

CONNECTICUT COMMUNITY

CCAR

FOR ADDICTION RECOVERY

2015 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.

"The amazing power and grace contained in the collective spirit of the recovery community is a force to be reckoned with. We do not take our 'second chance' for granted. We know that together in community we can accomplish those things we are unable to do for ourselves alone. We acknowledge and cherish the spiritual thread that runs through every facet of recovery and binds us together."

- Tom Hill

'CommonStrength: Building Leaders, Transforming Recovery'
Published by: Greenleaf Center for Servant Leadership 2006
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2015 CCAR Board of Directors

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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.

2015...What an extraordinary year for the CCAR Board of Directors! Consider these facts:

- As of early January 2015, the Board consisted of six Directors, with two set to complete their terms by month's end. The remaining four were joined by six new members in January and two in September. The latter were associated with *Connecticut Turning to Youth and Families, Inc.*, and welcomed the opportunity to join CCAR's Board to enhance its focus on families and services for a younger population. By December 2015, the Board had twelve Directors, the majority having no formal board training.
- CCAR's new 2015-2017 Strategic Plan, developed over the last half of 2014, was near completion early in 2015. Only four of the 2015 Board participated in its development.
- A proposed Fiscal Year 2016 (July 2015- June 2016) budget would be due to CCAR'S major funder, Connecticut's Department of Mental Health and Addiction Services (DMHAS) prior to July. Meanwhile, Connecticut's political leaders were struggling to create a two year budget in the midst of major projected deficits in the current and two upcoming FY (fiscal years).

How would the new 2015 CCAR Board fare with the above scenarios?

They began by actively participating in a series of Board meetings focusing on critical aspects of CCAR.

The first (February) focused on briefings about six major CCAR service activities and Q and A provided by the lead staff responsible for those areas and the second (March) about fiscal matters – revenue sources such as service contracts, contributions and fund raising events and variable training center revenues. The expense side was addressed, thanks to the superb skill sets of new Director and Treasurer Marc Paradis, detailing expenses to date (July-February) for FY2015. He also created and applied a preliminary format for estimating best/worst case end of FY scenarios. This presentation prepped the Board for its "baptism by fire" in the July Board meeting which dealt with a pre-final FY15 budget picture and review of the proposed FY16 budget, subsequently approved by the Board.

The third (May) meeting involved a presentation about the 2015-2017 CCAR Strategic Plan by Jerry Kardas who, along with his wife Carol, had crafted the Plan for the 2014 six-member Board. Note again that eight members of the 2015 Board had not participated in creating this Plan.

Among the seven strategic areas framing the Plan, **Board Development and Oversight** was identified as the most immediate and important to address with **Funding and Financial Management** as second.

The increased number of Directors and orientation sessions to date did support Board Development but most members lacked formal training in Governance, an oversight responsibility of the Board. A few members had careers in finance and experience in fund raising, but most did not nor did CCAR, as an organization, have a history of capital or major fund development experience.

Fortunately, CCAR was selected via a competitive application process in late September to be one of 15 agencies to participate in the Fall 2015 Nonprofit Support Program (NSP) of the Hartford Foundation for Public Giving. It included training, delivered by nationally recognized consultants, on **Effective Governance** (10/14), **Building an Effective Fund Raising Board** (11/5), and **Board's Financial Leadership Role** (12/9). NSP required attendance by Phil Valentine and three Board Directors for each of these sessions. The NSP application was a key item at the September Board meeting, with Directors Delerme, Young, Paradis and Gopoiian volunteering to attend one or more of the training sessions.

The NSP offering also included a highly desirable element – up to 40 hours of consultation tailored to the specific needs of an agency. Attendees at the NSP training sessions spoke about their experiences and consultation ideas at the November Board meeting. Phil and those Directors are currently working with a NSP-funded consultant to propose how training needs for governance, fund development and related areas could best be addressed. Following NSP review and final proposal approval in late February, retreat or similar formats will be used to assure participation by the full Board and the CCAR Leadership Team in the consultation activities.

In closing, I strongly believe that the CCAR Board of Directors is well positioned and prepared in 2016 to partner with the Executive Director to firmly embed a culture of recovery, community health and quality of life for youth, adults and families throughout Connecticut and elsewhere for many years to come.

Tom Kirk



Phil Valentine
Executive Director

I did it. No... we did it. This year, we hiked the entire Appalachian Trail. I couldn't have done it without all of you. Every Instagram "like", every Facebook "comment", every text message carried me. I rode on your shoulders.... Words cannot express my gratitude.

It started on March 19th, 5 years from the day I was diagnosed with stage 4 cancer of the tongue. Springer Mountain, GA was shrouded in rain, wind and cold – not a very nice day to begin. As my friend and fellow recovery advocate Neil Campbell and her dog Jade drove away, I stood in the parking lot cold, wet and frightened. I looked north up the trail. Only 2,188.3 miles left. I sensed a whisper, "Continue." So I took the first step...

I can see the profound similarity in my 28-year recovery journey. Back on December 28th, 1987 I faced a similar decision and I dialed up my courage and took the first step. I'm glad I did. I have continued on the pathway ever since.

For me, the Appalachian Trail was incredibly difficult, more difficult than I imagined. It's a young person's game, not someone in their mid-fifties. But through all the snow, rain, heat, bugs, snakes, mud and throbbing joints, aching muscles, sprains, scrapes and bruises, I learned a lot living in the woods for 6 months. Here are a few thoughts...

- The trail is the trail. It doesn't change. The only thing I had control over was my attitude about the trail.
- A positive attitude about the trail carries you a long way and makes life for your traveling companions much more pleasurable.
- When on the trail, the lighter your load, the farther you go and the more enjoyable the journey.
- When the trail is smooth, cherish this time. This too shall pass.
- When the trail becomes impossibly steep, follow the footsteps of the people who went before you.
- The trail takes you to mountaintops, but they are not the only places where you can witness beauty.

The life lessons (to me anyway) are apparent (substitute the word "life" for "the trail"). There were many other lessons too that I will write about in the book.



My heart swells with gratitude when I think of everyone who made this possible. I couldn't have done it without this provision. I owe many thanks. The CCAR Board had the unusual yet inspired foresight to fully support the walk. CCAR staff rose to the occasion, and as you can see from this report, did not skip a beat. They are a remarkable team. Special acknowledgement goes to Deb Dettor and Yoly Lebron for their leadership. Fellow thruhikers - Rock Steady, Paradox, Stix, Low Profile, Just Doug, Dr. Pickles, Mockingbird - became part of my trail family and at times their companionship carried me; a lot like recovery, wouldn't you say? I was also blessed with the full support of my entire family. One of my daughters (Tough Love) and one of my sons (Riptide) walked hundreds of miles with me at pivotal times. And finally, my wife Sandy, my personal trail angel became a trail angel to several others. We finished this thing together.

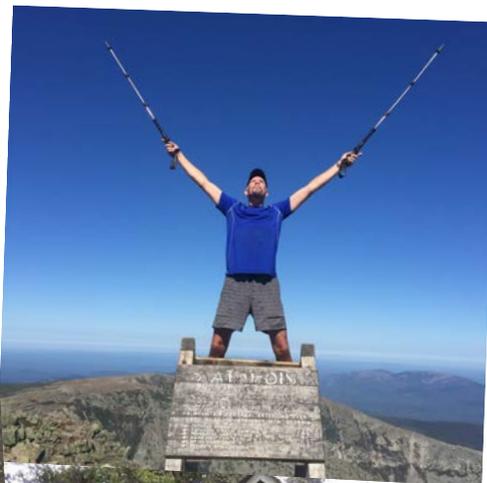
After many trials, some driving me to the point of abandoning the quest, my thruhike culminated on September 23rd, 2015 on a brilliant, perfect, sunny day on Mount Katahdin in Maine. It was odd; I didn't feel an overwhelming sense of achievement or accomplishment. Frankly, I was wondering how I was going to get down that mountain. But when I collapsed into Sandy's arms sobbing, all I felt was relief; I finally got to go home. The ordeal and yes, the achievement, transformed me once again. Recovery continually works on us, doesn't it? And we know that...

Transformed people transform people.

After being home a few months, I realize that completing the Appalachian Trail was another chapter in my life (albeit an "epic" chapter as my kids would say). I'm looking forward to this year. The best is yet to come. So, I willingly and eagerly...

Continue.

Right Click



Facts about Phil's Thruhike

The Appalachian Trail is 2,189.2 miles long from Springer Mountain, Georgia to Mount Katahdin, Maine through 14 states. The elevation change is equivalent to climbing and descending Mount Everest 16 times.

It took Right Click 189 days from March 19 to September 23. He averaged 11.6 miles/day, took 12 zeros (days of rest or zero miles traveled). Over the last 58 days, he took 1 zero.

Right Click took about 5,000,000 steps, dropped 56 pounds, chewed through 6 pairs of boots and his feet got bigger (1½ shoe sizes).

Less than 15,000 people have completed a thruhike of the Appalachian Trail... ever.

Right Click passed 10,000 days of recovery while on the trail.



Deb Dettor
Managing Director

As I reflect on this past year at CCAR, I am impressed by the strength of our team. This recovery community organization does such big work. I am grateful every day I can show up and be part of this community that helps people put their lives back together. My heart grows weary as I read media portrayals of addiction, overdoses and such brokenness. But every day at CCAR I witness transformation all around me and see people doing incredible things. They halt their addiction and get their lives on track, bit by bit. Such courage! Teamwork enables us to create the environment where

recovery can flourish. In 2015 our team prepared for our Executive Director to take time to hike the Appalachian Trail. Phil has been leading CCAR for many years and holds vast knowledge and history; his adventure away provided an adventure for us as we kept the growth of CCAR on course. I am proud of the leadership and teamwork that kept CCAR's mission and services vibrant and strong all through this year. We continued to grow with the addition of new program offerings.

CCAR raised its profile within the community too, through media events in our centers and by hosting more community venues. We promoted Phil's AT trek to highlight the power of recovery in media presentations. As Managing Director, I enjoyed the chance to network and partner with more people and organizations and look forward to making more of these connections in the coming year.



Yolibel Lebrón
Director of Administration/HRO

This past year was all about growth. We introduced a new strategic plan, and there was growth in all areas of the organization including staff. We are now at 17 full time staff, with a total of 4 sites and many programs. The Recovery Training Center grew in training more people and supplying more manuals. And we had another great audit for fiscal year end 2015! I definitely stretched in my role this past year while Phil our Executive Director was away on the Appalachian Trail. Staff came together to lend a

helping hand, with everyone stepping up without hesitation when asked for additional support. Great teamwork was especially evident at our annual events like the Volunteer Recognition Dinner, Golf Tournament, and Recovery Walks!

We get a lot of phone calls from people looking for recovery resources and support at our administrative office. I found myself doing some Recovery Coaching when I received a call from a young lady who was two weeks clean, looking for an outpatient facility. She was distraught telling me her mother wants her out of the house, but she did not feel it was the right decision for her because she was still vulnerable. I commended her for being two weeks clean and told her she has come a long way in her recovery. She was taking the right steps in calling for help to support her recovery. She thanked me for taking the time to listen to her situation because everyone else she called was not as caring and supportive as I was. This is what makes CCAR so unique; we actually take time to listen to people who are in need and point them to proper resources.

Building Recovery Capital

Every program, group, and event we offer is designed to help recoverees build their recovery capital. This term ‘recovery capital’ really describes the internal and external resources and strengths people find or develop to help them sustain their recovery. Examples might be a mindfulness practice that manages stress and improves relationships or it might be safe housing and a job that pays the bills. We find people need different things at different times to keep recovery moving forward.

Recovery Community Centers



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

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

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

CCAR opened our first Recovery Community Center (RCC) in Willimantic in 2004, and we were pioneers in developing this model. Many other organizations followed this model in developing RCC's in other states and towns. These programs are designed to house a recovery sanctuary in the heart of the community where people can focus on re-building their lives in recovery. CCAR's 3 centers were busy places in 2015; we saw an average of 995 individuals walk through our doors each month. Staff and volunteers welcomed every visitor, asking "how can we help you with your recovery today?" Many times, we introduced opportunities that were brand new to our visitors.

"I love this place since the first day I came in. It always feels like home and I am able to come here to get out the day's frustration. Nate and Miriam make me feel comfortable." - Sondra

Center Activities

CCAR supports people by offering many different training opportunities, as well as recovery meetings, social events, and volunteer roles. We work continuously to expand the educational offerings available, and in 2015 added 13 new training topics. CCAR trainings are structured presentations with learning objectives, evaluations and continuing education credits. Events are various groups and activities like All Recovery Meetings, Parents in Recovery Support and Writers' Group. Each center also has computer banks where recoverees can work on resumes and submit job applications, and where computer help is available to accomplish these tasks. You can see how we expanded our service offerings this year.

Year	Trainings	Attendees	Events	Attendees
2015	325	2,449	2,046	28,753
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

Some 2015 Highlights

- 759 All Recovery Support Meetings were held in 3 RCCs, with 12,541 participants
- More people attended more Gambling Recovery Support Groups, presentations and discussions
- Recovery Coaching was a major focus, with more training sessions and practice opportunities for coaches, and service delivery to recoverees
- More recovery support was available to Spanish-speaking recoverees through Telephone Recovery calls and specialized recovery support meetings
- New weekly Recovery Support Meetings for the Lesbian, Gay, Bisexual, and Transgendered (LGBT) community were added
- More outreach was conducted to educate about addiction recovery and CCAR services
- 3 staff were trained as Trainers for Mental Health First Aid, through partnership with Wheeler Clinic

"I would not be where I am now without the support of CCAR. I jokingly say that if there was a poster for the most grateful CCAR client of the year; it would have my face on it. 1st year clean, best year being alive. Thank you, I am without a doubt one of your biggest fans." - Donald

"Agradesco a este centro por la oportunidad de venir aqui. Y porque fui referido pro mi probación para los grupos hispanos y participar en todo lo que ofrece esta organización. Gracias CCAR por existir." - Jose

"CCAR to me means SUPPORT. I am grateful for everyone. CCAR is a welcoming center with so much to offer. I am happy that there is a Spanish recovery group. All I can say is that CCAR is the best thing that has happened to our community, the community, 'to us'. Thank you CCAR." - Demaris

Young Adult and Family Project

This innovative program was new in 2014 and hit the ground running at the start of the 2015 New Year. CCAR staff met with many partners, hosting Community Advisory meetings and recruiting volunteers who made Telephone Recovery Support phone calls to young people in recovery. The Program Manager and volunteers conducted outreach presentations in greater Bridgeport. These weekly groups became available:

- Writers' Group
- Young Parents in Recovery support meetings
- Families, Friends and Allies networking meetings

A new training series was piloted this year for "Families Affected by Addiction" to teach about the addiction recovery process and how family members can practice self-care while caring for their loved ones.

"I'm a young adult who is an ally for young people in recovery and I believe together we can make a difference in our community." - Lesette

"I enjoy telling my story to high school students about addiction, because I get show them what young recovery looks like." - Keri

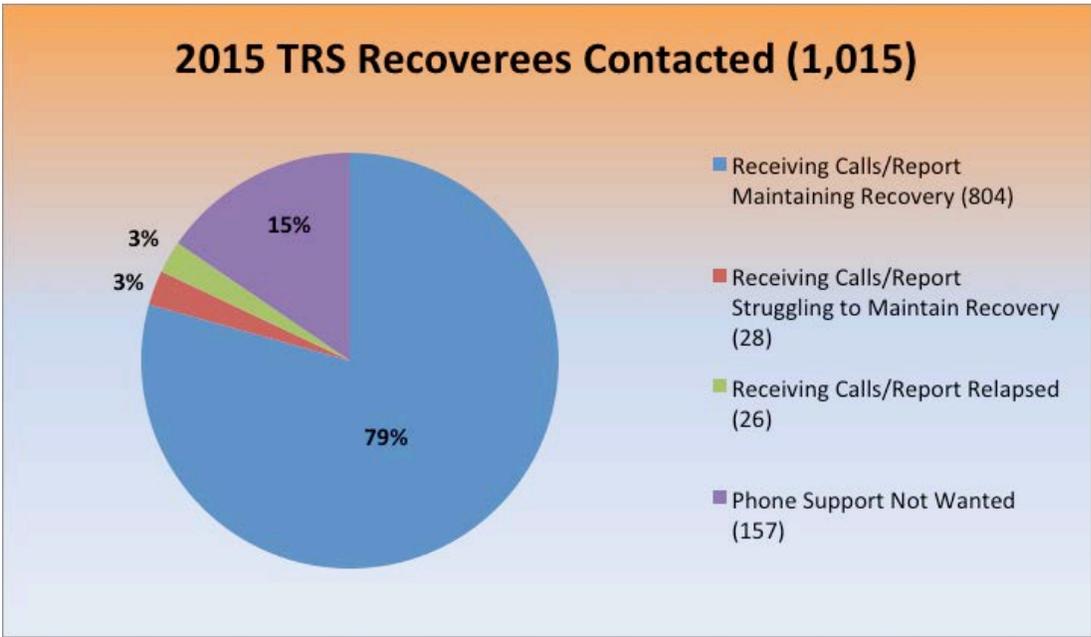
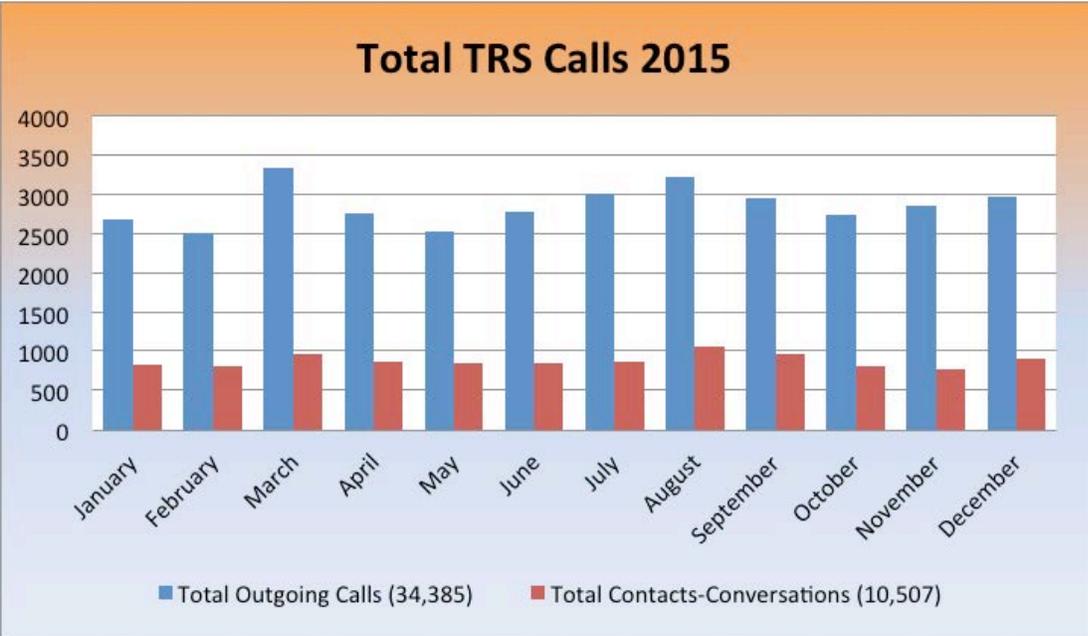
"It's great that CCAR Young Adult and Family offers trainings and support for family members, because recovery isn't 9 - 5 and I need all the help I can get!" - Doreen

Telephone Recovery Support

We continue to hear great feedback about this recovery support service from people who request these phone calls and from our community partners. TRS is unique with its trained volunteers making weekly calls to people in recovery to check on how they are doing. People in early recovery tell us how difficult it is for them to ask for help, so we call them. We contact an average of 531 people each month and the chart that follows shows that our volunteers make a lot of calls, reaching people about a third of the time. In the past six months, we added a fourth call center at our Young Adult and Family Program, expanding our ability to connect with young people in recovery.

Bruce is WRCC's resident TRS expert, with more than 250 hours logged over the past two years.

"TRS makes me feel good. No matter how you feel, you have had blessings in your life. Think about that and give back. The thing that keeps me volunteering for two years is hearing and getting to know the people I call each week. You have to let people know you appreciate them."



This chart confirms what we observe: the phone calls we make help people with their recovery! We find that some of the individuals who tell us they don't need calls are doing well and finding support through other means. CCAR is grateful for this chance to make a difference in the lives of so many, and volunteer callers appreciate the chance to help others.

"Being part of CCAR's Telephone Recovery Support Program and in turn, being part of recoverees' life journeys, has been an amazing opportunity and truly a privilege." - Jay

"I never realized the impact making a phone call could have on my life and recovery. I now make TRS calls because I personally understand the impact in getting a phone call and to keep hope alive. I know that CCAR was predestined for me to be here in this role." - Lisa

Recovery Coaching

This powerful recovery support service has been offered in our recovery community centers and CCAR has been hard at work, encouraging more volunteers to complete the CCAR Recovery Coach Academy® and return to the centers as coaches-in-training. This year we were able to build an even stronger coach development process with the mid-year addition of a new Recovery Coach Manager. Ongoing skills training modules are scheduled each month in every center, with 8 new topics as key learning areas. Volunteer coaches participated in weekly Recovery Capital Planning and other support meetings, with a focus on learning and practice. Additional training sessions for Ethics and Spirituality for Recovery Coaches were available outside of our RCCs. CCAR recovery coaches meet with recoverees in our centers, helping people identify and overcome the barriers they face in their recovery and to develop recovery capital. They listen attentively and assist with finding resources.

"Volunteering at CCAR I obtain social skills that are essential to reaching out and giving back to the community. The time that I invest in CCAR is invested back in me through being able to build up my resume and taking part in Recovery Coach trainings." -Alexandar

RCC Recovery Coaching groups/trainings	133
Recovery Coaching group participants	941
Individual Recovery Coaching participants	215
Community-based Recovery Coaching job offers received	7

"I am excited to be part of CCAR and to be learning recovery coaching. I am not in recovery from my own addiction; I have lived through the horrors of my son's addiction. But I have learned that I have my own story and because of that I am welcome at the CCAR table as a recovery coach. I see that I have much to bring into the discussion and am glad that my own history and perspective as a person who is a family member has been honored." - Nancy

Community Outreach and Education

Recovery advocacy and education are deeply embedded in CCAR's roots and we have witnessed its power as a catalyst for change. Community members learn through their interaction with people who serve as living proof of recovery that people struggling with addiction can completely change their lives. The people of CCAR are frequent speakers in every kind of gathering as a face and voice of recovery, this serves as the foundation for the outreach we do today. CCAR staff and volunteers speak at professional conferences, in community meetings, and on TV, radio and through written news. We were honored to host 2 major media events at our Windham Center, highlighting our recovery leadership. In April, Governor Malloy held a press conference to promote his Second Chance Society Initiative, joined by other CT Commissioners and officials. Senator Richard Blumenthal led an Opioid Roundtable discussion in August at our WRCC, attended by community members and providers, along with CCAR staff and volunteers. We also hosted public events like our annual Recovery Walks! in Bushnell Park and are now planning for the national Multiple Pathways of Recovery Conference in May 2016. We organized bus travel and CT advocates to be a presence at the UNITE to Face Addiction Rally in October.

Recovery Housing Project

CCAR has been helping people access recovery housing for a number of years now and developed a website called findrecoveryhousing.com. This past year, staff spoke with more than 400 callers who were seeking safe housing to support them in recovery, and this website served as a guide. CCAR's Program Manager also met with recovery house owners during 15 meetings of CT's Recovery Housing Coalition and presented "So, You Want To Open a Recovery House?" trainings for more than 120 attendees in 15 sessions. In addition, through phone calls and by onsite visits, CCAR provides technical assistance for potential recovery house owners who are considering their capacity to provide this service, through phone calls and by visiting them onsite.

Recovery Oriented Employment Services (ROES)

CCAR was honored to learn in February 2015, that ROES would receive the DMHAS Commissioner's Recognition Award for Excellence for achieving the highest rate of employment in 2014. We partner with InterCommunity to provide vocational support to people in recovery through ROES and were proud to receive these accolades, knowing we succeeded in helping so many gain jobs.

CCAR provides the job seeking skills training series called Recovery Works, empowering attendees to find and maintain a job, while also managing their recovery. This year, 238 individuals joined us for these modules, an 18% increase over the number last year. CCAR also expanded this vocational support by offering Recovery Works each week at Recovery Network of Programs, another partner organization.

Recovery Works	Number of trainings	Total attendees
2015	128	636
2014	119	655
2013	122	585

"ROES program has been so valuable to me. To have a program supporting me and my recovery makes life seem easier. Looking at the job force with the skills and support offered makes a heck of a lot more sense. Amy gave me hope and confidence...Thank you." - Valerie

Volunteering at CCAR

At CCAR we can reach so many people in recovery because of our volunteers. We are a volunteer-based organization, and here is the really interesting thing: many volunteers join us because they are working on their own recovery, building recovery capital, or perhaps supporting other people in recovery. Some come to CCAR as student interns. Volunteers have different reasons why they care deeply about recovery, but all desire to be of service to others and this enhances their own lives. We take this to heart and do all we can to provide volunteers with training, support, and a sense of community with recovery at its core. These same volunteers extend this richness to others; when they make Telephone Recovery Support phone calls or greet visitors warmly at the front desk. We believe community is a powerful healing force when it comes to addiction recovery, and the people who walk through our doors will tell you that when asked. Our volunteers are a key component of this process and serve as leaders in our centers.

Year	Hours Served	Volunteers	Hours per Volunteer	In-kind (CT Vol. Rate x Hours)
2015	27,027	391	69	\$724,053
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

This past year, CCAR received 365 new volunteer applications; think of this as one every day. CCAR staff facilitated volunteer leadership forums where they taught skills and learned from volunteers about their experiences and recommendations. Volunteers led All Recovery Meetings, and other support meetings. Some provided in-service training and others traveled to local treatment programs to facilitate 135 different All Recovery Support Meetings. Trained outreach volunteers go into many different facilities to tell their recovery stories and how they have learned to live in recovery. One eloquent volunteer averaged 13 speaking visits every month, meeting with hundreds of people in treatment over this past year. When we ask people how they found CCAR, they will frequently mention his name!

"I am grateful to the services I have received as a volunteer and a visitor. CCAR gave me a safe place to be, to grow and they placed hope in me by allowing me to volunteer and take responsibility of my recovery and my life so I can be all that I'm called to be. And today I am a recovery coach working on my hours to be a certified peer recovery specialist, my business through Recovery Survivors group, and a productive member in my society serving others." - Infinite

Recovery Training Center

In 2014, CCAR created the Recovery Training Center to better manage all of CCAR's training curricula, and to respond to the growing requests for outside technical assistance and presentations. We are energized by the national expansion of recovery support services and recovery advocacy, and are honored to play a key leadership role. CCAR has seen growth in the availability of our Recovery Coach Academy®, and this year added two training programs that enhance professional development of trained coaches; Ethical Considerations and Spirituality for Recovery Coaches. As an approved training provider by the CT Certification Board, CCAR is able to conduct trainings participants can use towards state certification for coaches. This year we created an Online Training Program for Recovery Coaches that launched a new webinar every month, with topics like Recovery Capital, Motivational Interviewing, and Smart Goal Writing as another way for coaches to enhance their training. We were pleased that 28 participants signed up for this online monthly webinar series in its inaugural year. An additional webinar provides an Ethics course for recovery coaches enabling them to get continuing education credits for national certification. We were able to create an engaging new webinar attended by 64 individuals on Providing Peer Recovery Support for Gambling Addiction. This was presented by our colleagues from Advocacy Unlimited using their personal recovery stories and this video is available on our website as well as others and is used in our RCCs.



Deron Drumm and Joanie Masot
from Advocacy Unlimited

Last year, the Recovery Training Center provided training and technical assistance to a number of agencies throughout the world. CCAR teaches organizations how to provide the same recovery support services we offer in CCAR centers. We look forward to creating and offering even more training opportunities in 2016 for coaches, individuals, agencies and organizations providing quality recovery support services.

Recovery Coach Academy®

CCAR's Recovery Coach Academy® continues to be in high demand; last year the RCA ran over 160 times throughout the country. What's even more amazing is how the number of RCA graduates has grown to more than 8,500 since we began to offer this training in 2009. We believe that this is one of the best training programs for anyone interested in recovery coaching. Much like the journey of recovery, this training provides participants with a transformational experience. Whether graduates go on to professional roles, volunteer work or just use this course to strengthen their recovery, the feedback and responses to this course grow more and more positive every year.

Having rolled out the initial curriculum, we now focus on ways to help participants continue their growth as recovery coaches. While CCAR has attended to that task, certification processes have arisen in other states and through the IC & RC nationally. There are a lot of moving parts happening across the country when it comes to recovery coaching and we think our years of learning and experience strengthen our ability to share what we know with confidence.

Recovery Coaching is a relatively new service; and we continue to see the great benefits gained by recoverees through meetings with trained coaches who have some kind of lived experience of recovery. Coaches may be in recovery themselves, or a friend or family member of someone in recovery. For all of these, the RCA provides attendees with the knowledge and skills to mentor and guide recoverees.

"The collaborative learning was very powerful because it allowed exposure to multiple view points. I felt I was stretched and also felt that I helped other see another way of thinking. The trainers were amazing and hearing them talk was the best part of the week". - Liz, Recent RCA Graduate

People of CCAR in
2015



Lance Supersad, Young Adult & Family Project - Lance told us, "I didn't know I was an addict until I got arrested but now that I know, I am glad I'm in recovery". Lance Supersad is a 20-year old young person who is in recovery from addiction. He lives with his grandparents in Bridgeport where he has lived all his life. Lance graduated from Bullard-Havens Technical High School with training in Graphic Design and went on to study Sterile Processing at Bridgeport Hospital School of Nursing. Lance is interested in returning to school to study culinary arts this year.



Lance found his way to CCAR's Young Adult and Families Project recently through referral from Recovery Network of Programs. He immediately got involved as a volunteer, making Telephone Recovery Support calls to other young people. Lance also shared his recovery story while speaking to several health classes at Bassick High School and at the Child and Family Guidance Turning Point Regional Adolescent Substance Abuse Program. He spoke about how grateful he is to have the freedom of recovery at such a young age.



Tony Recck, WRCC Volunteer - Tony started volunteering at the Windham Recovery Community Center (WRCC) in December 2014 while he was at the Thomas Murphy Center, a 90 day treatment program. "I really appreciated having a safe, supportive place where I could start to rebuild my life." Tony's addiction started when, after a horrific skiing accident, he was prescribed painkillers. After numerous surgeries on both knees, Tony found himself addicted and eventually started using heroin and other opiates. He went from having a six figure job, loving wife and kids to being unemployed, divorced, and estranged from his family. When Tony left treatment in the spring of 2015, he ran into issues around back child support payments and was briefly incarcerated.

"I was devastated to find myself in prison for reasons beyond my control but I knew I had people that supported me and cared for me at the recovery center." As soon as Tony was released, he came back to Willimantic and back to being a volunteer at the center. Since that time, Tony has completed enough volunteer hours to have the court remove a pending felony charge, finding not just one but two full-time jobs, and renting a house that he shares with three other friends in recovery. He is working on co-parenting with his ex-wife and reconnecting with his children. "Without the center, I never would have had the support and resources that I needed to start my recovery process."

Robert "Bobby" Brown, BRCC Volunteer - "I was sitting home trying to determine what opportunities existed at this point in my life after prison. GOD spoke to me, through a friend of CCAR, and told me to get out of the house and go to CCAR and give back. Go get involved. I knew Mike Askew; we grew up in the same project. I made my way to CCAR in August 2014 and I thank GOD for the opportunity to give back."

Bobby showed up and began volunteering and facilitating All Recovery Meetings. He explained he felt good about overseeing the Receptionist Desk, which was his first real introduction to meeting people where they were at in their lives. He moved on to make Telephone Recovery Support calls and says "they kept me coming, this was new to me.

You see, I came from the rough side of town. As I learned more about CCAR, I became inspired to do more for the recovery community." He finds he enjoys sharing his story of hope, and he continues with CCAR because of what he gets in return. Bobby describes his participation in the Recovery Coach Academy as a real pinnacle in his recovery. "I gained so much knowledge and insight, it amazed me that I found the real me." He told us, "Since coming to CCAR doors have opened. I was able to land a job at RNP Inpatient Treatment Program as a Recovery Coach. I have a personal interest in helping others. I want to show them that recovery is possible. Today, I never had it so good, cause I had it so bad."



Jay Osbourne, TRS Volunteer - Jay came to the Windham Recovery Community Center (WRCC) in June 2015. "I was looking for a way to give back to the community and a friend referred me to CCAR. I met with the Volunteer Coordinator and had a dynamic conversation about CCAR and how it serves the community. I asked a make or break question, 'What is CCAR's take on multiple pathways to recovery?' I was surprised by her answer. She told me that CCAR embraces multiple pathways and supports recoverees as they explore and find their own way to recovery. This impressed me. I didn't want to be part of another organization that told people how to recover." Jay quickly involved himself in the center and was trained to make Telephone Recovery Support (TRS) calls. "Being part of CCAR's TRS Program has been an amazing opportunity. I connected with the community by learning how to access local resources and by helping others connect to those resources. As an ally, it's an overall good feeling helping others, especially those that are working so hard to improve their quality of life. Being part of that process is an honor and a privilege. I have been questioning which direction I want to go in professionally. Volunteering at CCAR has shaped my professional direction and what I want to do with my life."



Nancy Angelakopoulos, HRCC Volunteer - "I can't say enough about CCAR. They helped me in my recovery from the effects of drugs and alcohol. My heart was longing for a long time to find a place where I belonged, a place where I felt comfortable sharing my hurts, pain, disappointments and anger about what drugs and alcohol had done and caused in my life. CCAR was the place for me, through ARM (All Recovery Meetings) I learned much about the disease and recovery by listening to the struggles of those who are in recovery. Love and compassion began to swell up in me. I know I wanted to make a difference in reaching out to families and create a place where they would learn how to manage their lives and begin to bridge the gap between them and their loved ones. As a result of this, HRCC now offers meetings for families in recovery."



Vincent Cain, ROES - Vince told us this story. "I first learned about CCAR and the ROES program while I was a client at ICRC. I was struggling through an intensive 28 day program when I met Tim Waters. I attended a group that he held and didn't really hear that much except that they could help me with finding employment, housing and schooling. I completed the program at ICRC and went to the Recovery House. A wonderful lady named Zoraya met with me and helped me create a resume. She also signed me up for the ROES program. I attended group every Thursday from 2-4 pm with Amy Yazmer. The ROES Program groups are interactive and were beneficial to me. They gave me a lot of knowledge and with that knowledge came confidence. I was also introduced to CCAR and the many benefits and opportunities they offer. The classes helped me move forward in my transformation of being the positive role model for my son, community and society as a whole. CCAR and the ROES Program have both given me a home base for support and an avenue in which to remain in the solution whether through volunteer work or helping with obtaining profitable employment."





People of CCAR in
2015



10th Annual Volunteer Recognition Dinner

Friday, April 17, 2015
Hawk's Landing, Southington, CT

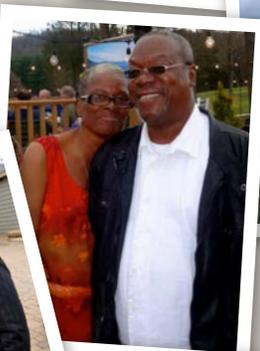
Gold Sponsor \$2500
Connecticut Value Options

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Anonymous
Alpha Prison & Community Ministry
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Copper Sponsor \$250
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AIM Insurance
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Peter Rockholz
Shirley Mack



16th Annual Recovery Walks!



2015 Recovery Walks! Sponsors

Platinum Sponsors \$5,000

Department of Mental Health and Addiction Services
Value Options- CT BHP

Gold Sponsors \$1,000

Advanced Behavioral Health
Havens of Hope
Recovery Network of Programs
Rushford-Behavioral Health Network at Hartford
HealthCare
Wheeler Clinic

Silver Sponsors \$500

High Watch Recovery Center, Inc.
Liberation Programs
InterCommunity Recovery Centers
Midwestern Connecticut Council of Alcoholism
McCall Foundation
Mountainside
Silver Hill Hospital
Stonington Institute
The Hartford Dispensary
TOIVO by Advocacy Unlimited

Bronze Sponsors \$350

Alpha Prison and Community Ministry
Bettor Choice - United Community & Family
Services
Community Mental Health Affiliates, Inc.
Coram Deo, Inc.
The Wilson Company of CT
New England Health Care Employees Union District
1999
The Connection Inc. - The Bettor Choice Program
Southeastern Council on Alcoholism and Drug
Dependence, Inc. (SCADD)

Copper Sponsors \$150

AIM Insurance
BH Care
Carmon Funeral Homes, Inc.
Mr. William Leary
Lisa Vanheijningen, LADC, LPC, LLC
Meehan Daughters Real Estate
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Exhibitors

- Adult Children of Alcoholics
- Assurance Wireless
- Advanced Behavioral Health, Inc.
- Breaking the Cycle
- Centro Renacer of CT
- Charter Oak Health Center
- Coram Deo
- CT Council on Problem Gambling
- DMHAS: Problem Gambling
- Dungarvin Inc.
- Hartford Dispensary
- InterCommunity Inc.
- Liberation Programs
- McCall Foundation
- Midwestern Connecticut Council of Alcoholism
- Northwest Regional Board
- Recovery Network of Programs
- Rushford
- Silver Hill
- Stonington Institute
- The Connection- Better Choice Program
- The Better Choice Program- UCF
- Toivo by Advocacy Unlimited
- Value Options
- Voter Registration
- Wheeler Clinic

Special Thanks

- Metropolitan District Commission
- Subway
- UTZ
- PepsiCo
- City of Hartford Parks Department



2nd Annual CCAR Cup



CCAR Cup Sponsors

Recovery Champion
Hartford Dispensary

Recovery Ambassador
Recovery Network of Programs (RNP)
JohnsonBrunetti

Recovery Ally
Midwestern Connecticut Council of
Alcoholism (MCCA)
Kardas Larson, LLC
Liberation Programs
High Watch Recovery Center
Southeastern Council on Alcoholism
and Drug Dependence, Inc. (SCADD)

Tee Signs
Alpha Prison and Community Ministry
Central Naugatuck Valley Help
Community Mental Health Affiliates
Geeks 4 Good
Mr. Christopher Healy
InterCommunity & InterCommunity
Recovery Centers, Inc. (ICRC)
Kelly & Rosann Rafala
Parsons Buick
Peck & Tuneski, P.C.
Rushford
Taschner Retirees
Universal Ceramic Tile
Value Options
W.B. Mason
Wheeler Clinic
Yale Program for Recovery &
Community Health

**"An Evening with Phil and Sandy Valentine"
December 11, 2015**



AT Sponsors

Incentive
Brian & Chaleen Abely

Bear
John Kelly
Lori Szczygiel

Wild Hog
Rita Cheney & Bill White

Hawk
Meaningful Trainings
Anton Taschner
Richard & Dee Valentine
John Rowe
Helen Valentine

Snake
Substance Abuse Services-
The Rase Project
Steven Shapiro
Judith Stonger
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Mark Giarratana & Anne
Becker

Deer
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Foundations for Recovery
David Sanders
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Larry Mayer
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Joy Lo Schiavo
Emily Marcotte
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John Reagan
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Patricia Maines
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CT Certification Board- Jeff
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Jeremy Collins
Jordan Collins
Kim Pellicane
Judy Garafano
Wyatt Feilon
Joan & Roger Wutzl
Caroline Sienkiewicz

Revenue vs. Expenses

Statement of Activities and Changes in Net Assets

For the year ended June 30, 2015

	2015	2014	2013	2012	2011
	Total	Total	Total	Total	Total
Revenues and other support					
Contributions and other public support	14,520	13,760	49,457	31,504	30,241
Government grants	1,206,939	1,117,108	947,912	932,426	947,061
Fundraising events	64,091	58,168	44,322	50,871	44,376
Service fees, contracts and other	420,515	400,979	355,243	334,839	177,373
In-kind contributions	14,303	7,129	9,780	3,412	3,959
Total revenues and other support	1,720,368	1,597,144	1,406,804	1,353,052	1,267,735
Expenses					
Program services – recovery activities	1,444,368	1,335,452	1,275,437	1,176,532	1,079,252
Management, general and fundraising	232,113	217,144	138,177	112,576	204,366
Total expenses	1,676,481	1,552,596	1,413,614	1,289,108	1,283,618
Change in net assets	43,887	44,548	-6,810	63,944	-15,833
Net assets, beginning of year	126,212	81,664	88,474	24,531	40,414
Net assets, end of year	170,099	126,212	81,664	88,475	24,531

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



CCAR Staff Contact Information

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Stacy Rosay	Recovery Training Center Manager	(860) 218-9553	stacy@ccar.us
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Amy Yazmer	Recovery Oriented Employment Services Coordinator	(860) 967-0490	amy@ccar.us
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Miriam Darveau	Manager - Windham RCC	(860) 423-9843	miriam@ccar.us
Nathan Cleaver	Volunteer Coordinator - Windham RCC	(860) 967-0492	nathan@ccar.us
Jim Higgins	Recovery Coach Manager	(860) 462-8695	jim@ccar.us
Carol Cruz	Young People & Family Project Manager	(203) 908-3386	carol@ccar.us

Coming Attractions

Save The Date!

*Join us in honoring the volunteers
that have made an impact to the recovery
community at the*

11th Annual Volunteer Recognition Dinner

on Friday, April 15, 2016

from 5:30-10:00 p.m.

at Hawk's Landing in Southington, CT

SAVE
THE
DATE

The 3rd Annual CCAR CUP

TO REGISTER VISIT WWW.CCARCUP.ORG

Wednesday, June 15, 2016

CCAR
(860) 244-2227
www.ccar.us

Hawk's Landing
201 Pattonwood Drive, Southington, CT



Multiple
Pathways of
RECOVERY
Conference

Mystic Marriott Hotel & Spa

Groton, CT

May 2-4, 2016

Stemming from the emerging field of recovery support services and the lingo of recovery community organizations, we often hear this phrase “Multiple Pathways of Recovery”. Do we really believe there are multiple pathways to the same destination? Or do we believe that our own personal pathway (or that of a loved one) is really the only one? Because it worked.

This conference is designed to educate us all on the many different pathways that people achieve recovery in modern times. These are methods, practices, rituals, programs, belief systems that foster long-term recovery.

Pathways of recovery are not triggers or events that lead to someone initiating recovery (things like a car accident, the birth of a child, getting arrested, divorce, loss of a job, etc.) These would be considered pathways to recovery...amazing what one simple preposition can do, isn't it?

Together, we will explore Multiple Pathways of Recovery that maintain and sustain recovery. At this groundbreaking, one-of-a-kind conference, participants will attend keynotes and presentations on the “Anonymous” programs, the Red Road to Wellbriety, Medication-Assisted Recovery, Celebrate Recovery, SMART Recovery, LifeRing Secular Recovery, Physical Fitness Recovery, Faith-based Recovery, Women For Sobriety (WFS) and more. To our knowledge this will be the first time multiple pathways will be the focus of a major conference featuring so many leaders in the recovery field.

CCAR is an approved training provider by the CT Certification Board (CCB). To be eligible for CEU's, participants must be preregistered, receive confirmation of attendance, attend the conference and complete a participant evaluation. Information about evaluations will be provided at the conference. CEC's provided through the CT National Association of Social Workers will also be available.

For more information visit www.ccar.us.

17th Annual **Save the Date!**
Recovery Walks 
& Celebration! 

Saturday, September 24, 2016

10:00 a.m. to 2:00 p.m.

Bushnell Park, Hartford, CT

Join CT Community for Addiction Recovery (CCAR) as we put a face and voice on recovery in our State Capitol!



**Faces of Recovery Photo Display • Music • Speakers
Arts and Crafts • Children's Activities • Exhibitors**

For more information or for sponsorship opportunities,
visit CCAR on the web at www.ccar.us or call 860-244-2227

Why are we Celebrating?

Recovery Walks! is a community celebration for people who are in recovery from alcohol and other addictions. We invite recovering people, families, friends and allies to join us in Bushnell Park every September as part of our *Recovery Month* celebration. We are proud to say that our walk is the longest running Recovery Walk in the country. In addition to the walk, participants will share in activities and a program filled with the hope and strength of recovery. We come together at the state capital to be a face and voice of recovery, to demonstrate that in Connecticut recovery IS a reality.

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www.ccar.us