



Join us on February 7 for FOR-NY's Advocacy Day!



Laura Elliot Engel at the 4<sup>th</sup> Annual Recovery Rally

### President's Corner

By Laura Elliott Engel, President – FOR-NY

Faces and Voices of Recovery sponsored the first national leadership conference for Board Presidents and Executive Directors of the Recovery Community in Detroit on a beautiful late fall weekend in October. Over 30 state representatives came together to share their experience in organizing, communicating with one voice. The opportunity - to strengthen skill sets to make the recovery movement more effective through grants and fundraising – stressed the importance of public events and our need for continued affirmation of the many pathways to recovery. The gathering demonstrated the remarkable resourcing available to us through the recovery community.

I lived in Detroit for 7 years and made remarkable friends while I attended Wayne State University. I also hurt many of those friends and associates due to the active alcoholism that would soon consume my life. The failure of a beautiful city seemed a fitting metaphor for the downturn in my own life. Returning to Detroit in 1989 with 14 years of recovery, I saw a city clearly on the ropes. That visit saddened me and it was difficult to find hope for any recovery while I knew the blessing and joy of recovery accompanied by my two children and their grandmother.

Now returning two decades later, I see the seeds of hope, reclamation of space, a wonderful Recovery Movement for those reclaiming their own lives and reconnection with a friend whose faith and prayers were a part of my spiritual journey...without knowing those prayers were being said.

### Recovery Month 2011

#### Recovery Fine Arts Festival



#### Recovery Rally



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Photos: (top – bottom) 8<sup>th</sup> Annual Recovery Fine Arts Festival judges – Al Alfaro, Julie Dostal & Karen Karl; 4<sup>th</sup> Annual Recovery Rally - Celebratory Walk, the saxophonist from the Cecil Allen Band; Recovery messages were everywhere at the Rally  
All Rally photos courtesy of Jason Rearick

**President's Corner** (con't from pg. 1) The work that we do, the challenge that we face will sometimes look like Detroit in the vibrant days of the 70s; other times it will look like the devastation of the 80s and 90s and then the green space, *the reclamation*, the demand that we have the right to live fully without stigma, will emerge again.

We at FOR-NY call upon you to join us with your voices, your presence, and your financial support where possible to make Recovery possible for everyone who seeks it. Join us on February 7 in Albany for our legislative session. Join us in NYC on February 25 for a listening forum sponsored by Faces and Voices of Recovery.

I look forward to getting to know each of you and widening my own circle of friends. A blessed holiday season to each of you.

## Why do you support recovery efforts?

*Are you in recovery or are you a family member or friend who has experienced the importance of recovery supports? You can share your story at [www.for-ny.org/tell-your-story.php](http://www.for-ny.org/tell-your-story.php) and help others understand the importance of resources that support recovery.*

### Recovery Fine Arts Festival



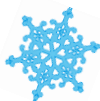
Russell Warner – "Untitled"

This summer FOR-NY assumed the responsibility of serving as lead for the 8<sup>th</sup> Annual Recovery Fine Arts Festival. With the help of New York State OASAS, FOR-NY sought recovery arts submissions. We

received over 60 submissions in the

categories including photography, pen and ink, acrylic, watercolor, poetry, oil/pastel, pencil, poetry hip hop, multi-media and mixed media.

With help from volunteers from St. Peter's Addiction Recovery Center and Laura Perry from OASAS, the art was displayed on the Empire State Plaza Concourse from September 19 – September 29. A panel of independent judges was convened to judge the art and the winners were selected in time for the 4<sup>th</sup> Annual Recovery Rally where the winners were announced.

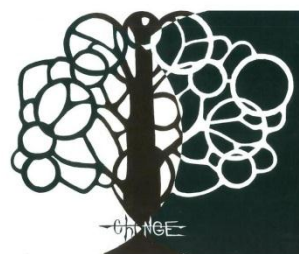


### 8<sup>th</sup> Annual Recovery Arts Festival Winners:

**Commissioner's Choice:** Chris Lowe – "Untitled"



**Pencil:** Amber Bordeau – "Final Thoughts"



**Acrylic:** Derek Thompson – "Change"

**Watercolor:** Christine Pfeiffer – "Growth Pains are Worth It"



**Mixed Media:** Mary Robinson – "I Can See Beauty."



**Photography:**  
Russell Warner –  
“Untitled”



**Oil/ Pastel:**  
Adrienne  
Barber -  
“Better Daze”

**Poetry:** Colin Taylor - “Untitled”

**Spanish Poetry:** Saul Carrera – “Recuperando el mundo”

**President’s Choice:** David Hayes – Poem titled  
“Eyes Wide Open”



**JOIN US ON FEBRUARY 7<sup>th</sup>  
and LEND YOUR VOICE  
FOR RECOVERY!**

**On February 7 Friends of Recovery – NY will be hosting our 2012 Advocacy Day. The day will begin at 10am at the Emanuel Baptist Church - 275 State Street Albany where we will gather. Legislators are invited to take part and lunch will be provided. After lunch we will visit the capitol to remind our representatives about the importance of recovery services. For more information email [michelle@for-ny.org](mailto:michelle@for-ny.org) or call 518-487-4395.**



**4<sup>th</sup> Annual Rally for  
Recovery**



FOR-NY Bd Members John Tavalacci (far left and Peter Bacek far right lead the Celebratory Walk with Bob Lindsey –NCADD and Congressman Paul Tonko, center)

On September 25 FOR-NY with the Alcoholism and Substance Abuse Providers (ASAP) and the National Council on Alcoholism and Drug Dependence (NCADD) hosted the 4<sup>th</sup> Annual Rally for Recovery. This year the Rally took place in Riverfront Park at the Corning Preserve in Albany, NY and featured a celebratory walk, performances by the Rockin Recovery Tour, the Cecil Allen Band and Darryl Johnson who performed the 12 Step Song. The 2011 winners of the Recovery Fine Arts Awards were also announced.

The Rally Committee was helped by a great group of volunteers including a group who came from Sullivan County to help with set up. Sunday morning threatened rain but the bad weather held off and resulted in a great day for a Rally!

LeGrande Serras served as the Rally’s emcee and the event was opened by Congressman Paul Tonko. Throughout the day speakers included Kathleen Caggiano-Siino, Executive Deputy Commissioner of OASAS, Pat Taylor, Executive Director - Faces and Voices of Recovery, Laura Elliot Engel, President-FOR-NY, Bob Lindsey, President & CEO - NCADD and John Coppola, Executive Director - ASAP.



The day was filled with inspirational messages from those in recovery and others who wanted to show their support of recovery.

Veronica of the Rockin Recovery Tour performs

To view photos from the Rally visit [www.for-ny.org](http://www.for-ny.org).

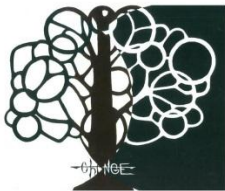
**Recovery Artists donate their images to support Recovery in NYS!**



Winter Doves – Recovery Frees Us to Love Again:  
Daniel J. Burns

FOR- NY has begun selling recovery arts products that feature some of the inspiring recovery art images of New York’s recovery artists. To launch our recovery art products, three artists who submitted art for the 8<sup>th</sup> Annual Recovery Arts Festival have given FOR-NY permission to use the images of their art.

Thank you to Derek Thompson, Christine Pfeiffer and Daniel Burns who have donated their images that now appear on FOR-NY Recovery Art Greeting cards. The cards are 5 for \$10 for one image or 6 for \$12 for a mixed set of each image. The sale of the products will benefit FOR-NY’s work to advance recovery in New York State. To purchase the cards and show your support of recovery in NYS you can visit our website at [www.for-ny.org](http://www.for-ny.org) or call 518-487-4395.



“Change”: Derek Thompson



“Growth Pains are Worth It”:  
Christine Pfeiffer

*Faces and Voices of Recovery  
Listening Forum – February 25 –  
NYC*

**Friends of Recovery Interview**

featuring:

*Margi Taber*

**Vice President of Operations**

**Rockstar Superstar Project**



*Friends of Recovery– NY got to know Margi Taber during preparations for the Rockin Recovery Tour performance at the September 25 Rally for Recovery in Albany, NY.*

*Margi has spent 19 years working in the field of addiction and is a true friend of recovery. In the midst of her busy schedule she agreed to be featured in this quarter’s FOR-NY Newsletter as we work to highlight those who support recovery. Margi goes above and beyond as she works with Rockstar Superstar Project to rebrand sobriety and advance recovery efforts in New York State and throughout the country.*

**What led you to choose a career in addictions?** That’s an interesting question. I didn’t per se actively seek out a career in the field of addiction. Someone suggested I take the CAC classes in the early 90’s. So I did and ended up taking a job working as a Residential Counselor at Park Ridge (now Unity Health) Adolescent Community Residence in Rochester, NY. I obtained my CAC (now a CASAC) and have worked in the field ever since. While I didn’t plan a career working in the field of addiction, I can see how it has led me to my work with ROCKSTAR SUPERSTAR PROJECT. My career journey has been a reminder that if I stay open I’ll always be where I am meant to be in my life.

**How has your work with adolescents shaped your career?** Much of my career has been working with adolescents even before I started my work in the addictions field. Working with teens has taught me to remain genuine, real and upfront. What I appreciate about my work with teens is offering them an opportunity to be accepted just as they are. Growing up has changed a lot over the years as there are sometimes insurmountable stressors kids now face at a young age. And I

think they need more than ever, adults that believe in them and encourage them to dream. The young people I have worked with continue to remind me to trust the process of life, to encourage and allow them to be their own individual as that is part of where they are at developmentally – finding their own truth and path in life. I think too often adults don't take the time to listen to young people or even see their value. Spend an hour with one and you'll see they have way more wisdom than we give them credit.

***What led you to your work with the ROCKSTAR SUPERSTAR PROJECT?*** Facebook! Seriously that is where I first heard of the efforts by Super Star and Rock Star. As I began to research more about their work, their vision and plans for RSSS, I felt more and more inspired to become a part of it. I believed it would be a good fit as well, bringing in my professional expertise and experience. Since my first contact with Super Star it's always felt like it is what I'm supposed to be doing at this point in my life professionally. I'm very grateful to be a part of ROCKSTAR SUPERSTAR PROJECT and to be a part of something that encourages crucial conversations and inspires hope and dreams especially with teens.

***Part of Rock Star and Super Star's message is about family and the impact that addiction has on those we care about (including dogs - very cute pet video). Do you have any recommendations for families and friends who are going through the recovery process alongside someone in recovery?***

Yes that is a cute video on Youtube about Doro and Zena – even dogs desire serenity! As far as my thoughts to family ... learn all you can about the disease of addiction and realize that recovery is there for you too – embrace it because you have been impacted by a disease just like cancer. Also realizing that just as the addict is powerless so are family – we literally have no control over another human being and their choices. I think one of the challenges I've seen with family members including within my own family of origin is facing the reality that it's a disease that impacts family and friends. I have watched my father succumb to cancer and a couple of other

family member's battle addiction – what I have learned is that they are both a disease that can be terminal if left untreated. It's unfortunate that we live in a society that still struggles to identify addiction as a disease. I think it's harder for family to comprehend the disease concept as it's a disease that attacks the mind first, through one's thoughts and then attacks the body. To me addiction is really a thinking disease – the drugs are just a sign of something much greater.

***Can you share a story from your work that has inspired you, motivated you or touched you?*** I think watching the students approach Super Star after a presentation sharing some personal information like how they have been using and after hearing his message they are inspired to make changes. Or how a group of students at Canandaigua Middle School were so inspired by the ROCKSTAR SUPERSTAR PROJECT assembly that they requested Super Star return to do an evening assembly so they could invite their parents and community to hear the message. Watching people realize they have value and a personal significance in this world and seek to find their own path is inspiring in itself to me. I am motivated and touched watching others see the value in and importance of their own life – that to me is awe inspiring!

***What do you think is an important message of recovery?*** That recovery can be for anyone. I believe that the principals of recovery pretty much apply to everyday life and that most people are recovering from something whether an addiction, a disease, a broken heart, lost dreams, financial hardships, etc.

We are truly not as different as we might think we are. Some have just learned to hide it better.



***Any final thoughts?*** Anyone

wanting more information on ROCKSTAR SUPERSTAR PROJECT can contact me at [margi@rsssworldwide.com](mailto:margi@rsssworldwide.com) or visit our website @ [www.rockstarsuperstarproject.com](http://www.rockstarsuperstarproject.com)

## Recovery Resources:

-The First 30 Days of Serenity by Superstar  
-Pathways to Healing and Recovery: Perspectives from Individuals with Histories of Alcohol and Other Drug Problems:  
[http://www.pfr.samhsa.gov/docs/Recovery\\_Pathways\\_Report.pdf](http://www.pfr.samhsa.gov/docs/Recovery_Pathways_Report.pdf)

## Recovery Around the State



**Brooklyn, Northern Tier & Manhattan:** Friends of Recovery – New York took part in three great conferences during the fall which all featured recovery as one of the conference topics.

From 10/30/11 – 11/2/11 FOR-NY took part in the 13<sup>th</sup> Annual Alcoholism and Substance Abuse Providers Conference in Brooklyn NY setting up its brand new display and welcoming visitors to our booth.

One of the highlights of the conference was the seminar titled Access to Recovery which profiled work of the recovery centers in NY and moving commentary from people who have been helped by the recovery centers in their area.

One week later the FOR-NY booth was on display again at the 14<sup>th</sup> Annual Northern Tier Providers (NTP) Conference in Lake Placid, NY 11/8 – 11/10. Volunteer Andrea Clare donated her time to help cover the booth. The NTP included several recovery focused presentations in their program including the “RED Collaboration: Expanding the Possibilities! Enhancing Recovery! Collaboration at its Finest!” and “Economic Supports in Recovery”. Both presentations included valuable recovery supports information.

On December 14<sup>th</sup> and 15<sup>th</sup> NYU School of Social Work hosted a conference titled *Substance Use: Responding to Changes in Policy, Research and Services*. Recovery was again a key theme. Day 2 featured a panel made up of leaders in recovery work, Michael Flaherty, Alexandre Laudet and John Rotrosen whose presentation was titled “*Why Recovery Comes First*”. The Luncheon speaker was Tara Conner a former Miss Universe who shared her recovery journey.

**Long Island:** The Long Island Recovery Association (LIRA) hosted our *3rd Annual Rock n Recovery Celebration* featuring free admission, a hot Italian Buffet a DJ, dancing and fellowship.

The event was attended by 275 supporters of recovery. We presented 2 deserving individuals with \$500 scholarship awards to help them pursue their education goals.

In addition we presented our 2nd Annual Friend of Recovery Award to Mary Silberstein Division Director of CD Services at Pederson Krag center. Mary has been a staunch LIRA supporter and friend for more than 10 years.

LIRA belongs to the Suffolk County Communities of Solution Group which has been active in implementing Screening, Brief Intervention and Referral to Treatment (SBIRT) in Long Island Hospital emergency rooms and also in the creation of community resource pads that will be placed in all Suffolk County Police vehicles.

In addition the group has worked with police to host Operation Medicine Cabinet collecting unused or outdated prescription medications.

LIRA will participate in a Community Drug Awareness forum at the Boulton Center in Bayshore in conjunction with area providers and North Shore LIJ Hospital Health system. This forum is open to the community and aimed at answering prevention, treatment and recovery related questions from concerned citizens.

LIRA was pleased to welcome FOR-NY Field Director, Michelle Cleary to our December meeting where local and state progress and initiatives were shared

LIRA identified pursuit of PA ACT 106 type legislation here in NY as our number one legislative item for 2012. Preliminary notifications have gone out to all key stakeholders who be invited to our think tank meeting

early in 2012. 

## Delaware & Otsego Counties



Left to right:  
Irene G,  
Chris P and  
FOR-NY  
Board  
Member  
David  
Ramsey

### Local Recovery Month Celebrations for Delaware and Otsego Counties

By Jeanette Tolson and Nicole Deluise

In recognition of National Recovery Month, Alcohol and Drug Abuse Council of Delaware County (ADAC), Friends of Recovery of Delaware and Otsego Counties, Inc. (FOR-DO), LEAF, Inc. Council on Alcoholism and Addictions (LEAF), and a planning board collaborated on several events. The event theme for 2011 was Dream, Grow, Live!

One such event was a Recovery Month Awards Dinner where individuals were honored that made significant contributions to the substance abuse field. The awardees included Rick Kinsella who retired after many years of service at NYS Office of Alcoholism and Substance Services and was instrumental in the Access to Recovery Program; William Moon, the current Commissioner and Sue Aikens, at the Delaware County Department of Social Services who were helpful in securing a location and renovations for a recovery community center in Delaware County; and Paula Huntsman, founder of the local chapter of Girls on the Run which gives young girls the opportunity to build self-esteem and participate in healthy living activities. The dinner was well attended by many people in the recovery community.

Additionally, a Recovery Rally was held at Muller Plaza in downtown Oneonta. This rally included a 1.5 mile walk, face painting, a coin toss game, entertainment, food and refreshments, and a bounce house for family fun. This event was not only attended by people in the local recovery community but also many passersby that happened to be on Main Street at the time. Local college students from the State

University College at Oneonta volunteered to assist with the event.

For more information about the above organizations, please see their contact information below.

#### **Alcohol and Drug Abuse Council of Delaware County (ADAC)**

72 Main Street  
Delhi, NY 13753  
(607) 746-8300

<http://adaconline.org>

#### **Friends of Recovery of Delaware and Otsego Counties, Inc. (FOR-DO)**

The Turning Point-Oneonta  
22 Elm Street  
Oneonta, NY 13820

#### **The Turning Point-Delhi**

167 Main Street  
Delhi, NY 13753  
(607) 267-4435

[www.friendsofrecoverydo.org](http://www.friendsofrecoverydo.org)

#### **LEAF, Inc. Council on Alcoholism and Addictions**

80 Water Street  
Oneonta, NY 13820  
[www.leafinc.org](http://www.leafinc.org)



### **Syracuse**

On November 14 Michelle Cleary, Field Director of FOR-NY, visited Syracuse. While there, Michelle had the opportunity to visit Syracuse Behavioral Health and was given a tour of Crouse Hospital Chemical Dependency Treatment Services which was led by FOR-NY board member Peter Bacel. That afternoon, Michelle attended that region's Recovery Coach meeting led by Joe Scripa, Coordinator of Dual Recovery Services at the Onondaga County Department of Mental Health. All of the Recovery Coaches expressed their enthusiasm and a strong interest advancing recovery supports in their region. Michelle also met with Mat Roosa, Director of Planning and Quality Improvement at the Onondaga County Department of Mental Health to discuss ways FOR-NY can support recovery needs in their region.

Onodaga County will host additional trainings in the 2012 and is helping to increase the number of Recovery Coaches in the state.

## New York City



### Recovery Runners Excel

November 6<sup>th</sup>, 2011 marked the 42<sup>nd</sup> running of the NYC Marathon, considered by many long distance runners to be among the most difficult in the world. The day also marked the culmination of a nine month training season for the runners of Odyssey House's Run For Your Life Program. Odyssey House, a non-profit substance abuse and mental health service organization offering treatment and recovery services in East Harlem and the South Bronx, has been providing innovative services to its clients and residents for nearly 45 years. The Run For Your Life Program was developed ten years ago as a way to teach individuals in early recovery the principles of determination, consistency, preparation, discipline and sacrifice—all essential to the recovery process. This year's team, consisting of current residents, graduates, volunteers and staff members, began training outdoors in New York City's Central Park during the blustery winter days of late February. Throughout the season Odyssey House's team completed several shorter runs in preparation for the marathon including the NYC Half Marathon Series and the Achilles Hope and Possibility 5 mile run. Ainsley, a former resident and graduate of the Leadership Center, Odyssey House's long term residential treatment program for adolescents, completed his third NYC Marathon and his first as a guide for a newer member of the team. Laura, a young mother and current resident in Odyssey House's Family Center of Excellence Program, completed her first

marathon with the help of a seasoned marathon guide. The team also consisted of several members from Odyssey House "OHROCS", a grant-funded, recovery-driven program that matches individuals in early recovery with mentors who have long-term experience in the recovery process. This year, forty Odyssey House participants completed the NYC Marathon. Over the past ten years approximately 250 members of the Odyssey House Run For Your Life team have participated in the event.

### THANK YOU!

Thank you to Jeanette Tolson, Nicole Deluise and Jeremy King who submitted Recovery articles for this quarter's Newsletter and thank you to Margi Taber for taking time to be interviewed! If you have an article or would like to recommend someone to be interviewed please contact Michelle Cleary at [michelle@for-ny.org](mailto:michelle@for-ny.org)

### *FOR-NY Board of Directors*

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*Want to show your support of recovery in NYS?  
Click on <https://www.for-ny.org/donate.php> to  
become a Friend of Recovery!*

### Recovery Coach Academy

FOR-NY hosted two Recovery Coach Academies in October and November. Additional RCAs will be held in 2012. Once the plans for those trainings are finalized, you can visit [www.for-ny.org](http://www.for-ny.org) for details.

As FOR-NY assumes oversight of the RCA, plans are underway to grow the resources available to Recovery Coaches including online resources. Is there information or resources that you would find helpful in your role as Recovery Coach? Let us know by emailing Michelle Cleary, FOR-NY's Field Director at [michelle@for-ny.org](mailto:michelle@for-ny.org).