



***CCAR envisions a world where the power, hope and healing of recovery from alcohol and other drug addiction is thoroughly understood and embraced.***

# Annual Report 2008

October 1, 2007 – September 30, 2008

*“One of the bright organizational stars of the New Recovery Advocacy Movement is Connecticut Community for Addiction Recovery (CCAR). CCAR became an early model for diverse grassroots membership, collaborative influence on state policy, innovative media for recovery education, annual “Recovery Walks!” celebration, a focus on family and their recent development of regional recovery community centers.” – Bill White, December 2006.*

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## TABLE OF CONTENTS

CCAR Board of Directors.....	1
Executive Director Summary.....	2
Joel Hernandez Voice of the Recovery Community Award.....	3
Volunteer Management System.....	4
Recovery Community Centers.....	5
Recovery Housing .....	9
Telephone Recovery Support.....	9
Recovery Oriented Employment Services.....	10
Recovery Walks!.....	12
Legacy of Hope.....	14
Recovery Training Series.....	15
Recovery Technical Assistance Group.....	16
Recovery Coach Academy.....	17
Sustainability.....	19
Our Supporters.....	20
CCAR Time Line.....	21
CCAR Staff.....	24
Attachments -TRS Brochure, CCAR Organizational Chart	

## **CCAR Board of Directors as of November 13, 2008\***

<b>William “Bill” Leary</b>	President
<b>John Hamilton</b>	Vice President
<b>Mary Painter</b>	Treasurer
<b>Roberto Garcia</b>	Secretary
<b>Gregory Atterberry</b>	
<b>Edwin Rivera-Pacheco</b>	
<b>Carmen Roldan</b>	
<b>Judith Stonger</b>	
<b>Anton “Tony” Taschner</b>	Past-President

\*if Slate of Candidates as presented at the Annual Meeting on November 13, 2008 is approved

### **Mission Statement**

The Connecticut Community for Addiction Recovery (CCAR) organizes the recovery community (people in recovery, family members, friends and allies) to

- 1) put a face on recovery and
- 2) provide recovery support services.

By promoting recovery from alcohol and other drug addiction through advocacy, education and service, CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

## Executive Director Summary

Hi everyone,

This year has been a roller coaster of accomplishments, big changes and weathered storms. And yet, the future is one of hope and optimism. Perhaps our greatest honor of the year was bestowed upon us when Faces and Voices of Recovery awarded us the Joel Hernandez Voice of the Recovery Community Award. CCAR hosted an incredible Oldtimers Conference where we “Celebrated a Legacy of Hope”. Pat Howard, our long time Office Manager retired in December. This was a bittersweet farewell and not a complete good bye as she still works as our bookkeeper. Thank God that Yoly Lebron stepped in seamlessly. Kim Turner-Haugabook, the New London Recovery Community Center Manager also moved on to a challenging and rewarding position with the Stonington Institute. We’ve had our share of personnel changes (for a variety of reasons). These have strengthened us, tested us and I believe have fortified us into a strong, resilient, innovative team. I’d sail with this crew into any sea in any weather conditions.

Many of you know that we went through a civil suit trial that consumed a great deal of time and energy. I wrote about it in the September “Hooked on Recovery”. As CCAR comes out the other side, I believe we are a much stronger agency, so in some odd sort of way I am grateful for the experience. I never would have thought so during it. Our Personnel Policies and Procedures have been tested, every word scrutinized and as a result only minor changes were needed. I realized how much the staff care and support me, not only me but CCAR. And ultimately, I learned how much the CCAR President of the Board, Tony Taschner loves and supports this organization. Tony was by our side through the entire time, never missed an appointment with the attorney, attended every day of the actual trial and was immeasurable support to me personally – always there for me to talk to, to vent and to shed a tear. It’s hard to fathom that Tony will be stepping down as President; he believes in rotation of Board leadership. Yet again, I know it’s the right thing. I want to take this opportunity to publicly thank Tony, for being a pillar of strength for CCAR and for setting a wonderful example of what servant leadership is. Thank you. We love you.

Finally, CCAR is operating now without federal funding. For 10 years and 3 grant cycles CCAR was a Recovery Community Support Program (RCSP) grantee, however in fiscal year 2009 there was no RCSP funding cycle to apply for. Don Coyhis, the leader of White Bison and the only other Recovery Community Organization (RCO) to have RCSP funding for 10 years, has talked about the seasons of an organization. Our three grant cycles coincide with spring, summer and autumn. We are beginning the winter season. Winter has its dangers, but also has its beauty. True, we are running on less staff than ideal. Yet, DMHAS (Department of Mental Health and Addiction Services) are our biggest supporters and have seen to it that none of our Recovery Community Centers will have to close. Thank you, thank you, thank you. Also, in this winter season, we are now starting to harvest the seeds we have planted in the prior ten years. CCAR has started RTAG, the Recovery Technical Assistance Group and is currently offering consulting and technical assistance services to other RCO’s nationwide. We are highly optimistic that RTAG will become a source of reliable income as we share our experience, strength and hope.

So read on as we summarize some of the major highlights for the year and many blessings to you and your loved ones,

Phillip Valentine

In recovery since December 28, 1987

## Joel Hernandez Voice of the Recovery Community Award



Faces & Voices of Recovery established The Joel Hernandez Voice of the Recovery Community Award to recognize one local, state or regional recovery community organization for its success in assessing the specific needs of their community and carrying out a vision and mission of mobilizing resources within and outside the recovery community to increase the prevalence and quality of long-term recovery from addiction to alcohol and other drugs.



Here's what Faces and Voices of Recovery wrote: The Connecticut Community for Addiction Recovery (CCAR) exemplifies the power of the organized recovery community. CCAR was founded in 1999 and from the start, under the leadership of its first Executive Director Bob Savage, has embraced all pathways to recovery and lifestyles of recovery. Today CCAR is led by Executive Director Phillip Valentine.

Public education, policy advocacy, and peer recovery support services are the hallmarks of CCAR's vision. Since CCAR held its first Recovery Walks! In September 2000, CCAR's other public education activities include hosting its own cable access TV shows showcasing recovery stories and sharing hope with the broader community; trainings on a variety of topics; quarterly newsletters; an interactive website; widely distributed articles and columns, and much more.

CCAR is a strong and effective advocate at the local, state, and federal level for policies that support recovery. For example, each year it hosts "Legislative Breakfasts" to educate legislators about recovery and CCAR state-wide activities that are supporting recovery. In 2006, CCAR's Executive Director spoke at a US Congressional briefing on the Recovery Community Services Program.

CCAR is well-know for its successful engagement of the recovery community in providing peer-based and other recovery support services. In 2007, CCAR volunteers gave over 10,000 hours to help people seeking or in recovery through the organization's four Recovery Community Centers. Each Center holds regularly scheduled workshops, trainings, meetings, services and social events. Growing numbers of people are using these innovative recovery support services and CCAR is recognized nationally for its success. CCAR has generously shared its experiences with recovery community organizations across the country.

CCAR has demonstrated the tremendous positive impact that a recovery community organization can have on the lives of individuals, families and communities. Faces and Voices of Recovery is pleased and honored to award the board, staff and members of the Connecticut Community for Addiction Recovery the first Joel Hernandez Voice of the Recovery Community Award.”

On June 18, 2008 several staff and Board Vice President Bill Leary went to Washington, DC to receive the award. Joel Hernandez’ daughters spoke movingly about their dad and how proud they and other family members were of him, the award and CCAR for being its first recipient. Bill Leary accepted the award from Faces & Voices Board Chair Merlyn Karst on behalf of CCAR Board, staff and volunteers.

## **Volunteer Management System**

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The Volunteer Management System (VMS) is thriving under the leadership of CCAR’s Volunteer Manager Normajeon Cefarelli. The VMS is the key to CCAR’s success and the backbone of our organization. It has become part of our organizational culture. At staff meetings, public presentations and in conversations with the recovery community, the importance of our volunteers is consistently emphasized. An active volunteer force generates more positive results than paid staff could possibly accomplish alone. Our volunteer force is growing as shown by the following three tables that illustrate the hours contributed over the last three fiscal years.

<b>Fiscal Year 2008</b>		
<i>Quarter</i>	<i>Hours Served</i>	<i>Connecticut Volunteer Rate (\$25.75)</i>
Oct 1 – Dec 31, 2007	2,987.00	\$76,915.25
Jan 1 – Mar 31, 2008	3,148.50	\$81,073.88
Apr 1 – Jun 30, 2008	2,918.25	\$75,144.94
Jul 1 – Sep 30, 2008	2,924.95	\$75,299.44
<b>Total</b>	<b>11,978.70</b>	<b>\$308,433.51</b>

<b>Fiscal Year 2007</b>		
<i>Quarter</i>	<i>Hours Served</i>	<i>Connecticut Volunteer Rate (\$21.70)</i>
Oct 1 – Dec 31, 2006	1,451.25	\$31,492.13
Jan 1 – Mar 31, 2007	1,805.50	\$39,179.35
Apr 1 – Jun 30, 2007	2,361.00	\$51,233.70
Jul 1 – Sep 30, 2007	2,687.75	\$58,324.18
<b>Total</b>	<b>8,305.50</b>	<b>\$180,229.36</b>

<b>Fiscal Year 2006</b>		
<i>Quarter</i>	<i>Hours Served</i>	<i>Connecticut Volunteer Rate (\$21.70)</i>
Oct 1 – Dec 31, 2005	919.25	\$19,947.73
Jan 1 – Mar 31, 2006	1,274.25	\$27,651.23
Apr 1 – Jun 30, 2006	1,250.25	\$27,130.43

Jul 1 – Sep 30, 2006	1,670.50	\$36,249.85
<b>Total</b>	<b>5,114.25</b>	<b>\$110,979.24</b>

Just one component of running a successful Volunteer Management System is to provide training. Below is a table that shows the training we have conducted for CCAR volunteers.

**Summary of Volunteer Training Activity October 1, 2006 – September 30, 2007**

<b>Date</b>	<b>Training</b>	<b>Location</b>	<b>Attendees</b>	<b>Trainers</b>
02/28/08	Volunteer Orientation	WRCC	8	Normajeane Cefarelli
03/14/08	Volunteer Orientation	BRCC	8	Normajeane Cefarelli
05/15/08	Peer Facilitation	BRCC	4	Normajeane Cefarelli
05/21/08	Volunteer Orientation	WRCC	6	Normajeane Cefarelli
06/24/08	Volunteer Orientation	HRCC	7	Normajeane Cefarelli
09/15/08	Peer Facilitation	HRCC	5	Normajeane Cefarelli
09/22/08	Volunteer/Orientation	WRCC	12	Normajeane Cefarelli
10/14/08	Volunteer/Orientation	BRCC	6	Normajeane Cefarelli
		<b>Total</b>	<b>56</b>	

CCAR's VMS has all the components of a comprehensive program including recruitment, interviewing, selection, screening, job descriptions, scheduling, supervision, evaluation and recognition. Our big recognition event is in April, National Volunteer Recognition Month. CCAR hosts a dinner and provides some top-flight entertainment to show our appreciation for each and every volunteer.

**Recovery Community Centers (RCCs)**

A Recovery Community Center (RCC) is a recovery oriented sanctuary anchored in the heart of the community. It exists to put a face on recovery, to build recovery capital and to serve as a physical location where CCAR can organize the local recovery community's ability to care. An RCC is not a treatment agency; it is not a 12 Step club; it is not a drop-in center although aspects of all of these are apparent. An RCC will deliver peer-to-peer recovery support services using its volunteer force as the deliverers of these services. An RCC is not a place for people to simply hang out, watch TV, play cards or pool and attend a daily meeting. We are not seeking to duplicate existing resources. Yet, an RCC will host specific social events. An RCC is not a drop-in center whose primary purpose is to refer and help people get into treatment. Obviously, people in need of help will enter the RCC and we will do everything in our power to assist them.

An RCC maintains a structured schedule where recovery-related workshops, trainings, meetings, services and social events are consistently delivered. An RCC targets people in recovery, family members and friends to serve as CCAR volunteers, who in turn help those coming up behind them. An RCC is a place where a person with long-term recovery can give back. An RCC is also a place to find workshops, training and educational sessions to enhance one's own recovery. An RCC exists as a recovery resource for the local community. ~Taken from the Core Elements of a Recovery Community Center posted on the CCAR website.

## Windham Recovery Community Center (WRCC) “Home of Positive Faces”



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The Windham Recovery Community Center is CCAR’s first RCC having officially opened in January 2004. Foot traffic is heavy, very heavy in the WRCC. Over this last year, more than 15,000 people signed in. The traffic is so heavy that the WRCC moved down the street to a site with more space at 713 Main Street. For the purposes of this report, we will pull some segments of several reports to illustrate the various services, activities and advocacy generated in each of our RCCs. These summaries are from Diane Potvin, Recovery Community Center Manager in Windham:

- The WRCC had a very successful Karaoke for Christmas. We sang Christmas songs and noticed a young boy about 7 years of age that comes to meetings but rarely speaks, getting a hold of the mike and singing his little heart out. It was beautiful.
- Our Old Timers meeting is still a success with about 7-10 people in attendance. Probably in the room is about 200 years of sobriety and EVERYONE is getting something out of it. There is a older gent that has retired and has 20+ years of recovery. He goes to his home group each week but his wife has become a gambler and has gambled all their retirement away. They are going to lose the house, etc and he is already walking around with oxygen. There is a lot of discussion on how the sponsees in our life affect us, lots of support there and great experiences and advice.
- One of our members ‘had a dream’ and it is coming true for him. He and his wife wanted to start a sober/safe place for recovering people to enjoy music and socializing. He asked me if CCAR would host and it has taken off since. We have had up to 40 people at the once a month event and has started to draw from around the state, even Rhode Island.
- The WRCC organized a whale watch however, no whales were seen but the camaraderie was worth it all.
- WRCC hosted a dental clinic, cleaning and/or x-raying recoverees. For some it was the first time in many years. One fellow made sure he came upstairs to my office to say “thank you”.
- Wellness Day was a great success this year with about 35 men and women in attendance. There was information on healthy sexual relationships, back and foot massages, drumming, knitting circle and great fellowship.
- On July 4<sup>th</sup> the recovery community marched in the parade, putting a smiling face on recovery as we got many hooray’s from spectators.
- Meditation Group - Yoga and stress reduction instructors come in and work with recoverees on how to meditate and relax.
- Charlene Perkin Program - This is a program at York Correctional Facility for Women, where we bring a speaker in and talk about CCAR and how they can connect with us upon release.

## **New London Recovery Community Center (NLRCC) “Seaport of Recovery”**



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- William Johnson Middle School in Colchester- Guidance counselors at this middle school requested CCAR to come in and speak to their 7th & 8th graders about addiction & recovery during their health week

which focused on drugs and alcohol use.

- The NLRCC held its 3rd annual Comedy Show at Connecticut College. Attendance was down slightly from the previous year with 150 people.
- The NLRCC debuted an Open Mic Night. The recovery community responded with enthusiasm and gratitude. Gifts of recovery were expressed through a variety of spoken word, singers, poetry, bands and acoustic guitar playing. All performers displayed their talents free of charge. Approximately 175 people attended the event and were inspired throughout the evening with the talents and messages of what recovery means to them as performers.
- In conjunction with the Connecticut Certification Board (CCB), the NLRCC held a variety of educational trainings: CCB Recovery Supports, Stages of Change, and Ethics and Preparing for Certification. Approximately 91 people participated including John Haugabook, a volunteer at NLRCC who received his Councilor in Training Certification.

## **Bridgeport Recovery Community Center (BRCC) “Recovery on the Sound”**



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- The Mayor of Bridgeport visited the BRCC where he saw the CCAR overview presentation and CCAR members shared their stories and answered questions. The Mayor seemed to be interested. He offered some suggestions

like having the city council meet here one night to talk about the sober house issue.

- The BRCC helped several individuals with writing resumes and job searches.
- The BRCC is a meeting place for Narcotics Anonymous H & I sub-committee, Public Information and Phone line sub-committee and a men’s meeting. The Greater Bridgeport of Continuum of Care also meets in the BRCC quarterly.
- The BRCC was very active in the Recovery Voices Count Campaign; two town hall meetings were held. One in Meriden that was very successful we had State Rep. Donovan, and State Senator Toni Harp, along with representatives of the local recovery community. The local newspaper published an article

on the event. The second one was held at the BRCC, a representative from Christopher Shays's office and Senator Gomes attended. One volunteer Yvette attended the event and became passionately involved in the Legislative process; she was inspired and began working for Jim Hines who won.

- The Recovery Voices Count Campaign was able to register 130 voters at Recovery Walks!
- The BRCC has representatives speak at several local programs.
- The BRCC held a "Recovery Bingo" night. People came to the BRCC that had never heard of CCAR and \$90.00 was raised.

## **Hartford Recovery Community Center (HRCC) "Capitol Voices of Recovery"**



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The traffic at the HRCC continues to increase. Neighbors refer to us as the "Recovery Place". What follows are excerpts from reports written by Laurie Fresher.

- The HRCC held a 10-week financial training that included topics like: Knowing your Dreams, Values and Goals, Anticipating Obstacles and Life Events, Financial Institutions and the services they offer, Investing 101, etc. Participants found the series valuable and useful.
- The HRCC held its first Halloween party. There were prizes for best costume, singing, dancing and an awesome light show. Everyone enjoyed themselves.
- Participants personalized Christmas ornaments by adding their name and sobriety date, in honor of someone's sobriety or in memory of someone and placed them on our "Recovery Tree".
- The HRCC hosted a 5 week introductory yoga class. This was a very welcome addition to the calendar. The class filled up immediately.
- The HRCC hosted a Clothes Closet on October 19<sup>th</sup> and had a good response. 18 people attended. Volunteers helped set the event up. We had referrals from DCF and other area programs and recovery houses. One family came from a shelter in East Hartford.
- The HRCC hosted its one year anniversary celebration. 67 people signed in but more attended. There were over 45,318 days of clean time represented. Speakers from Cheney House and Fresh Start were followed by the Recovery Road Show, 5 musicians in recovery.
- A Coffee House/Open Mic night at the HRCC had over 50 people in attendance, standing room only. The entertainment was great and a CCAR member stated "it was history making with the recovery community and the co-occurring community coming together."
- CCAR hosted a Latino Focus group at the HRCC for the Office of Multicultural Affairs of DMHAS
- CCAR hosted the Winners Circle National Planning Workshop at the HRCC.
- Healing Drum Pilot - the HRCC in collaboration with Springfield College School of Human Services hosted a group for Parent's in recovery and their children to learn the valuable ancient art of and healing that drumming offers while building community, self esteem and self awareness.
- GED class - this program is being offered in collaboration with Advocacy Unlimited.

## **Recovery Housing Project**

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The Recovery Housing Project continues to thrive thanks to the dedication and expertise of Cheryle Pacapelli, CCAR Director of Operations. She reports:

The [www.findrecoveryhousing.com](http://www.findrecoveryhousing.com) website was officially launched in July 2008. The website is getting many hits and currently has 78 houses listed. Wheeler Clinic was the first provider to purchase a subscription followed closely by the Department of Corrections which purchased 4 subscriptions. Cheryle Pacapelli has been providing training to both Recovery House Owners and providers new to the website. Currently the houses that are listed have a free subscription but will begin paying a small fee to be listed in January 2009. CCAR continues to give out 100+ referrals a week using [www.findrecoveryhousing.com](http://www.findrecoveryhousing.com). This project will be the major focus of 2009, as we begin to market the product across the state and across the nation.

The Recovery Housing Coalition of Connecticut (RHCC) meets regularly on the 1<sup>st</sup> Tuesday of the month at the Hartford Recovery Community Center. The Coalition continues to grow and has had substantial influence in helping new recovery house owners establish their houses. For new house owners the Coalition has been a valuable resource to begin networking and establishing themselves in the unique field of Recovery House ownership. The RHCC continues to tackle extremely difficult issues, the latest of which has lead them to relook at the Recovery Housing Coalition Standards and update them to include a policy on ethics and Recovery House Ownership.

Recovery House Training: "So, You Want to Open a Recovery House?" was held four times this year Cheryle Pacapelli fields upwards of 150 calls per year from people who are interested in opening a recovery house. This training is one of the most popular trainings CCAR offers. Over 40 people attended the training and CCAR provided one-on-one technical assistance to 20 new owners regarding setting up rules and policies, insurance requirements, drug testing kits and marketing for their programs.

The Prison Fellowship, working in collaboration with CCAR in support of recovery housing, has sent out a fundraising letter. To date CCAR has received \$3,589 from local community churches that support recovery housing.

## **Telephone Recovery Support**

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Attachment – TRS Brochure, Enrollment Form

A recoveree receives a phone call from a trained CCAR volunteer (usually a person in recovery) once a week for 12 weeks to check-in on the recoveree's progress. It continues to provide support and hope to everyone involved. In the NLRCC: "This quarter we had a feature article written by the Waterford Times

entitled, "A Reassuring Voice". The interview was a direct result of Linda Hunter's (Telephone Recovery Support Coordinator) outreach efforts in promoting our TRS program. The article stressed the importance of the program, Linda said, "the program helps to prevent relapses and it helps both the volunteer who's calling the person and the person who receives the phone call." From the HRCC: "The TRS program is going tremendously well in Hartford. The feedback from the volunteers has been extremely positive, and almost all of them say that making the calls is very rewarding, and they feel like it does more for their own recovery than the person receiving the phone call."

CCAR is currently receiving referrals from 37 different providers across the state, enrolling 1,285 new recoverees in the past year. The average time period that each recoveree is involved in Telephone Recovery Support is 19.85 weeks. Our recoveree with the longest length of stay in the program has 1,000 days enrolled in the program, or just under 3 years! 45% of the referrals are coming from Recovery Houses that are part of the Recovery Housing Coalition of CT. The largest referral from a treatment provider is from ADRC. CCAR volunteers placed 24,951 outbound calls to recoverees across the state. Of those calls, we reached them 8,184 times (33% of the time). When we spoke to them, 7,842 times (95.8%), recoverees reported that they were "in recovery". Only 234 times (2.85%) did recoverees report that they had relapsed. Kevin Hauschulz reports "One volunteer helped to save one of our recoveree's lives. In this situation, the recoveree said he was having suicidal thoughts, and after conferring with myself, the volunteer called Mobile Crisis and told them the situation. After Mobile Crisis, the house manager, and my volunteer talked with the individual, it was determined that this individual needed a higher level of care temporarily. The individual was so grateful that someone actually cared about him, and was very grateful to be a part of Telephone Recovery Support. Subsequent calls to this recoveree have shown him to be in a much better space after a brief hospitalization."

## **Recovery Oriented Employment Services (ROES)**

Diana Desnoyers, Recovery Oriented Employment Services Coordinator, was hired in June and hit the floor running! Diana's work has been beyond exemplary and the curriculum she has developed could prove to be a national standard for excellence.

Diana's work is thoroughly researched, thoughtful, tested and retooled. Her reporting is extraordinary. What follows are excerpts from the first three months of the project. She reports about the curriculum:



The final editing of modules one through seven is complete. The eighth module is yet to be designed and is awaiting early implementation feedback and discussion. The language rating of the training series is between the sixth and eighth grade level. Listed below is a list of the training modules with a short summary of their objectives.

### **Module One: Financial Basics and Time Management**

- Develop healthy spending practices and budgeting strategies.
- Organize training and education commitments.
- Build personal set of goals to include all recovery, education, and training obligations, and job search options.
- Create a time management plan for juggling family, personal, recovery, treatment,

training, and housing commitments and employment search requirements.

### **Module Two: Employment Risks for Early Recovery**

- Understand recovery thinking and develop recovery thinking strategies.
- Practice overcoming triggers and obstacles that are specific to early employment.
- Discover how to transform power to change the shape of a situation.
- Create a personal recovery power star.

**Module Three: Transferable Skills and Resume Development**

- Develop a skills inventory for use in resumes and during an interview.
- List responsibilities and skills for each job.
- Learn how to build a resume.
- Create a finished resume.

**Module Four: Cover Letter & Job Search Strategies**

- Create personal cover letter template.
- Learn strategies for staying positive during a job search.
- Introduction to the major job search and posting sites.
- Discover how to post resumes online.
- Learn a variety of job search techniques.
- Steps to follow up with employers.

**Module Five: Interview Skills**

- Articulate issues specific to early recovery during an interview.
- Learn how to summarize skills and employment history.
- Create a personal study guide.
- Discover accepted norms, dress, and behaviors.
- Practice interviewing skills.

**Module Six: Recovery Thinking into Workplace Ethics**

- Learn to identify the value in recovery thinking.
- Discover how recovery thinking can be used to develop positive work ethics.

**Module Seven: Common Work Challenges**

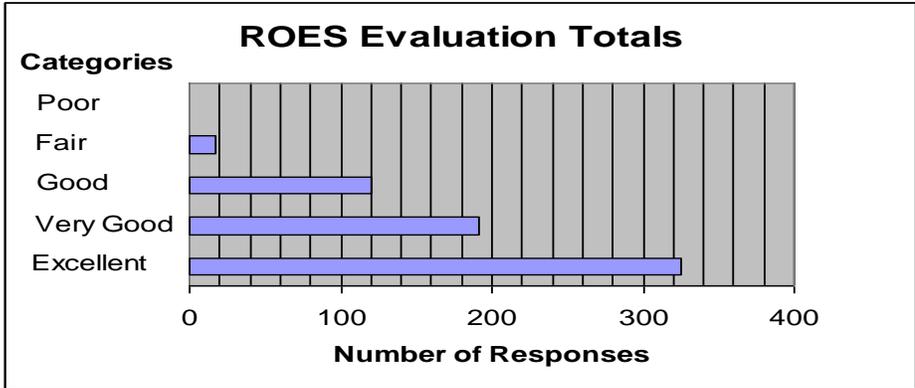
- Discover Individual Learning Styles
- Interpersonal Inventory Assessment
- Communication Skills to assist with recovery while at work.
- Communication Role Plays

**Module Eight: Employment Support Group**

ROES recoverees completed evaluation forms after each module. The questions ask recoverees to (1) list three things they have learned that they didn't know before the training and to (2) list three ways they will use what they learned to maintain their recovery.

A sampling of what recoverees learned from the modules include: the knowledge of combining recovery with working, being positive during job search, staying focused, self-worth, how to answer questions dealing with their criminal history or recovery during an interview, learning to be independent, to continue looking for a job with a high rating of support, people see them very differently then they see themselves, which work ethics are the most important to them, that personal growth is OK, personal traits, compiling resume, action words, summary statements, learning styles, interpersonal styles, how to use feeling statements, how to frame issues to take the emotion out of them, how to resolve issues, active listening, ways to deal with situations, to work on confidence, new online job sites, networking, how to build a resume online, cover letter, how to go on the internet to find a job, and employment services.

A sampling of how recoverees will apply what they learned for their recovery include: Following through, passing what they learned onto others, being committed, staying involved with the sober community, reaching out for help, learning more about self, staying in meetings, the knowledge that they have the tools and the power to use them, to not be judgmental, be a good listener, knowing what to say and when, working the steps, one day at a time, the better resume I write the better job I get, do healthy projects, be with other clean people, maintain network, listening, I statements, how to express myself, calling friends, balancing work and recovery, keeping recovery first, work on weaknesses, use free time to find a job, work hard, and stay clean and busy. One recoveree suggested more time is needed for trainings because he needs "more time [his] brain moves slow [and he] thinks of stuff after [he] leaves."



CCAR is in the process of reaching out to business referrals in the Hartford and Willimantic areas requesting their participation in a focus group. Staff will then convene the focus group within a breakfast meeting setting, give an overview of the ROES Program, and develop a dialogue on what things are important to business owners when hiring people in recovery. Staff will also ask for referrals to be used for future collaborations. See attachment DMHAS info brief on ROES.

### Recovery Walks! 2008

Recovery Walks 2008 - CCAR's 9<sup>th</sup> Annual Walk for Recovery was held in Bushnell Park on September 20, 2008. The event was extremely successful, with live entertainment, food and speakers. Hartford Mayor Eddie Perez cut the ribbon, CCAR's Diane Potvin emceed, WFSB TV3 News anchor Kara Sundlun kicked off the walk and DMHAS Commissioner Tom Kirk offered words of encouragement. Once again, the Honor Guard put their face on long-term recovery and led the walk to the capitol representing over 1,500 years in recovery. The pictures below speak volumes for this event.

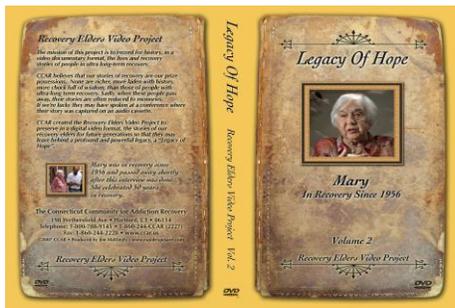






**2009 Recovery Walks!**  
**Saturday, September 19<sup>th</sup>, 2009**  
**10<sup>th</sup> Annual Walk for Recovery from Alcohol & Other Drug Addiction**

**Legacy of Hope: Recovery Elders Video Project**



The mission of this project is to record for history, in a video documentary format, the lives and recovery stories of people in ultra long-term recovery. CCAR believes that our stories of recovery are our prize possessions. None are richer, more laden with history, more chock full of wisdom, than those of people with ultra-long term recovery. We're talking about people with 20, 30, 40 or more years. Sadly, when these people pass away, their stories are often reduced to memories. If we're lucky they may have spoken at a conference where their story was captured on

an audio cassette. CCAR created the Recovery Elders Video Project to preserve in a digital video format, the stories of our recovery elders for future generations so that they may leave behind a profound and powerful legacy, a "Legacy of Hope." Each 30-minute video consists of an interview with the elder, interviews with family members and friends, photos from the elder's life, supporting documents, B-roll footage of places of interest and more. The first 5 videos were made possible through a grant by the Connecticut Department of Mental Health and Addiction Services (DMHAS) and thanks to another Innovative Recovery Initiative grant from DMHAS in the spring of 2008, CCAR was able to record 8 more stories bringing our total to 13. They have all been reproduced and are currently being distributed to every recovery house in Connecticut free of charge. The elder has also received 25 copies of their video to

distribute as they see fit. CCAR will also send copies to archives, museums, treatment agencies and the general public at a nominal fee to help cover production costs.

## **Recovery Training Series**

Over the last year, CCAR's Recovery Training Series has continued to be an integral piece to our recovery support and is summarized in the chart below.

**Chart: Summary of CCAR Recovery Training Series October 2007 – September 2008**

Date	Training	Site	#	Trainer	Trainer
10/02/07	Community Education 10wk Series	HRCC	9	Laurie Fresher	Kevin Hauschulz
10/02/07	Community Education 10wk Series	BRCC	24	Gregory Payne	Jaime Adams
10/03/07	Telephone Recovery Support	BRCC	10	Cheryle Pacapelli	
10/09/07	Community Education 10wk Series	NLRCC	14	Liz Chase	Kim Haugabook
10/10/07	Telephone Recovery Support	WRCC	2	Renee Anderson	
10/15/07	CCAR 101	HRCC	10	Kevin Hauschulz	
10/17/07	CCAR 101	NLRCC	3	Linda Hunter	
10/26/07	CCAR 101	BRCC	7	Gregory Payne	Jaime Adams
10/25/07	Telephone Recovery Support	NLRCC	5	Kim Haugabook	Linda Hunter
11/07/07	Telephone Recovery Support/CCAR 101	HRCC	16	Laurie Fresher	Kevin Hauschulz
11/29/07	Telephone Recovery Support	NLRCC	6	Linda Hunter	
12/18/07	Understanding Addiction & Recovery	HRCC	6	Laurie Fresher	
12/19/07	So You Want to Open a Recovery House	HRCC	10	Cheryle Pacapelli	Terri O'Connell
12/19/07	Telephone Recovery Support	HRCC	5	Kevin Hauschulz	Veronica Arroyo
02/5/08	Telephone Recovery Support	HRCC	13	Laurie Fresher	Kevin Hauschulz
02/6/08	Telephone Recovery Support	HRCC	10	Laurie Fresher	Kevin Hauschulz
02/13/08	Telephone Recovery Support	WRCC	3	Caroline Miclette	
02/14/08	Telephone Recovery Support	HRCC	20	Laurie Fresher	Bob Marcuccio
02/12/08	Peer Facilitation	HRCC	5	N. Cefarelli	
02/21/08	Family Night	NLRCC	3	Linda Hunter	Liz Chase
02/21/08	Telephone Recovery Support	WRCC	2	Caroline Miclette	
02/26/08	Becoming A CCAR Ambassador	HRCC	6	Laurie Fresher	
02/28/08	Telephone Recovery Support	BRCC	1	Jaime Adams	
02/28/08	So You Want to Open a Recovery House	New Haven	8	Cheryle Pacapelli	
03/03/08	Art of Facilitation	HRCC	12	Jim Wuelfing	
04/03/08	CCAR 101	BRCC	2	Jaime Adams	
04/22/08	Telephone Recovery Support	WRCC	1	Caroline Miclette	
04/23/08	Telephone Recovery Support	BRCC	1	Jaime Adams	
04/30/08	Telephone Recovery Support	WRCC	1	Caroline Miclette	
05/01/08	Telephone Recovery Support	WRCC	1	Caroline Miclette	
05/08/08	CCAR 101	BRCC	0	Jaime Adams	
05/13/08	Telephone Recovery Support and CCAR 101	HRCC	5	Kevin Hauschulz	

05/14/08	CCAR 101	BRCC	0	Jaime Adams	
05/16/08	Telephone Recovery Support	BRCC	3	Jaime Adams	
05/15/08	Peer Facilitation	BRCC	4	N. Cefarelli	
06/09/08	Pardons Training	HRCC	8	Carmen Claudio	
06/25/08	Telephone Recovery Support	WRCC	2	Caroline Miclette	
07/10/08	Telephone Recovery Support	BRCC	2	Jaime Adams	
07/14/08	CCAR 101	BRCC	3	Jaime Adams	
07/16/08	CCAR 101	HRCC	13	Kevin Hauschulz	
07/18/08	Telephone Recovery Support	BRCC	1	Jaime Adams	
07/22/08	Telephone Recovery Support	BRCC	1	Jaime Adams	
08/05/08	Telephone Recovery Support	WRCC	2	Caroline Miclette	
08/18/08	Telephone Recovery Support	WRCC	1	Caroline Miclette	
09/03/08	CCAR 101	BRCC	2	Jaime Adams	
09/04/08	Telephone Recovery Support	HRCC	16	Kevin Hauschulz	
09/09/08	Telephone Recovery Support & CCAR Overview	HRCC	9	Kevin Hauschulz	
09/15/08	Pardons Training	BRCC	6	Carmen Claudio	
09/15/08	Peer Facilitation	HRCC	5	N. Cefarelli	
09/17/08	Pardons Training	NLRCC	2	Carmen Claudio	
	<b>Total</b>		<b>301</b>		

## Recovery Technical Assistance Group

For nearly ten years, the Connecticut Community for Addiction Recovery (CCAR) has been a leading, cutting-edge Recovery Community Organization (RCO) dedicated to organizing the recovery community's ability to care; challenging the stigma of addiction by putting a positive face on recovery and; assisting people in recovery to build recovery capital. CCAR has developed a host of innovative recovery support services and assembled four Recovery Community Centers (RCC) which have been instrumental in supporting and promoting recovery across Connecticut while simultaneously influencing the emerging movement of Recovery Support Services (RSS) across the nation by serving as model RCO. Throughout this period of innovation and advancement, CCAR has developed extensive technical expertise in numerous areas related to RCO and RSS such as RCO infrastructure development; volunteer management systems; telephone recovery support services; RCC management; fundraising; and advocacy both for/by people in recovery and with systems of care. CCAR regularly receives requests for technical assistance to share their organizational "experience, strength and hope" with other interested groups and typically does so to assist other organizations develop recovery-oriented supports.



CCAR is currently developing a new venture entitled the Recovery Technical Assistance Group (RTAG) in order to more effectively share the lessons learned by CCAR and to encourage and promote the development of recovery support services and recovery community resources. RTAG will provide products and services with interested organizations and groups seeking technical assistance through the development of recovery partnerships. RTAG will utilize all of the resources from the CCAR community:

Staff, volunteers, family members, recovery community representatives, expert consultants, educators and others interested in sharing CCAR's expertise and vision. RTAG intends to provide the following:

Services

- Conference Keynotes & Speaking Engagements
- Workshop Presentations
- Technical Assistance
- Organizational Consultation
- Education and Training

Products

- Recovery Coach Academy
- Curricula
- Other "How to" Manuals and RCO materials
- Recovery "Goods" – videos, books and merchandise
- RCO Proprietary Software

The primary purpose of RTAG will be to promote recovery, strengthen RCOs and build recovery community capacity. RTAG is interested in working primarily with other nonprofit and independent RCOs in various stages of development, but will also offer services to interested organizations such as nonprofit treatment providers, systems of care, local, state and federal governments, international groups and organizations. RTAG will provide services through the creation of partnerships with specific goals and objectives, rather than simply "selling products and services". RTAG will strive to always keep the best interests of recoverees and the global recovery community as the top priority.

CCAR has received consulting and speaking fees in places like Sioux Falls, South Dakota; Denver, Colorado; New Jersey; Maine; North Carolina, South Carolina, Texas and New York. RTAG was first launched with the assistance of Marshall Rosier, Executive Director of the Connecticut Certification Board. Currently, Jim Wuelfing of the New England Center is serving as a consultant to RTAG. By January 2009, RTAG will have a complete fee schedule and a line of services available. CCAR is now asking for \$1,000 per day and/or \$125 per hour as a standard fee. Our line of services will be based on our expertise with

- Recovery Community Organization development
- Recovery Community Center development
- Telephone Recovery Support
- Recovery Housing Project
- Recovery Oriented Employment Services
- Volunteer Management System
- Recovery Coach Academy

**Recovery Coach Academy**

CCAR hosted our first Recovery Coach Academy consisting of 7 days of training spread over 4 weeks for 30 participants. This first cohort used a "learning laboratory" model and had significant input into the curriculum.



Currently, we are developing the curriculum into a trainers guide and look to January 2009 to run the 2<sup>nd</sup> cohort. Evaluations and remarks were incredibly positive. Participants report "I have already used some of the knowledge I gained from this training and look forward to participating in future academies as a trainer" and "This was one of the most powerful and motivating trainings I have ever attended. It really made me put a new perspective on my dealings with others (not just in recovery) and gave a huge push and new outlook on the whole recovery movement. It was inspirational, and I would love the opportunity to be a part of any future training that CCAR does in regards to Recovery Coaching."

Here is how we are framing subsequent Recovery Coach Academies;

A Recovery Coach as *anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery*. The Recovery Coach Academy (RAC) is a five-day training opportunity designed for those interested in becoming actively involved in serving as a recovery coach. The training will provide participants a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The training will provide participants tools and resources useful in providing recovery support services and emphasizes the skills needed to link people in recovery to needed supports within the community that promote recovery.

Unequivocally, recovery coaches do not provide clinical services. They do, however sometimes work with people experiencing difficult emotional and physical states. As a result, the training provides participants with a basic understanding of substance use and mental disorders, crisis intervention and how to respond in crisis situations. In addition, skills and tools on effective communication, motivational enhancement strategies, recovery action planning, cultural competency and recovery ethics will be offered.

Learning Objectives for the Recovery Coach Academy, participants will be able to:

- Describe the roles and functions of a recovery coach
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Discuss co-occurring disorders and medicated assisted recovery
- Describe stages of change and their applications
- Address ethical issues
- Experience wellness planning
- Practice newly acquired skills

**Day 1:** The focus on Day One of the Recovery Coach Academy is to create a safe learning environment where new knowledge transfer can occur and basic assumptions and values can be challenged.

Furthermore, participants will get a firm foundation in terminology, role clarification and guiding principles.

**Day 2:** The focus of day two is to examine the optimal ways of working with people. Both knowledge acquisition and skill development in our role as recovery coaches will be accomplished.

**Day 3:** Day three has a knowledge acquisition on recovery models and change models as well as a strong focus on skill development in motivating others to change.

**Day 4:** Day four has two distinct components: knowledge and skill development on issues of spirituality, cultural competence and ethics; an immersion into the resources in Connecticut and how to access them.

**Day 5:** Day five is primarily concerned with the actualization of becoming a recovery coach. An emphasis will also be placed on future professional development needs and responsibilities and appropriately closing a week-long academy.

### Training-of-Trainers (TOT)

Those interested in becoming trainers of the Recovery Coach Academy can attend a concurrent Training-of-Trainers which will be offered in an additional two hours following each training day and all day Saturday following the Academy. The TOT is designed to familiarize participants with the full curriculum and to learn optimal methods of delivering the RCA. The TOT is not a training primer, therefore those selecting to attend the TOT need to be seasoned trainers.

## **Sustainability**

- CCAR was awarded 4 one time Innovative Recovery Initiative grants from the CT Department of Mental Health and Addiction Services (DMHAS). They were for Legacy of Hope: Recovery Elders Video Project, Recovery Support Specialist curriculum (Recovery Coach), Oldtimers Conference held June 16, 2008, and WIRED (Women in Recovery through Enhanced Design). The total of these grants was just over \$139,000.
- The four Recovery Community Centers have taken the challenge of helping with CCAR's sustainability. For example in the Hartford RCC they hosted Recovery Rocks!, a concert held in the parking lot of the HRCC. 50 people attended despite the extreme heat with 4 local programs bringing recoverees. They raised just over \$100.
- Sisters of Avalon was an event that was a true blessing that came from the recovery community and the Windsor Recovery Club. They sponsored a benefit for CCAR and raised \$815. Laurie Fresher, HRCC Manager emceed the event and was able to share CCAR's message. The event was performed by 6 female vocalists of who most were in recovery.
- The HRCC hosted a Coffee House with 30 people in attendance. The event was sponsored by The Recovery Road Show and Starbucks and raised \$82.
- The HRCC Volunteers completed a 3 game New Britain Rock Cats (minor league baseball team) concession stand engagement and raised \$500.
- The NLRCC held one open mic night and although attendance was down some from previous months, the event still raised \$180.
- United Way: This past year our participation in this campaign netted \$803
- [www.findrecoveryhousing.com](http://www.findrecoveryhousing.com): All the houses that are a part of the Recovery Housing Coalition of Connecticut are currently listed on the website. The website is now live and seeing much activity. We currently have seventy-eight houses listed and four organizations have bought subscriptions.
- Recovery Technical Assistance Group (RTAG): CCAR has provided Technical Assistance to a number of organizations nationally earning more than \$15,000.
- CCAR hosted the 9<sup>th</sup> annual Recovery Walks! – and raised nearly \$31,584.50
- CCAR received another \$656.00 in unsolicited donations.
- CCAR received \$3,589 for the Recovery Housing Project from churches working with Prison Fellowship.

# Thank You to Our Supporters

IO # A1010265 Date:09/19/08 Day:FR Size:6121.5 Curt:CT COMM FOR ADDITION RE Salesperson:16 Lam Edited By:SNICASTRO Pub:DAILY Tag Line:RECOVERY WALKS Color Info:

## You are invited to attend **CCAR RECOVERY WALKS!** 9th Annual Walk for Recovery from Alcohol & Other Drug Addiction



Logo Designed by Val Greco

**Saturday, September 20th, 2008**  
**Bushnell Park, Hartford, CT**

Special Guests: Attorney General Richard Blumenthal,  
Comptroller Nancy Wyman, Mayor Eddie Perez &  
WFSB News Anchor Kara Sundlun

**Festivities 10 am - 2 pm**  
**Walk Begins at 1 pm**

*Fellowship, Arts & Crafts, Children's Activities, Exhibitors & Food Vendors*

**Registration is Free!**  
**Donate \$ 10 and receive a Recovery Walks! T-shirt**

Live Musical Entertainment Provided by  
*Recovery Roadshow, Bonnie Lee Panda, Selfish Steam, & RailRider*

### Platinum Sponsors



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Aetna Inc  
Capitol Chiropractic Center  
Community Renewal Team  
Connecticut Behavioral Health Partnership  
Connecticut: Turning to Families  
Geeks for Good  
Havens of Hope  
MCCA  
Mountainside  
Regional Network of Programs  
Stepping Stone House  
Stonington Institute  
Wheeler Clinic

### Silver Sponsors

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YWCA of the Hartford Region

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Tony Taschner

National Alcohol  
& Drug Addiction  
**Recovery Month**

860-244-CCAR  
www.ccar.us



## CCAR Historical Time Line

A Brief History of CCAR	
1997	<ul style="list-style-type: none"> <li>• CCAR holds Connecticut's first Recovering Community Organization meeting</li> </ul>
1998	<ul style="list-style-type: none"> <li>• Connecticut Community for Addiction Recovery officially named</li> <li>• 5 founding members spoke at statewide CT Department of Mental Health and Addiction Services (DMHAS) conference, publicly for the first time putting a face on recovery, resulting in initial funding from DMHAS</li> <li>• Mailing list topped 100</li> <li>• Awarded an original CSAT Recovery Community Support Program (RCSP) grant</li> <li>• Awarded funding from DMHAS</li> </ul>
1999	<ul style="list-style-type: none"> <li>• 60 members attended 1<sup>st</sup> Legislative Day at State Capitol</li> <li>• 1<sup>st</sup> Board of Directors meeting held</li> <li>• 15 members spoke at CSAT Public Hearing in Hartford "Changing the Conversation, A National Plan to Improve Substance Abuse Treatment"</li> <li>• 140 attended CCAR Conference "In Celebration of Recovery!"</li> <li>• 1<sup>st</sup> video "Putting a Face on Recovery" released</li> <li>• 5 people in recovery selected to serve on DMHAS State Advisory Board, 2 appointed by Governor</li> <li>• Recovery Support Services Concept Paper submitted to CSAT for conference grant</li> </ul>
2000	<ul style="list-style-type: none"> <li>• Co-presented with Advocacy Unlimited, a mental health advocacy organization, on the "Recovery Basic Premises and Recovery Core Values" (Note: these values ultimately served as the basis for the DMHAS Recovery-Oriented System of Care)</li> <li>• Hosted 2<sup>nd</sup> Legislative Day, over 100 people attended</li> <li>• Started "Legacies" support group for parents who had lost children to addiction</li> <li>• Hosted training – Racism of the Well-Intended, Slaying the Dragon</li> <li>• 700 attended first annual Recovery Walks! at Bushnell Park in Hartford</li> <li>• "Putting a Face on Recovery" video distributed to 700+</li> <li>• 1<sup>st</sup> edition of The Recovery Herald newsletter published and distributed to 6500+</li> <li>• 112 people attended 1<sup>st</sup> Annual Meeting &amp; Awards Dinner</li> </ul>
2001	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> of 7 Chapters established giving CCAR local and regional presence</li> <li>• 200+ people attended 3<sup>rd</sup> Legislative Day, 36 legislators sponsored the event with 3 talking about their own recovery</li> <li>• Non-profit 501(c)3 status granted</li> <li>• 10,000+ Recovery Posters distributed nationwide</li> <li>• Website <a href="http://www.ccar-recovery.org">www.ccar-recovery.org</a> goes live</li> <li>• "Putting a Face on Recovery" video updated; 2000+ distributed nationwide</li> <li>• Awarded CSAT Recovery Community Support Program (RCSP) Track II grant</li> <li>• 2000+ participated in 2<sup>nd</sup> Recovery Walks! held 5 days after terrorist attack of 9/11</li> </ul>
2002	<ul style="list-style-type: none"> <li>• 16 members testified at Informational Forum at the invitation by CT Legislature Judiciary Committee issues relating to felony conviction and sustained recovery</li> <li>• 200+ people attended CCAR's trauma/recovery forum "Recovery Speaks in the Shadow of 9/11" in New London</li> <li>• Membership topped 2000</li> <li>• 3000+ participated in 3<sup>rd</sup> annual Recovery Walks! in Hartford</li> </ul>
2003	<ul style="list-style-type: none"> <li>• 200+ attended 2<sup>nd</sup> trauma/recovery forum in Bridgeport</li> <li>• Code of Ethics established</li> <li>• Shifted successfully from Recovery Community Support Program to Recovery Community Services Program</li> <li>• 1<sup>st</sup> of 42 trainings in the "Recovery Training Series" delivered</li> <li>• New video "Healing Power of Recover" completed</li> <li>• 3000+ participated in 4<sup>th</sup> annual Recovery Walks! in Hartford</li> <li>• Staff invited to "Innovator's Meeting: Strategic Planning for Peer Recovery Support Services" SAMHSA/CSAT Access to Recovery (ATR) Program</li> <li>• First audit for year ending June 30, 2003 completed and earned a non-qualified opinion</li> </ul>
2004	<ul style="list-style-type: none"> <li>• CCAR involved in development of state ATR proposal</li> <li>• 200+ people attended Grand Opening of Windham Recovery Community Center</li> </ul>

### A Brief History of CCAR

	<ul style="list-style-type: none"> <li>• First Family Support Group met in Windham Recovery Community Center</li> <li>• Transition of leadership to new Executive Director</li> <li>• Executive Director Co-chairs state team with DMHAS Commissioner at National Policy Academy on Co-Occurring Mental Health and Substance Abuse Disorders</li> <li>• Formal Volunteer Management System implemented</li> <li>• Awarded CSAT Recovery Community Services Program (RCSP) Track III grant</li> <li>• 3000+ participated in 5<sup>th</sup> annual Recovery Walks! in Hartford</li> </ul>
2005	<ul style="list-style-type: none"> <li>• New London Recovery Community Center opened</li> <li>• Recovery Housing Project developed state-of the-art internet database to include 100 independently owned, privately operated recovery houses covering 1069 beds</li> <li>• Recovery Housing Coalition of Connecticut (RHCC) established</li> <li>• RHCC established standards for independently owned, privately operated recovery housing</li> <li>• Recovery Housing Project training “So... You Want to Open a Recovery House” generated 7 new recovery houses totaling 70 new recovery beds</li> <li>• Prison Support Groups established in Enfield and Bridgeport</li> <li>• Comprehensive Volunteer Management System implemented</li> <li>• An article on Recovery Walks! appeared on the cover of the inaugural edition of Rising Recovery in Action, Faces and Voices of Recovery (FAVOR)’s national magazine</li> <li>• Recovery Walks! model replicated in several other states</li> <li>• Recovery Walks! drew 2000+, Honor Guard established for first time</li> <li>• Executive Director served on CSAT Summit Planning Committee</li> <li>• Established Recovery Capital Tool and Recovery Friendly Tool for evaluation purposes</li> <li>• Hosts recognition dinner in honor of CCAR founder, Bob Savage</li> <li>• The WRCC attracted 10,000 visitors</li> <li>• More than 350 individuals attended Recovery Training Series</li> <li>• CCAR represented at historic Faces and Voices of Recovery summit in Washington, DC</li> <li>• Executive Director presented at CSAT Summit</li> <li>• Begin series of Oldtimer (20+ years of recovery) Retreats and Focus Groups</li> <li>• The 50<sup>th</sup> ‘Hooked on Recovery’ article penned</li> </ul>
2006	<ul style="list-style-type: none"> <li>• Core Elements of a Recovery Community Center written</li> <li>• Volunteer Coordinator hired</li> <li>• Telephone Recovery Support became CCAR’s first “fee-for-service”</li> <li>• Article published on Telephone Recovery Support in Addiction Professional magazine</li> <li>• New London Recovery Community Center held successful comedy night/pasta dinner event</li> <li>• Senior Peer Services Coordinator Diane Potvin received the Dr. Edward Brown Humanitarian Award for her work in support of recovery in Willimantic.</li> <li>• Executive Director traveled to AZ to serve as consultant to a sister Recovery Community Organization</li> <li>• Hosts 1<sup>st</sup> Annual Volunteer Recognition dinner with comedian Mark Lundholm, 144 registered CCAR volunteers invited, Keith Sawyer earns Presidential Award with over 1200 hours</li> <li>• Legacy of Hope: Recovery Elders Video Project launched</li> <li>• CCAR staff ran workshops, served on panels and introduced speakers in statewide DMHAS Recovery Conference: <i>Vision to Outcomes</i></li> <li>• Bridgeport Recovery Community Center opened (#3)</li> <li>• Purchased a 3-story Victorian on 198 Wethersfield Avenue in Hartford to house the Hartford Recovery Community Center and the administrative offices</li> <li>• Individual Giving campaign launched</li> <li>• Recovery Walks! held for the 7<sup>th</sup> consecutive year, a lead event for Rally for Recovery, banner for 46 other events held nationally on same day</li> <li>• Executive Director Phillip Valentine received America Honors Recovery award from The Johnson Institute at the National Press Club, Washington DC</li> <li>• Executive Director presented on CCAR, recovery support services and promotes the RCSP at congressional briefing in Washington, DC</li> <li>• WRCC attracted more than 15,000 visitors</li> <li>• Hartford Recovery Community Center opened (#4)</li> </ul>

### A Brief History of CCAR

	<ul style="list-style-type: none"> <li>• Technology grant received from Hartford Foundation for Public Giving</li> </ul>
2007	<ul style="list-style-type: none"> <li>• Hosted HBO "Addiction" premier at St. Francis Hospital Chawla Auditorium for 125 persons</li> <li>• Hosted 2<sup>nd</sup> Annual Volunteer Recognition dinner with comedian Mark Lundholm, more than 200 registered CCAR volunteers invited, 17 Presidential Awards given</li> <li>• The CCAR experience highlighted in interviews published on Faces &amp;Voices of Recovery website, Great Lakes Addiction Technology Transfer Center (GLATTC) website, Recovery Solutions magazine</li> <li>• Hartford Recovery Community Center launched with Grand Opening for more than 200 people</li> <li>• CCAR leased space to Columbus House "Road to Recovery" program on 3<sup>rd</sup> floor of the HRCC</li> <li>• New author Richard Anthony (his pen name) began new recovery column that goes out on CCAR website and listserv, "Reflections of a 10<sup>th</sup> Leper"</li> <li>• Senior Peer Services Coordinator Diane Potvin celebrated 20 years of recovery</li> <li>• Legislative breakfasts held in each of the Recovery Community Centers</li> <li>• NLRCC held 2<sup>nd</sup> successful Comedy Night</li> <li>• CCAR presents at CCB conference on co-occurring disorders</li> <li>• Executive Director presents at NASADAD (National Association of State Alcohol and Drug Abuse Directors) on the CCAR experience in Burlington, VT</li> <li>• Senior Peer Services Coordinator Michael Askew retires and moves to North Carolina</li> <li>• Executive Director is lead author on a paper titled, "The Recovery Community Organization: Toward A Working Definition and Description" with Bill White and Pat Taylor</li> <li>• CCAR won \$270,000 DMHAS grant to provide Telephone Recovery Support to 2500 recoverees</li> <li>• Staff expanded from 10 to 15.</li> <li>• Recovery Walks! held for the 8<sup>th</sup> consecutive year, Songwriter/vocalist Paul Williams keynotes, first time weather bad, yet sun breaks out during Honor Guard</li> <li>• Senior Peer Services Coordinator Kim Haugabook represented CCAR at a Whitehouse Roundtable in Washington, DC</li> <li>• Senior Peer Services Coordinator Diane Potvin presented at New England Association of Drug Court Professionals in Boston, MA</li> <li>• Executive Director represented CCAR at CSAT Regional Recovery Summit state planning meeting</li> <li>• Executive Director served on a consensus panel for a Center for Substance Abuse Treatment (CSAT) TIP (Treatment Improvement Protocol) on Relapse Prevention</li> <li>• Volunteer Manager Normajean Cefarelli presented on the CCAR Volunteer Management System in Kentucky</li> <li>• Long time Office Manager Pat Howard retires</li> <li>• CCAR completed a strategic planning process</li> <li>• Executive Director Phillip Valentine celebrated 20 years of recovery</li> <li>• Volunteer hours served topped 10,000</li> </ul>
2008	<ul style="list-style-type: none"> <li>• CCAR formed the Recovery Technical Assistance Group (RTAG) to provide consulting, technical assistance to recovery community organizations and other entities</li> <li>• Held the 3<sup>rd</sup> annual Volunteer Recognition and Celebration dinner with Mark Lundholm. 221 people attended, 123 of them volunteers and 21 Presidential awards were given. The CT Attorney General also signed certificates for each of the Presidential Award recipients</li> <li>• CCAR won 4 DMHAS Innovative Recovery Initiative one-time grants totaling \$139,000 – Oldtimers Conference, Legacy of Hope 2, Women In Recovery through Enhanced Designed (WIRED) and Recovery Coaching</li> <li>• DMHAS Commissioner Thomas Kirk attended a CCAR Board meeting and the discussion focused on sustainability</li> <li>• CCAR collaborated with a treatment provider, ADRC (Alcohol &amp; Drug Recovery Center) and won a state grant to provide Recovery Oriented Employment Services (ROES)</li> <li>• With the CT Certification Board (CCB), CCAR assisted with the Recovery Support Services Conference: Promoting Recovery with Recovery Support Services. Several CCAR volunteers and staff presented.</li> <li>• Diane Potvin WRCC Manager was voted in as a co-chair of the DMHAS State Advisory Board</li> <li>• United Way contributions to CCAR topped \$1,000</li> <li>• The 1<sup>st</sup> Recovery Coach Academy was held, a 7-day training that drew 30 participants in a "learning laboratory" model</li> <li>• The number of recoverees reached through Telephone Recovery Support tops 1,000</li> </ul>

### A Brief History of CCAR

- CCAR hosted the 1<sup>st</sup> Oldtimers Conference: Celebrating a Legacy of Hope drew 200 people and featured Liz B, a woman with 55 years of recovery
- New London Recovery Community Center Manager Kim Turner-Haugabook accepts a significant promotion and leaves CCAR
- CCAR won the 1<sup>st</sup> Joel Hernandez Voice of the Recovery Community award presented by Faces & Voices of Recovery as the nation's outstanding recovery community organization.

### CCAR Staff

<b>Normajeon Cefarelli</b>	Volunteer Manager
<b>Diana Desnoyers</b>	Recovery Oriented Employment Services Coordinator
<b>Laurie Fresher</b>	Recovery Community Center Manager, Hartford
<b>Kevin Hauschulz</b>	Telephone Recovery Support Lead Coordinator, Hartford
<b>Linda Hunter</b>	Telephone Recovery Support Coordinator, New London
<b>Curtiss Kolodney</b>	Recovery Housing Project Manager
<b>Yolibel Lebron</b>	Office Manager
<b>Caroline Miclette</b>	Telephone Recovery Support Coordinator, Windham
<b>Cheryle Pacapelli</b>	Director of Operations
<b>Diane Potvin</b>	Recovery Community Center Manager, Windham
<b>Jaime Simmons</b>	Telephone Recovery Support Coordinator, Bridgeport
<b>Kim Sylvester</b>	Office Assistant
<b>Phillip Valentine</b>	Executive Director
<b>&lt;vacant&gt;</b>	Recovery Community Center Manager, Bridgeport
<b>&lt;vacant&gt;</b>	Recovery Community Center Manager, New London