

FRIENDS OF RECOVERY New York

ONE COMMUNITY
ONE VOICE

Summer/Fall Newsletter

Vol. 4 - 2012



Laura Elliott Engel at the 4th Annual Recovery Rally

President's Corner

By Laura Elliott Engel, President – FOR-NY

FOR-NY had the honor and great responsibility to create another opportunity for folks from NY and surrounding areas to once again Celebrate Recovery with our wonderful and consistent partners, ASAPNYS, NCADD, and OASAS. This broad coalition of partners reaches deep into our communities via Recovery Centers, Recovering community, treatment and community based coalitions and advocacy groups.

The theme this year, Celebrating ALL Pathways to Recovery, set the stage to continue our commitment to form a more generous and inclusive community connection. Our good friend, Greg Williams, Director and Producer of the documentary "The Anonymous People" was present to put that face and voice that each of us have at times, struggled to



Scenes from FOR-NY's 2012 Rally for Recovery. More photos inside and on our Facebook page- Friends of Recovery - NY

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MARK YOUR CALENDARS

Recovery Advocacy Day – February 5 – join us to lend your voice to the message of recovery!

10th Annual Recovery Fine Arts Festival – submissions due August 5

6th Annual Rally for Recovery – September 2013.

President's Corner (con't from pg. 1)

claim noting the difficulty of overcoming our own hesitancy to affirm our recovery. The film depicts many settings across the country where recovery is lived, proclaimed. While filming our own February 7, 2012 Advocacy Day many people confronted their reluctance to be filmed. The process of gathering together with others, having a purpose to gather: to educate, to speak, to proclaim, to meet with our own legislators was an incredibly moving experience for new and seasoned individuals.

The Recovery Arts Festival provides yet another opportunity to give expression in multiple dimensions. Often words are elusive and the expression within the art form unleashed emotions and awareness that are healing for the artist but are incredibly moving and inspirational. With more than 30 submissions, the art works were displayed at the Capital from September 4 through the 28 and the winners in each medium were presented at the September 23 Rally. (Photos of the winning art are on page 5.)

For many years, Senator Thomas Duane has proclaimed within the halls of the NYS Capital that the differently abled, the addicted, the positive HIV/AIDS person, the LGBT have needs, rights and responsibilities that should be appreciated and respected. When FOR-NY learned of the Senator's retirement we determined to celebrate this man and his contribution to justice making by creating the First Annual Senator Thomas Duane Addiction Advocate Award to celebrate this life and this man's life work.

I was so happy to meet so many of you and find that indeed, there are no strangers, but friends yet unmet.

Laura

Speak to your fellow coaches. Join our Recovery Coach Discussion Board at
<https://www.for-ny.org/rca/>

2012 Rally for Recovery



Recovery Coach Profile



Name: Dona Pagan
Brooklyn, New York

When did you become a Recovery Coach?

Oct. 5, 6, and 13, 14 and 15, 2010.

Where did you take the training?

White Plains, New York with Sandra Marnell and Patti Corbett-Ward

What made you decide to become a Recovery Coach?

When I read the announcement with the words *peer-based recovery service that is non-clinical*, it caught my attention. The bulleted- Serve as a personal guide and mentor for people seeking, or already in recovery” was the clincher.

I always knew, from personal experience there were many paths to recovery. Seeds are planted along several paths on the journey. So, my curiosity got the best of me and I applied.

What have you found most rewarding about your role?

What’s most rewarding is that TRTC has an opportunity to share with others how they, too, can have an impact on those struggling to connect the many paths they have taken.

I am inspired to continue when I see the faces of RC trainees when they get “AHA” moment of clarity.

I am inspired when I see more and more providers added to services.

I am not only inspired, but honored to be a part of this movement. ROSC is a natural flow in the addiction field which can, and has already impacted thousands. TRTC is challenged to find more room on the schedule to accommodate all of those who apply.

In your work with The Resource Training Center you do a lot to involve others to become Recovery Coaches. What inspired you to take that charge on?

My passion and strength is in program development and start-up. During my 12 year tenure at a very unique program In NYC, I had oversight of the development and operations of several highly recognized HIV prevention programs. The model of their flagship program, at that time, met people where they were at. No judgments, straight from the heart, human treatment. I had 3 months free of methadone when I went to that training program. I stayed 12 years because of how I “felt” belonging to a non-judgmental environment.

In 2010 when I read about CCAR and NYSOARS (*Promote recovery by removing barriers and obstacles to recovery*), I immediately understood the addiction field vision in NY was shifting.

TRTC staff didn’t bat an eye. We wanted to be a part of the movement. Almost every staff member and several CASAC-T students have taken the 5-day training. We want them to engage individuals from the moment they call on the phone. It just works!

Any other comments?

I am a formerly incarcerated woman who was once labeled b the sentencing Judge as “A one woman crime wave”. I was a heroin addict who took methadone as a form of reducing harm. I had to take heroin again to withdraw from Methadone, then I detoxed from the Heroin in a 3-day stay at St. Luke’s. I was done! Thank God there was a place I found out about. And to think, it was another recovering person who led me to the program. Treating people with kindness and allowing them to take little steps on the journey. That’s what it is all about.

I believe in the human capacity to change. We can and do recover.

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 Around the State



Bill Bowman accepted the Community Service award on behalf of the ALCOHOL AND SUBSTANCE ABUSE COUNCIL OF JEFFERSON COUNTY, INC. JCASAC has worked to increase awareness and prevention efforts around synthetic drugs in their communities.



Betty Currier Honored and Featured!

Over the last several months one of our recovery leaders was featured and awarded for



her tireless work on behalf of recovery. FOR-NY's own Betty Currier, a FOR-NY founding board member and Recovery Coach Core Trainer received the **2012 Marty Mann Founders**

Award presented by NCADD. Betty was also awarded the first annual **Recovery Coach Award** at the 2012 Rally for Recovery. In November, Betty was asked to present at the Northern Tier Providers Conference. Her presentation on the current picture of recovery coaching was informative and inspirational!



Recovery Links:

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

Rockstar/Superstar Project:

<http://www.rockstarsuperstarproject.com/>
CCAR



Recovery Forum

by Susan LaPorte, FOR-NY Founding Board Member

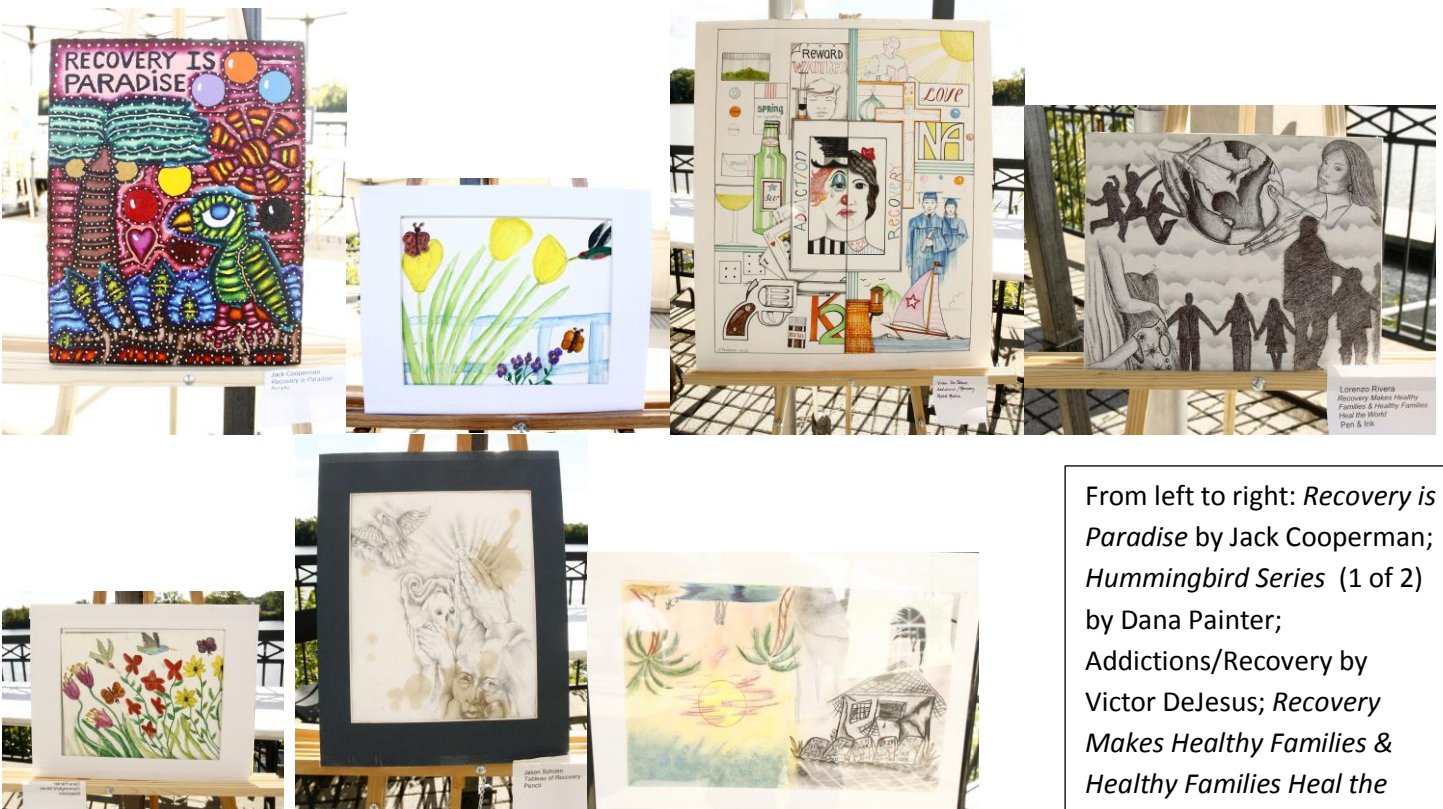
I remember after yet another arrest and arraignment, lying in a corner bed in the infirmary of the Women's House of Detention in Greenwich Village in New York City. Drug sick, a

feeling came over me that I've never forgotten. It was a feeling not of anger, or even unhappiness, but of resignation and complete acceptance of the fact that I would always be addicted to drugs. Recovery was not an option, heck, it wasn't even in my vocabulary.

Forty years later, I can recall the feeling as if it were yesterday. Since that time, I've been fortunate in my life and the despair of addiction has long ago been replaced with a sense of equanimity. Don't get me wrong, I still have down days as anyone close to me can attest to. But, I no longer feel the need to mask my feelings with chemicals, be they drugs or alcohol. I could not have accomplished this on my own. Perhaps there are those who can, I wasn't one of those people. I needed the support of friends, family, professionals, paraprofessionals (you name it) to achieve my sobriety and I'm immensely grateful to those who were there for me. Which is why, when offered, I jumped at the opportunity to become a part of FOR-NY a state-wide organization that is committed to fight for access to treatment and the expansion of regional recovery centers as well as other goals centered around recovery.

There was no similar organization when I "graduated" from treatment. I was pretty much set adrift and as I mentioned previously thank goodness I had the sense to surround myself with supportive people. The problems that existed then sadly still exist today including a lack of access to drug treatment and a payment methodology as well as an inadequacy of resources for those in recovery. It's long past time for change. I hope you'll join us. We can't do it alone, but with your help anything is possible.

2012 Recovery Art Festival Winners



From left to right: *Recovery is Paradise* by Jack Cooperman; *Hummingbird Series (1 of 2)* by Dana Painter; *Addictions/Recovery* by Victor DeJesus; *Recovery Makes Healthy Families & Healthy Families Heal the World* by Lorenzo Rivera;

FOR-NY's Recovery Art Cards

The idea for the FOR-NY Recovery Art Greeting cards came from our Recovery Fine Arts Festival in 2011. As our judges looked at the inspirational art work everyone felt that many of the images!

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 call 518-487-4395.



"Change": Derek Thompson



"Growth Pains are Worth It":
Christine Pfeiffer



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

Thank you to Derek Thompson, Christine Pfeiffer and Daniel Burns, the artists who donated their work to support recovery in NYS!

MARK YOUR CALENDARS

10th Annual Recovery Fine Arts Festival

FOR-NY will be hosting the 10th Annual Recovery Fine Arts Festival next September 2013. The art will be displayed on the Empire State Plaza from September 3 – 28th and winners in each category will be presented with their awards at the Rally for Recovery on September 23. We encourage all recovery artists to consider submitting work for this inspirational event! Submissions will be due Monday August 5, 2013.

FOR-NY Board of Directors

Laura Elliott-Engel, President
Charles Devlin, Vice President
Betty Currier, Treasurer
Keith Stack, Secretary
Peter Bacel
Bill Bowman
Izetta Briggs, Boling
Richard Buckman
Pastor Grayling Ferrand
Susan LaPorte
David Ramsey
John Tavalacci

Welcome new board members – Sandra Marnell & Brenda Davis!



2012 Arts Festival Judges

Karen Karl, Jan Tramontaro , Bob Sharkey , Al Afaro,
Kathe Kokolias , Ketura Khai, Dan Wilcox, Wanda
Fischer, Julie Dostal

*Thank you to our 2012 Recovery Arts
Festival Judges!*

*Our Recovery Arts Festival Judges
are representatives from the arts
community who volunteer their time
to come and judge our entries.*

2013 POLICY STATEMENT

Friends of Recovery New York (FOR-NY), the statewide Recovery Addiction Advocacy not for profit remains committed to confront discrimination and to educate decision makers and the general public by advocating for access to addiction treatment, support for and expansion of regionally located recovery centers and the use of recovery coaches to provide peer driven, recovery support services. We therefore, urge the NYS Legislature and Administration to consider and act on the following:

Access to Treatment

- Discrimination against those with addiction illnesses continues to permeate insurance law and authorization practice(s) in New York. These practices are especially evident in inpatient rehabilitation coverage. Guised under the various elusive definitions of “medical necessity”, insurers repeatedly prohibit authorization for inpatient addiction treatment and in rare cases where treatment is authorized, severely limit the length of stay allowed.
- FOR-NY encourages support for pro-active legislation similar to the existing Pennsylvania Act 106 (1989). This legislation justly appoints addiction treatment professionals as the sole authority in certifying the need when treatment is indicated, as well as determining the duration of the individuals treatment. The existing system with insurance companies making dollar driven decisions has often denied life-saving treatment and contributed to numerous preventable deaths and a cycle of short term abstinence and relapse, draining our state of vital resources.

Reinvestment and Recovery Services

- FOR-NY strongly urges reinvestment of resources into recovery support services including; Recovery Centers, Recovery Coaches, Recovery Community Organizations.
- Funding should be earmarked to support existing Recovery Community Organizations and to assist in the creation of additional regional organizations across the state.
- Financial support in the form of seed money to help ensure the establishment of regional and local recovery centers which focus heavily on the use of peers to help the newly recovered establish strong recovery foundations in their local communities.
- Recovery Centers are widespread in nearby states like Vermont and Connecticut and have proven to have great economic value. Then centers serve as clearinghouses for all addiction and recovery related matters, assisting with reintegration to society with a focus on relapse prevention and a host of recovery support services such as; housing, vocational assistance, parenting skills, clothing, healthcare, legal and educational supports and other life skills training delivered by peers whenever possible.
- The full integration of recovery coaches into the recovery oriented system of care adopted by NY State OASAS will go a long way to help rebuild families prevent relapse and save dollars. Recovery coaches are trained and soon to be certified support specialists who bring a wealth of personal recovery experience (either their own, that of a family member or friend) to bear in assisting the newly recovered to remove barriers and navigate obstacles to recovery. Coaches can expedite processes and connect a recoveree to vital support services proven to reduce the chance of relapse and save both lives and dollars. Recovery coaches help to prevent relapse and greatly improve the chances of sustained recovery, lowering the typical costs to the healthcare and criminal justice systems.
- Discrimination remains the single largest barrier to recovery, blocking access to life changing treatment and successful outcomes for individuals and their family members seeking help. By working with our constituency and supporting these pro-active measures that will save lives and dollars, FOR-NY with the support of the NY State Legislature and the Governor's office will continue to address important issues affecting those with addiction issues and their family members.

People in Recovery Vote, Show Up and Speak!

Shared Beauty (AKA: Twelve in Seventeen)

I

Chilling truth wakens
as hopeless addiction slays
manageable lives

II

Seeing with new eyes,
believing in the Divine
restores our pained minds

III

We, like bending trees,
surrender our will to Him
who lovingly guides

IV

Sun shines through bare limbs.
Without apprehension we
count costs of the past

V

Uncovering wrongs,
the fear melts from our hearts as
we confess past deeds

VI

Wings of hope grow strong;
preparing to molt useless
and errant coping

VII

Like ripe wheat bowing
in cleansing rain, our humble
supplications roll

VIII

As rose petals fall
exposing the thorns of harm,
Contrition will come

IX

Humble atonements
break the frozen grip of angst
as the old life fades

X

Sun sets on each day.
Our hearts and spirits are refreshed
before we sleep

XI

Branches straining,
reach for the sky to soak in
the Creator's gift

XII

Like spring we're renewed,
embracing all that we gained
then passing it on

Julie Dostal's poem "Shared Beauty"

2012 Recovery Arts Festival Poetry Winner.