

CONNECTICUT COMMUNITY

CCAR

FOR ADDICTION RECOVERY

2016 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.

“Hope is essential in order for people who are still suffering from the disease of addiction. With hope, comes recovery. There are many, many paths to recovery and what we all need to do is help people to find what works for them, and support them in their journey. Treatment may be a part of recovery, but recovery is a journey through which people find and often re-define who they are.”

*Patricia A. Rehmer, Senior Vice President, Hartford HealthCare,
Behavioral Health Network President*

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.

CCAR Contact Information

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2016 CCAR Board of Directors

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Asher Delerme
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Joel Johnson
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It has been an honor and privilege to serve on the Board of Directors these last nine years. I have witnessed CCAR grow into an internationally recognized leader in the recovery movement. I will always remember while presenting at an international recovery conference in London, England, someone asking me when he heard I was from Connecticut, “Do you know Phil Valentine? He is my hero.” Most recently, I returned from working in Vietnam where they are putting in, for the first time in its country’s history, a voluntary addiction treatment and recovery system. All they wanted to know is if CCAR would be willing to provide recovery coach training and help develop recovery drop-in centers as this is crucial for a successful system. I have also watched the Board grow and develop and can confidently say we have the most dedicated and talented board members in the agency’s history. We have just completed a strategic planning process and the Board is committed to support Phil, his staff and volunteers by putting a face on recovery and helping not only Connecticut, but the world become one recovery community.

Warmest regards,

John Hamilton

Letter from CCAR Executive Director, Phil Valentine



I started working with CCAR in January 1999. I have been blessed to witness growth, expansion and many lives transformed. CCAR was fortunate enough to be one of the first recovery community organizations funded by the original federal RCSP (Recovery Community Support Program) grant starting October 1998. From there, we have worked steadfastly to build a solid, stable organization. I have always believed that if we, CCAR, conduct ourselves RIGHT (with respect, integrity, gratitude, honesty, and transparency) then resources both human and financial would follow. This has proven true. The CCAR 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 tremendous strides in their recoveries is our greatest blessing.

It's been a big year; a lot of numbers have gone up. Some of the more notable – volunteerism, training and events. Telephone Recovery Support is thriving as well. Our recovery community centers flourish, and CCAR special events rock; none more so than the 1st Multiple Pathways of Recovery Conference held in May at the Mystic Marriott. I am still hearing how that conference changed people's lives. People are eager to register for the 2nd conference in Punta Gorda, FL scheduled for October 2017.

The Center for Addiction Recovery Training (CART) held a Trainer Symposium in November at Wisdom House in Litchfield. Designed to celebrate the talented people who train the CCAR Recovery Coach Academy®, the symposium allowed me to experience first hand the positive impact our training has all over the country.

I believe the best is yet to come. For the first time in 2017, CCAR will have Recovery Coaches in the Emergency Departments of four hospitals. Also, we will expand our Telephone Recovery Support to another state. Both of these programs will not only transform lives, they will save some. We are all eager to bring these projects to fruition.

I must note that two key employees are leaving CCAR. Deb Dettor has accepted a new position as the Director of Recovery Support Services for The Anchor in Rhode Island. This is the position our friend and colleague Jim Gillen held before he passed about a year and a half ago. I am excited for Deb. This is a position that will use all of her considerable skill set. I am also enthused about how her new role will assuredly strengthen the recovery community in Rhode Island, New England and nationally. And, of course, we will be grieving the loss to CCAR. I will personally miss her wisdom, perspective and dedication. She leaves a solid legacy of growth and fortification. Because of her leadership, CCAR is a much better, much sturdier and more robust organization than when she started nearly five years ago.

Ken Aligata has decided to embrace a new season, one he cheerfully describes as “semi-retirement.” Ken has served in a variety of capacities at CCAR, first volunteering with CCAR back in 2000. He was instrumental in helping CCAR plan and host Recovery Walks! A man of utmost integrity (something I deeply respect), Ken served as a model for volunteerism within CCAR ultimately serving on the CCAR Board of Directors and finally becoming President. In 2005, he left the Board on very good terms because of a new employment situation; Yet, Ken continued to give his time whenever possible over the next several years. Finally, in 2011, Ken returned to CCAR as an employee where he consistently exceeded expectations. Join me in thanking the two of them in appreciation of their years of service. They have made us greater.

Blessings,

Phil Valentine
CCAR Executive Director
Person in Recovery: Established 1987

CCAR in the Community

Advocacy and Education

CCAR was launched as a recovery advocacy and educational organization in 1998 to portray people in recovery from alcohol and other drugs as living proof that recovery works. “During this past year, CCAR has become more intentional with managing and tracking our outreach by creating a new database to record staff and volunteer efforts,” according to Deb Dettor, who recently assumed a new role as Director of Advocacy and Education. Now we can see at a glance the diverse array of community sites and groups where CCAR has been a presence of recovery. Some ongoing key forums include the Alcohol Drug Policy Council, New England Women and Opioid Summit, community based opioid forums, Recovery High School Coalition, Manchester HOPE Initiative, and activities at the Pathfinders Group in Manchester. This year, we have also provided trainings about Medication Assisted Recovery in collaboration with the Behavioral Health Partnership through Beacon Health Options.



Deb Dettor
Director of Advocacy & Education

We have learned that constant outreach is needed to ensure that CCAR is a household name and that the people who need our services can find us. In 2016, CCAR logged 390 educational presentations, to an estimated total number of 10,333 people!



“Nothing is impossible; the word itself says, I’m possible!”



Recovery Works!

The CCAR *Recovery Works!* training is one of the components of the larger partnership called Recovery Oriented Employment Services, or ROES. This program works with people who are in early recovery and engaged in addiction treatment, and helps them overcome barriers to employment. InterCommunity is the other ROES partner, and their vocational staff meets with people to assist with resume writing and actual job searches. CCAR conducts the 9-module job seeking skills program in each of our 3 Recovery Community Centers and New London. In 2016, we had the highest number of participants in our last 5 years, and were happy to see more than 20% of them graduate and gain employment. The success of Recovery Works! was showcased in the Bridgeport Post this year, referring to Amy Yazmer as an “addiction recovery cheerleader.” Amy is proud to say the groups “don’t promise a job; but we empower (people) to look in the mirror and say ‘you’re OK.’” Participants continue to tell us this strategy works- their self-confidence grows and they are proud when they join the workforce.



Amy Yazmer
Recovery Works Manager
 860.967.0490
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Recovery Works year	2012	2013	2014	2015	2016
# CCAR participants	189	144	195	238	353
# who gained employment	52	62	93	82	69
Percentage employed	28%	43%	43%	34%	20%
# ROES graduates	70	53	28	27	75
Percentage grads	37%	37%	13%	11%	21%

*“I did not even know how to log on to a computer when I arrived.
 Now I am much more comfortable and at ease due to the help I
 received from the ROES program.”*

- ROES participant

Lionel Harris, ROES - Lionel told us, “CCAR has given me my life back, showing me many pathways to recovery. I remember being broke inside, not being able to tell the difference from the life I chose or the life I wanted to live. I saw other people that were so healthy and free of the invisible bars that my mind had made for me.” Lionel discovered that the groups, trainings and loving leadership of CCAR staff helped him regain a healthy attitude and develop courage and strength. CCAR helped him build a strong foundation for recovery, and he thanks God for this and for the many helping hands that supported him along the way.



Recovery Housing Project

Our Recovery Housing Project has undergone a series of significant changes this past year. Early in 2016, we switched gears to begin planning for certifying recovery houses using standards through the National Alliance for Recovery Residences (NARR). Our intention was to raise the bar for recovery homeowners to demonstrate and maintain quality standards in their houses, to better support people in recovery. We saw this as an important role for CCAR, which advocates for people in recovery. Ken Aligata worked closely with NARR leaders to learn from their experiences and to develop guidelines for CT certification. CCAR staff met with DMHAS to ensure our planning would meet their funding requirements, and Fred Way, Executive Director for the Pennsylvania Alliance for Recovery Residences, provided CCAR with program start-up training and consultation. After much promotion and website redevelopment, certification began this summer. Community members and providers expressed a good deal of interest in this certification process; and CCAR invested a lot of time in infrastructure development, technical assistance and initial inspections.

Along with this, CCAR has received hundreds of contacts from callers seeking recovery homes, and has provided referrals. We have maintained an online searchable database for recovery houses in CT. Trainings and webinars called “So, You Want to Open a Recovery House” were well attended throughout the year; and a Coalition of house owners and other members was facilitated by the Program Manager. He also provided phone and onsite technical assistance when requested.

CCAR lost its DMHAS funding for this project during the summer budget cuts, making our ability to sustain this initiative untenable. After several months of exploring ways to continue with certifying houses, we made announcements about program closure in December. We are sad to report all the services under this Project have been discontinued.



Ken Aligata
Recovery Housing Project Manager

Community Based Recovery Support



Rebecca Allen

Director of Recovery Support Services

860.920.7733

rebecca@ccar.us

According to Rebecca Allen, “2016 has been a year of great professional growth for me. My promotion to Director of Recovery Support Services has positioned me to continue my passion for promoting health and wellness for people in recovery. Our peer based support services truly help people develop skills to build their recovery capital and remove barriers that can otherwise derail the recovery journey.”

One of CCAR’s primary missions is to provide these recovery support services, offered by volunteers who are in recovery and recovery allies. All of our programs are designed to help participants build their recovery capital, enabling them to achieve and sustain recovery. Most services are available through CCAR’s 3 Recovery Community Centers and our 4th site in Bridgeport, the Young Adult and Families Project. This translates into a total of 30,612 daily sign-ins, which is a remarkable volume of people interacting with volunteers and staff as they seek recovery support! We are also launching an exciting new initiative that will dispatch Recovery Coaches to local emergency departments.

Recovery Community Centers and Young Adult and Families Project

Year	Trainings	Attendees	Events	Attendees
2016	444	2,671	1,879	24,043
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

This past year has been another busy one for staff and volunteers. CCAR’s 3 Recovery Community Centers saw 4,626 individuals walk through our doors to benefit from programs and services. We focused on expanding our Spanish recovery support through Telephone Recovery outreach calls and All Recovery Meetings. Our 3 centers have also provided more educational and support sessions for Gambling Recovery, as well as enhanced staff training. All of our centers are involved in local community events and service opportunities, with staff and volunteers serving as positive recovering role models. In 2016, staff from our centers met with researchers from Harvard Medical School, as part of a study led by John F. Kelly, PhD, focusing on the Recovery Community Center model. We are eager to learn about the outcomes of their findings.

CCAR conducts daily onsite training programs, and events which include daily All Recovery and other support meetings, job club, arts and crafts, computer skills training, and financial wellness groups, among others. This chart depicts the number of trainings, events and attendees over the past 5 years, with a spike of 27% more trainings conducted in 2016.

Bridgeport Recovery Community Center

Michael Askew notes, "BRCC has been a dynamic support and resource center for the Greater Bridgeport Recovery Community. We help recoverees access all levels of recovery support services through walk-ins and phone calls." In August 2016, this Center celebrated its 10th year as a recovery landmark in their community with an event that included the CCAR and recovery community members, Congressman Himes, Senator Gomes, and other organizational partners in attendance. BRCC continues to be a leader in Fairfield County, providing monthly Pardons Trainings to enable recoverees to get their criminal records erased. Staff and volunteers from BRCC are very active in their community, facilitating All Recovery Meetings at a local detox, meeting with Legislators and City leaders, and representing the faces and voices of recovery at events in the State Capitol.



Volunteer Coordinator
Elizabeth Torres
and Manager
Michael Askew



Keith Brayboy, BRCC Volunteer

- Keith started volunteering at the Bridgeport Recovery Community Center (BRCC) in September 2016.



He had heard Michael Askew speak about CCAR back in 2003 while in treatment and although he wasn't ready to become involved then, he remembered Mike and CCAR's mission to "put a face on recovery." Keith ended up in a shelter in Bridgeport and was looking for a safe environment and a place to be involved. "They welcomed me with open arms and I've never looked back." He quickly signed up to be a volunteer and has been trained as front desk receptionist, Telephone Recovery Support (TRS), peer facilitation and recently attended the Recovery Coach Academy (RCA). His positive attitude and leadership has really made a difference in the center. Keith feels that because of his desire to become a part of CCAR as a volunteer, he's found his purpose and that is to help others in recovery by becoming a Recovery Coach. "CCAR saved my life and I'm grateful to have the opportunity to give away what was so freely given to me."



Recovery on the Sound

49 Cannon Street
Courtyard Rear
Bridgeport, CT 06604
203.332.3303



Hartford Recovery Community Center

Virginia Adams states, “this year has been one of stability for center staff, who are engaged and enthusiastic about serving this community.” This center continues to log strong weekly attendance at All Recovery Meetings as well as a steady core of participants in their weekly LGBT Support Meeting. There has been great interest in the new Hope and Healing group, created in response to the ongoing national episodes of violent crises. This group focuses on participants’ knowledge of current events, sharing their emotional responses and offering healthy coping skills. In June, HRCC recognized parents and family members during a backyard cookout and also hosted 50 diners for a Thankful and Grateful dinner in November. The Hartford Center looks forward to expanding its group and office space to the second floor in January when CCAR Administration moves its offices to Charter Oak Avenue.



HRCC Manager Virginia Adams and Volunteer Coordinator Geraldo Rivera

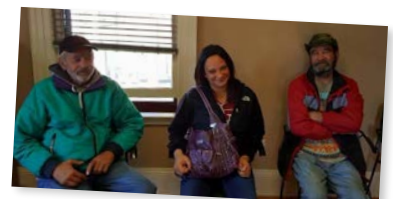


Teodola Hicks, HRCC Key Volunteer - “Baby steps, one day at a time.” That is Teodola’s motto. Teodola otherwise known to HRCC as Teddy is our featured volunteer. Teddy

relocated to Hartford when she was 5 years old; Teddy was introduced to drugs when she was 13. Feeling lost, alone and scared, Teddy continued to use. Making a decision to turn her life around, she began taking steps in a different direction. Those directions led her to the Hartford Recovery Community Center. Teddy began volunteering at the HRCC and was immediately drawn to the groups and the recoverees. Teddy shared that it was divine intervention. Since volunteering, Teddy has held many different positions at the center, including Telephone Recovery Support, Peer Group Facilitation and Receptionist.



Capitol Voices of Recovery
198 Wethersfield Avenue
Hartford, CT 06114
860.243.3343



Windham Recovery Community Center

Manager Nate Cleaver says, “our focus for the past year has been simple: developing a positive environment where recoverees can flourish in a safe place. The recovery community has strengthened with this goal, forming a protective shield around the sanctuary that is the WRCC.” This Center on Main Street, Willimantic got a new look this year as staff and volunteers painted the outside of the building. Staff worked closely with volunteers and community partners to obtain feedback and information that guided the development of new program offerings like Spanish All Recovery Support meetings and weekly yoga classes and game day. WRCC has continued to maintain a highly valuable relationship with the Center for Community Engagement at Eastern Connecticut State University, which provides students who serve as volunteers. These young leaders are a presence at the Windham Center for 3 days each week, helping recoverees with resume writing and job applications. We find they learn as much from recoverees as they are able to teach. Eastern students Makayla Mowel and Monica Muriel told us: “Week after week we'd sit in on these meetings (All Recovery) and listen to these strangers pour their hearts out right in front of us. They'd talk about success, they'd talk about failures, and they'd encourage each other to keep moving forward with their recovery no matter what obstacles stood in their way. What surprised us the most is that these people were just like us.”



Volunteer Coordinator
John Schwartz and
Manager Nate Cleaver



Jennifer Del Valle, WRCC Key Volunteer - Jenni has been a member of the WRCC community since the spring of 2016, and began volunteering in July. Her own journey brought her to the recovery center as a place of sanctuary, where she has turned her biggest weakness into her greatest strength. Like many of us, her life choices, influenced by mind altering substances, took Jenni to places she never would have dreamt of going and, having been in those places, has increased her capacity for love and compassion toward her fellow travelers. Her experience and fluency with local resources has been of great value to many members of the WRCC community and TRS recipients. Jenni is a hard-working student, loyal friend, patient listener and facilitator of substantive conversation. She understands and appreciates the inestimable value of human contact and encouragement in the recovery process. Jenni is quick to recognize the rewards of “giving back,” and makes our TRS recipients feel “a part of” not “apart from.” Jennifer Del Valle was recently hired by the U.S. Postal Service and anticipates a future full of personal growth and endless possibilities.



Positive Faces of Recovery
713 Main Street
Willimantic, CT 06226
860.423.7088



Young Adult and Family Project



Yolanda Dancy
Young Adult & Family
Project Manager
yolanda@ccar.us

CCAR's Young Adult and Families Project was very active with community partners and projects over this past year and has undergone a change in leadership. During 2016, the Manager and volunteers logged 47 outreach visits in which they shared about their recovery at high schools, treatment programs, and opioid forums, as well as college campuses, and through news media. Monthly networking forums and weekly recovery meetings offered support for Families, Friends, and Allies, All Recovery Support, and Writers in Recovery groups. Manager Yolanda Dancy is energized by the new connections being established and by renewed projects that are underway.



853 Fairfield Avenue
Bridgeport, CT 06605
203.870.9132

Volunteering at CCAR

Year	Hours Served	Volunteers	Hours per Volunteer	In-kind (CT Vol. Rate x Hours)
2016	26,551	496	54	\$737,321.27
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

"Not all CCAR volunteers work at one of our centers; some are active with the Young Adult and Families Project, the Board of Directors, our yearly Recovery Walk, and other projects at CCAR. In every center and with every project, you can see the light of recovery glowing within our volunteers, fueling their passions as well as warming those around them." These are the words of Conrad Sienkiewicz, who earned his Certification in Volunteer Administration in 2016.

Volunteers who serve have different reasons for doing so, and we learned that a number of them experience their volunteer role as their pathway of recovery. They have continued to teach us how their opportunities have led them along their healing road. As part of our learning, we led a workshop to teach others about Volunteerism as a Recovery Pathway during our Multiple Pathways of Recovery Conference in May. We had an energizing session filled with great dialogue as we further explored this concept.

Volunteer service helps people in recovery build their recovery capital, so we take care in creating service roles and accompanying training and support to assist with this process. The CCAR community revels in the transformation of volunteers and as we witness the light of recovery in action.

In each month, CCAR receives an average of 32 new volunteer applications and about 12 new volunteers begin work assignments. 2016 brought us more volunteers than the previous year overall; we had 496 volunteers provide us with 26,551 hours of service. This number represents 105 more volunteers than last year, which is a 21% increase. We also calculated the volunteer in-kind contribution amount, which reflects the value of services provided as \$737,321.27.



Conrad Sienkiewicz
Volunteer Manager
860.218.9476
conrad@ccar.us

11th Annual Volunteer Recognition Dinner

April 15, 2016

Hawk's Landing, Southington, CT

Gold Sponsor \$1,000

Value Options

Silver Sponsor \$500

InterCommunity

Copper Sponsors \$250

G. Norman Holland

JohnsonBrunetti

Standard Builders

Bronze Sponsors \$125

Central Naugatuck Valley Help

Wheeler Clinic

Business Card Sponsors \$50

AIM Insurance

Balance Within

Dr. Hambrook

Landons Tire

Friends

Al Boudr

Amy Yazmer

Annie Askew

Arno Groot

Betty Jackson

Bill Leary

Community Mental Health Affiliates

Dawn Smith

Dina Repinecz

Edward Shannon

Eileen Russo

Kevin Thompson

Liz Torres

Mark Bukes

Mary Gotlibowski

Melissa Jorsz

Richard & Sharon McCracken

Sally Patterson

Steve Weaver

*"Being a key volunteer
reacclimated me to having
responsibilities. Feeling trusted
helped me gain back my
integrity" - Frankie*

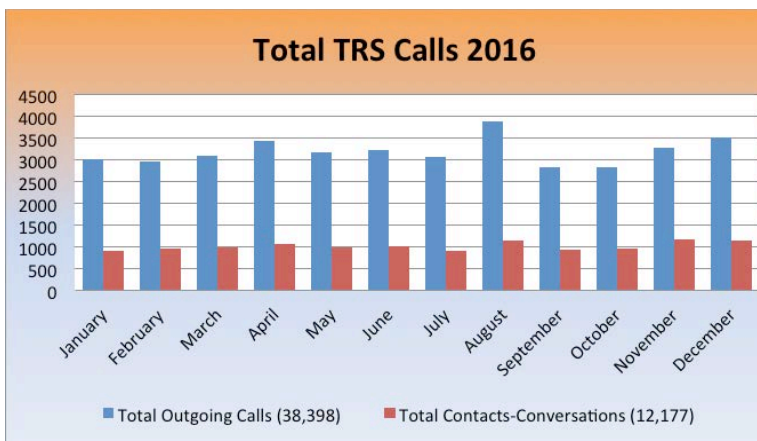
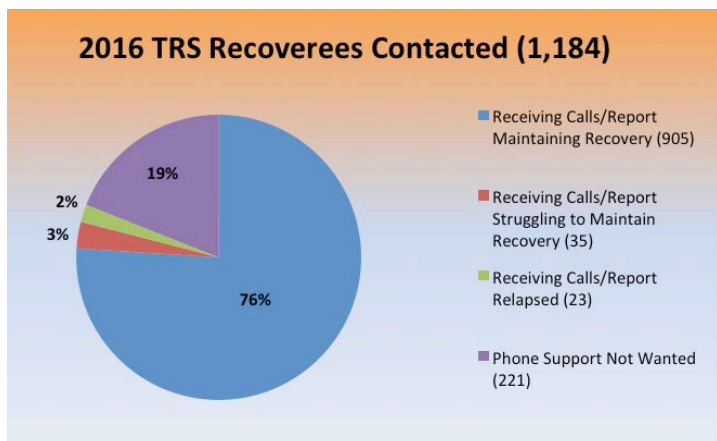
In 2016 over 496
volunteers donated
more than 26,000
hours.



Telephone Recovery Support

Telephone Recovery Support (TRS) continues to be one of CCAR's most popular and well-utilized recovery support services. Built on the simple concept of one recovering person reaching out to another, TRS continues to be a transformative experience for both the recipient and the caller. In 2016, over 75 trained volunteers made calls in our recovery community centers and in the Young Adult & Family Project. On average, over 550 recoverees are called each week. The recoverees receive support, encouragement and information about recovery resources, and our volunteers receive the satisfaction of helping a fellow recoveree in their healing process.

This year, we made contact with 169 more individuals than in 2015, which is a 14% increase. Volunteer callers made 4,093 more outbound attempts this year than last, which is an 11% increase and engaged in 14% more conversations, an additional 1,670. We also tracked our Spanish calls, and averaged 39 monthly Spanish speaking conversations. Staff have increased outreach to improve TRS access for recoverees in the Latino communities.



“Frankie” De Jesus, TRS Volunteer - Frankie first came to WRCC in January 2016. “I came for the A.R.M. meetings and within a month, I felt the need to give back.” Frankie started by helping to keep the center neat and organized. His exceptional artistic talent was immediately recognized by then Volunteer coordinator Nathan Cleaver, and WRCC attributes much of its unique look and personality to Frankie’s eye for all things visually striking. “I love making TRS Calls, chairing meetings, and just having great conversations with other members of the WRCC community.” Frankie became a key volunteer in the spring and is a pillar of the center. “I was honored to be given the trust of CCAR staff and the responsibility that came with it helped me to prepare for bigger, better things.” Frankie regularly attends and contributes to Recovery coach and recovery capital groups, and recently completed the Recovery Coach Academy which he describes as “Transformative,” and “mind-blowing.” He has recently started working at the Willimantic food co-op but still manages to “give back” and make significant contributions to the center on an ongoing basis.

Last year, we initiated a quarterly survey to measure recovery capital. As a result, we now track how the calls we make help recoverees build their recovery capital. Here are some of the highlights of these surveys:

- 16% response rate
- 99% report TRS calls help them not use drugs/alcohol
- 1/2 (49%) report high school or GED completion
- 46% plan to go back to school
- 3/4 (73%) of respondents reported their health as good or excellent
- 93% report they have health insurance
- 36% report attending IOP
- 55% report attending individual counseling
- 93% report their family and 86% report their friends are supportive of their recovery
- 88% report their gratitude level as good or excellent

Recovery Coaching

"Recovery coaching is booming at CCAR. We have well-trained volunteer coaches in all 3 centers who are helping recoverees build recovery capital, connecting them with resources and guiding them to search for their own answers within," according to Jim Higgins.

In our Centers...

Each of our Recovery Community Centers provides ongoing training and coaching opportunities for those who want to become recovery coaches. Last year, a total of 246 training groups and individual sessions were held with 339 individuals who were able to learn and practice coaching skills. In addition, monthly curriculum-based trainings were led in each center by Art Woodard, providing ongoing recovery coach development. We are happy to report that 11 recovery coaches secured employment this year!



Jim Higgins
Recovery Coach Program Manager
860.462.8695
jim@ccar.us



Regina McGarrah, Volunteer Recovery Coach - Regina McGarrah first checked out CCAR's Hartford Recovery Community Center in May 2016. She is in long term recovery and was a volunteer at Chrysalis Center for more than 2 years before coming to HRCC to "spread her wings." She has been flying high ever since. Regina first volunteered as a receptionist, then as meeting facilitator for journaling and healthy relationship groups and for All Recovery Meetings. Regina participated in recovery coaching sessions and went on to complete the CCAR Recovery Coach Academy in October. Since then, she has been active as a volunteer recovery coach, as a mentor, role model and keen active listener with whomever she has been engaged.

Emergency Department Recovery Coaching Initiative

CCAR Recovery Coaches will be called to emergency departments to meet people who arrive with opioid overdoses and alcohol and other drug related crises. These coaches will be trained as skilled professionals who can engage patients, family members and hospital personnel, and who can carry the message of recovery and hope. They will provide support and assistance to help people get into recovery or stabilize recovery when needed. CCAR is drafting agreements with four hospitals in Eastern CT that will have recovery coaches dispatched to their emergency departments as requested. Planned sites are Manchester, Windham, Backus, and Lawrence and Memorial hospitals.



Jennifer Chadukiewicz
ED Recovery Coach Manager
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jennifer@ccar.us

CCAR Administration

As a Director with CCAR's leadership team, Yoly's role is to manage administrative support, human resources, finance and technology functions. She is happy to report this was another incredible year!



Yolibel Lebrón
Director of Administration/HRO
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yoly@ccar.us



Laura Quintiliani
Administrative Support Coordinator
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CCAR's Administrative/ Human Resources department helped facilitate much new development in 2016. Staff roles were re-aligned to enable leadership staff to grow into new positions that better utilize their interests and talents. Deb Dettor is now Director of Advocacy and Education and Rebecca Allen was promoted to Director of Recovery Support Services. Two more administrative positions were also created; we welcomed Laura Quintiliani as Administrative Support Coordinator for CCAR and Lize-Anne Barker as Administrative Assistant for CART. As CCAR services and call volume expanded, Laura and Lize-Anne are providing much needed support in their roles. We are grateful for their help! Our Young Adult and Family Project also saw a staffing change, as we added Yolanda Dancy as our new Manager. CCAR is now at 19 full-time staff, with a total of 5 sites, housing many programs.

This past year saw the expansion of recovery support service offerings. CCAR is currently launching a Recovery Coach program that will operate in 4 eastern CT hospitals, and we are exploring the possibility of opening a Recovery Community Center in New London. Along with these, a move is underway for CCAR's Administrative staff, who will join CART staff at the CT Nonprofit Center in Hartford.

This year, CCAR is pleased to announce we had another great fiscal audit for 2016.

CCAR applied for, and was awarded, a Strategic Technology Grant through the Hartford Foundation for Public Giving. Our participation in technology training, consultation and financial resources will help us upgrade and better plan for technology to improve our program delivery. We were grateful to receive state bond funds that covered 30 replacement windows at our historic Hartford location, reducing our heating and cooling costs.

Great teamwork continued all year, especially during annual events like the Volunteer Recognition Dinner, CCAR Cup Golf Tournament, Recovery Walks! and our very first Multiple Pathways of Recovery Conference which was a big hit. Yoly personally thanks our wonderful volunteers who continue doing amazing work in helping others. She is a proud member of a Super Team!

Revenue vs. Expenses

Statement of Activities and Changes in Net Assets

For the year ended June 30, 2015

	2016	2015	2014	2013	2012
	Total	Total	Total	Total	Total
Revenues and other support					
Contributions and other public support	27,308	14,520	13,760	49,457	31,504
Government grants	1,214,752	1,206,939	1,117,108	947,912	932,426
Fundraising events	57,637	64,091	58,168	44,322	50,871
Service fees, contracts and other	624,864	420,515	400,979	355,243	334,839
In-kind contributions	16,542	14,303	7,129	9,780	3,412
Total revenues and other support	1,941,103	1,720,368	1,597,144	1,406,804	1,353,052
Expenses					
Program services – recovery activities	1,569,686	1,444,368	1,335,452	1,275,437	1,176,532
Management, general and fundraising	238,597	232,113	217,144	138,177	112,576
Total expenses	1,808,283	1,676,481	1,552,596	1,413,614	1,289,108
Change in net assets	132,820	43,887	44,548	-6,810	63,944
Net assets, beginning of year	170,099	126,212	81,664	88,474	24,531
Net assets, end of year	302,919	170,099	126,212	81,664	88,475

Special Events

Multiple Pathways of Recovery Conference

In May, professionals from across the country and the United Kingdom came together to explore the many pathways individuals use to get into and sustain their recovery. Over 30 speakers representing 20 different pathways of recovery presented throughout the 2 ½ days. Pathways represented included: 12 Steps (Alcoholics Anonymous, Narcotics Anonymous and Gamblers Anonymous), Yoga, Carribouddhism/ Nature & Buddhism, Celebrate Recovery, SMART Recovery, Individualized Recovery, LifeRing Secular Recovery, Medication Assisted Recovery, Faith-Based Recovery, Women For Sobriety, Red Road to Wellbriety, Phoenix Multisport, FitzRecover, Volunteerism and In the Rooms (virtual recovery). The opening keynote was a never before seen video interview of William White and SAMHSA's Tom Hill closed out the conference with an insightful recap of the previous days. This one-of-a-kind conference brought together over 300 old-timers, founders, CEO's, Executive Directors, Recovery Coaches, Peer Support Specialists, Recovery Center Managers, people in recovery, family members, friends and allies. It gave all the attendees an opportunity to network and share experiences and stories. One attendee shared, "This was an amazing conference, I love that it highlighted so many different pathways of recovery. Sometimes people get stuck in their ways and it is refreshing to see other ways."



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CCAR is proud of this conference and the outcome. After many requests, a second conference will be held in Punta Gorda, FL. Chiara, CCAR's Special Events Manager, welcomes you to join us in Florida!





3rd Annual CCAR Cup

The 3rd Annual CCAR Cup was an outstanding success! The event took place on June 15, 2016 at the Hawk's Landing Country Club in Southington, Connecticut. A Special thank you to the many golfers and sponsors!



Recovery Champions \$5,000

Hartford Dispensary
Turnbridge

Recovery Ambassadors \$2,500

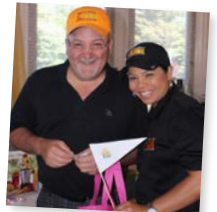
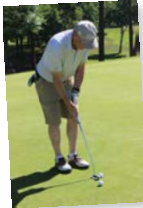
JohnsonBrunetti
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Recovery Network of Programs

Recovery Allies \$1,000

Midwestern Connecticut Council of Alcoholism
Newport Academy- Teen Treatment Center
Southeastern Council on Alcoholism & Drug
Dependence

Tee Sign Sponsors \$150

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Alpha Prison & Community Ministries
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Hartford HealthCare
High Watch Recovery Center
KardasLarson
Meaningful Trainings
New England Financial Group
One Day At A Time Painting
Peck Tuneski
Taschner Foursome
The Connection
The Wilson Company Realtors
Universal Ceramic Tile
W.B. Mason
Wheeler Clinic



16th Annual Recovery Walks!

Platinum Sponsors \$5000

Clinton Crossing Premium Outlets
CT Beacon Health Options
Department of Mental Health & Addiction Services

Gold Sponsors \$1000

Advanced Behavioral Health
Aware Recovery Care
Gilead
Pathfinders Association
Recovery Network of Programs
Wheeler Clinic

Bus Sponsor \$750

Anonymous

Silver Sponsors \$500

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Alpha Prison & Community Ministry
Bobs Discount Furniture
Hartford HealthCare Behavioral Health Network
High Watch Recovery Center
InterCommunity
Liberation Programs
McCall Center for Behavioral Health
Silver Hill Hospital
The Process Recovery Center
Toivo by Advocacy Unlimited

Copper Sponsors \$150

BH Care
Cathy & Jim Tsacoycanes - In loving memory of our son Chris Tsacoyeanes
10/7/83 - 6/22/12
Christopher Healy
CNV Help
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CT Narcotics Anonymous
DMHAS, Problem Gambling Services
Dungarvin CT
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Hotchkiss Publishing
O'Heaney Counseling

Upcoming Events

Save The Date
**12TH ANNUAL VOLUNTEER
RECOGNITION DINNER**
on FRIDAY, APRIL 28, 2017
from 5:30-10:00 P.M.
at HAWK'S LANDING COUNTRY CLUB
in SOUTHTON, CT

SAVE
THE
DATE

The 3rd Annual
**CCAR
CUP**

TO REGISTER VISIT WWW.CCARCUP.ORG

Wednesday, June 15, 2016

Hawk's Landing
201 Pattonwood Drive, Southington, CT

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

SAVE THE DATE!

Saturday, September 23, 2017

CT RECOVERY WALKS!

Bushnell Park - Hartford, CT

10:00 AM - 2:00 PM

 Multiple
Pathways of
RECOVERY
Conference

OCTOBER 23 - 26, 2017

PUNTA GORDA, FLORIDA

www.multiplepathwaysconference.com

CCAR's Center for Addiction Recovery Training (CART)



As Manager of CART, Stacy Charpentier is constantly looking for innovative ways to meet the diverse training needs of Recovery Coaches. She is gratified to see Recovery Coaches recognized for the valuable contribution they make to an individual's unique recovery journey. Skilled Professional Recovery Coaches are in demand and CART provides a variety of programs to ready them for that role.

In 2016, CCAR's Recovery Training Center partnered with a group of UCONN MBA students who focused on the marketing of CCAR trainings and products as their final graduation project. These students helped us realize the importance of elevating our Recovery Training Center to become a global leader in addiction recovery training. One of their recommendations was to propose a new name for our center which is how the Center for Addiction Recovery Training (CART) was born!

This year CART offered a monthly Live Webinar with Executive Director, Phil Valentine, positioning CCAR to become the standard of excellence for addiction recovery training. CART also provided onsite trainings and technical assistance to several states, including New Jersey, Florida, and New Hampshire; entered into a contract to license our trainings for Spain; and began conversations with representatives from Vietnam. In 2016, CART trainings were held over 400 times in 21 states across the country, with more than 3,000 participants. These numbers are both staggering and humbling. Clearly, our vision of becoming a global presence for addiction recovery training is on its way.



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Lize- Anne Barker
CART's Administrative Assistant
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Given the growth of training demands, Lize-Anne Barker was hired this year as CART's Administrative Assistant, enabling CART to focus on the many requests for technical assistance, curriculum development, and onsite trainings. Lize-Anne brings with her many years' experience working in the human services field, giving her a great deal of compassion and understanding when responding to the high volume of calls that come into the center on a daily basis.

CCAR Recovery Coach Academy

Earlier this year, CART reached a milestone when more than 10,000 coaches were trained as Recovery Coaches through the CCAR Recovery Coach Academy!

Stacy Charpentier notes, “What began as a training to help our own volunteers has grown to the point where it is impossible to know how many people have been touched by the RCA. Our tagline reads Transformed People, Transform People, and we may never know the vast number of lives that have been saved through recovery coaching and the RCA.”

You can see from this chart that CART supported more than twice as many Recovery Coach Academies across the country as in the previous year and the number of new trainers rose by 31%.

Year	RCAs Held	Number of RCA Participants	Number of Trainers Trained
2016	351	3258	176
2015	160	1863	121
2014	142	1334	113
2013	121	1741	136

Recovery Coach Professional (RCP) Designation

CART is invested in advancing the role of Recovery Coaching by creating a new professional standard for Coaches who achieve specific training requirements and readiness levels. Instead of relying on a written exam process, which measures competencies through the knowledge of science, CART has created an interview process to determine competence. CCAR believes that successful Recovery Coaches must also demonstrate the ART of coaching and this designation recognizes their skill.

CART Trainers Symposium

In November, CART brought together 38 Trainers for a 2 day symposium at the Wisdom House Retreat Center in Litchfield. The purpose of this gathering was to celebrate the efforts of the active RCA trainers and to solicit their feedback about ways CART can promote CCAR’s Recovery Coach Academy and other training curricula as products that will be in demand in our country. This event made it clear that CART is greatly respected in the emerging field, and supported by many who want to see Recovery Coaches flourish as exceptional professionals.



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