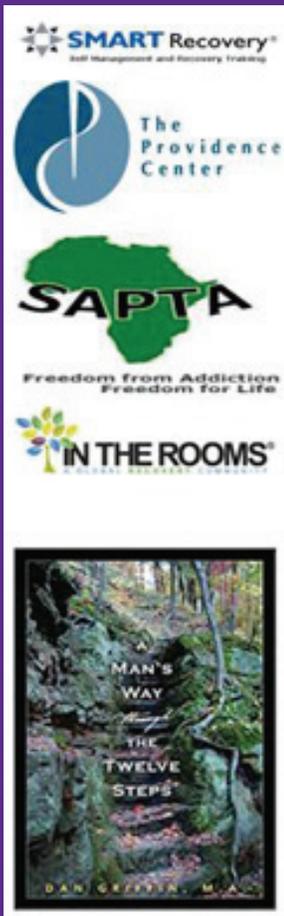


SAMHSA

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Road to Recovery Month

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Welcome 2009 New Partners!

By Anasia Hairston

As 2009 comes to a close, it marks a new beginning for the millions of people who have recovered from addiction and now live lives of sobriety and wholeness. Many of these individuals have been touched by our planning partners, who continue to celebrate those in recovery, highlight the societal benefits of treatment and promote the message that recovery is possible.

Since our summer edition, we are pleased to announce four new planning partners. We are also pleased to share the stories of how they have contributed to the success of *National Alcohol and Drug Addiction and Recovery Month*.

Welcome: Jim Gillen!

Eleven years ago, under the influence of drugs, Jim Gillen awoke in Providence, RI, and didn't have a clue as to how he got there from his hometown of Brooklyn, NY. "It was getting real

bad," said Gillen. "I was over my head and I knew it wasn't going to end well."

Terrified and fed up, he grabbed the yellow pages and called a treatment program which admitted him the same day. The same cannot be said of Gillen's father who died at the age of 54 due to an alcohol related illness. Gillen learned from that experience and notes, "I swore I would never be like that."

By asking for help and being admitted into a program quickly, Gillen received treatment and has been in recovery ever since. Today, as a licensed counselor and clinical coordinator of recovery services for The Providence Center, Gillen lobbies local politicians to fund more programs that offer immediate help to people in need of treatment services.

"I was very fortunate," said Gillen, who explained that many people have to wait days or weeks before they can get beds. "If I

had not gotten help, I don't know what would have happened," he added.

Today Gillen said he is a face and voice for recovery speaking to thousands of people several times a month throughout the country about addiction. He also plays the saxophone and flute in a band called Recovery All Stars, with others who are in recovery. "It's a way to engage people," said Gillen. "It excites me. People love it."

His tireless efforts haven't gone unnoticed. Gillen was one of four people who received the Jefferson Award in 2006, an honor bestowed on him by the Jefferson Awards Organization. The award recognizes individuals whose public service has had a broad impact.



For more information visit www.intherooms.com.



Welcome: SMART Recovery®!

The old saying goes “the best things in life are free.” That’s why planning partner SMART Recovery (Self-Management and Recovery Training) offers free face-to-face and online mutual help groups to assist people in recovery from all types of substance use disorders including: alcoholism, drug dependence, sexual addiction, gambling addiction and other additions.

“Anyone who is looking to overcome addictive behavior would benefit from being aware of SMART Recovery and a variety of other programs” said Executive Director Shari Allwood.

SMART Recovery sponsors more than 525 face-to-face meetings around the world, and 16+ online meetings per week. There are approximately 30,000 to 35,000 visits to the site monthly. In addition, the online message board provides a forum where people can learn about SMART Recovery and seek support.

“Learning the tools and techniques and ceasing the behavior is the goal,” said Allwood. SMART Recovery provides a 4-Point Program® which includes, enhancing and maintaining motivation to abstain, coping with urges, managing thoughts,

Gillen continued

Gillen said the highlight of his career, however, was having the opportunity to tell his story during the national press conference for the *Recovery Month* kick off on September 10. “It felt as if I were dreaming,” said Gillen.

Gillen said being a part of the *National Recovery Month* planning partners’ group has been encouraging to him because it allows him to see what other states are doing in their recovery efforts. “I know we are not alone,” said Gillen. “To see this national movement is fabulous.” For more information on Gillen and The Recovery All Stars visit www.catfishcafe.com

Welcome In the Rooms!

October 6, 2009 marked the one year anniversary for the online social network In the Rooms, and they had a lot to celebrate! Co-founder Ron Tannebaum said in just one year, “In the Rooms has been featured on national radio, gained more than 50,000 members making them the #1 online recovery site, won the 2009 Prism Award for song of the year, and above everything else it has helped save people’s lives.”

“We did all that in 365 days,” said Tannebaum. “It’s so heartwarming to do this.” Tannebaum said along with Co-Founder Ken Pomerance, he launched In the Rooms to HITCH (help, inform, touch, connect and heal) those in the recovery community. The site features 14 different fellowship groups,

thousands of tapes of people who have spoken at recovery support meetings and subgroups from every walk of life. A variety of options are offered to site visitors to connect with others in recovery, those seeking help and loved ones of those in recovery – private messaging, instant messaging, comments on profile pages and a number of blogs.

“We want to put a positive face on recovery,” said Tannebaum. “...[to] let people know that we are responsible members of society.”

In addition to networking those in the recovery community, In the Rooms has been vehicle that has helped to save lives. Tannebaum notes that when someone in Ireland logged onto the site and said he would commit suicide another member contacted the man and was able to get him help.

The website’s large following allowed Tannebaum and Pomerance to sponsor a successful *Recovery Month* event this year. The Rally for Recovery event held in South Florida was attended by 10,000 people including 1200 walkers. Tannebaum said celebrating *Recovery Month* “brings the recovery community together and puts a real face on recovery.”

This year Tannebaum said In the Rooms expects to get new cutting-edge features and is now available for advertisements. By being a planning partner he hopes to accomplish their goal of doubling their membership and building an even stronger recovery community.

SMART Recovery® continued

feelings and behavior (problem solving), balancing momentary and enduring satisfaction.

Allwood said many of the SMART Recovery facilitators are people who went through the program and want to give back by guiding the discussions. She recalled one facilitator who started a SMART Recovery meeting while serving time in prison. Allwood said after his release, he went on to serve on the board of SMART Recovery and worked within the corrections department helping prisoners overcome addiction. She notes that testimonials from similar stories are shared on the website.

Allwood says celebrating *Recovery Month* is an excellent way to make people aware of free services like SMART Recovery and educate the community. "*Recovery Month* helps to destigmatize the whole concept of people with addictions," said Allwood. "I think we need to get the word out to the general population as to how many people have addictive behaviors and how much free assistance is available to them." For more information on SMART Recovery visit www.smartrecovery.org.

Welcome: Support for Addictions Prevention and Treatment in Africa Foundation (SAPTA)!

The U.S. isn't alone in the fight against drugs. Alarming statistics show that many children in the East African Country Kenya, orphaned by AIDS, consume and traffic drugs, are victims of drug-

abusing families and live in drug-infested communities. Recent studies revealed that one in every 15 Kenyan students are on drugs and Kenya is one of the five countries globally, that have registered an increase in the use of hard drugs like opium and heroine.



After working as a missionary in Kenya for 10 years and witnessing the problem first hand, Dr. Bill Sinkele founded SAPTA as a way to receive American financial support and promote the collaboration of American substance use disorder expertise to assist Kenyans and other Africans with training, prevention and treatment.

"The U.S has vast resources in terms of addiction counseling, treatment and recovery resources that it can share with not only Kenyans but also other African countries," said Sinkele. Sinkele is seeking a grant to set up an Addiction Technology Transfer Center (ATTC) for Africa. "I am sure that American prevention, treatment, recovery and training - especially distance learning addiction training - organizations and experts can assist us with their talents and knowledge through this ATTC for Africa."

By participating in the *Recovery Month* planning partner meetings, Sinkele has teamed up with other groups with similar goals. "The planning partners meetings provided a wonderful opportunity to

hear firsthand what is being done by various organizations across America and gave us the chance for them to hear about SAPTA's work, said Sinkele." Several organizations are interested in working with SAPTA. Those that were planning already to work in Africa now see SAPTA as a collaborating partner.

Sinkele said since forming the non-profit organization in 2004. SAPTA, the only NAADAC approved addiction training institute in Africa, has been able to treat over 100 alcohol dependent HIV positive women over the past two years.

"It is their stories of recovery that will encourage other positive women and men to seek help and start living a life of recovery," said Sinkele. "*Recovery Month* will mean that SAPTA and hopefully other organizations and recovering persons in Kenya will establish this month as a public celebration of their recovery."

Sinkele said in September 2010 SAPTA leaders plan to organize a walk or a rally for those in recovery. He said sharing stories of recovery gives people hope that recovery is possible and has been one of the main keys to his own recovery. Sinkele is now in his 21st year of recovery from alcohol and drugs.



Editor's Column



What a wonderful celebration was had by all who engaged in the observance of the 20th anniversary of *National Alcohol and Drug Addiction Recovery Month (Recovery Month)* in 2009! Your personal

and collective contributions were the core reason for this success and SAMHSA/CSAT continues to be most grateful for your continued engagement and support.

Those of you who have known me throughout these many years know that while I know there is a moment to pause and reflect on the gifts we've had – there is also the immediate need for the impetus to develop and create what is next on our horizon.

Planning for the *2010 Recovery Month* observance is on its way under the theme: **“Join the Voices for Recovery: Now More than Ever!”** As you recall this theme embraces the additional support families and individuals in recovery will need during these stressful times. We look forward to developing our roster of *Road to Recovery* broadcast programs and other materials to be reflective of this theme and to have you make it a part of your *2010 Recovery Month* events.

I also want to remind all of us that *Recovery Month* is a gift that you give to yourselves. This is not about anything but the maintenance of the branding of the observance so that every corner of this great nation

recognizes the power of recovery and the worthiness of the individuals who have achieved recovery. All of the Planning Partners are the stewards of this movement – if and only if you choose to support and continue to distribute and make known the materials and opportunities afforded to communities within the parameters of this observance.

For my part, I am asking you not to forget to include the *Recovery Month* brand as you plan events and through the work that you do during the year. You and these actions is what make *Recovery Month* possible.

Peace,

Julette Torres

Associate Director for Consumer Affairs
Center for Substance Abuse Treatment
SAMHSA/HHS

Leading by Example

Planning Partner Spotlight

Dan Griffin, Griffin Recovery Enterprises



Dan Griffin says one of the most important reasons he became a planning partner nearly ten years ago was to have the opportunity to help support a national effort committed to honoring the stories and lives of the 20 million people estimated to be in recovery and to educate the public about the power of recovery to overcome addiction.

“There are people who have gotten their lives back and impacted their communities for the better,” said Griffin. “It’s the other part of the story that is often not told. We need to tell that story every day of the year and September is our opportunity to call special attention to all of those efforts.”

Today Griffin is one of those people making a difference. Having earned a masters degree in sociology, worked in the mental health and addictions field for over fourteen years, and been in recovery for 15 years, Griffin is putting his expertise and experience to use in his first book, *A Man's Way Through the Twelve Steps*.

“My hope is that this is an aid for men in any stage of their recovery,” said Griffin. “A lot of men yearn for fuller and deeper connections with other human beings but they simply do not know how to do it or think they do not deserve them because of all of the pain they have caused others. I want men to know that they are not alone in their suffering and that the Twelve Steps can liberate them far more than they may have ever thought.”

Using interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience, Griffin's book offers the first holistic approach to sobriety for men.

Griffin is also co-authoring the first comprehensive curriculum focused on men's issues with Dr. Stephanie Covington, a leading expert on women's issues in recovery, and Rick Dauer, a clinical director of a treatment center in Minnesota. Griffin said that his experience in recovery and the relationships he has had with other men in recovery helped him realize there was a need for a curriculum specific to the issues of men. “Men come into recovery and we rarely tell them that they may need to go against a lot of how our society expects them to live their lives as men in order to maintain their recovery. We expect men to ask for help, express their emotions, and talk about their inner lives, to name a few. The good news is that these expectations seem to improve men's lives.”

Griffin credits his recovery to the men in the recovery community who he called “incredibly supportive” and says overcoming addiction has changed his life. “I owe my life to them. Those men have not only taught me how to grow in my recovery – they have taught me how to be a man. ...Recovery to me is everything. I have a life today. I'm an author. I'm husband. I'm a father. I am a sober citizen of the community,” said Griffin. Griffin participates in several recovery-focused events a year and speaks on addiction and recovery issues. *A Man's Way through the Twelve Steps* is available for purchase at www.dangriffin.com or www.hazelden.org

2009 EVENTS

**Mark Lundholm, Recovery
Comedian, VA 11/6/09**

Contact: sbruno@tni.net

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**Foundation for Recovery
2nd Annual Gala and
Awards Banquet: You Are
the Magic!, NV 11/10/2009**

Contact:
jhirshon@forrecovery.org

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**CELEBRATE
RECOVERY® at Abundant
Life Church of God, NJ
11/12/2009**

Info:
www.alcog.org/Celebrate_Recovery.html

Contact: ajfreehold@aol.com

**Codependence Recovery:
Loving Relationships with
Others, NV 11/13/09**

Info:
http://www.lasvegasrecovery.com/free_lectures.shtml

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**CELEBRATE
RECOVERY® at Abundant
Life Church of God, NJ
11/26/09**

Info:
http://www.alcog.org/Celebrate_Recovery.html

Contact: ajfreehold@aol.com

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**Teens Using Drugs: What to
Know and What to Do - Part
I, MI 12/01/2009**

**Teens Using Drugs: What to
Know and What to Do -
Part II, MI 12/08/2009**

Info:
<http://www.teensusingdrugs.org>

Contact: jessa@med.umich.edu

**CELEBRATE
RECOVERY® at Abundant
Life Church of God, NJ
12/10/09**

Info:
www.alcog.org/Celebrate_Recovery.html

Contact: ajfreehold@aol.com

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**Two-Day Workshop -
Codependence Recovery:
Loving Relationships with
Others, NV 12/13/09**

Contact:
sday@centralrecovery.com



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

Address:
SAMHSA/CSAT
Consumer Affairs Office
1 Choke Cherry Road, 2nd Floor
Rockville, MD 20857

Phone: 240-276-2750

Fax: 240-276-2710

***“Join the Voices for Recovery:
Together We Learn, Together We Heal”***

