

# Recovery TALK

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Quarterly Newsletter - February 2019

## Stand Up for Recovery Day 2019

# ONE COMMUNITY; ONE VOICE

## Make it heard on March 20th

Our 10th annual Stand Up for Recovery Day is one month away and we are mobilizing for what appears may be the largest gathering of Recovery Warriors yet! As most of you know, the goal of this day is to educate decision-makers and the general public about addiction recovery while also celebrating the hope and promise of recovery for all.

This year, FOR-NY will focus on three main areas of advocacy including increased funding for recovery services; certification for recovery housing that supports Medication Assisted Treatment and Recovery; and support for the Governor's proposed Parity Package. While we understand that certain regions may have additional concerns when they meet with their respective legislators on this day, we also ask that you assist FOR-NY in advocating for these three areas mentioned. Details about our focus areas, our policy statement on marijuana legislation, and the event in general may be found through one of the links below, or via our website: [www.FOR-NY.org](http://www.FOR-NY.org).

We encourage our recovery communities to wear FOR-NY colors of purple and lime green, awareness ribbons, make banners, and more to show unity in the recovery movement. The morning session will include impassioned speakers and entertainment highlighting recovery successes.

WE NEED YOUR VOICE on March 20th. Please be sure to [register](#) today to join us. Nothing about us without us!



Stand Up for Recovery Day  
Important Information Links

[REGISTER](#)

[GENERAL EVENT INFORMATION](#)

[REGIONAL LEADERS  
& TRANSPORTATION](#)

[FOR-NY POLICY STATEMENT](#)

[TABLE EXHIBIT FORM](#)

[SPONSORSHIP FORM](#)

# POLICY UPDATE



Dear Recovery Warriors,

Thank you for taking the time to read FOR-NY's first quarterly newsletter of 2019. We have so much going on around the state and we hope you will find this information useful.

As many of you know, we are gearing up for our 10th annual [Stand Up For Recovery Day](#) quickly approaching on Wednesday, March 20. We have worked together over the last several months to evaluate what we have accomplished and understand [what we need](#) to be advocating for to support recovery today and into the future.

We are working diligently in partnership with OASAS to expand [Recovery Community and Outreach Centers](#), [Youth Clubhouses](#) and other vital programs that replace feeling hopeless with feeling connected and hopeful. At the same time, we need more! This is why we are asking for an additional \$40 million in this year's budget to ensure every county in the state has one of these life-saving programs.

We also know that OASAS has gone through great strides to make Medication Assisted Treatment (MAT) [more accessible](#) in the community and to [make parity a reality](#). We thank them for their efforts in MAT, but again, we need more! This is why we are supporting the Governor's proposed Parity Package, which includes MAT availability in EVERY hospital, subsidies for employers who hire people in recovery, eliminating prior authorization for MAT, and limiting co-payments for Substance Use Disorder treatment.

Finally, in a survey amongst community members throughout the state, we asked "What was everyone's most pressing need?" The response was overwhelming: recovery housing. This is why we are supporting [legislation](#) to create a sober living taskforce as a step in the right direction of providing recovery housing to those who need it with the option of utilizing Medication Assisted Treatment. We are also partnering with the [National Alliance on Recovery Residences](#) to present an upcoming webinar on best practices for implementing recovery housing in New York State.

See recovery warriors from Albany, Saratoga and Long Island [making these points known](#) (5:14) at the February 7 Mental Hygiene Legislative Hearing in Albany. This is what we need recovery warriors to do from now until the budget passes, and especially on March 20!

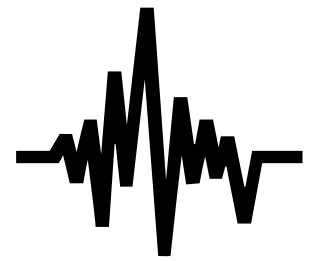
Our needs as a recovery community are vast but together we are strong! Let your voices be heard! We look forward to seeing you all next month!

Sincerely,

*Allison Weingarten*

Interim Executive Director Friends of Recovery - New York

## YVM Team Reaching Out and Gearing Up



YOUTH VOICES MATTER + NEW YORK  
#PUMPUPYOURVOICES

Youth Voices Matter-NY (YVM-NY) has been busy getting ready for Stand Up For Recovery Day next month. Not only have we created our own [youth policy agenda](#), but we even have advocacy trainings scheduled for young people across the state the night before this advocacy day. Can I get a WHAT WHAT!?!?

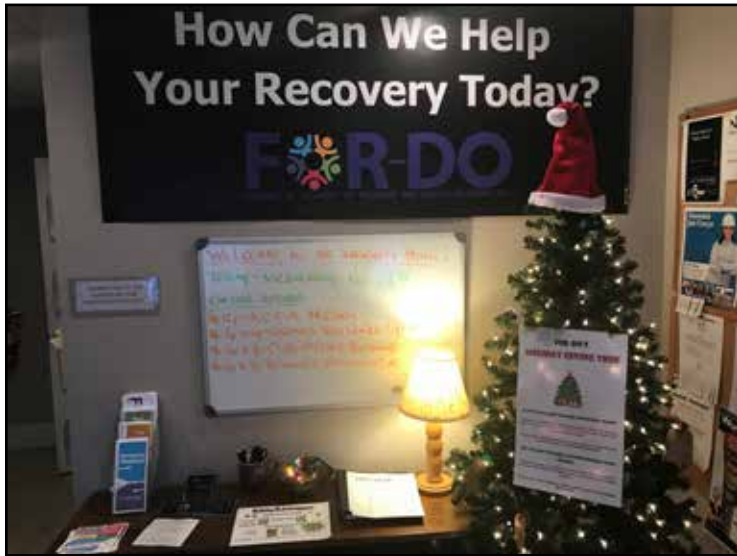
We are very excited about advocating with our network of youth and young adults, especially now that we have a full YVM-NY team in place with Carlee Hulsizer in the Western Region, Lori Teaney in the Capital Region, and Rachelle Brown serving the New York City area. The YVM-NY Team Trio has been out and about meeting with groups and individuals inspiring and empowering recovery.

Visit the YVM-NY newly-updated [website](#) to learn more about our staff, read recovery stories, find resources, and view photos.



*From top: the YVM-NY Team Trio meeting up in the Albany office to plan out the year; YVM-NY's Strategic Planning session on January 12th; and YVM members representing at the Amazing Race for Recovery in January.*

# Delaware & Otsego Growing Their Outreach



Founded in 2001 by a group of local recovery warriors, Friends of Recovery Delaware and Otsego Counties, Inc. (FOR-DO) has been providing education, advocating for legislation and services and operating community recovery centers for nearly two decades in the foothills of the Catskill Mountains.

With the help of OASAS Recovery Community and Outreach Center grant funding in 2007, FOR-DO was able to significantly expand services. Today, five Certified Recovery Peer Advocates are employed out of The Turning Point RCOC in Oneonta and The Turning Point RCOC in Delhi providing essential in-community recovery support services. Having the ability to inform people of their options and assist in the navigation of assets in the community has proven to be invaluable, as has providing linkages to treatment and post-treatment resources. Also with OASAS help, FOR-DO now operates two youth and young adult clubhouses, The Oneonta Teen Center and Club Odyssey. The

Oneonta Teen Center has been the focal point for youth driven art, music, film, games and events in Otsego County. The OTC advocates for and organizes creative youth activities and opportunities in a safe, fun and unique space as well as volunteer and youth leadership opportunities. Club Odyssey serves young people ages 18-25 and provides peer-to-peer support services, peer-driven and peer-led entertainment, outings and events.

FOR-DO offers a wide range of mutual aid support group meetings, skills and wellness classes, and workshops including Tai-Chi, Meditation, Yoga, "Adulting 101," Drawing & Painting and Poetry and Songwriting. Most recently, The Alternatives to Violence Project workshops have been front and center. This program uses the shared experience of both participants and facilitators to examine how injustice, prejudice, frustration and anger can lead to aggressive behavior and violence. We explore our innate power to respond in new and creative ways. Workshops are tailored to address the end result of both physical and non-physical violence, trauma and adverse childhood experiences often manifesting in an unhealthy relationship with drugs and alcohol.

Partnering with the Leatherstocking Education on Alcoholism/Addictions Foundation (LEAF), and local hospitality and manufacturing businesses, FOR-DO has developed a Recovery Friendly Employment Cooperative, connecting people in recovery with employment opportunities and providing support and education to both employer and employee with resounding success.

Friends of Recovery Delaware and Otsego is recognized by Friends of Recovery New York as a Preferred Training Facility and offers CCAR's Recovery Coach Academy and Ethical Considerations for Recovery Coaches multiple times a year.

***"FOR-DO Affirms the Power and Possibility of Recovery!"***

For more information on any of FOR-DO's programs or to inquire about trainings, please visit:

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

or call 607-267-4435.



To find learn how to start an RCO or find one in your area, please visit our newly-redesigned website [www.FOR-NY.org](http://www.FOR-NY.org)

# First CRPA Scholarship Winners Announced!

Six people have been chosen so far to receive CRPA training scholarships with monies provided by NYS OASAS. Five people will receive the full [Best Practice Training](#) and one will be funded for up to 28 credits of renewal training! Two of the recipients are from the Finger Lakes region (Monroe County) and four are from the New York City region (Bronx, Queens and Richmond Counties).

We are so proud of our first round of recipients. We wanted to celebrate with them so we contacted them to see how they are feeling. *Recovery Talk* asked our scholars to tell us three things: What made them apply, how they are feeling now, and how they feel about starting training or entering the Peer Recovery field?



**Ms. Susan Cortez** from Queens, who will be trained by Samaritan Daytop Village/ PARC partnership responded:

*"Although I worked in the recovery industry, my employer did not require a credential. When I was laid off in the fall, I was faced with the problem of not holding the credential that I need to gain employment. I contacted a local agency shortly after, asking about scholarships for the Recovery Coach Academy. She told me that there may be scholarships available in the new year. As soon as she let me know that the scholarship period was open, I immediately took the opportunity to apply. Receiving this scholarship will enable me to attend classes to become a credentialed CRPA. I will be able to do what I love, which is to help people reach their recovery goals. I wouldn't be attending this training had I not been awarded a scholarship. I am extremely grateful."*

We are extremely grateful that you applied, Susan, and know you will help many reach their recovery goals.



**Mr. Ronald Lambertis** from the Bronx, who will be working with Brothers in Recovery and ReVisions Inc. told us the following:

*"I must admit that I applied for the scholarship because I was curious about the program and now I must satisfy my curiosity even further. My own recovery has been enhanced by helping others who are trying to turn their lives around. Basically, I sponsor newcomers who are early in recovery and some not so early in recovery. I do service in AA (ALCOHOLICS ANONYMOUS) speaking commitments in and for my home group, as well as other groups in and out of New York State. I am truly grateful to be given this scholarship and frankly did not think I would get it. As for how I feel about the training or entering the Peer RECOVERY field, I could not be happier. I agree that the*

*more we understand about the disease of alcoholism and addiction, the more we can do something about it."*

Ronald, we couldn't be happier you've joined our recovery family and agree that knowledge is power. Congratulations on this accomplishment!



**Ms. Katie Beckler**, who works in the peer recovery field in Monroe County, will be training with Recovery Coach University. She had this to say:

*"I chose to apply for the FOR-NY scholarship because my continuing education in this field is something I highly value. I recently graduated with a degree in Addictions Counseling as well as my CASAC-t. About four months ago I became employed at Liberty Resources as a Peer Specialist. I have to be honest, I did not know much about the job description or what it meant to be a peer. I had been trained as a clinician and so I have spent the last four months training, learning, studying, shadowing, and doing all that I can to be as helpful as possible in my position. Applying for the scholarship so that I could complete the CRPA training was the next step for me and I believe it will ensure that I am effective and knowledgeable in my current position.*

*The day that I found out I had won the scholarship was just two days after I lost someone very close and important to me from the disease of addiction. I needed this news and I immediately said out loud, 'thank you,' to the person who had passed. I feel I have worked extremely hard to get to where I am today and so I am deserving, but also extremely appreciative for this opportunity.*

*I will begin the Recovery Coach class next week and I am filled with excitement. Accomplishing things like this mean so much to me in life now because there was a time I could not follow through with anything. Entering this field has been life changing for me. I went to school to be a clinician and now that I am in my current position, I can truly say I was made for this job and this job was made for me! Again, thank you to everyone who made this happen for me!! This is just another stepping stone for me towards changing the world."*

We are so thrilled that you got a scholarship, Katie! You will definitely be changing the world.

That's just a sampling of some of the awesome people who are out to make a difference in the lives of others though the power of lived experience.

*For more information about this highly competitive scholarship opportunity, visit our [website](#). Winners are chosen based on the merits of their application, an essay contest, specific recommendations to the program, region of the state, financial need, appropriateness/readiness for training and extent of lived experience.*

# Learning More About AmeriCorps VISTA

What is AmeriCorps VISTA? VISTA is commonly referred to as “the domestic PeaceCorps.” While this analogy has its merit, VISTA is its own entity. AmeriCorps VISTA stands for Volunteers in Service to America and was established in 1964. This is a federal anti-poverty program that employs full-time volunteers to support projects at non-profit, grassroots organizations, and local government agencies. These members strengthen and support these organizations by improving their infrastructure, increasing community partnerships, aiding in organizational fundraising, training volunteers, and developing other activities that help build long-term sustainability for overcoming poverty. Additionally, members give organizations the resources and ability needed to turn dream projects into reality. If you can think of an area within your organization that needs capacity building, then AmeriCorps VISTA is right for you.



*Shannon Schielke, VISTA Member, works with FOR-NY's Director of Recovery Education & Training, Theresa Knorr, on CRPA details.*

FOR-NY is in the first year of the AmeriCorps VISTA program with our VISTA Member, Shannon Schielke. Shannon is a graduate of Binghamton University and is FOR-NY's Constituent Data Analyst. She has aided FOR-NY in fundraising efforts, communications and development, and training. Shannon has also increased FOR-NY's ability to utilize our constituent database more efficiently, thus allowing us to better be able to effectively communicate with the recovery community throughout the state. Furthermore, she has been instrumental in the launch of our CRPA Training Scholarship program as well as the student tracking process, which will help train peers across NYS. The VISTA program provides FOR-NY a full-time VISTA member for three years. Each VISTA member's term of service is one year, so, FOR-NY will receive three different VISTA members throughout the grant period.

The Corporation for National Community Service (CNCS), the federal agency for volunteering and service, has allocated \$14.9+ million to opioid-related AmeriCorps and SeniorCorps projects to combat the opioid epidemic. Moreover, the AmeriCorps program has invested more money this year to projects and organizations helping to address the current epidemic and thus FOR-NY highly encourages you to consider applying to the AmeriCorps VISTA program!

## Helpful resources to learn more about the VISTA program:

AmeriCorps VISTA 101

<https://www.vistacampus.gov/resources/vista-101-understanding-vista-0>

Is VISTA right for your organization?

[https://www.nationalservice.gov/sites/default/files/documents/Is\\_VISTA\\_Right\\_for\\_Your\\_Organization.pdf](https://www.nationalservice.gov/sites/default/files/documents/Is_VISTA_Right_for_Your_Organization.pdf)

Press release about more funding for opioid related VISTA projects

<https://www.nationalservice.gov/newsroom/press-releases/2018/ameri-corps-senior-corps-awards-149-million-address-nation%E2%80%99s-opioid>

## ~ FRIENDS OF RECOVERY-NY FIVE CORE BELIEFS ~

- 1 Addiction is a public health issue.
- 2 Recovery is possible for everyone.
- 3 There are many paths to recovery and everyone gets there in his or her own way.
- 4 Adequate resources and support are necessary for sustained recovery.
- 5 Recovery is about reclaiming a meaningful life and role in society.



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*“Nothing about us without us”*

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# New York State RECOVERY CONFERENCE

**October 20-22, 2019**

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*“Working Our Recovery”*



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## Conference Highlights

- ❖ **Speakers**
- ❖ **Workshops**  
[Call for Proposals being accepted](#)
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- ❖ **Exhibitors**
- ❖ **Networking**



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