

Join the Voices for  
**recovery**

september 2010  
National Alcohol  
& Drug Addiction  
*Recovery Month*

now more than ever!

SAMHSA

## Road to *Recovery Month*

VOLUME 2, ISSUE 2

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## Welcome 2010 Partners!

By Nayda G. Cruz

Just as the snow melts and the flowers paint the scenery every year, more persons decide to join the journey towards recovery. In this issue we introduce three new partners who make this journey possible: *Suicide Prevention Resource Center*, *Teen Challenge International* and the *Association of Recovery Schools*. Also highlighted in the issue are our partners from *Mental Health America* as well as a project in which our friend Harvey Weiss has been involved.

### Welcome Suicide Prevention Resource Center!

"Fifteen percent of all alcohol-dependent people die by suicide. This is a loss of 7,000 to 13,000 people every year", said Anara Guard, Deputy Director of the Suicide Prevention Resource Center (SPRC). SPRC's goal is to prevent more lives from being lost by providing local and statewide coalitions with

the best science-based information to conduct comprehensive strategic suicide prevention plans and activities. Today, 48 states have a suicide prevention plan.

SPRC was founded in 2002 with the support of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. It serves coalitions in the states, territories and tribal communities offering in-person and online suicide prevention training programs, as well as specific trainings tailored to different professions.

Guard says SPRC is a *Recovery Month* planning partner because "we are doing similar work. Alcohol use impairs judgment and leads to impulsive behavior. A person at risk of suicide who might not have made an attempt while sober may do so while intoxicated. Recent research indicates that such a relationship also

exists between suicidal behavior and drug abuse". That's why SPRC, along with many other organizations, also observes National Suicide Prevention Week in September. During this week, efforts are made to educate individuals and stakeholders about suicide prevention and to help those in crisis. If you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK. For more information about suicide prevention, please visit <http://www.sprc.org>

### Welcome Teen Challenge International!

Fifty-two years ago, Reverend David Wilkerson read a *LIFE* magazine article about seven teenagers who were on trial for murder. The story affected him so deeply that he drove six hours from Pennsylvania to New York City in hopes of talking to these teenagers. Wilkerson was unable to speak with the

teens. As he drove back to New York, he stopped by the place where the murder occurred and started talking to the neighborhood teens. Soon he was known as the gang preacher. "He had a tough love, and that was what my generation needed," says Victor Torres, former gang member and founder and pastor of New Life Outreach International Church.

*Teen Challenge* follows the "One year for the rest of your life" model. The 12-month program offers alcohol and substance abuse recovery services. During this program they work with the physical, emotional and spiritual needs of the person in recovery.

Today, there are 243 *Teen Challenge* centers in the USA and hundreds more in 82 nations. Their desire to continue the good work prompted them to join *Recovery Month*. "We feel *Recovery Month* is the best way to let people know they can recover from their addiction," said Reverend Snow Peabody, Washington DC liaison of *Teen Challenge International*.

Among their continuous work, *Teen Challenge* also has different events and programs. *Stay Sharp* is a peer-to-peer program they present in public and private schools. A dynamic video lays out the

facts and dangers of drugs and teens in recovery talk about their life experiences. *Teen Challenge* also has a residential program where women in recovery can live with their children.

"It's never too late to get help. God loves you and we would love to help you," said Peabody in closing remarks. For more information please visit, <http://teenchallengeusa.com/>

### Welcome Association of Recovery Schools!

Recovery is like a puzzle. At first you have no idea what you have in front of you, but through patience, perseverance and, hopefully, a friendly hand, recovery is possible. One of the biggest challenges young individuals in recovery confront is coping with their ordinary activities while choosing a sober life style. That's why the *Association of Recovery Schools* is there, to help teenagers stay in school and get a diploma.

*Recovery Schools* was founded with the help of the Center of Substance Abuse Treatment (CSAT) and SAMHSA, by bringing together independent recovery schools workers who had the same vision. "Together we are more powerful than individuals

alone," said Monique Bourgeois, Executive Director of the *Association of Recovery Schools*. Seeking that unity is the reason why they joined *Recovery Month*, "I think that adolescents are an underrepresented group. *Recovery Month* has given them a national way to highlight educational recovery and also to acknowledge them."

"We are dedicated to support students in recovery. They are a valued, necessary, and fundamental part of education and treatment systems" Monique stated. As part of this effort, *Recovery Schools* is holding its annual conference on July 21-23, 2010 at the Northeastern University in Boston, Massachusetts.

*Recovery Schools* hopes that any student who needs a recovery school has access to one. "I encourage all youth who have a problem to seek recovery, and to attend a recovery school if possible," Ms. Bourgeois said, and adding, "They need to take the opportunity to see what these schools can offer. Recovery happens one day at a time but you need to get around people who understand recovery." To learn more about *Recovery Schools*, please visit: <http://www.recoveryschools.org/>

## Spotlight: Mental Health America

“As I penetrated and conquered the mysteries of that dark side of my life, it no longer held any terror for me. I have decided to stand on my past and look the future in the face,” is the most-often cited quote from Clifford Beers' book, *A Mind That Found Itself*. Beers is the founder of the 100-years-old Mental Health America (MHA). In his autobiography, the Yale graduate narrates the breakdown he suffered after his brother's death. The deplorable treatment he received moved him to establish this organization after his release from various treatment centers over a period of multiple years.

Since that time, MHA has focused on identifying the critical health issues in America and teamed up with its affiliates to build better services. Today, MHA has 320 affiliates in 41 states. MHA Manager Candace Daniels shared that they “provide America's communities and consumers with direct access to a broad range of self-help and professional

recovery support, including housing, and employment support for adults with severe mental illnesses.”

MHA joined *Recovery Month* ten years ago looking for “the strength that comes from working together to move forward in this journey of prevention, recovery and wellness,” shared Daniels. As part of the effort for wellness, MHA launched its campaign *Live Your Life Well*. This campaign focuses on ten tools to strengthen resilience and to reduce toxic stress. In addition, during 2008, MHA worked with a coalition of mental health agencies to get the Wellstone-Domenici Mental Health Parity and Addiction Equity Act of 2008 signed into law.

Daniels says MHA “wants individuals to know that there is always hope.” That's why MHA is celebrating its 2010 Annual Conference from June 9th-12th in Washington, D.C. For more information about this conference or MHA visit: <http://www.mentalhealthamerica.net/go/conference2010/>

## Spotlight: National Inhalant Prevention Coalition

Our *Recovery Month* planning partner and Executive Director of the National Inhalant Prevention Coalition, Harvey Weiss, helped design and spearhead an arts involvement project for seniors in his Chattanooga, TN community. Mr. Weiss was competitively selected to be a member of the Chattanooga/Hamilton County (TN) Senior Leadership Academy. The Academy is part of the Alexian Brother Senior Neighbors Program.

The Alexian Brothers Senior Neighbors is a center that offers foreign language classes, dance instruction, and music lessons among other activities to the elderly. The center Senior Leadership Academy is a nine-month program that teaches volunteers how to recognize the needs of the community and how to establish ways to meet those needs. As part of the requirements, every graduating class must do a project that will benefit the community.

This year's graduating class came up with the project of creating a Senior Arts Council. The idea emerges after the leadership group visited a community theater center and a museum to which they had never been before. The group realized that the arts have much to offer to seniors and decided to conduct a program where the seniors are since many are unable or “afraid” to leave where they lived. This

program is designed to be actively engage seniors in various creative ventures to enrich and expand their lives.

Their first event was a Day of Sharing Arts, which included a pottery bowl, creative acting workshops and a musical performance. Around 25 people participated in this event and they were excited about doing this for the first time. “The event was well received and has encouraged us to plan for future events,” shared Harvey Weiss, spokesperson for the Senior Arts Council. He also mentioned that their ultimate goal is to create a sustained Senior Arts Council for the area.

Harvey added: “Individual and group involvement in programs such as this is a positive influence on the mental health of participants and open doors to discussions about the appropriate use of drugs and medications by seniors.”

## Editor's Column



Welcome to the second issue of the 2010 *Recovery Month* Planning Partners' newsletter.

We continue to gain new members and we trust that you will keep referring new organizations to us so we can sign them up to "Join the Voices for Recovery".

As we move forward with our planning process I can announce that

the kits are available now. As a reminder, we will be sending out kits to those organizations that send us an electronic list of members. If you want to send a personal letter inviting your membership to participate in *Recovery Month* in a special way or to encourage them to participate, please send copies of the letter – on your letterhead – to Michele Monroe, Office of Consumer Affairs, 1 Choke Cherry Road, Room 2-1057. Michele can be reached at:

[michele.monroe@samhsa.hhs.gov](mailto:michele.monroe@samhsa.hhs.gov).

I am so looking forward to *Recovery Month* this year and to attending some of the special events that you will be involved with or planned. Please keep in touch through our social networking sites and join our blog!

Peace,

*Juette Torres*

Associate Director for Consumer Affairs  
Center for Substance Abuse Treatment  
SAMHSA

## 2010 EVENTS

**The Southeastern Institute on  
Chemical Dependency**  
**07/09/10**

Event:  
**Summer Institute on  
Addictions**

Contact:  
[TheSoutheasternInstitute@gmail.com](mailto:TheSoutheasternInstitute@gmail.com)

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**C.O.P.E. 05/14/10**

Event:  
**Cope Recovery Walk**

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Contact:

[coperolla@yahoo.com](mailto:coperolla@yahoo.com)

**Faces & Voices of Recovery  
and Hazelden's Center for  
Public Advocacy 07/24/10**

Event:  
**America Honors Recovery  
Awards: Call for  
Nominations**

Contact:  
[dgreenberg@facesandvoicesofrecovery.org](mailto:dgreenberg@facesandvoicesofrecovery.org)

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Event:

**Picnic 2010 - The Villa  
Desiderata Retreat House**  
**08/28/10**

Contact:  
[rebekahshouse@aol.com](mailto:rebekahshouse@aol.com)

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Event:  
**North Carolina Voices for  
Recovery/Ride for Recovery**

Contact:  
[russellsherman640@gmail.com](mailto:russellsherman640@gmail.com)

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**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
[www.samhsa.gov](http://www.samhsa.gov)

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Rockville, MD 20857

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

Visit us on the web:  
<http://www.recoverymonth.gov>

