

Recovery TALK

FRIENDS OF
RECOVERY
New York

ONE COMMUNITY
ONE VOICE

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Quarterly Newsletter - FEBRUARY 2020

Stand Up for Recovery Day Approaching...

AN OPPORTUNITY FOR OUR COLLECTIVE VOICES TO BE HEARD

The 11th Annual [Stand Up for Recovery Day](#) will be here on February 11th... and this is our opportunity, as a statewide Recovery Community, to let our collective voices be heard loud and proud. We have the opportunity to meet with legislators and educate them on what resources are needed to sustain recovery. FOR-NY calls for the end of discrimination that blocks access to addiction treatment, housing, employment, education, and community-based recovery supports (*see the Director of Policy's article with legislative asks on page 3 of this installment*). The program will consist of five dynamic speakers who are well-versed on the topics of Housing, Treatment with Recovery Wrap-Around Services, Recovery Orientated Systems of Care, Transportation, and the Youth Agenda.

Additionally, this day provides the opportunity to network with other champions of recovery from across the state who will be exhibiting throughout the morning and early afternoon. Bring your own lunch or grab lunch in the Concourse after the march and rally on the Capitol steps, and then let FOR-NY treat you to hot chocolate and cookies at a newly-added warming station back at the Convention Hall before you meet with your respective legislators.

"We are excited to once again bring together the statewide recovery community to celebrate our victories, but more so, to voice in unison our ongoing plea for more assistance to sustain recovery," shared Dr. Angelia Smith-Wilson, FOR-NY Executive Director.

Join us by signing up right now through [this link](#). While participation is free, we do strongly urge you to register in order for us to have an accurate count of participants to share with our legislators and media.

SCHEDULE

8:00 AM

Registration, Continental Breakfast & Networking

9:30 - 11:15 AM

Welcome, Inspirational Message, Presentations & Performances

11:15 - 11:45 AM

March to the West Capitol Steps

12:15 - 1:15 PM

Hot Chocolate Warming Station

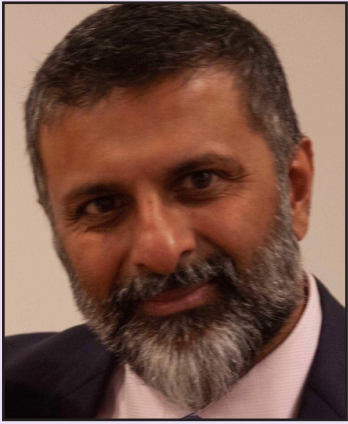
12:15 - 1:15 PM

Legislative & Press Lunch with Round Table (invitation only)

1:30 - 3:30 PM

Legislative meetings for previously scheduled appointments





TAKE YOUR TURN TO HELP ELIMINATE INEQUITIES

It is an honor to serve our community as President for Friends of Recovery – New York. As a person in sustained recovery for 34 years, I had the privilege of witnessing and supporting our movement to grow and contribute to incredible shifts in our approaches to addiction, mental health and trauma. The milestones of our collective story as a recovery community and the positive impacts we are making in our communities over the last three decades are important to recognize.

Never before, for example, has there been such an extraordinary level of recognition and investment in response to the opioid epidemic as a public health crisis and priority.

Yet, I'm not at all ready to celebrate.

We are now approaching an era marked by a challenging paradox. The resulting drop in life expectancy for Americans has resulted in an unprecedented shift in policy and practice across the country towards treating addiction as a health issue. Non-Hispanic Caucasians make up nearly 80-percent of opioid overdose deaths in the United States, while non-white minorities, are only 10%, representing an alarming discrepancy in the racial profile of opioid users in the United States.

The needs of the Black, Brown and Indigenous communities of New York and across the country remain unattended to, and while we may find ourselves making progress in engaging the general public to care about those who are dying by opioid overdose, we are yet to create a social contract or conscience for eliminating these inequities, once and for all.

What will this take? It at least begins with our representation and leadership. Now, more than ever, we need to demonstrate our capacity for leadership by stepping into the roles that we may have previously left for others. At the same time, some people may need to step back and learn to follow, so others can step forward and take a turn to lead. That's where we can begin.

Let's all learn to take a turn. Take a turn at the mic. Take a turn as an organizer in your community. Let us show our communities that our power is in our diversity. Let us show each other that we can bring all of our differences together across New York State. Let us demonstrate the unparalleled force of the people in recovery, our families, friends, and our allies across New York State.

Consider even taking your turn on the FOR-NY Board of Directors, as we need more diverse voices to help continue moving the NYS Recovery Community forward. Contact the FOR-NY offices to find out more about taking your turn.

Chacku

Chacku Mathai

FOR-NY Board President and Person in Recovery

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

- M. Williamson

SHOWING UP STRONG IN ALBANY WITH SPECIFIC ASKS

by Allison Weingarten
FOR-NY Director of Policy

Happy New Year Recovery Warriors! We are so excited to be showing up to Albany yet again, bigger, stronger and more determined than ever! As many of us saw – in 2019 statistics came out highlighting that overdose deaths (particularly in upstate New York) have [dropped for the first time since 2009](#). While this is good news, and absolutely one of our key goals, this is by no means time to pack up and go home. This is the time to look at what we have done--what we have accomplished through advocacy efforts and partnership with law makers--continue with those efforts, and continue to be innovative in our approach. Indeed, every single life matters, so until those numbers go to zero, and we are supporting people in recovery through continued wellness, there will always be work to do!

Policy Platform

When recovery warriors come to Albany for Stand Up For Recovery Day, Tuesday February 11 – we will be focusing on our policy platform, established as a result from a survey conducted at our recovery conference. The [Policy Statement](#) truly focuses on five areas identified by our 2019 survey as our greatest needs – housing; treatment with recovery wrap around services; recovery oriented systems of care; access to transportation; and of course a need for more funding. Based on these results as well as the Governor’s [State of the State](#) and [Budget Address](#), and in an effort to be succinct in our messaging, we have identified the following talking points to guide local recovery community organizations in their talks with legislators:

ASK #1: Increase Funding: We need more!

- We calculate that we need approximately \$40 million in additional funding in order to provide services including Recovery Community Organizations, Recovery Community and Outreach Centers, Recovery Youth Clubhouses, Peer Engagement Specialists and Family Support Navigators in each county in NYS.
- Since 2017 – Evidence Based Recovery Oriented Systems of Care were implemented around the state. These services have touched over 250,000 since their inception in 2017. These services are saving lives. We need these services in every county!
- Also, demand that any proceeds coming from Opioid settlement dollars are directed to Evidence Based Prevention, Treatment and Recovery Services! It is predicted that nationally, \$50 billion could be reconciled in the lawsuits. If New York State were to reconcile \$1 billion, \$40 million would be just .04% of this settlement – a drop in the bucket and the value is exponential.

ASK #2: Certification of Recovery Housing that support Medication Assisted Treatment and Recovery

- Individuals in early recovery must be protected and afforded a supportive living environment. We support regulations and supervision must be adopted within the parameters of the Federal Fair Housing Act in a manner that promotes

integrity, upholds residents’ rights, are recovery-oriented and conducive to optimum health and well-being.

- We support a standardized certification of recovery housing. We suggest using the standards created by the National Alliance for Recovery Residences (NARR).
- Certified recovery housing must also be inclusive of individuals using Medication Assisted Treatment (MAT) to support their recovery.
- We support Legislation which would support New York State creating and maintaining standards for safe, affordable recovery housing. Individuals in recovery must be represented as part of any state level discussions on creating those standards through legislation or other means.

ASK #3: Support the Governor’s legislation that addresses the Opioid Epidemic, including

- Increases in residential treatment beds;
- Provisions to improve compliance with parity laws;
- Continued funding for the NYS Ombuds program;
- Expansion of the MAT and Emergency Referrals (MATTERS) Program – increasing access to MAT in Emergency Departments and connection to Treatment;
- MAT Telemedicine Program and Expanding access to Telehealth and Mobile Clinics – improving access for those who lack the benefit of reliable transportation;
- Expansion of MAT in Corrections;
- Other provisions that assist homeless populations and expanded workforce training.

We encourage local RCOs to craft these talking points to fit your local needs—this is by no means language that you must adhere to word for word, especially given the diversity of our movement around the state. This is just a platform for you to work with!

We also encourage that after Stand Up For Recovery Day, you make sure to follow up with your local leaders. Remember, the budget is due April 1 and the end of the New York State legislative session is in June, but you can be advocating in Albany, locally and even in Washington, DC all year long!

Please remember to fill out [this spreadsheet](#) as you plan for meetings with your legislators so we can track our impact and show our power!

Thank you for all your efforts and see you soon!

“Nothing About Us Without Us”



Peers Providing Hope for Recovery

Recovery is transformational, as it brings hope to what appears to be hopeless situations and circumstances. This hope, the hope of recovery, comes in many different pathways, modalities, approaches, and people. Often times when this hope comes through people, it can be a family member or family friend, or as we have seen in exponential ways in the recovery community, through the peer workforce.

It is not a secret that peers provide, demonstrate, and many times over, illustrate the hope that can be captured in recovery.

Peer support workers bring their own personal knowledge of what it is like to live and thrive with mental health conditions and substances use disorders. They support people's progress towards recovery and self-determined lives by sharing vital experiential information and real examples of the power of recovery. The sense of mutuality, created through thoughtful sharing of experience is influential in modeling recovery and offering hope (Davidson, Bellamy, Guy, & Miller, 2012).

It is this hope that sustains individuals and families in recovery!

Across the nation, and in particular in New York, we continue to see the integrated role that peers have in recovery by the recognition of the NYS Office of Addiction Services and Supports (OASAS) with the investment of the Bureau of Peer Services. In addition, OASAS has committed to mandating that all of the Outpatient Treatment facilities integrate Certified Recovery Peer Advocates (CRPAs).

Friends of Recovery - New York is committed to the advancement of the Peer Integration movement and the logical expansion of the professionalization of the peer workforce. We know firsthand the monumental benefits this has done and will continue to do for the recovery community.

In the coming year, FOR-NY will provide some very deliberate initiatives as we develop efforts around the advancement of the peer workforce community by:

1. Developing a Best Practice Peer Supervision Model
2. Developing Regional Peer Councils
3. Peer Workforce Coordination Efforts to support RCO Sustainability
4. Peer Wellness Forums

But in order to advance our efforts, we need your continued voice, the many voices of the peers, to be heard. We will be distributing a few surveys designed at capturing the data, the peer voice that will assist us in shaping our efforts to effectively be in a position to continue to strengthen the lives of the recovery community, peers very much included.

Best,

A handwritten signature in cursive script that reads "Angelia".

Angelia Smith-Wilson
FOR-NY Executive Director



Who Are Peer Workers

taken from the SAMHSA website

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) is enriched by the lived experiences of people in recovery, who play key roles in BRSS TACS project leadership, development, and implementation.

- Learn about the foundational [core competencies for peer workers](#) in behavioral health services.
- Access a list of [frequently asked questions](#) about core competencies for peer workers.
- Learn more about the [process of recovery](#).

Peer Support Role

Peer support workers engage in a wide range of activities. These include:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals

Peer support roles may also extend to the following:

- Providing services and/or training
- Supervising other peer workers
- Developing resources
- Administering programs or agencies
- Educating the public and policymakers

Peer support workers may need to develop additional [core competencies](#) to provide services to specific groups who also share common experiences, such as family members. The shared experience of being in recovery from a mental health and/or substance use condition or being a family member is the foundation on which the peer recovery support relationship is built in the behavioral health arena.

Peer Support Resources

Use the following resources to learn more about the role that peers play in recovery. Please read the [SAMHSA.gov Exit Disclaimer](#) for more information on resources from non-federal websites.

- Peer workers are emerging as important members of treatment teams. The [“Supervision of Peer Workers TA Resource” \(PDF | 702 KB\)](#) helps supervisors understand how to supervise peer workers in behavioral health services. The resource includes a [slide deck \(PDF | 9.1 MB\)](#), [slide deck with trainer notes \(PDF | 9.14 MB\)](#), [one-page self-assessment tool for supervisors \(PDF | 239 KB\)](#), and [resources \(PDF | 124 KB\)](#).
- [Value of Peers – 2017 \(PDF | 2 MB\)](#) describes how peer supports advance recovery and add value to behavioral health systems:
 - [Peer Support \(PDF | 2 MB\)](#); [Apoyo entre compañeros \(Spanish version\) \(PDF | 183 KB\)](#)
 - [Family, Parent, and Caregiver Peer Support in Behavioral Health \(PDF | 846 KB\)](#); [Apoyo de compañeros para pares y otros cuidadores de niños y jóvenes \(Spanish version\) \(PDF | 202 KB\)](#)
 - [Peers Supporting Recovery from Mental Health Conditions \(PDF | 2 MB\)](#); [Recuperación de problemas de salud mental \(Spanish version\) \(PDF | 196 KB\)](#)
 - [Peers Supporting Recovery from Substance Use Disorders \(PDF | 2 MB\)](#); [Recuperación de trastornos de consumo de sustancias con el apoyo de pares \(Spanish version\) \(PDF | 202 KB\)](#)
- [Getting Started With Evidence-Based Practices: Consumer-Operated Services – 2011](#) guides mental health authorities, agency staff, and others through the process of implementing evidence-based practices. It also highlights the importance of cultural competence.
- SAMHSA’s [Recovery and Recovery Support topic](#) explains how recovery-oriented care and recovery support systems help people with mental and/or substance use disorders manage their conditions successfully.
- [What Are Peer Recovery Support Services? – 2009](#) explains peer recovery support services designed and delivered by people in recovery from substance use disorders.

Access [video trainings on peer support services](#), youth and young adults, and other topics.

YVM Team Updates, Inspires and Informs

Stand Up For Recovery Day 2020

by Carlee Hulsizer

Youth Recovery Program Specialist of Central New York, Finger Lakes, Western New York and Southern Tier

Stand Up for Recovery Day is right around the corner and I am beyond excited! As a Youth Recovery Program Specialist for Youth Voices Matter, I had a blast last year advocating with people in recovery. FOR-NY has a policy statement with specific “asks” that mirror what is needed across the state. Many supporters of FOR-NY help shape the policy statement to reflect what they need in their community. Similarly, YVM has a policy agenda as well that focuses more on the youth.

Usually, the event starts out with an opening plenary that features recovery speakers and legislators. After that there is a rally and march to the capitol. This is one of my favorite parts of the day because the energy is so contagious. After the march, it's time for meetings with legislators. Small groups of recovery warriors branch out and meet with assembly and senate members. It's an amazing opportunity to let your voice be heard.

Stand Up for Recovery Day is an amazing event and really helps individuals start making changes in their communities. I've participated the past four years, and every year the event gets bigger and bigger. I'm excited to see my friends from across the state and maybe some new faces this year. Can't wait to see YOU!

The Power of a Peer and CRPA

by Lori Teaney

Youth Recovery Program Specialist of the Capital Region, North Country, Mohawk Valley, Upper Hudson Valley

I am a young person in long-term recovery who hasn't used alcohol or drugs since September 6th, 2012! I celebrated 7 years in recovery this past year. Since I found recovery for myself, I have always been drawn to helping other people find their own way in life.

In my early recovery days, I spent a lot of my free time volunteering for a non-profit group known as Young People in Recovery (YPR), the Hudson-NY chapter. I provided and presented workshops to my peers in the community geared towards employment, housing and education. I empowered young people in my local community by offering them the tools and supports needed to build recovery-ready communities. I was also recruited by local high schools to represent YPR by attending assemblies and speaking to the younger generation about my recovery and substance use disorder

(SUD). Sharing my story and working with my peers really helped me in my recovery process.

As time went on, trainings became available that I partook in to work toward becoming a 'recovery peer advocate.' In May of 2017, I was hired as a Peer Navigator for the organization known as Project Safe Point located in Albany, NY. As a Peer Navigator, I selected and compiled relevant information and resources for clients to support them in overcoming mental and emotional difficulties. I also referred clients to outside social service providers to address psychiatric and personal issues, and I provided clients with follow-up, linkage, and recommendations to assist in determining personalized recovery services.

I received all of the field experience and supervision from being a Peer Navigator needed to apply and take the NYS exam to become a Certified Recovery Peer Advocate, better known as a CRPA. On May 16th, 2018 I became a credentialed Certified Recovery Peer Advocate. Working in the field as a CRPA was the most rewarding and life-changing experience for me. To be able to give back to my peers and to help them find their own recovery was the best part!

Now, as a Youth Recovery Program Specialist for Youth Voices Matter-New York, I am still able to provide services to my peers when needed. It feels great to be equipped with the knowledge and experience needed to assist someone in a time of need. Something that I did learn though working in the field as a CRPA is that it is extremely important to remember self-care! Although, working as a peer is extremely rewarding, it can also be very difficult at times. Staying connected and engaged with other CRPAs was the one support that helped me most. If you are reading this and you are working as a CRPA, always know that you have support! Please reach out when you need to and utilize others to help you through your journey as you help others!

If you would like to share your experience as a CRPA with others please send your story to me at: lteaney@for-ny.org

The CRPA-Y is here!

by Rachelle Brown

Youth Recovery Program Specialist of New York City, Long Island, Lower Hudson Valley

The Certified Recovery Peer Advocate (CRPA) Certification provided through The ASAP Certification Board of NYS has been an extremely impactful and valuable tool that has supported the growth of the recovery movement and community. Just as, if not more significant, the CRPA certification gives many



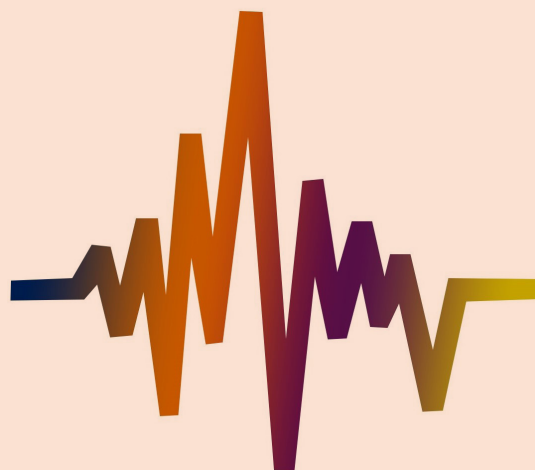
The YVM-NY team after one of their podcasts, Hears Hope. From left to right: Rachelle Brown, Lori Teaney, and Carlee Hulsizer.

people in recovery the opportunity to support themselves by helping others in their own recovery process/journey through a shared lived experience. The New York Certification Board defines a Certified Recovery Peer Advocate (CRPA) as “a person who provides outreach, advocacy, mentoring and recovery support services to those seeking or sustaining recovery” (asapnys.org). Peer Advocates or “Peers” use their lived experience as a skill and a strength that shows other individuals in treatment or seeking recovery, that they are not alone and can and do RECOVER!

In 2020, The ASAP Certification Board of NYS is launching the CRPA-Youth (CRPA-Y) and we are excited about it. The CRPA-Y is geared toward Peer Advocates working with youth in recovery. This is important because youth often tend to relate to other youth when it comes to specific issues or items today, as opposed to older individuals who may not be able to relate the same. YVM-NY, as well as other staff members from other youth organizations, such as Youth Power!, had the chance to participate in the focus group for the development on specific areas of the CRPA-Y, to provide insight and feedback from a youth perspective. Thank you to ASAP for that opportunity, as well as the wonderful opportunities that the CRPA-Y will offer so many youth in various capacities.

There are so many benefits that this certification will offer many young people, both professionally and personally. Youth in treatment and recovery need to see other youth advocating and supporting them and the recovery community; especially in a time where addictive behaviors and activities in society are being normalized. The CRPA-Y will allow young people to take their life experience, passion for recovery, and for helping others to potentially expand in his or her profes-

sional career, better themselves, and community all at the same time. Wonderful things are taking place in recovery and now the youth can have more of a say in it and direct impact on it. Youth Voices Matter and the CRPA-Y extended our voices. Empower, inspire, recover!!



Learn more about the Youth Voices Matter team and movement throughout the state by visiting their website: www.YouthVoicesMatterNY.org

Also follow them on social media:



@YouthVoicesMatterNY



youthvoicesmatterny

Recovery Education & Training

2019 Highlights - 2020 Campaigns

by Theresa Knorr

FOR-NY Director of Recovery Education & Training

CRPA Scholarship Update:

Over 225 people were awarded scholarships, funded by NYS OASAS, for Certified Recovery Peer Advocate (CRPA) training and certification fees in 2019. Not surprisingly, we received over 380 applications. We are proud to announce that 134 people completed training and 99 people were funded for testing and/or certification before the close of the year. Congratulations to all of the recipients on their hard work and commitment!

The scholarship program has ended, however, if you are in need of funding for CRPA training you can always Apply for Vocational Rehabilitation Services through ACCES-VR in your local county. In addition, please check our website's upcoming training page often, as free trainings are posted periodically.

Family to Family Recovery Resource Guide

DOWNLOAD THE FREE GUIDE FOR YOURSELF OR A FRIEND TODAY!

Addiction can have a devastating impact on the **Entire Family**

Help is Available!

HOW TO DOWNLOAD:
visit www.FOR-NY.org
and find on the homepage

- What to do if you suspect a loved one has a problem with alcohol or other drugs
- Understanding both the individual's and the family's rights in regards to treatment, recovery support, and insurance coverage
- Descriptions of the various types of support and treatment options available in New York State and how to access them
- Dealing with isolation & stigma
- Links to helpful organizations, articles & videos

FRIENDS OF RECOVERY
New York

ONE COMMUNITY
ONE VOICE

Family members are often at a loss for how to help a loved one struggling with addiction, as well as the other members of the family whose lives are turned upside down when a loved one is living in active addiction. To make matters worse, the shame and stigma society associates with addiction keeps families that need help from reaching out – even to close friends and relatives. Instead, most suffer in silence and don't know where to turn.

In response, Friends of Recovery – New York (FOR-NY) has created a comprehensive, user-friendly and downloadable guide to assist families in navigating through this challenging and painful experience.

Best Practice Supervision Model Creation:

In 2019, FOR-NY created the Best Practice CRPA Training model to ensure quality training and mentorship. Now that peers are being hired into many settings, including outpatient clinics, we want to make sure that they are well cared for and supervised according to their role. If you have direct experience/knowledge to help us develop this model for agency wellness and best practices, please take [this short survey](#).

Family to Family Recovery Resource Guide (FFRRG) Update:

This valuable tool written by family members, for family members is almost three years old. If you'd like to be part of making it even more useful, please help us update and revise it. Download the [FFRRG](#) and send your comments and feedback to adaley@for-ny.org.

Upcoming FOR-NY Trainings:

Our Stories Have Power; Recovery Messaging – Training of Trainers *how to use recovery affirming language*

3 CRPA/CARC/CASAC/CP/CPS re-certification credits - \$25

Next training: Wednesday, February 19th, 1:00 PM – 4:00 PM
(Schoharie Council) Calvary Church 960 Mineral Springs Rd,
Cobleskill, NY 12043

To register: <https://app.donorview.com/jWWqg>

Science of Addiction and Recovery – Train the Trainer

Speak scientifically about Addiction and Recovery

6 CRPA/CARC/CASAC/CP/CPS re-certification credits - \$50

Next trainings:

Tuesday, March 24th, 9:00 AM - 4:00 PM

ADC of Tompkins County - 201 East Green St., Ithaca,
NY 14850

To register: <https://app.donorview.com/9ZZD1>

Monday, April 20th, 9:00 AM – 4:00 PM

CORE Center, 803 West Avenue, Rochester, NY 14611

To register: <https://app.donorview.com/DRRO1>

*Our Stories Have Power Training that took place in
December at the Seaway Valley Prevention Council.*



Peer Professional Supervision

the core competencies of Peer Professional Supervisors and best practices for supervision
12 CRPA/CARC/CASAC/CP/CPS re-certification credits -\$200

Next training:

To be announced, 9:00 AM – 4:00 PM,

Hope and Healing Recovery Center, 2 Maple St., Hudson Falls, NY 12829

New FOR-NY Training coming in 2020:

CRAFT/Invitation to Change - Family Support Group Facilitator Training

will be scheduled in Monroe, Saratoga, Suffolk and Richmond counties this year so check the website upcoming trainings page often.

Opioid and Suicide Loss in the Behavioral Health Workplace

updated to include peer professionals, coming soon to Rockland, Genesee, Ontario and Jefferson counties.

NYS Recovery Conference:

The date, venue and theme have been chosen for this year's epic event! Join us on October 18-20, 2020 at the Albany Hilton Hotel and let's celebrate "Owning Our Recovery!"

If you have an idea for a workshop, or would like to be on the program planning committee, please email Theresa Knorr, Director of Recovery Education & Training, at tknorr@for-ny.org

Also, please remember that you can still [Pay It Forward](#) to help a peer attend this year's conference by contributing to the Conference Scholarship Fund. Thanks to everyone's generosity, we have raised \$2,000, but we can never raise enough to provide someone with the opportunity to be educated, informed and inspired during the annual NYS Recovery Conference. Make your tax-deductible contribution through [this link](#).



New York State

Recovery Conference

OCTOBER 18-20, 2020
Albany, NY

Owning Our Recovery



October 18-20, 2020 in Albany

We are "Owning Our Recovery" at our 5th annual NYS Recovery Conference; a unique educational and networking opportunity for the statewide Recovery Community.

HIGHLIGHTS INCLUDE:

- ❖ Inspiring Speakers
- ❖ Informative Workshops
- ❖ Sunday Night Dance
- ❖ Exhibitors
- ❖ Networking

Plan to join us!
Registration will be open
by the end of February
for the early rate.

*** New Venue ***
Albany Hilton... with easy access
by car, train, bus or plane

#NYSRecoveryCon

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"Nothing about us without us"

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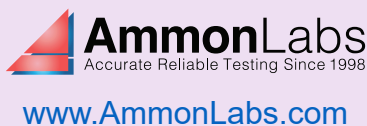
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Thank you to our 2020 Newsletter Sponsor



2nd Annual
Recovery Gems
A Shining Celebration
of the Power & Promise of Recovery



Thursday, May 28th
5:30 - 7:30 pm
Glennpeter Jewelers
Diamond Centre
1544 Central Ave, Albany

\$15 per person prior;
\$20 at the door

- ❖ Appetizers
- ❖ Music
- ❖ Silent Auction
- ❖ Gift Card Pull
- ❖ Raffle

*Plus, we will honor
our "Recovery Gem" recipient*

All proceeds benefit the mission
of Friends of Recovery-New York

S.A.I.L.
SOBER ADVOCATES IN LIFE
FOR RECOVERY
MONTH

Thursday, September 10th
Boarding begins at 5 pm
Cruise from 6-8 pm

*Anchor yourself with us on the evening
of September 10th as we S.A.I.L. on the
Dutch Apple Cruise out of Albany
in celebration of Recovery Month! Music,
dancing, food, beverages, and games!*



Arts Festival

Displayed in the Empire State
Plaza Concourse from
September 14-25th.

Open to all Recovery Artists to submit
one original form of art in the following
five categories:

- ✿ Poetry
- ✿ Drawing
(graphite, pen & ink, colored pencil)
- ✿ Painting
(oil, acrylic, pastel, watercolor)
- ✿ Photography
- ✿ Mixed Media

Awards for 1st, 2nd, 3rd, and honor-
able mention in each category will be
presented during a special reception at
the annual NYS Recovery Conference
in October. In addition, the OASAS
Commissioner's Choice Award, as well
as the Director and Staff Awards, will
also be given.

*"Art is a lie that makes us
realize the truth."*

~ Pablo Picasso