

25 Years

- The further I get into recovery, the less I know.
- Things are not as black and white as I once thought. The gray area keeps expanding.
- Fishing is best when you're not concerned about catching anything.
- Gratitude is the antidote for the poison of resentment.
- There is no such thing as quality time with your children, there is only quantity.
- Do not let a kid with the stomach flu sleep on the top bunk.

25 Years

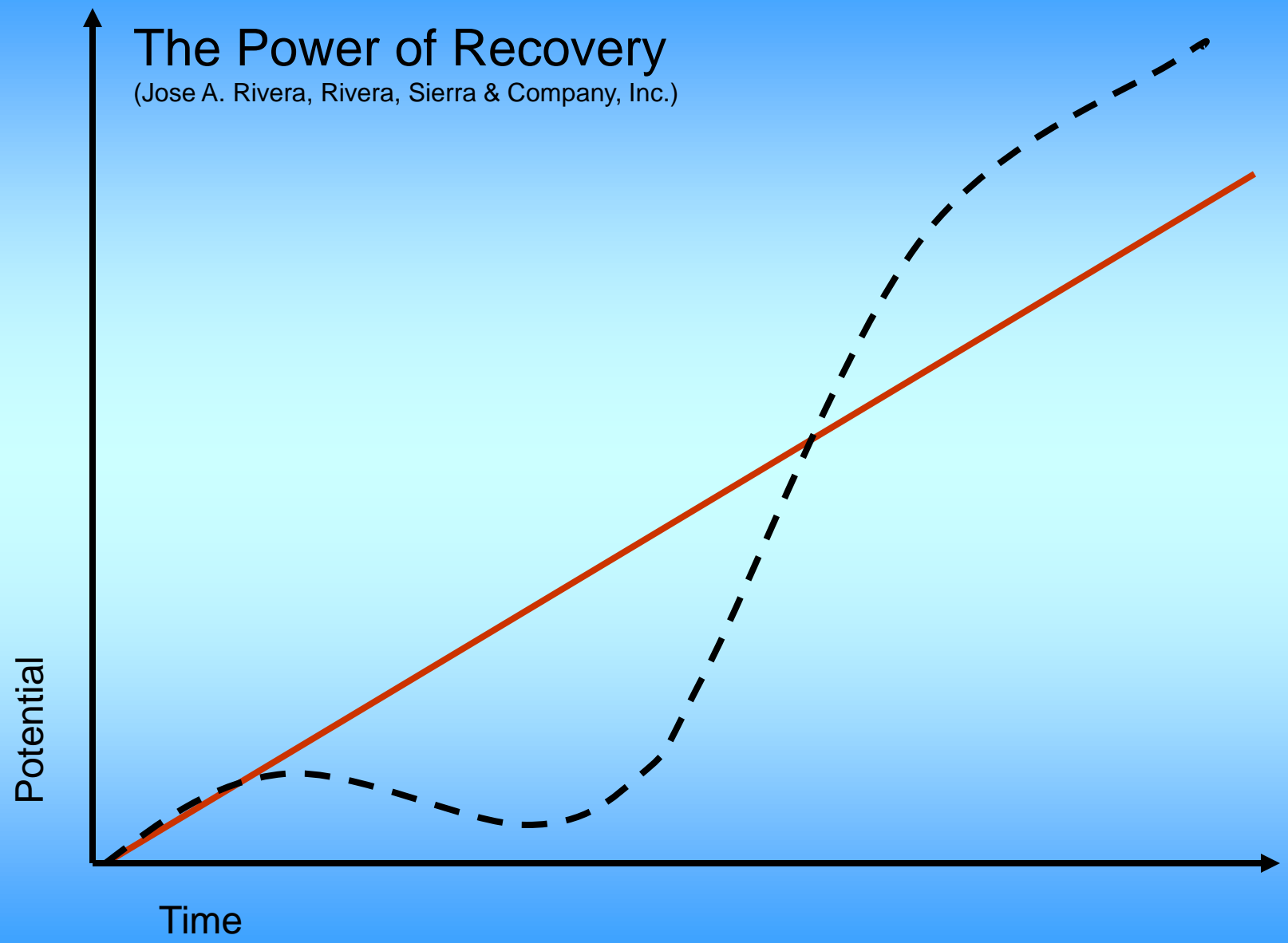
- My relationship with God, my recovery, is the glue that holds my life together.
- Everyone knows someone who has been affected by alcoholism and/or addiction, yet very few talk about it openly.
- Entertainment reaches no higher pinnacle than watching your kids do something they love.
- Humility means doing something nice for someone and then not telling anyone about it.
- The stove has many temperatures, not everything has to be cooked on “high”.
- To build a legacy that matters, the driving force must be integrity.

25 Years

- There is incredible wisdom and power in the experience, strength and hope in **one** person's recovery.
- Let your yes mean yes, and your no mean no.
- I can get through anything “one day at a time”.
- I didn't get sober to be miserable.
- I'm too old to fish while standing on slippery rocks.
- Live in the moment.
- When in doubt about what to do next, do the next right thing.
- I can get bitter, or better. The choice is mine.

The Power of Recovery

(Jose A. Rivera, Rivera, Sierra & Company, Inc.)



What I have learned from surviving Stage 4 cancer...

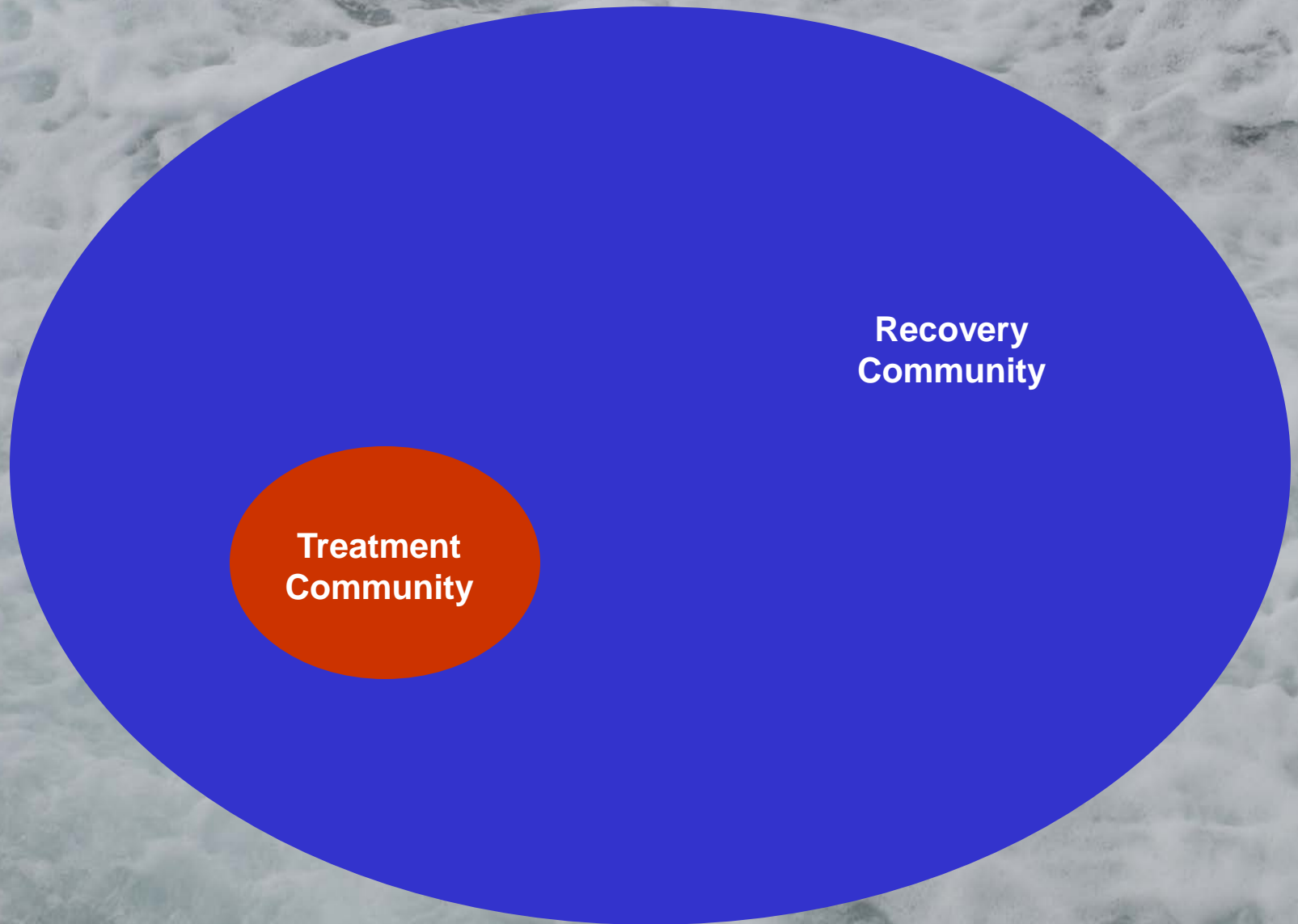
Live in the moment.

Ask for help – if you're having trouble asking for help, figure out why. You may be depriving someone else an opportunity to give something to you.

“Phillip, let me love you
through those that surround you.”



Historical context...

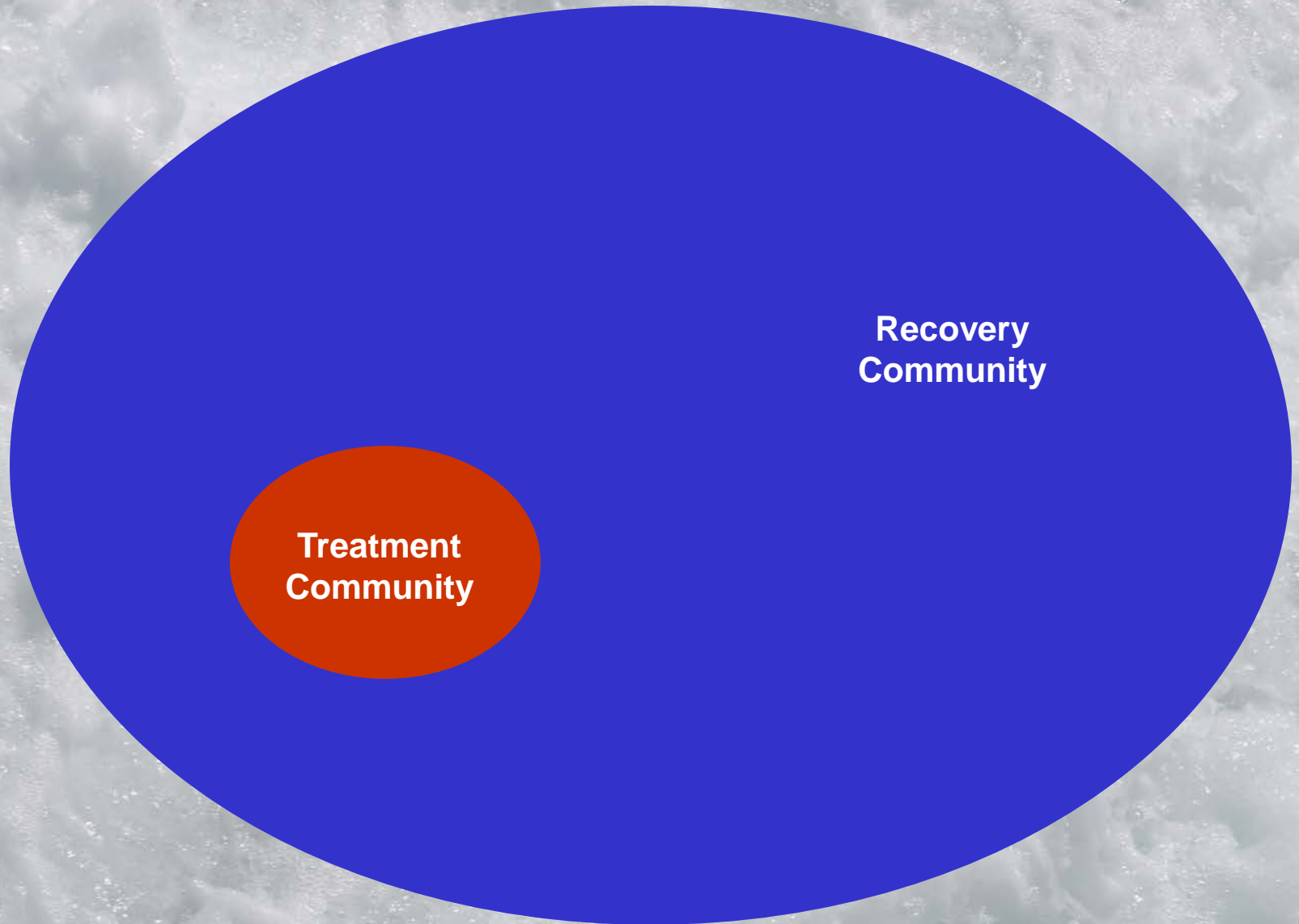


CCAR, a Recovery Community Organization...



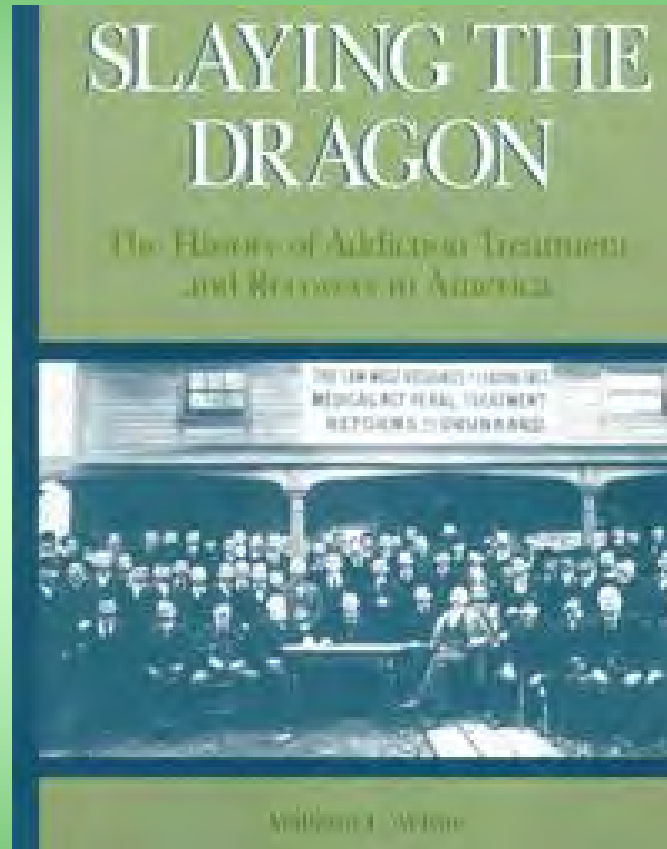
bridges the gap

Historical context...



Slaying the Dragon

The History of Addiction Treatment and Recovery in America



**THE LAW MUST RECOGNIZE A LEADING FACT, MEDICAL
NOT PENAL TREATMENT REFORMS THE DRUNKARD**



CCAR

**Connecticut Community
for Addiction Recovery**

*Leading Connecticut in
Recovery Innovation*

CCAR

Organizes the Recovery Community to...

1. Put a Face on Recovery

- Advocacy: have a voice on issues of importance to the recovery community
- Offer ourselves as living proof that recovery is a reality in the lives of millions of people

2. Provide Recovery Support Services

- To maintain and sustain recovery

Foundational Principles

- you are in recovery if you say you are
- there are many pathways to recovery
- focus is on the recovery potential, not the pathology
- err on the side of the recoveree
- err on the side of being generous

Advocacy Highlights

- Recovery Core Values
- Heroin Town into Recovery Town
- Pardons Process
- NIMBY
- Faces & Voices of Recovery

Putting a Face on Recovery

- Speaking engagements
- Posters
- Public access TV shows
- Videos
- Website <http://ccar.us>
- Social media
- Earned media
- Recovery Walks!

Recovery Community Centers

Field of Dreams

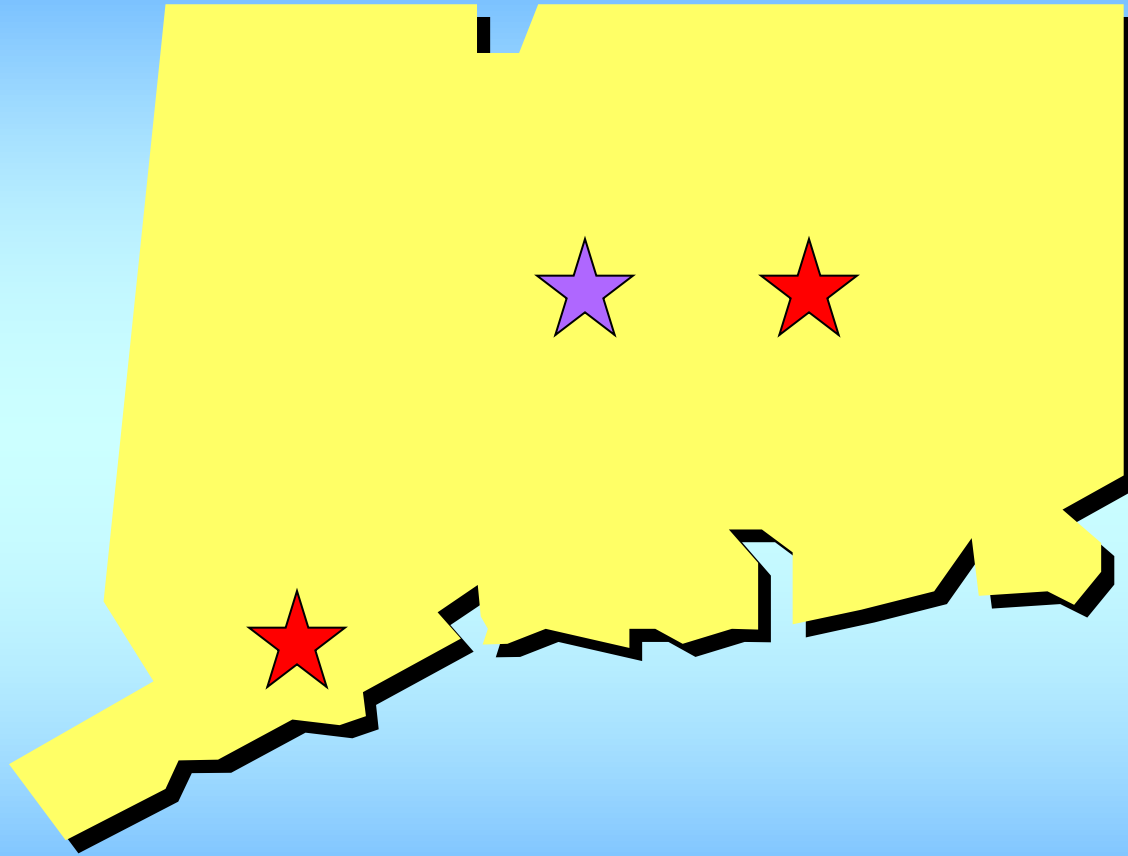


“build it and they will come”

Recovery Community Centers

- recovery oriented sanctuaries anchored in the hearts of communities
- recovery support services are designed, tailored and delivered by local communities of recovery
- fueled by volunteerism

Recovery Community Centers



Willimantic, Bridgeport, Hartford

Peer-to-Peer Recovery Support Services

- Telephone Recovery Support
- Recovery Coaching
- Recovery Works!
- Recovery Housing Project
- All-Recovery Groups
- Recovery Training Series
- Recovery Social Events
- System Navigation

Telephone Recovery Support

“We call because we care.”

In the spirit of KISS, a new recoveree receives a phone call from a trained volunteer (usually another person in recovery) once a week for 12 weeks.

Volunteer follows script.

Win/Win: CCAR – gives new recoveree a better shot at maintaining their recovery AND helps the volunteer making the call

Provider – helps their clientele

Telephone Recovery Support

“When asked if I find the TRS (Telephone Recovery Support) calls helpful I can't say yes enough. There's something so supportive about knowing that no matter what happens in my life there's someone who genuinely cares about how my recovery is going.

My volunteer has shared in every victory I have had in my recovery since the calls began. I hope to continue receiving these calls for a long time to come.”

~ Constance, enrolled for more than a year

Telephone Recovery Support

“It’s a connection to people just like me. I don’t feel alone during stressful times. I live out in the boondocks and the conversations help. When I relapsed, just to hear that someone cared made me feel a lot better. I felt **ashamed** and like a failure. Someone cared and they called me. I didn’t feel so alone.”

~ Cynthia. She began receiving phone calls in January 2010.

Telephone Recovery Support

“When I was using, my phone never rang and I wanted it to. I remember just sitting there, staring at the phone wishing someone would call me, talk to me...possibly help me. Now I’ m in recovery, for me this is the **perfect way of giving back**... being the phone call that I never got.”

~ *Curtiss, TRS Volunteer*

Telephone Recovery Support

- In 2012, CCAR enrolled 2,677 new recoverees.
- Average length of enrollment is 15 weeks.
- One recoveree has been enrolled for nearly 5 years.
- In 2012, volunteers placed 34,320 outbound calls.
- In 2012, volunteers talked to a recoveree 12,765 times.
- In 2011, 483 recoverees completed at least 12 weeks, 425 (88%) reported they stayed clean continuously. Of the 58 people who reported a relapse, 42 of them (72%) indicated that, although they had relapsed, they were back in recovery.

Recovery Works!

- Recovery/Vocational Training
 - 7 part continuous curriculum
- Recoverees required to
 - Enroll in Telephone Recovery Support
 - Contribute 20 hours as a CCAR Volunteer
- Recovery-friendly employer database
- Provide training to employers to become more recovery-friendly

Recovery Housing Project

- Inventory existing recovery housing (independently owned, privately operated “sober houses”)
- The website findrecoveryhousing.com is national with 350 houses.
- There is now a National Association of Recovery Residences (NAAR).
- All searches are free.
- A house listing is \$29 for one year.

Recovery Housing Project

- Establish the Recovery Housing Coalition of Connecticut
 - Standards
 - Advocacy
 - Monthly meetings
- Deliver “So, You Want to Open a Recovery House?” trainings

Recovery Coaching

What is a CCAR recovery coach?

–A CCAR volunteer... plus

–Anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery



CCAR Recovery Coach Academy©

- In 2012, the CCAR Recovery Coach Academy© ran 117 times and trained 2,038 people

In a retreat-like environment over 5 days people are trained to:

- actively listen
- ask really good questions
- discover and manage their own stuff

Learning Objectives – CCAR Recovery Coach Academy©

- Describe the roles & functions of a recovery coach
- List the components, core values & guiding principles of recovery
- Build skills to enhance relationships
- Explore dimensions of recovery & recovery coaching
- Discover attitudes on self-disclosure & sharing your story
- Understand the stages of recovery
- Describe stages of change & their applications
- Increase awareness of culture, power & privilege
- Address ethical & boundary issues
- Experience recovery wellness planning
- Practice newly acquired skills

Recovery Coach Roles

- Motivator & Cheerleader
- Ally & Confidant
- Truth Teller
- Role Model & Mentor
- Problem Solver
- Resource Broker
- Advocate
- Community Organizer
- Lifestyle Consultant
- Friend & Companion
- An Equal

Volunteer Management System

“Volunteering at CCAR gives me back so much more than I could ever put in; it feels good to help others and brings meaning and purpose to my life.” ~ Fred, CCAR volunteer

“CCAR has really done a lot for me. It has inspired me to grow and look at things from different points of view while given me the courage to take risks, like going back to college and use what I am learning to improve my own quality of life and give back to the recovery community.” ~ Patti, CCAR volunteer

“Through volunteering at CCAR I have learned to love myself.” ~ Tanya, CCAR volunteer

Volunteer Management System

- Modeled after a hospital volunteer system
- Screening, interviews, background checks, training, job descriptions, scheduling, supervision, recognition
- Comprehensive Volunteer Orientation training
- Volunteer Recognition dinner in April

Volunteers

Staff

Volunteer Management System

Year	Volunteers	Hours Served	Volunteer Rate
2013	293	28,427	\$803,347
2012	291	23,264	\$646,041
2011	317	20,438	\$551,417
2010	319	14,426	\$393,397
2009	273	13,449	\$347,329
2008	292	11,979	\$308,434
2007	189	8,305	\$180,229
2006	144	5,114	\$110,979
2005	90	3,450	\$74,870

Contact Information

Phil Valentine

Executive Director

facebook: Connecticut Community for Addiction Recovery

facebook: Phil Valentine

twitter: pvalentine59

phil@ccar.us

<http://ccar.us>

