Join the Voices for

now more than ever!

september 2010
National Alcohol
& Drug Addiction
Recovery Month

SAMHSA

Road to **Recovery Month**

VOLUME 2, ISSUE 1

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Welcome 2010 Partners!

By Nayda G. Cruz

As Recovery Month continues to celebrate another year, new planning partners Join the Voices for Recovery: Now More than Ever! We are becoming a bigger chorus, spreading the word of the effectiveness of treatment and the possibility of recovery.

In this issue we introduce four of our new planning partners; the McShin Foundation, Connecticut Turning to Youth and Families, the North Carolina Department of Health and Human Services and RecoveryNC.

Together we continue to move forward, celebrating recovery and reclaiming more lives.

Welcome McShin Foundation!

"Go to where the love is," those are the words that move John Shinholser. John has been in long-term recovery for more than 27 years, and his wife, Carol McDaid has been in long-term

recovery for 12 years. Together, merging their last names 'McDaid' and 'Shinholser,' they established the *McShin Foundation*. The *McShin* Foundation is a non-profit organization run by group consensus. "We do this because it is the right thing to do," John said.

McShin was formed by a group of recovering individuals working to reduce stigma and to advocate for policies and procedures in the delivery of recovery support services. This is one of the motives why this foundation joined Recovery Month as a partner. John believes "Recovery Month is the best vehicle to rally the masses".

At *McShin* they believe there's more to be done than just inpatient treatment. It is after the discharge from a hospital or jail that people have the highest probabilities of relapse. That's why *McShin* offers the Hatcher Memorial Baptist Church facilities to

provide aftercare and relapse prevention.

As a person in recovery, John says: "Recovery is simple; you get what you get when you do what you do. If you do what you always do you will keep getting what you're getting. If you do what recovering people do you will get what recovering people get. Sooner or later you will lose the desire to use and find a new way to live." To learn more about the McShin Foundation visit: http:www.mcshinfoundati on.org

Welcome Connecticut Turning to Youth and Families

It is more likely to call a friend than a stranger to talk about a personal situation, right? That's why the *Connecticut Turning to Youth and Families* (CTYF) offers peer-to-peer support to

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youth and families struggling with alcohol and drug problems. CTYF was established to fill a large gap in our system offering specialized youth and family recovery support.

CTYF's biggest accomplishment is the national recognition of its Web site, which is intended for youth and adults. Greg Williams, Co-Director of CTYF says that one of the reasons they joined Recovery Month is because they "wanted to bring a new and fresh perspective on how we use technology to support recovery." CTYF utilizes social networking tools to deliver online recovery support to reach youth and families where they are. They're looking forward to using social media technology in a safe and secure way to help individuals.

"We really need to start embracing youth more and more," Greg added. Teaching youth about these issues is the best way to get them to participate. That's why CTYF works toward creating a place where youth and families can seek help from persons who have been in their shoes. Greg says that, "You are not alone, there are more families and people that have felt like you and they have recovered." To watch video testimonials or participate in their social network please go to: http:www.ctyouthandfami lies.org

Welcome North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services and Recovery NC!

"The more we work together, the more we can achieve," said Donna Cotter, RecoveryNC Campaign Director. That's the reason why the North Carolina Department of Health and Human Services, Division of Mental Health, **Developmental** Disabilities and Substance Abuse Services (DMHDDSAS) and RecoveryNC became Recovery Month planning partners. As a state government office, North Carolina's DMHDDSAS offers different funding and technical assistance state facilities that provide treatment and recovery support services to North Carolinians. RecoveryNC assists DMHDDSAS to coordinate events throughout the state in observance of *Recovery* Month as well as to continue to spread the word of recovery throughout the year.

In September 2008, with the support of DMHDDSAS, RecoveryNC's statewide campaign began. RecoveryNC aims to raise awareness, reduce stigma, share experiences and give hope. More than 8,670 individuals have joined the campaign. RecoveryNC is looking forward to reaching the 10,000 mark by August 2010 when they plan to

celebrate a state-wide festival where individuals in recovery will display their various artistic talents and raise their voices in support of recovery.

Last September, North Carolina held the second largest number of events in the United States. Still, they would like to develop a network of RecoveryNC chapters of citizens to advocate for better treatment and recovery support services in the state and the nation. Eventually, Ms. Cotter sees RecovervNC as a permanent advocacy organization within North Carolina. If you are a North Carolina resident, you can also be part of this movement by signing up at http:www.recoverync. org

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Editor's Column



Welcome to our 2nd year of the *Recovery Month* Planning Partners' Newsletter. As I write

this I am reminded of how quickly time is flying by and of all the work that remains to be done as we prepare for our 2010 *Recovery Month* observance – our 21st year. The great news is that we continue to add new members to our planning

partners' list and in this issue we highlight some of newly-joined organizations: The McShin Foundation; Connecticut Turning to Youth and Families; RecoveryNC and North Carolina Department of Health and Human Services—all new members. We also spotlight the National Association for Children of Alcoholics - a long-standing Recovery Month planning partner.

I also want to take this opportunity to encourage you to visit the *Recovery Month Twitter*, <u>Facebook</u> and <u>You</u> Tube social media sites, and most

important, to let all of your contacts know about these sites so they can become fans and be linked to our ongoing information updates. If you have questions about our social networking sites, please contact Sarah Ikenberry at sarah.ikenberry@samhsa.hhs.gov

Peace.

Juette a. Joures

Associate Director for Consumer Affairs Center for Substance Abuse Treatment SAMHSA

Spotlight: A Decade of Partnership National Association for Children of Alcoholics

The National Association for Children of Alcoholics (NACoA) is one of the founding Recovery Month planning partners! "We look at Recovery Month as a way for people to understand that recovery is for the whole family," said Sis Wenger, President of NACoA.

NACoA was founded by a group of leading clinicians, prevention program experts, and researchers. They were invited by Mrs. Joan Kroc, wife of McDonald's founder, Ray Kroc, a recovering alcoholic. The gathering was arranged by Cathleen Brooks, the only child of two alcoholic parents, who had written a booklet for teens published by Mrs. Kroc, titled *The Secret Everyone Knows*.

On February 14, 1983 NACoA was officially established. Twenty-seven years later *Children of Alcoholics Week* (COAWeek) is still celebrated during the week in which Valentine's Day falls every year. COAWeek is celebrated by NACoA and countless local organizations and individuals to honor the hope of recovery and the reality of healing. COAWeek also spreads the awareness of the importance of dealing with the adverse impact of being the child of an alcoholic parent.

NACoA trains clergy, health professionals, teachers, social workers and other professionls to ensure they understand the reality and needs of children living with addicted family members alcohol and other drug abusers. One of their products, the "Children's Program Kit," developed in collaboration with SAMHSA's, Center for Substance Abuse Prevention, has been distributed to over 80,000 individuals and programs.

Mrs. Wenger added, "You deserve help; there are safe people who can help you. It is important to ask for help." NACoA hopes that every treatment and recovery program addresses the needs of the whole family, including the children. To learn more, visit NACoA's website at hhtp:www.nacoa.org

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2010 EVENTS

Faces and Voices of Recovery Pee Dee, St. John's Parish, SC 05/08/10

Event:

Recovery Rides!

Contact:

larbomac@yahoo.com

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Life Is Nutz Inc. 05/14/10

Event:

Life Is Nutz Comedy Benefit for the ARC

Contact:

bill@lifeisnutz.com

Citizens Against Meth & Other Addictive Substances 05/15/10

Event:

Run for Recovery

Contact:

citizensmeth@gmail.com

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Dawn Farm 05/25/10

Event:

Relationships In and Out of Addiction

Contact:

info@dawnfarm.org

Faith Partners Addictions Ministry 06/15/10

Event:

Meth -- "Not Even Once"

Contact:

ecollier@snellvilleumc.org

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Providence Center 05/25/10

Event:

Healthy Body Mind and Spirit

Contact:

revearl@mcauleyri.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment www.samhsa.gov

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Visit us on the web:

http://www.recoverymonth.gov

