



FRIENDS OF
RECOVERY
New York

ONE COMMUNITY
ONE VOICE

Fall Newsletter

2011

Vol. 1

President's Message

By Laura Elliot-Engel



Friends of Recovery New York was founded in 2008. Since that time an action plan has taken us from a group of recovering individuals, friends, and families and allies trying to focus on advocacy and constituency development; receipt of a grant; hiring a new Field Director and taking the lead for Recovery Celebrations in New York State and Capital Advocacy.

The Board of Directors represents communities from across all of New York State. I am honored to serve as the President of such committed individuals. We continue to reach out to local communities where we are finding emerging recovery community centers and seek to assist strengthening these focal points in our communities. (con't on page 5)

Join us at the 2011 Recovery Rally

4th Annual Recovery Rally in Albany, NY

On September 25
Friends of Recovery –
New York (FOR-NY),
the Alcoholism and
Substance Abuse
Providers (ASAP) of
NYS and National Council on



Drug Dependence (NCADD) are
joining together to host the 4th
Annual Recovery Rally at
Riverfront Park at the
Corning Preserve.

The Rally will be held from 10am
– 3pm and will include a

**BECOME A SPONSOR OF THIS IMPORTANT EVENT
and show your support of Recovery!**

Visit: www.for-nv.org for details



Recovery Forum

by Betty Currier

Let's Celebrate Recovery!

When I first got sober, I was overwhelmed with the stigma and shame of my alcoholism. I wanted to hide from the world, taking shelter and comfort only in my recovery support group. But even there we seemed to use words that labeled us. No way did I feel good about myself.

William White, in his book titled "Let's Go Make Some History," talks about the importance of language for the recovery movement. He states in his introduction, "One of the struggles experienced early within the new recovery advocacy movement was the sense that we were trying to launch a movement using language that contradicted our experience and aspirations. We were trying to talk about recovery using language that dripped with stigma." He recommends that we abandon some words such as "abuse;" that we need to discuss we need to discuss and debate some word and concepts, such as the labels "addict," "alcoholic," define us by our problem; and "enable," which has lost its positive connotation.

Celebratory Walk for Recovery, entertainment including music which is part of the 2011 Rockin' Recovery Tour featuring the Rock Star Superstar Project and the 8th Annual Recovery Fine Arts Festival Awards.



The Rock Star Superstar Project's is dedicated to spreading the message of recovery. Their debut CD "Serenity" was produced to raise awareness to ever growing issue of teen substance abuse. The CD provides support for kids recovering from drug addiction and helping keep them on the road to recovery.

The Recovery Rally will be a family friendly event with food

Recovery Center Profile

In the coming editions of the FOR-NY Newsletter, we will be profiling the Recovery Centers in New York State. Under the initiative New York Service Opportunities for Accessing Recovery Successfully (NY SOARS), the three Recovery Community Centers serving as the hub of ATR services will be located in Brooklyn, Rochester, and Oneonta. Each site will be extending services to special populations that have historically been underserved or difficult to

and entertainment and will bring together people who are in recovery as well as families and friends of those in recovery. The voice of recovery is important as we move forward in this difficult economic climate. The inspiring stories of those who have found their path to recovery will help inform policy makers, legislators and the community that the majority of those who face addiction enter and remain in recovery. We encourage you to add you voice to the movement and join us on September 25!

engage in traditional services, including youths aging out of foster-care, veterans, or people involved with various criminal justice programs and drug treatment courts. The use of peer-delivered services have been shown to be more effective in matching people with resources that can help sustain their recovery beyond professional intervention.

Recovery Forum

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However, he stresses some words and concepts that we need to elevate and celebrate. Of most importance is the word "recovery," which moves us from a pathology focus to a resilience mind set; "Communities of Recovery" and "Advocacy," which focus on the positive.

As we celebrate this National Addiction Recovery Month, I offer the advice I frequently got from my mother as I was growing up: "*Watch your language!*" The words we speak reflect our mind set and give a powerful message to the general public. Let's make sure they hear something better about addiction and recovery.

Recovery Coach Profile

Marie Postorino

Gloversville, NY

Since 2009 individuals have been taking time out of their busy schedules to become trained as peer based Recovery Coaches. A Recovery Coach is defined 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.

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.

In each of our upcoming Newsletters we want to feature a Recovery Coach and share their reasons for becoming a coach. Our first profile is of Marie Postorino who became a Recovery Coach in June of this year.

Marie was trained in Albany at the Addictions Care Center of Albany by Master Trainer Betty Currier.

Ms. Postorino chose to take the five day training because she wanted to expand her knowledge. She recognizes that even when we think we know it

all, there is more to learn and she learned some very helpful skills in the training. "It improved my knowledge and expanded my horizons." Ms. Postorino said.

In addition to her work as a Recovery Coach, Marie speaks at schools, and programs educating children and adults about drugs and alcohol and where they can take you. Marie doesn't believe the idea that in a crowd of 100 you might save 1. She believes and remains committed to saving many more. "I receive the riches of the heart in the work that I have the opportunity to do."

Recovery Around the State



New York Metro: The New York Recovery Community Coalition (NYRCC) is a coalition of faith and community based organizations united with the common goal of combining resources to support individuals and families in recovery. The Coalition includes approximately 25 faith based and community organizations representing the five boroughs of New York City. Charlie Devlin, Vice President of the board of FOR-NY is FOR-NY's representative in NYCRR. These meetings take place each month.

Bronx: Under the SAMHSA/CSAT Recovery Oriented Systems of Care initiative (ROSC), Odyssey House, Inc. has fully implemented a peer to peer recovery support services process located in Bronx, New York. This exciting and non-traditional approach at bridging the gap between

traditional treatment programs and the recovery community has been well received by the participants. Peer mentors (initially drawn from alumni of Odyssey House) have been trained as recovery coaches and are paired with "mentees" early in the recovery process. This pairing has already shown some success in solidifying the recovery supports for those entrants new into a lifestyle of recovery. As recovery has been emphasized as a lifelong process, members have utilized "response teams" to assist and reach out to peers in crisis. These personalized, peer based interventions and supports have already proved fruitful and are helping to shape the roles and functions of the peer support specialists and recovery coaches

Odyssey House staff were recently asked to present on their process at the CSAT Mid-Atlantic Regional Meeting in Baltimore, Md. Key elements that separate this initiative from traditional support systems is the use of some evidenced based practices such as motivational incentives to assist in generating early supports for the participants. While peer based, certain formal structures are developing such as a "recovery council" approach to identifying needs and actions for their environment. As this effort is still in its first year and start-up was focused on internal structures, emphasis will shift towards integrating with other systems to truly develop a community that is "recovery oriented" with a focus on resource and relationship building in the environment.

Also in the Bronx, Pastor Grayling Ferrand, FOR-NY board member is working on establishing a Recovery Coach Academy. As the plans unfold, more information will be provided in future newsletters.

Long Island: The Long Island Recovery Association (LIRA) continues to be very active in its grassroots efforts.

LIRA in conjunction with LICAN have been major contributors and the driving force in addressing the quality of sober homes on Long Island. Another recent success in Suffolk County means that in exchange for a commitment to quality standards and oversight the Social Service payment rate to quality recovery home providers is being raised to \$500 per month after more than 40 years at \$309.00. LIRA has also been selected to serve on the Legislative sober homes oversight board

LIRA is hosting our 3rd Annual Rock n Recovery (Dinner Dance and Awards) Celebration on Sat Sept 24th We will be selecting a 4th recipient of our \$500 Recovery Community Scholarship Award.

LIRA and FOR-NY board member Richard Buckman received the prestigious Social Worker of the Year Award from NASW in Nassau County for his work on behalf of people in recovery.

The LIRA web site LIRA-NYS.org is undergoing a renovation and they hope to be up and running soon.

Syracuse: In Syracuse there is a Central New York Recovery Coach group that meets monthly at Onondaga Case Management, next meeting 9/7/11. There also has been a Recovery Coach focus group, next meeting 9/9/11. Next Recovery Coach training starts 9/13/11 at Onondaga Case Management. Onondaga Case Management is also hiring a part-time Recovery Coach. Hutchings Psychiatric has a community center called Sunrise that may expand recovery coaching activities in the near future.

Delaware and Otsego Counties: Friends of Recovery of Delaware and Otsego Counties (FOR-NY DO) has three major events this September.

* On September 16 they will host their 2nd Annual *Celebrate Recovery!* Award Dinner at 6:30 pm at United Ministry of Delhi, 46 Church Street, Delhi. This event is

co-sponsored by the LEAF Council on Alcoholism & Addictions, Otsego County, and the Alcohol and & Drug Abuse Council of Delaware County. Each organization will have an honoree who has contributed to recovery.

* On September 18 they will have their 10th Annual Rally for Recovery from Noon to 4:00 pm in Mueller Plaza, Downtown Oneonta, featuring speakers, a recovery walk, music, food and family fun.

* On September 25, FOR-DO will join thousands of other individuals in recovery, their families, friends and allies in FOR-NY's 4th Annual Recovery Rally in Albany.

Northern Tier: In the Northern Tier, they will host their annual Walk For Recovery on Friday, September 23rd at the Alex T Duffy Fairgrounds, Coffeen St., Watertown, 8am. The event will include refreshments, guest speakers and 1 mile walk.

Capital District: In Albany the 21st Annual *Treatment Works* March is scheduled for September 15. The event will kick off at 1:00pm at the Addictions Care Center Outpatient Clinic at 115 Ontario St. and will include free food and activities.

FOR – NY News

New Field Director Named

Laura Elliot-Engel, President of the Board of Directors announced the appointment of Michelle N. Cleary as the organization's new Field Director. Ms. Cleary recently served as the Executive Director of the Institute for Professional Development in the Addictions where she oversaw a variety of initiatives to support the training and education of New York's Addictions workforce."



I am honored to be stepping into this role and look forward to working with FOR-NY's dynamic Board of Directors as we grow the organization's community based recovery support services, outreach and advocacy. It is vital that we share the message with everyone who is impacted by addiction that recovery is possible for all." Ms. Cleary said.

President's Message

(con't from page 1)

We will maintain communication with individuals and localities via our website using facebook, forums, and bulletin boards. I hope that you will communicate with us. Our launch of the newsletter will afford us a further opportunity to join with you in providing highlights, call to action, and community updates that I know will assist us in forging new and helpful connections.

For those of you who can, join us in Albany on September 25, 2011 in Riverfront Park at Corning Preserve to celebrate the gift and hard work of recovery. I look forward to meeting you!

FOR-NY Board of Directors

Laura Elliot-Engel, MA, CASAC-G, LMHC,
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Charles Devlin, Vice President

Betty Currier, BA, CASAC-R, CPP-R, Treasurer

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Pastor Grayling Ferrand, MA, CASAC

Susan LaPorte, JD

David Ramsey, MA, CASAC

John Tivolacci, MSW, LCSW, CASAC

New Recovery Resource

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Selected Papers of William L. White:

<http://www.williamwhitepapers.com>

Suggested Recovery Links:

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Addiction Technology Transfer Center Network:

www.attcnetwork.org

Faces and Voices of Recovery: www.facesandvoices.org

Institute for Research, Education and Training in

Addiction (IRETA): www.ireta.org

**National Council on Alcoholism and Drug Dependence,
Inc. (NCADD):** ncadd.org

**NYS Association of Alcoholism and Substance Abuse
Providers (ASAP) of NYS:** asapnys.org

Next Recovery Coach Training



November 7-11: Goshen, NY

**Visit our website for additional dates and
locations – www.for-ny.org**