There are tens of thousands of men and women across our country just like you who want to speak out about their recovery experiences while honoring the principles that have worked so well for so many. This pamphlet answers questions that people who want to speak out are asking as they think about how to share their experiences and make it possible for others to get the help they need. Here's what one person has to say.

In feeling better in my sobriety as I work a twelve-step program and am grateful for the blessings it has brought me. I want to reach out and help others who are still in the throes of active and discriminatory policies and practices.

I hear the terms 'advocacy' and 'anonymity' all the time, but I'm not sure what they mean or how they apply to me. I do to help alcoholics and addicts who have not yet recovered.

You can speak out publicly without compromising the principles of the recovery program in which you participate. By doing so, you will be reaching out to alcoholics, addicts, their families - providing them with new hope - and educating policy makers.

If you too are in long-term recovery, or are a family member of someone in long-term recovery and want to speak out about what it means to you and your family, this pamphlet will help you feel more comfortable with how you can do just that.

Anonymity...
The principle of anonymity was established to assure a safe place for people to recover and keep focused on their primary purpose of helping alcoholics and addicts to recover.

...at the level of the media, is the cornerstone principle of many twelve-step groups and recovery programs. It is an essential element of success because it gives the recovering person the protection he/she needs from scrutiny.

...also plays a crucial role in establishing personal humility, which is a cornerstone of the spiritual foundation of recovery. Here are the traditions that lay out the principle of anonymity as it applies to many twelve-step groups.

Tradition 6
"A [twelve-step group] ought never endorse, finance or lend the [twelve-step group] name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Tradition 10
"The [twelve-step group] has no opinion on outside issues; hence, the [twelve-step group] ought never to be drawn into any public controversy."

Tradition 11
"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

So, this means that you can speak about your own recovery and advocate for the rights of others, as long as you do not involve the twelve-step group by name.

RESOURCES
Faces & Voices of Recovery
www.facesandvoiceofrecovery.org
202.737.0690
Faces & Voices is a national organization founded by the recovery community in 2001. Faces & Voices is committed to mobilizing and organizing the millions of Americans in long-term recovery from alcohol and other drug addiction, our families, friends and allies to change public perceptions of recovery, end discrimination and keep a focus on the fact that recovery works and is making life better for millions of Americans. Faces & Voices message training Our Stories Have Power includes more information on Advocacy with Anonymity.

Join Together
www.jointogether.org
617.635.1500
Since 1991 Join Together, a project of the Boston University School of Public Health, has supported community-based efforts to advance effective alcohol and drug policy, prevention, and treatment. Join Together leads initiatives to help communities respond to the harms caused by excessive alcohol and drug use and provides free internet services and other programs supporting their efforts.

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)
www.ncadd.org
212.269.7797
Founded in 1944, NCADD is dedicated to increasing public awareness and understanding of the disease of alcoholism and drug dependence. NCADD's leadership and advocacy on policy issues at the national level has changed the course of alcoholism and addiction treatment in America. The NCADD network of state/local Affiliates provides education, prevention, information/referral, intervention and treatment services and has helped hundreds of thousands of individuals and families into recovery.

Marvin Mann, NCADD’s founder, was a recovering alcoholic with long-term sobriety, and was dedicated to three basic principles: alcoholism is a disease and the alcoholic is a sick person; the alcoholic can be helped and is worth helping; and, this is a public health problem and a public responsibility.

National Alcohol and Drug Addiction Recovery Month
www.recoverymonth.gov
Recovery Month is an annual September event that takes place in communities across the country. The observance celebrates people and families in recovery from addiction who have overcome stigma, discrimination, and other barriers to treatment and recovery support services.
Frequently Asked Questions about ADVOCACY WITH ANONYMITY...

Q: How do I advocate for policies that support long-term recovery?
A: As with most activities in our lives, you will need to get comfortable by seeking support and guidance from people you trust. If there's not a recovery community organization in your area yet, it may make the most sense to join together with a few others and map out a strategy for getting started. That way, if you are new to public speaking for example, you can practice with each other and then move out into the community.

Q: How do I start?
A: Faces & Voices of Recovery has developed language that you can use to talk about your recovery that don’t mention any particular pathway.

“I’m an advocate so my kids don’t have to suffer with addiction like I did.”
Joe Powell, in long-term recovery, Association of Persons Affected by Addiction, Dallas, Texas.

“I didn’t compromise my anonymity when I told my state legislators about my long-term recovery and how much money we’d save if we invested in access to treatment and recovery.”
Jeanne Villarreal, in long-term recovery, Recovery Advocates for Treatment, Vallejo, California.

Q: What is recovery advocacy?
A: The process of speaking out as an advocate for policies that support recovery in your area. It may involve speaking publicly or privately with your city council, state legislators or other public officials. You can coordinate your advocacy work with others.

Q: How can I get involved?
A: There are many ways that you can speak out and get involved.
- Get training and tell your recovery story.
- Join a recovery advocacy organization in your community.
- Educate yourself about the issues.
- Volunteer and provide recovery support to people returning to your community from treatment or incarceration.
- Provide financial support for recovery advocacy in your community.
- Write letters, call, or visit your elected officials.

Q: Where should I speak out?
A: Start by talking with one other person, a friend or neighbor or a small group. As you become more comfortable, expand your audience. As you gain more experience, you may want to speak publicly or privately with your city council, state legislators or other public officials. You can coordinate your advocacy work with others.

Q: How do you tell others what recovery means to you?
A: How you can tell others what recovery means to you and how you can tell others what recovery means to you and how you can tell others what recovery means to you and how you can tell others what recovery means to you and how you can tell others what recovery means to you.

Q: How do I tell my story?
A: Your personal story can be very powerful. The way that stories are shared among those in recovery may not resonate with the general public because frequently they focus on your periods of active addiction. Practice and training can help you learn the most important points to make and the language that will get your story across. Focus on recovery and on barriers that prevent people from getting treatment and sustaining their recovery. Here are a few pointers for you to use when you talk about your recovery and what it means to you:

1. Make it personal.
2. Keep it simple and in the present tense, so that it’s real and understandable.
3. Help people understand that recovery means that you, or the person that you care about, are no longer using alcohol or other drugs. You can do this by saying “long-term recovery,” talking about stability and mentioning the length of time that you or that person have been in recovery.
4. Talk about your recovery...not your addiction.
5. Help people understand that there’s more to recovery than not using alcohol or other drugs, and that part of recovery is creating a better life.

Almost two-thirds of Americans have friends or family members who have struggled with addiction to alcohol and other drugs. Together, we can break down the wall of shame and stigma that keeps people from finding their path to long-term recovery. We can work for greater access to treatment and recovery support and make it possible for future generations of children and families to build communities that are healthier for all of us.

Q: What is the importance of recovery advocacy?
A: Recovery advocacy is important because long-term recovery has helped me change my life for the better, and we want to make it possible for others to do the same.

Q: If I recovered through Alcoholics Anonymous or another twelve-step group, how do I talk about my recovery in the media without referring to AA or my mutual support group?
A: Faces & Voices of Recovery has developed language that you can use to talk about your recovery that don’t mention any particular pathway.

“I do not at any time represent a 12-step recovery program. I say I’m a man in long-term recovery. At the Connecticut Community for Addiction Recovery (CCAR), we have hundreds of other people who do the same thing.”
Phillip Valentine, Executive Director, CCAR, Hartford, Connecticut.