrea Tarantino

Attending the Academy helped me in my recovery, my job, my life." ~Jorge Cruz

The CCAR Recovery Coach Academy© is receiving more and more recognition across the country. In 2014, it ran a record 142 different times and trained more than 1,300 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.

Since 2009, more than 6,000 people have been trained using the CCAR Recovery Coach Academy©. This year Recovery Training Center Manager Stacy Rosay received 230 responses to a survey regarding recovery coaching. Some of the key findings include: 43% of respondents are providing recovery coach services on a voluntary basis. Most coaches (69%) are providing services at no cost, 19% have costs covered by insurance and 12% have services paid for out-of-pocket. There is little supervision provided for recovery coaches with one third of respondents saying they never meet with a supervisor. 70% said they have a supervisor.



"I found it particularly powerful to connect with people from all around the country for a common cause. Empowering, thought provoking, ignition of passion with purpose!" ~RCA Participant

"I am volunteering at a few agencies in which this training will be very helpful to meet them where they are and stay in my own lane. It is very important to realize everyone is on their own path of recovery and it means different things to different people. Don't rush THEIR recovery." ~RCA Participant

"The Academy has changed my life - for the better. I can not say enough positive things - although not everything I learned about myself felt positive - which paradoxically IS POSITIVE." ~RCA Participant

Recovery Training Center

Our Recovery Training Center made significant progress developing several new offerings. Ethical Considerations for Recovery Coaches (2nd edition) and Spirituality for Recovery Coaches were piloted and finalized this year. We also revised the CCAR Recovery Coach Academy©. In the works with availability in 2015 will be a Legal Recovery Advocate curriculum and a Recovery Coach Academy for Parents. We are also finalizing Telephone Recovery Support and Recovery Works! as a service for other recovery community organizations. This past year, we started building a webinar series on a variety of topics.

Volunteers

Volunteers are the lifeblood of CCAR. 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. CCAR volunteers are also carrying the message into the community. For example, Bridgeport volunteers conducted 199 All-Recovery Meetings in a local detox unit. Hartford volunteers led 45 All-Recovery meetings at a local provider. Bridgeport also participated in 6 Community Clean-up Days. One CCAR volunteer spoke 135 times in various treatment programs to 2,371 attendees!

Year	Hours Served	Volunteers	Hours per Volunteer	In-kind (CT Vol. Rate x Hours)
2014	28,802	420	69	\$761,237
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

Internships

CCAR believes that recovery from alcohol and other addictions is everyone's business. Many of the interns that serve with us are not in recovery. Here are a couple examples of interns sharing their experience.

“My experience at CCAR has opened my eyes to the struggle of addiction, but the difference here is that there is an immeasurable amount of support and encouragement. To be able to be a part of that support system has taught me the strong effect it has on people that are on the road of recovery, especially peer support.”

~Boravy Hinn, Sacred Heart University intern

“My journey through my internship experience with CCAR was filled with memories and self discovery. I thought that during my time with CCAR I would be helping and teaching people with the knowledge I had gained thus far in my studies; and while I did I wound up learning more from everyone at CCAR than I ever could have possibly taught them. I gained invaluable RECOVERY experience during my time at CCAR and got very good exposure to a population I am considering working with in my future career. During my time at CCAR I met a lot of great people and had many great experiences, both professionally and personally, and I am very grateful to have had this opportunity. ” ~Andrew Lewis

9th Annual Volunteer Recognition Dinner

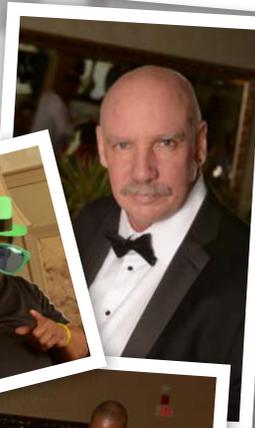
Friday, April 11, 2014
A Villa Louisa, Bolton, CT

Headlining Sponsor \$5000
Connecticut Value Options

Silver Sponsors \$500
Anonymous
Alpha Prison & Community Ministry

Copper Sponsor \$250
ADRC
Connecticut Certification Board
Community Mental Health Affiliates
Havens of Hope
Bill Leary
Wheeler Clinic, Inc.

Bronze Sponsors \$125
AIM Insurance Agency
Chemical Abuse Services Agency, Inc.
Community Solutions, Inc.
High Watch Recovery Center
G. Norman Holland, CPA
Rick & Sharon McCracken
Standard Builders, Inc.



Recovery Walks!





Recovery Walks! 2014 Fun Facts

- More than 1,500 attended
- Longest running recovery walk in the world
- Shaded Soul provided music
- Hartford Mayor Pedro Segarra spoke

Recovery Walks! Sponsors

Friday, September 19, 2014, Bushnell Park, Hartford, CT

Platinum Sponsors \$5,000

Recovery Network of Programs (RNP)
DMHAS

Gold Sponsors \$1,000

Advanced Behavioral Health
American Society of Addiction Medicine
Alkermes, Inc.
Behavioral Health Network
CT Value Options
Havens of Hope - A Present Help Counseling Center
Hartford Dispensary
Hartford HealthCare Behavioral Health Network
InterCommunity, Inc.
MCCA
Recovery Research Institute
Wheeler Clinic

Bus Sponsor \$750

Brian Abely

Silver Sponsors \$500

Alcohol & Drug Recovery Centers (ADRC)
Anonymous
Connecticut Lighting Center
ERASE, Inc.
McCall Foundation
Stonington Institute
Silver Hill Hospital
Toivo by Advocacy Unlimited

Bronze Sponsors \$250

Alpha Prison and Community Ministry
BH Care
CASA, Inc.
Catholic Charities - Archdiocese of Hartford
CenterPoint Solution
Charter Oak Health Center, Inc.
CT Certification Board
HEDCO, Inc.
High Watch Recovery Center
Mr. William Leary
New England Health Care Employees Union 1199
The Wilson Company of CT

Copper Sponsors \$100

ACS Development
AIM Insurance Agency
Anonymous
Connecticut Radio Information System, Inc.
Conrad Sienkiewicz
DARC - Gateway Community College
Lyman Orchards
Mr. & Mrs. Gregg Dixon
Mr. George Levine
Mr. & Mrs. Richard McCracken
Ms. Barbara Segura
Soroptimist of Willimantic
Mr. & Mrs. Tony Taschner
Mr. & Mrs. Richard Valentine
WB Mason Company

Exhibitors

Appalachian Trail 031915 - Phil Valentine
Alkermes, Inc.
Catholic Charities - Archdiocese of Hartford
Charter Oak Health Center, Inc.
The Connection, Inc.
CT Al-Anon Family Group
CT Council on Problem Gambling
ERASE, Inc.
Hartford HealthCare Behavioral Health Network
Havens of Hope - A Present Help Counseling Center
InterCommunity, Inc.
Liberation Programs
MCCA
McCall Foundation
The Multicultural Leadership Institute, Inc.
Recovery Network of Programs
Silver Hill Hospital
Stonington Institute
Toivo by Advocacy Unlimited
Value Options
Wheeler Clinic
WIRED

Special Thanks

Metropolitan District Commission
Subway
Highland Park Market
PepsiCo
City of Hartford Parks Department

Revenue vs. Expenses

Statement of Activities and Changes in Net Assets

For the year ended June 30, 2014

	2014	2013	2012	2011
	Total	Total	Total	Total
Revenues and other support				
Contributions and other public support	13,760	49,457	31,504	30,241
Government grants	1,117,108	947,912	932,426	947,061
Fundraising events	58,168	44,322	50,871	44,376
Service fees, contracts and other	400,979	355,243	334,839	177,373
In-kind contributions	7,129	9,780	3,412	3,959
Total revenues and other support	1,597,144	1,406,804	1,353,052	1,267,735
Expenses				
Program services – recovery activities	1,335,452	1,275,437	1,176,532	1,079,252
Management, general and fundraising	217,144	138,177	112,576	204,366
Total expenses	1,552,596	1,413,614	1,289,108	1,283,618
Change in net assets	44,548	-6,810	63,944	-15,833
Net assets, beginning of year	81,664	88,474	24,531	40,414
Net assets, end of year	126,212	81,664	88,475	24,531

CCAR Staff Contact Information

Phil Valentine	Executive Director	(860) 244-2227	phillip@ccar.us
Deb Dettor	Director of Operations	(860) 218-9531	deb@ccar.us
Yoly Lebrón	Director of Administration/Human Resources Officer	(860) 560-8947	yoly@ccar.us
Ken Aligata	Program Manager	(860) 967-0508	ken@ccar.us
Rebecca Allen	Telephone Recovery Support Manager	(860) 920-7733	rebecca@ccar.us
Conrad Sienkiewicz	Volunteer Manager	(860) 218-9476	conrad@ccar.us
Stacy Rosay	Recovery Training Center Manager	(860) 218-9553	stacy@ccar.us
Chiara Maggiore	Special Events Coordinator	(860) 819-3322	chiara@ccar.us
Amy Yazmer	Recovery Oriented Employment Services	(860) 967-0490	amy@ccar.us
Michael Askew	Manager - Bridgeport RCC	(203) 583-4702	michael@ccar.us
Danielle Elliott	Volunteer Coordinator - Bridgeport RCC	(203) 583-4704	danielle@ccar.us
Jim Higgins	Manager - Hartford RCC	(860) 910-4816	jim@ccar.us
Virginia Adams	Volunteer Coordinator - Hartford RCC	(860) 218-9545	virginia@ccar.us
Marika Stewart	Manager - Windham RCC	(860) 423-9843	marika@ccar.us
Kathy Wyatt	Volunteer Coordinator - Windham RCC	(860) 967-0492	kathleen@ccar.us
Vacant	Young People & Family Project Manager		

CCAR Contact Information

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



Hartford Recovery
Community Center
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



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

2015 Events

Sponsor Phil

Pledge per mile levels:

- Tick: One Penny
- Mouse: Two Pennies
- Pony: Three Pennies
- Deer: Nickel
- Snake: Dime
- Hawk: Quarter
- Wild Hog: Half Dollar
- Bear: One Dollar

* Completion of trail is 2,175 miles... We hope Phil makes it all the way!

Recovery Walks!
The Appalachian Trail
03.19.15

"Recovery Makes All Things Possible"

Follow Phil

Friend Phil Valentine

PValentine59

@PValentine59

www.ccar.us



On **3.19.2015** Phil Valentine, Executive Director of CT Community for Addiction Recovery, will step off the southern terminus of the **Appalachian Trail** and make his way north 2,175 miles.

This date is exactly five years from the day when Phil received a stage 4 cancer diagnosis... He plans to thru-hike the trail (approximately 5,000,000 steps) up and down mountains in about 6 months time...

Phil will be walking to put a **Face on Recovery**—to carry the recovery torch through the wilderness

"Phil Valentine's call to walk the Appalachian Trail is a vivid example of moving beyond recovery FROM life-threatening illnesses as a means of recovering TO a life of extraordinary possibilities. Thousands of us who have shared the challenges and unexpected gifts from such recovery journeys will be walking in spirit with him." ~Bill White

Save the Date!
Volunteer Recognition Dinner
Friday, April 17, 2015
5:30 p.m. to 10:00 p.m.
at Hawk's Landing in Southington, CT
Awards - Dinner - Dancing

Save the Date!
Wednesday, June 17, 2015
Hawk's Landing
21 Pattonwood Drive
Southington, CT

The CCAR CUP

Recovery...
...more than a treatment episode, it's for a lifetime.

CONNECTICUT COMMUNITY FOR ADDICTION RECOVERY www.ccar.us (860) 244-2227

SAVE THE DATE!

16th Annual

Recovery Walks
Friday, September 18, 2015
Bushnell Park
Hartford, CT

#CTRecoveryWalks!



Multiple Pathways of RECOVERY Conference

Mystic Marriott Hotel & Spa
October 19-21 2015

Early Bird Registration will open in February.



Administrative Offices
198 Wethersfield Avenue
Hartford, CT 06114
(860) 244-2227
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