

SAMHSA

Road to *Recovery Month*

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Welcome 2010 Partners!

By Jennifer Rosas

The holiday season not only brings new colors, but also new *Recovery Month* Planning Partners. The September *Recovery Month* Planning Partners Meeting was held at the Washington Plaza Hotel in Washington D.C., and brought together familiar faces as well as new ones. Some of these new faces are organizations that have joined the *Recovery Month* Planning Partners team to continue to promote behavioral health treatment and recovery.

We are pleased to introduce three of our new planning partners: *Suicide Prevention Resource Center*, the *Minnesota Recovery Connection*, and *Steppin' Out Radio*,

Welcome Suicide Prevention Resource Center!

Having the right knowledge and resources is essential in promoting and developing effective suicide prevention programs. This is where the Suicide Prevention Resource Center (SPRC) steps in. SPRC is the first Federally-funded center of its kind that provides prevention support, training, and resource materials to strengthen the suicide prevention networks within State, government agencies, private organizations, colleges, and universities just to name a few.

SPRC was created in 2002 with a mission to advance the National Strategy for Suicide Prevention (NSSP). One of SPRC's main

objectives is to work closely with States, creating a partnership to develop and implement State plans.

"The public health approach is what makes SPRC different from other organizations. We use effective ways to prevent suicides by using available evidence, data, and statistics to focus on the main issues regarding different populations and communities to reduce suicides and provide support," said Senior Prevention Specialist, Gayle Jaffe.

The Suicide Prevention Resource Center is currently working on preventing suicides that are closely related with the economy, youth bullying, and the lesbian, gay, bisexual, and transgender (LGBT) community. SPRC joined *Recovery*

Month in hopes to expand and share knowledge and resources, as well as to promote effective prevention strategies and awareness to reduce prejudice and discrimination and to prevent suicides nation wide.

For more information, or to subscribe to “Weekly Spark” to receive news and announcements from SPRC, please go to: www.sprc.org

Welcome Minnesota Recovery Connection!

Just a couple of months ago, the Minnesota Recovery Connection (MRC) opened its doors to the community. Nell Hurley, Executive Director of MRC, is proud to be the first Recovery Community Organization (RCO) in the State of Minnesota. MRC is a centralized place that connects people to the right network of resources that support individuals and families recovering from addictions and co-occurring disorders.

Ms. Hurley explained that “a unique aspect of the Minnesota Recovery Connection is that it has a traditional approach of helping the community out. We focus on connection, recovery,

advocacy, and serving the Minnesota community with respect and encouragement in any pathway they choose for recovery.”

MRC connects people seeking recovery to organizational resources that help foster and sustain long-term recovery. Some of these resources are educational, medical, and housing assistance among others. The Peer-to-Peer Recovery Support Program is one of the most effective aspects of their recovery support approach. This program allows weekly recovery coaching to help enhance and sustain recovery. “With this program, we can train and educate members of the recovery community to take active roles in service and giving back to the community,” Nell Hurley mentioned.

With the success of *Recovery Month* events this past September such as a kickball tournament and a baseball game that sold 1,500 seats, Nell Hurley enthusiastically said she was “very excited about planning 2011 events. Our main focus in MRC is to organize and mobilize the community to speak out about the reality of long-term recovery and to have more RCO programs in

Minnesota; this is why we joined *Recovery Month*. Minnesota is known for being recovery strong; and by joining forces with *Recovery Month*, it will keep up the momentum, and it will be the vehicle for future Recovery Community Organizations in Minnesota.”



For more information, visit www.minnesotarecovery.org; look for them on Facebook at: www.facebook.com/Minnesota-Recovery-Connection; or follow them on Twitter at: www.twitter.com/MNRrecovery

Welcome Steppin' Out Radio

As part of her psychology course work, Denise McIntee attended 12-step meetings and noticed that the stories told are often better than stories we hear on the air. This inspired her to form Steppin' Out: the 12-Step Meeting On-The-Air with the goal to produce a radio show that offers people help and support. Denise,

who is the CEO of Powerful Radio Productions, said "we're able to use the airwaves, which belong to the public, in a very positive way. Steppin' Out Radio is a show that

helps and transforms lives."

Steppin' Out Radio offers more than your typical radio station. It is a show dedicated to the stories of people who have been affected by alcohol and drug addiction disorders. Moreover, the show is not limited to substance use disorder issues as it also covers eating disorders and gambling among others. The stories that are featured, Denise said, "are of hope and transformation as well as educational, making the stories - the star." She also added that a great factor involving a 12-step

meeting on the air is the convenience for those "who are afraid to walk into a meeting because they don't know what to expect there, and for those who don't think they have a problem, but aren't really sure."

Today, Steppin' Out Radio has been providing its services to thousands of listeners in 25 stations nationwide, in 180 countries, and in all Naval Ships. They are looking forward to expanding into more genres that would include youth and Hispanic programs. This is the main reason why Steppin' Out Radio joined the *Recovery Month* Planning Partners. "I became part of *Recovery Month* to let our audience know that recovery is possible," Denise mentioned. "By airing our special stories of inspiration and hope on Steppin' Out Radio, we

are letting the public know that there is a place to get help, and that there is no shame in getting that help. Recovery is more than possible and we hear stories of long term sobriety every day," she added.

For more information about Steppin' Out Radio and a list of broadcast and Internet Radio Stations visit their Web site: www.steppinoutradio.com



Editor's Column



Here we are at the end of another calendar year for the **Recovery Month** Planning Partners. I am most

proud of the fact that we are still accumulating new members to our ranks and this issue highlights 3 of our newest members.

As we look to 2011 and what lies ahead the operative word for the

Recovery Month Planning Partners will be change. As you know we have been contemplating new names and will have the results of your preferences as soon as we brief the SAMHSA leadership on the results. Moreover, there will be a need for us to redouble our efforts to include prevention and co-occurring issues within the issues to be covered in the kit and materials.

All of this leads us into a new frontier that will no doubt cause an increase within the ranks of the Planning Partners. When this happens we will continue to highlight new members in the hopes of motivating synergy with existing

planning partners as well as the broadening of the current programmatic partnerships that are so common among our current members.

I wish you all the best holiday season ever and a prosperous 2011. Thank you for your continued collaboration, understanding and commitment to **Recovery Month**.

Peace,

Julette Torres

Associate Director for Consumer Affairs
Center for Substance Abuse Treatment
SAMHSA

2010 EVENTS

Recovery Month events take place all year round.

Anuvia Prevention and Recovery Center in Charlotte, NC
12/09/10

Event:
Holiday Recovery Celebration
Contact:
johnathan.belton@anuvia.org
--♦--

Metro Care Services Altschuler Out Patient Mental Health Clinic in Dallas, TX
12/03/10-12/24/10
Event:

Community Fair every Friday
Contact:
bryan.smith@metrocareservice.com

Dawn Farm in Ypsilanti, MI
12/14/10

Event:
Free Workshop Series
Contact:
<http://www.teensusingdrugs.org>
--♦--

The McShin Foundation in Mechanicsville, VA
12/18/2010

Event:
Open House

Contact:
honestyb@mcshin.org

--♦--

Breaking Free Recovery Center in East Stroudsburg, PA
12/31/10

Event:
New Year's Eve Party

Contact:
rozsay@ptd.net



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

**“Join the Voices for Recovery
Now, More Than Ever!”**

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