

QUARTERLY report



Pathways to Pardons Set to Become National Model in Opioid Fight –

Volume 20, No. 1 | 2018

PA Delegation meets with the White House Office of National Drug Control Policy

By William Stauffer, Executive Director, PRO•A

WASHINGTON, D.C. – Pennsylvania’s Pathways to Pardons Program Team met with Acting Director Richard Baum, of the White House Office of National Drug Control Policy (ONDCP), on January 3rd, to talk about the Pathways to Pardons process and share the successes we are experiencing here in PA and about how the initiative has energized the recovery community. The team reviewed, with Director Baum and ONDCP staff, information about the project and how it is being conducted under the leadership of Lt. Governor Mike Stack through town hall meetings held statewide.



Pathways to Pardons Team

The team presented how the process could be a model for other states and help people restore their records as part of the recovery process, according to drug policy experts who met in the nation’s capital to learn more about the program created by Lt. Gov. Mike Stack.

“The recently released report of the 2017 President’s Commission on Combating Addiction and the Opioid Epidemic explicitly recognizes that a criminal record is a barrier to employment and that employment is critical to long-term recovery,” said Gary Tennis, president of the National Alliance for Model State Drug Laws. *“Lieutenant Governor Stack has led the nation in removing barriers so that recovering individuals with old criminal records finally can become fully productive contributors to society. This improves outcomes in Pennsylvania, and it can be part of the solution in every state.”*

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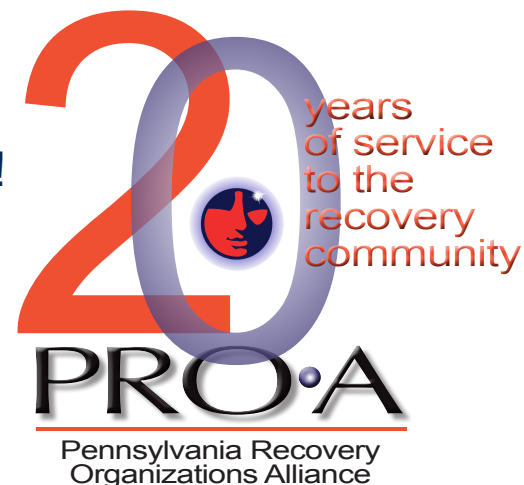


WORKING
TOGETHER
TO MAKE
"RECOVERY
VOICES COUNT"
IN PENNSYLVANIA

PRO•A

proudly celebrates 20 years of
service to the recovery community!

We are the statewide non-profit, 501(c)(3) grassroots advocacy organization dedicated to supporting individuals in recovery and educating the public on addiction and recovery. PRO•A provides no direct treatment or recovery support services, which uniquely qualifies us to carry out our mission statewide, free from real or perceived role conflicts in relation to our drug and alcohol service delivery system. Enclosed in this issue of the Quarterly Report, you will find a message from our founding executive director and our current executive director, our year in review, staff and training updates, and more!



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QUARTERLY report

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Newsletters are mailed in February, May, August & November.

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PA Board of Pardons Secretary Burk explains Pathways to Pardons

Pathways to Pardons Team in ONDCP offices



Pathways to Pardons brings Board of Pardons staff together with experts in corrections, addiction recovery, and parole officials to conduct community meetings across the state explaining the pardons process and helping potential applicants navigate the system.

“The pardons process can be confusing and difficult,” said Stack who became chairman of the Board of Pardons when he took office in 2015. *“It became clear immediately that we needed to create something that would help folks who couldn’t afford a lawyer to get their lives back on track.”*

Stack has conducted 40 Pathways to Pardons seminars in all corners of the state, increasing the number of applicants and improving the quality of the applications. Along with the Pathways to Pardons team, he met today with Tennis and Richard Baum, Acting Director of the Office of National Drug Control Policy in Washington, to brief them on the program, its history, its benefits, and its challenges.

Lt. Governor Stack and his Board of Pardons team also briefed Obama administration officials in 2016. Tennis said his organization intends to create model Pathways to Pardons legislation for all 50 states to consider.

“We started out with an ambitious idea that we thought could help ease the crisis in Pennsylvania,” said Bill Stauffer, executive director of the Pennsylvania Recovery Organization Alliance and one of the original Pathways to Pardons contributors. *“Now we’re looking at helping people across the United States. It’s a tremendous recognition of the hard work of a lot of people.”*

For more information about the Pathways to Pardons Process – visit our web site at:

<http://pro-a.org/pennsylvania-pathways-to-pardons-process/>





Living a Holistic Wellness Lifestyle



Patricia Gadsden

Living a holistic wellness lifestyle is any lifestyle which makes you feel like a whole person. This includes any way of living or being that allows someone to feel as if they are being nurtured and are given the freedom to grow. For most, this would involve knowing what would make you happy and feel complete. There is no right or wrong as everyone is different. For most people there are key areas we all want to improve: these being our health, our relationships, financial and spiritual connections as well as our ability to create. Understanding this acted as a catalyst for Patricia Gadsden to open the Life Esteem Holistic Health and Wellness Center.



Patricia Gadsden, a facilitator with PRO•A for the Certified Recovery Specialist trainings, decided to open the Life Esteem Holistic Health and Wellness Center after many years of comments from participants about getting to the true essence of what isn't being provided completely for individuals in recovery. After talking with Dauphin County Commissioner, George Hartwick, in December 2016, he immediately recognized the need for such a facility and has been a primary support with the Human Service Director, Randie Yeager. She along with the support and assistance from the County and other community leaders, agencies and organizations opened the Center in December 2017 after many years of planning.

The **Mission** of the Center is to empower the community with knowledge of holistic wellness. The **Vision** is to create community awareness of holistic wellness through powerful programs, practices and activities. Pat believes by focusing on physical, emotional, mental, social and spiritual wellness, individuals will be educated on positive lifestyle choices and supported in their efforts for personal self-care in order to achieve and maintain optimal levels of wellness as identified in the *SAMSHA 10 Guiding Principles of Recovery* as stated below.

SAMHSA, in their 10 Guiding Principles of Recovery, says recovery *“encompasses an individual’s whole life, including mind, body, spirit and community. This includes addressing: self-care practices, family, housing, employment, transportation, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary healthcare, dental care, complementary and alternative services, faith, spirituality, creativity, social networks and community participation. The array of services and supports should be integrated and coordinated.”*

Recovery is available to all, and encompasses many pathways. Understanding the inherent value of families, ministry and communities through the multiple pathways to recovery, the center will offer holistic wellness programs to enhance the recovery process. The Center will be committed to fostering a healthy environment by empowering individuals to reach their full potential through increasing awareness of factors and resources that are associated with a holistic approach to wellness and living. By focusing on physical, emotional, mental, social and spiritual wellness, individuals are educated on positive lifestyle choices and supported in their efforts for personal self-care in order to achieve and maintain optimal levels of wellness.

Life Esteem Holistic Health and Wellness Center along with Brenda Alton Ministries will be holding a conference on May 23rd and 24th, 2018 at Kalahari Resorts and Conventions in Pocono Manor, PA.

Please visit our website at: www.LiveLifeEsteem.com for more information and to register for the conference.



Monthly Statewide CALL-IN for RCOs

Stephanie Hastings, Recovery Service Community Coordinator, PRO•A

In August 2017, PRO•A initiated a monthly statewide call-in for Recovery Community Organizations, family groups, partners, and prospective partners. RCOs come together in shared learning experiences, information sharing, peer support, and resource development. Some of the recent topics of the monthly calls have been Community Resource Development for Peer Providers, Warm Hand-Off and the Peer Provider, Strengthening Recovery Community Resources, Recovery Supports Throughout the Holiday Seasons, and Ethical Decision-Making Practices in Community Settings.

The monthly statewide call-in provides a valuable opportunity for information sharing, resource development within communities, and creates a platform for shared learning experiences. Organizations are able to come together in collaboration to discuss situations they would like to problem solve with peers on the call, share resources that are being utilized in their organizations, and provide open dialogue between organizations to strengthen relationships and identify or develop new resources. The monthly call-in also provides an opportunity for organizations statewide to present topics for the call. If you have a topic you would like to present for the monthly call-in please email Stephanie Hastings at s.hastings@pro-a.org. Bring your topic to the call!

We've had a very positive response to the monthly statewide call-in, with many participants dialing in each month to take part in the call. Many new connections have been made. These statewide calls are held on the 3rd Wednesday of each month from 11:00 am – 12:00 pm and participants can dial in using the standing conference call line of (712)770-4160 with the passcode of 185756#. We hope you'll join us!

PRO•A has worked very hard to protect people in recovery seeking quality recovery housing. Under the Governor Wolf Administration, the Department of Drug and Alcohol Programs (DDAP) asked Pennsylvania Recovery Organizations Alliance (PRO•A) to convene a taskforce to develop and submit recommendations on the certification of drug and alcohol recovery houses. The final recommendations of our taskforce were submitted in July of 2016. The scope of these recommendations was limited to drug and alcohol recovery houses that elect to be certified to receive public monies or for referrals directly from treatment programs licensed by DDAP.

In addition to a definition for a certified alcohol and drug free recovery house, the Taskforce delivered physical plant standards, an ethics code, and policy and procedure recommendations for certifying a recovery house. We are proud to offer the following reprinted press release, in response to the work conducted by this taskforce and dedicated legislators, announcing Governor Wolf's signing of legislation to regulate recovery homes. You may view the original press release at...

<https://www.governor.pa.gov/governor-wolf-signs-legislation-regulate-recovery-homes/>

Press Release

Governor Wolf Signs Legislation to Regulate Recovery Homes



December 19, 2017

Harrisburg, PA – Governor Tom Wolf today signed Senate Bill 446 to give the Pennsylvania Department of Drug and Alcohol Programs (DDAP) regulatory authority to license or certify recovery homes that receive public funds or referrals from state, county, or federal agencies.

“It is a priority of my administration to do all it can to fight the heroin and opioid epidemic,” Governor Wolf said. *“Recovering from the disease of addiction is not an easy task and it’s our job to ensure that recovery homes, where residents should feel safe and protected, are adhering to the highest standards so residents have peace of mind to focus on getting well.”*

This bill was one in a package of legislation that Governor Wolf pushed for passage of earlier this year. This legislation also tracks much of the work done by the Wolf Administration’s Recovery Home Task Force, which released recommendations in July 2016 for certifying recovery homes. The task force was made up of members from law enforcement, treatment providers, recovery houses, county and state drug and alcohol agencies, and advocacy and recovery-support groups. The task force’s work helped inform this legislative action and is providing a roadmap as DDAP works to draft regulations.

This bill will allow DDAP to regulate and license recovery homes, which are residences specifically for people in recovery from a drug or alcohol addiction. Only certified recovery homes are to receive state or federal funding of any kind, and state or county courts must give consideration to certified recovery homes when housing recommendations are made for individuals under their supervision. DDAP will create and distribute regulations in cooperation with stakeholders to ensure a safe and healthy environment for residents, and to protect them from exploitation.

“Recovery homes can be a supportive, drug-and-alcohol-free environment for Pennsylvanians in recovery, but without proper oversight, they can also become unsafe,” said DDAP Acting Secretary Jennifer Smith. *“I applaud the General Assembly for recognizing the need for oversight to ensure that we hold recovery homes that receive public funds or referrals from state, county, or federal agencies to the same standard as other treatment facilities. This law will protect some of our most vulnerable constituents at critical time in their recovery journey.”*

Senator Tom McGarrigle was the bill’s prime sponsor. Representatives Frank Farry and Tina Davis were among the many advocates for the legislation.

“The addiction crisis is affecting our families in Delaware and Chester counties and in every corner of Pennsylvania; access to effective treatment is vital in turning the tide,” said McGarrigle. *“People entering the recovery process have taken the crucial first step to a better, productive and healthy life. Approval of SB446 sends the message that we will not let that journey be cut short due to the lack of a safe and secure environment for recovery.”*

“Ensuring we have a strong and reliable system in place to assist recovering individuals with their journey back into society is a crucial part of addressing Pennsylvania’s opioid epidemic,” Farry said. *“With Governor Wolf’s signature, we can begin working to establish specific policies and procedures for safe recovery housing and surrounding communities.”*

“Thank you to my colleagues in the legislature and to Governor Wolf for seeing what a critical issue having safe, secure, and clean recovery housing is for the commonwealth, both for those dealing with the disease of addiction and for the communities where these houses are located,” Davis said.

Before Senate Bill 446, recovery homes were only subject to the local ordinances of the municipality or township in which they are located.

For more information on treatment options in Pennsylvania, county-based resources, and the Wolf Administration’s efforts to combat the heroin and opioid epidemic, visit www.pa.gov/opioid or www.ddap.pa.gov.

PRO-A VISION STATEMENT

A strong statewide network of those concerned about addiction and committed to recovery, recovery community organizations, advocacy groups, family groups, drug and alcohol service system entities united in common purpose.

RCO Update: A Clean Slate

The Slate Belt's Own Recovery Resource Center

(North East Region)

By Meshell James, Coordinator, A Clean Slate Recovery Resource Center

A Clean Slate is a Recovery Resource Center that was founded by Recovery Revolution in 2014 in a unique partnership with Northampton County. Northampton County Drug and Alcohol Division has supported three separate Recovery Centers in Easton, Bethlehem, and Bangor. The Northampton County Drug and Alcohol Division is committed to supporting opportunities for residents of Northampton County in their recovery as they commit to a lifelong process of change that permits them to make healthy choices and improve the quality of their lives. The center is located in Bangor, Pennsylvania at 100 S. 1st St. & Broadway. It is a central location within walking distances of bus routes and many residential homes. The center itself is located in an old Gas Station/Car Repair building which lends to its "urban chic" feel. Many people have mistaken us for the gas station because there are two Valero gas pumps on the site. It's fun to watch people's reactions when they look confused and comment how this is the nicest "gas station" they have ever seen. A Clean Slate uses this to open up dialogue regarding addiction to people that stumble upon the building looking to pay for gas.

A Clean Slate, mirroring the mission statement of Recovery Revolution, wants to provide services to the community at large that are responsive to the specific and unique needs of the people that we serve. Since its grand opening on September 16, 2014, A Clean Slate has been assisting individuals with addiction problems, their families, and other people needing services outside the realm of just addiction. We pride ourselves in making the facility as comfortable as possible. We want each person to feel safe when they come in. Individuals that are new in recovery often need a safe place to go to vent, to cry, or just to hang out without the outside world influences.

A Clean Slate has two part-time employees that run the center: Brian McCloskey and Meshell James. Meshell works the bulk of the hours that the center is open, and Brian works 1-2 days, filling in as needed. In addition to these programs, the staff members still find time to attend outreach events in the neighboring communities. When asked about her position as a Recovery Center Coordinator, Meshell James said,

"I have found my calling. There is so much intrinsic value that I gain from my position here. I love helping people and guiding them by the principles of recovery. I love having the support of Jana and her team from Recovery Revolution directly across the street. It feels like a family."

A Clean Slate has gotten off to a busy start this year with the six-week Life Coaching/ Art Journaling Program, the four-week Drama Workshop, our upcoming Recovery Day event scheduled for March 17th, and offering a space for the AARP volunteers to prepare taxes free of charge to the community. Over the years, A Clean Slate has partnered with schools, community members, other non-profits, and legal entities to provide many different types of programming. We have a computer lab for individuals to use for resumes, job searching, or other personal enrichment. We celebrate holidays and house special events throughout the year. We allow 12-step meetings to rent our facility while respecting the 12-step traditions. There are two (2) Open AA meetings, one (1) Cocaine Anonymous meeting, one (1) NA meeting, and two (2) Overeaters Anonymous meetings. We offer YOGA classes on Tuesdays on a first come, first serve basis. For more information about our programming, "Like" us on Facebook <https://www.facebook.com/cleanslatebangor/> or email us at info@cleanslatebangor.org to get on the mailing list.

A Clean Slate has proven to be an asset to the Slate Belt and its neighboring communities with its commitment to the recovery process and the ability to create and provide resources that are responsive to the needs in the community. We look forward to different ways that we may be of service to our community and are excited about new programs on the horizon.

RCO Update: Lost Dreams Awakening

(South West Region)

This great group of Recovery Community Organization directors met with Acting Director Richard Baum at the Office of National Drug Control Policy on December 5, 2017, to share the incredible work RCOs are doing across the nation. Not only is there well over 100 years of long-term Recovery represented here, these are some of the most dedicated, passionate and skilled leaders in our field. Thank you, Director Richard Baum, and Peter Gaumond for your genuine support and enthusiasm for the important work done by the Association of Recovery Community Organizations- boots on the ground, saving lives and putting a face and a voice on Recovery every day.



RCO Updates continued on pages 6 and 7

RCO Update NCDAF

(South Central Region)

By John Cribari, NCDAF President

The NCDAF Board and volunteers have been very busy over the past year hosting many town halls and participating in many other recovery and awareness events. The year began with our 2017 fundraiser which was very successful, and the board is proud to say it raised over \$35,000 which supported our scholarship program and the other core competencies that NCDAF promotes. The NCDAF scholarship program to-date has sponsored 41 individuals into long-term recovery programs. Another one of our key objectives is the purchase and distribution of Narcan to local schools and recovery organizations that can't afford it. NCDAF sponsors a group of free Community Pantries that provide food, clothing and household items to individuals that are seeking recovery and need a helping hand. We are a member of the Central PA Family Alliance and offer grief support sessions to parents and family members who are seeking help for themselves. To see more of what NCDAF does go to: <https://www.ncdaf.org/what-we-do/>



The 4th annual Natalie Cribari Drug Awareness event will be hosted by Natalie Cribari Drug Awareness Fund (NCDAF) at the Best Western Premier on Union Deposit Road. The date is March 27th, 2018, doors open at 6:00pm.

The 2018 event theme is "The Journey to Recovery" and NCDAF is running a contest for individuals that are participating in a recovery program who are looking to further their education. Applicants can submit their personal story for review. A board of recovery experts will select a winner and that person will receive a \$2,500 college scholarship the night of our event. The event's keynote speaker is Jason Snyder, the head of the Centers of Excellence for Pennsylvania. The COE (Centers of Excellence) helps ensure that people with opioid misuse disorder (OMD) stay in treatment and receive follow-up care. There also will be live music by Joey Dalto and Phil Cannizarro from the group Swisher Sweets. Vendor tables will be open to all and will provide many resources for those in need. In addition there will be fundraising activities that include a silent auction, a Chinese auction and door prizes available to all those who attend.

RCO Update: The RASE Project

(South Central Region)

By Sara Berdanier, Recovery Specialist

RASE and the Pennsylvania Psychiatric Institute Partner to Save Lives

In November, we at The RASE Project were excited to continue partnering with our friends at Pennsylvania Psychiatric Institute (PPI)'s AIR Program, under a new grant. State Funders have decided to call these grants PaCMAT Programs. PaCMAT stands for Pennsylvania Coordinated Medication Assisted Treatment. They are known as "Hub and Spoke" models, meaning that one site serves as the Hub and numerous other sites serve as the Spokes. The RASE office is a Spoke. The PPI site, at 2501 N 3rd St. in Harrisburg, is a Hub serving much of Central PA and the AIR Program offers DDAP licensed drug and alcohol outpatient treatment on site with licensed therapists in addition to the medication Methadone, Vivitrol, and Suboxone services offered by Dr. Sarah Kawasaki. From our offices we are busy working to bridge these warm-handoffs over to the Hub. This intensive case management is ultimately taking a look at what this area's needs are and how we can work together to benefit the welfare of our participants using the Hub and Spoke Model. The current team consists of hardworking young professionals who are on call, and is comprised of Brittney Webster, CRS; Keegan Wicks, CRS; and supervisor Melissa Shifler, BA, CADC. "We see the program as a great opportunity for Pennsylvania to bridge the gaps for participants who need to see a doctor and get intensive case management," said Brittney in regard to her new position as a PaCMAT Care Manager. We are still in the beginning stages of this new and exciting program, and are looking forward to where it takes us, and most of all how it helps those in or seeking recovery in the state of Pennsylvania.





RCO Update: YPR-NEPA

(North East Region)

By John Fabiseski, Chapter Director of Wyoming County and Chapter Lead of YPR-NEPA

In an effort to unify recovery community resources in Northeastern Pennsylvania, Chapter Lead of Young People in Recovery Wyoming County PA, John Fabiseski, submitted a proposal in December of 2017 to the YPR Board. This proposal called for the development of chapter teams in a four-county area of Northeastern Pennsylvania. The areas to be included were Lackawanna, Luzerne, Susquehanna, and Wyoming County. Each team would be county based but would be a part of a unified chapter to be named Young People in Recovery Northeast Pennsylvania (YPR-NEPA).

We are very excited to announce that, in January of 2018, the proposal was approved. Local chapter directors were established in their communities. The YPR-NEPA leadership team consists of: Edward Cortazar, Luzerne County Chapter Director; JoAnne Mayer-Perri, Lackawanna County Chapter Director; Becci Phelps, Warren Susquehanna County Chapter Director; and current Chapter Director of Wyoming County and Chapter Lead of YPR-NEPA, John Fabiseski.

YPR-NEPA will be holding their first leadership meeting and messaging training on 2/17/18 at the Emergency Management Center, located at 3880 US-6 Tunkhannock Pa 18657, from 6 PM to 8 PM. For more information on YPR-NEPA call 570-665-9598. To get involved in your communities or find a chapter near you visit <http://youngpeopleinrecovery.org/>. While most of our members are under the age of 30, there is no age limit to becoming involved with YPR. All we ask is that you are interested in supporting our cause and mission.

YPR is a national grassroots organization focused on peer-to-peer services for young people in or seeking recovery. YPR aims to improve access to treatment, education, employment and housing that sustains young people in their recovery. By creating a national volunteer network of young people in recovery, their families and friends, YPR empowers young people to get involved in their communities by providing them with the tools and support that will allow them to take charge of their futures. YPR seeks to collaborate with other community resources serving young people in recovery such as treatment providers; healthcare organizations and hospitals; drug courts and diversion programs; employers and local businesses; school districts, colleges, and universities; as well as social service and community groups to effect change in local communities to improve outcomes and success for young people in or entering recovery.



RCO Update: Harmony Life Center

(South West Region)

By Paul Pozonsky, JD, CRS, Harmony Life Center Board Member

HARMONY LIFE CENTER (HLC), located at 47 Main Street in Washington, PA, is a coalition of a group of volunteers in Washington, PA with an initiative to change the culture and stigma of opioid and drug abuse that is affecting everyone in our community, whether it be loved ones, family members or neighbors. With the assistance of the Washington Drug & Alcohol Commission, a local businessman, as well as multiple volunteers and “sweat equity” laborers, HLC was able to complete a total makeover of a large, unused basement on Main Street, transforming it into a place where people affected by addiction can go to receive information on counseling, learn about new programs that will help, have a place to get away from drugs, make new friends and help one another overcome obstacles to recovery.



In affiliation with Harmony House Cafe, a coffeehouse located in the same building, we are trying to create a place for both the addicted and the affected, to find safety, support and education. As well as peace of mind when attempting to address long-term recovery.

We opened our peer driven, all volunteer Recovery Drop-In Center with a formal ribbon cutting on September 30, 2017. Since opening our doors, we have experienced over 5000 visits from those seeking recovery via 12-Step Meetings. In the last three months, we have experienced 1,900+ visits per month from seekers attending 57 noon and evening meetings. Our immediate plans include growing from 57 meetings per month (AA, NA, CA, & FA), to over 100—so we expect to top 3,000 visits per month from those seeking recovery. To that end, our Board of Directors recently approved the start of a 12-Step Yoga Therapy group. We have also recruited Certified Recovery Specialists, Coaches and Greeters from our initial group of 81 volunteers, as well as the additional 50+ volunteers who have signed up since the Grand Opening Event to implement our vision. Additionally, we have had tremendous support from our local political leaders, including a recent visit from our state Senator Camera Bartolotta.

Having exceeded our one-year traffic goal within the first month and a half of operation, we have observed that now that we have the numbers. We must maintain and support those in recovery. Our long term aspirational goal is to add, as part of this recovery support effort, a Telephone Recovery Support Program.

CERTIFIED FAMILY RECOVERY SPECIALIST (CFRS)

Patricia Baranowski, Recovery and Resiliency Coordinator, PRO•A

Family members of those who suffer from Substance Use Disorder have a unique perspective of the disease, as well as an unparalleled viewpoint of the lived recovery experience possible in families.

As stated by the Pennsylvania Certification Board, "A CFRS understands the stigma associated with substance use disorder and its impact on the family. This recovery journey is a voluntarily maintained lifestyle that includes the pursuit of spiritual, emotional, mental and physical well-being that is often supported by others but is not contingent upon the recovery of a loved one(s)."

The Substance Abuse and Mental Health Administration (2010) has redefined recovery as, "a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential." The families of those suffering from a Substance Use Disorder have their own journeys of recovery. As early as the 1920's, research has shown the positive impact on recovery with those who utilize recovery supports.

While individuals who suffer from Substance Use Disorders have been able to utilize Certified Recovery Specialist for their own recovery, until now, there has been minimal focus on the recovery of family members and loved ones.

The CFRS credential has been added to the professional credentials through the PCB and is intended for adult family members or loved ones who have gone through their own journey of recovery after being impacted by a loved one's Substance Use Disorder.

The individual seeking the credential will assist other family members in their journey of recovery, offering recovery support services through sharing their own lived experience.

The requirements for this credential are as follows:

EDUCATION:

60 hours of training/education, 24 hours in Family Recovery and Wellness, 12 hours in Advocacy and Support, 6 hours in Professional Ethics, 6 hours in Confidentiality, 12 hours specific to substance use disorder, Minimum High School Diploma/GED

There is no time limit on when training was acquired for initial certification

In addition to the education requirements, three (3) letters of reference/character are required. Letters must be from non-family members, and in each of these three areas: personal, volunteer/professional, and within recovery support services.

A statement of lived experience must be submitted by the applicant. Please see the PCB website for more detailed description of these requirements at <https://www.pacertboard.org/certifications>.

Pennsylvania Recovery Organizations Alliance is committed to educating and advocating for individuals impacted by Substance Use Conditions, and to ensure hope to individuals, families and those in recovery. We are excited to announce additions to The Recovery Institute Training Program that will fulfill the educational requirements for the Certified Family Recovery Specialist credential.

PRO•A will be offering additional trainings to support the CFRS certification beginning in March. Please see our website for more information and to schedule your training.

www.pro-a.org

Begin Your Recovery Now.

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Treatment Continuum Alternative Program (TCAP)

- Halfway Home of the Lehigh Valley
 - Confront
 - Keenan House
- Richard S. Csandl Recovery House
- Center of Excellence for Opioid Use Disorder

Program Proposals are now being accepted!

Submit now through through April 30, 2018

3rd Annual
Marginalized to Empowered:
Creating Recovery Ready Academic Communities

Tuesday, August 7, 2018

Saint Joseph's University

This thought-provoking conference will address how we can best identify and support marginalized students, faculty and staff and empower them to succeed and thrive on our campus.

Conference and Program Goals:

- **Specific Needs:** How to address needs for faculty, staff and students in recovery or seeking recovery from mental health & substance use disorders.
- **Innovative Approaches:** Understand the systems and best practices along the continuum of care and exploring innovative and promising approaches
- **Create Networks:** How to connect and collaborate to grow and sustain support
- **Identify Funding:** Showcase the developmental stages of Collegiate Recovery Programs and various funding sources to sustain them

For more info: visit www.sju.edu/wade



Rally in the Valley

Caring across Communities

2ND ANNUAL COMMUNITY DAY

19 May 2018

11 am - 4 pm

Unite with us to demonstrate how recovery strengthens our communities and provides hope for those still struggling with mental health and addiction.

awesomemequestspeakers

Keynote Speaker ~ Frank Greenagel MPAP, MSW, LCSW, LCADC, ACSW, ICADC, CJC, CCS specializes in the areas of addiction & recovery, education, criminal justice and the military
more speakers to be announced

musicalentertainment

- ~3 shades of blue 3SB
- ~ wycked sober
- ~ FLINTFACE's joe scorsone

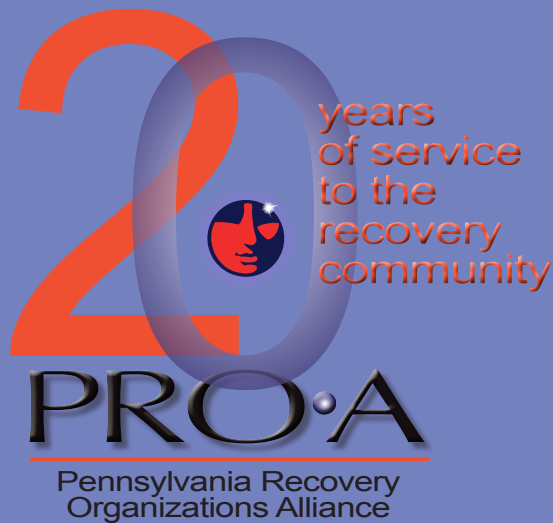


CEDAR CREST COLLEGE

100 COLLEGE DRIVE, ALLENTOWN PA 18104

a sync recovery event

RallyInTheValleyPA.com
RallyInTheValleyPA



Toge
We Ce
OUR HI

1998... *The Beginning*

By Dona Dmitrovic, first Executive Director of PRO•A

The PA Recovery Organizations Alliance was founded in 1998 as a result of the Substance Abuse and Mental Health Services Administration (SAMHSA) Recovery Community Support Program (RCSP) grant. The grant, based on building a face and voice for the addiction recovery community, families and allies, was focused on advocacy much the same as the mental health advocates had been organizing for many years. The grantee organization was Gaudenzia Foundation which was comprised of board members from across the Commonwealth. Early board members were inclusive of representation from across the state including Mike Harle, Deb Beck, Gary Tennis, John Carroll, Bea Mauch, Marcus Harvey, Joe Curren, Keith Giles and many others.

The goals of the RCSP grantees were to build the capacity of recovery organizations to participate in the planning, delivery and evaluation of addiction policies, systems, and services so that they could be more responsive to the needs of recovering people and their families. These included:

- To promote linkages among persons in recovery and their family members and allies, and facilitate linkages between the recovery community and formal delivery systems
- To reduce stigma associated with addiction, treatment, and recovery
- To Foster financial self-sufficiency and independence of the projects
- To document organizational structures and processes used by RCSP grantees in their organizing and advocacy efforts

PRO•A focused on building a network of regional affiliates to provide training, identifying persons in recovery to sit on boards and committees, and helping members participate in advocacy in the areas of treatment, public policy and public opinion. PRO•A supported the early development of two organizations that served as affiliates, the RASE Project, in central PA and Message Carriers in western PA. The Bucks County Council's project, PRO-ACT was funded as a CSAT grantee for the southeast region of PA and agreed to be the PRO•A affiliate for the eastern part of the state. It was clear from discussions with the recovery community that PRO•A had to be an autonomous organization in order to gain trust that we were truly supporting the recovery community and not treatment providers.

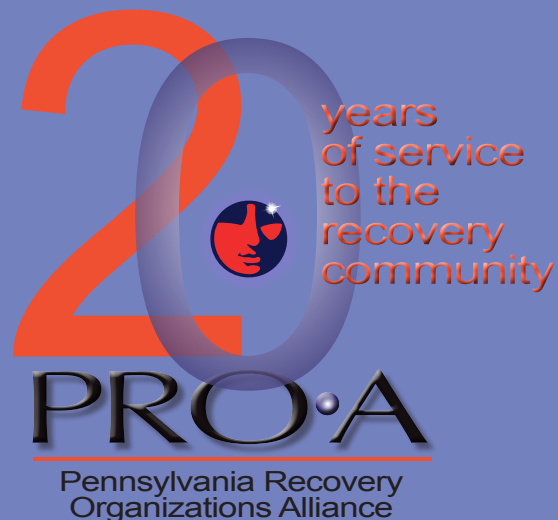
Early accomplishments included the establishment of the organization in uniting the recovery community statewide; this was not available prior to the CSAT grant. The collaboration of PRO•A and the PRO-ACT staff mobilized the recovery community throughout the state with over 2,500 individuals and organizations that believed in our mission and vision.

PRO•A hosted the first annual statewide conference with policymakers and over 250 people in recovery to educate them on the stigma surrounding this disease and co-hosted Substance Abuse Awareness Day to educate policy makers at the State Capitol that recovery works, resulting in over 500 individuals attending.

We learned early that internalized stigma within the recovery community had to be addressed first. A statewide survey showed that the majority of individuals working in the field and most in recovery themselves believed that addiction was a lack of willpower.

One of the greatest gifts of the early RCSP grants was the camaraderie that happened between the 19 groups. We had the ability to come together and really shape the movement with leadership from SAMHSA, CSAT and Bill White.

gether
celebrate
HISTORY



2018... Moving Forward to Shape a Recovery Focused Future

By William Stauffer, PRO•A, Current Executive Director

As 2018 dawns and we move into our twentieth year, the Pennsylvania Recovery Organizations Alliance has developed as an organization that has strengthened the recovery community as few could have possibly imagined when our founders first decided to establish a statewide recovery community organization for Pennsylvania back in 1998. We are reaching thousands of people annually through presentations, trainings and social media while influencing public policy to support and strengthen recovery for individuals and families impacted by substance and alcohol use conditions. We are, together, raising the consciousness of the power of recovery to heal our communities and are working to unleash the greatest asset that we have to fight addiction – people in recovery and our family allies.

As an example, just a few weeks ago, Governor Wolf signed Act 59 into law. This law was significantly influenced by the work PRO•A did through the taskforce we facilitated and chaired for the state. Additionally, we have been recognized nationally for our efforts in workforce development and are seen as leaders within the peer community in respect to the work we have accomplished with our Recovery Community Service Program State Networking Grant. We have also shown that we can work to bring together the mental health recovery community, which we did in 2016 and 2017 with a SAMHSA grant PRO•A was awarded.

Last September, PRO•A was in near constant motion around the state as we participated in many of the recovery events that occurred in Pennsylvania, a number of which we had helped to organize and facilitate.

In 2017 we helped further workforce efforts through our efforts to establish peer supervision standards and a new drug and alcohol peer family credential with the Pennsylvania Certification Board.

In the first week of 2018, we went to the White House Office of National Drug Control Policy, with a group that included our Lt. Governor, to showcase the work that Pennsylvania is doing to help people clear their records from drug related convictions and move forward with their lives – a process that is getting national recognition.

In the second week of 2018, we brought recovery advocates from around the state to meet with policymakers to share our “modest” vision of transforming our service system into one that meets the needs of our communities in ways that strengthen recovery efforts and support long term, community-based recovery.

Over the years, we have supported our growing statewide network in doing exciting and important, lifesaving work. We have connected with individuals and organizations in a collaborative manner regionally through our growing network of recovery community organizations and allies. Together, we are all working to spread recovery and improve opportunities for individuals and families seeking help with substance and alcohol use conditions through such mutual collaborations. We are indeed as a whole greater than the sum of our parts.

While we may have a long way to go, we know that the system we are seeking to develop is evidenced based, community supported, and will strengthen recovery for individuals and families in the ways we need to heal our communities. We know that ultimately, as people in recovery are the authorities in recovery and as we live it – we know what we need.

What does the next twenty years hold for us?

I am not certain, but I suspect that we will, together, achieve things beyond our wildest imagination!

Year In Review



2017 was a tremendous year of excitement and we accomplished a great deal at PRO•A; we continue to work hard to support recovery efforts across the state and to support work at the national level to mobilize our community. We look forward to the opportunity to continue to bring our efforts together and to strengthen our statewide recovery network as we work together to support recovery from substance use conditions and fight against discrimination.

We welcome your feedback on our efforts and encourage your participation. For information on other ways to be involved, call our office, email us through the contact page on the PRO•A website, or contact us through our Facebook, <https://www.facebook.com/PaRecoveryOrganizationAlliance/>.

Our Mission: To mobilize, educate and advocate to eliminate the stigma and discrimination toward those affected by alcohol and other substance use conditions; to ensure hope, health and justice for individuals, families and those in recovery.

Mobilize: Mobilizing the recovery community and our allies is key to changing public perspective of substance use conditions, which impact one in three Pennsylvania families. Over the past year PRO•A has participated in organizing, promoting, facilitating and attending 138 events, conferences, conference calls and meetings. Through these events, 12,137 people mobilized in solidarity for the cause of recovery.

Educate: The recovery community is fundamentally important to the drug and alcohol service system workforce, and PRO•A is the leading trainer for CRS's in the state of Pennsylvania. We facilitated 9 workshops at conferences, provided a total of 192 technical assistance and Recovery Institute training sessions to Recovery Community Organizations and individuals, offered 17 Recovery Institute Training Series-including 153 training modules providing and providing 918 hours of training for people to become recovery leaders and Certified Recovery Specialists, educating 4,620 people across our state in 2017 alone.

Advocate: Our advocacy efforts are targeted to ensure our community is able to get the help that they need and to live free of stigma and discrimination. These efforts spanned systems and involved efforts surrounding the integration of peers across systems, addressing substance use and alcohol use conditions in the criminal justice system, and the adolescent service system and recovery resources for young people. At local, state and federal levels, we attended 7 Pathway to Pardons meetings, showed the Our Lives Matter Quilt across the state at 12 locations, and offered a screening of Generation Found with panel discussion twice. Through our advocacy efforts we held meetings, organized statewide conference calls with RCO's, community leaders, stakeholders, and key legislators – extending our efforts of advocacy to 8,559 people.

ADDITIONALLY, OVER THE PAST YEAR WE WERE ABLE TO:

- Send out 53 electronic member messages to individuals, recovery community organizations and professionals across our state, reaching nearly 2000 members to keep people informed of events and news impacting our community.
- Distribute our quarterly newsletter electronically and by mail to 3281 individuals, recovery community organizations and professionals across our state providing news and information to support networking and engagement across the state.
- Develop two additional fact sheets, a criminal history fact sheet and a recovery fact sheet, to support efforts to educate our community and improve public understanding of addiction and recovery.
- Distribute our newsletters and fact sheets at events, and provided newsletters to members, RCO's and affiliates for use in their common areas and wait areas.

THANK YOU

It is hard to believe that it has been twenty years!

We are very grateful for your continued support, through the years, in our efforts to advocate for recovery.

We continue to expand our membership and to strengthen the voices of recovering persons and our families across Pennsylvania.

We extend many thanks on behalf of the recovering community to:

Everyone who has supported our agency, its mission and the work to engage and support the recovering community by helping out and volunteering over the course of our work.

Those who support our agency in the form of monetary donations.

Our 2017 Ambassador of Recovery.

Our organizational and individual members who support us through engagement and partnership to support our mission.

Our team of trainers who are working to expand and improve our service system workforce.

The tireless work of peer members of the recovery community and professionals who work to make recovery accessible to all who seek recovery.

Getting Our Messages Out Across Pennsylvania



January 2017: Day of Remembrance – Harrisburg, PA



March 2017: CARA Family Day – Washington D.C



March 2017: “Yes, Addiction Really is a Disease Symposium – Allentown, PA



March 2017: 3rd Natalie Cribari Drug Awareness Fund’s Annual Fundraiser – Harrisburg, PA



April 2017: UPENN Behavioral Health Solutions Research Symposium. – Philadelphia, PA



April 2017: Central Bucks East High School, Town Hall Meeting – Doylestown, PA



July 2017: Faces and Voices of Recovery - Association of Recovery Community Organizations – Washington D.C



July 2017: PRO•A representing as part of Faces and Voices on the Hill Day! – Washington D.C



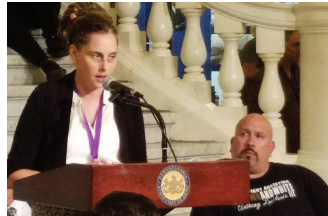
July 2017: Safer Streets Tamaqua’s Out of the Darkness, Into the Light Candlelight Walk 2017 – Tamaqua, PA



August 2017: 6th Annual Overdose Awareness Day at Kirby Park – Wilkes-Barre, PA



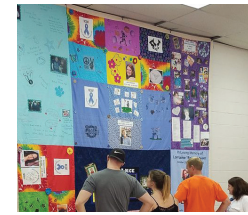
September 2017: The Department of Drug and Alcohol Programs Kick-off event for National Recovery Month – Harrisburg, PA



September 2017: Recovery Works Summit 2017 – Harrisburg, PA



Sept 2017: Christopher P. Lewis Memorial Drug & Alcohol Symposium – Olyphant, PA



Sept 2017: 3rd Annual Courage to Change Recovery Advocacy Day at the Pennsylvania State Capitol – Harrisburg, PA



If you would like to make a first-time, tax deductible, financial contribution to our efforts, or if you would like to recommit as a former donor, please contact Marianna Horowitz at 717-545-8929 ext. 1 or by email at mhorowitz@pro-a.org.

Your donations will help to support the efforts described within this report and to educate and mobilize our community and its allies to eliminate stigma and support recovery for the thousands of individuals and families impacted by a substance use condition. Your support is fundamental to our mission and those who count on us!

We are grateful to you for your support!

THANK YOU



PRO•A Organizing Principles



By Marianna Horowitz, Program Coordinator and William Stauffer, Executive Director

We are committed to developing a strong statewide network of individual members and of diverse recovery community organizations. In support of this objective and to support our statewide community, we have focused on strengthening our network and working to engage recovery community organizations across the state. The efforts of our agency are rooted in our organizing principles, our mission and our agency objectives. These fundamentals guide us in how we act in service to the recovery community of Pennsylvania.

Through our statewide alliance, guided by our organizing principles, in 2017 we endeavored to:

SEEK THE WIDESPREAD INCLUSION OF RECOVERING PERSONS, FAMILY MEMBERS, RECOVERY ADVOCATES AND OTHER COMMUNITY SUPPORTERS TO CARRY OUT OUR VISION BY...

collaborating with the Pennsylvania Certification Board, recovering peers, and professionals from across PA, we assisted in organizing and developing peer supervisor core competencies and to launch the newly launched CFRS credential.

DO SO WITH THE AUTHENTIC VOICE OF PERSONS WITH LIVED EXPERIENCE WITH ADDICTION AND RECOVERY BY...

ensuring that our community is at the table and heard by policymakers in local and state government on policy issues that could impact our community.

BUILD A NETWORK OF COMMUNICATION AND SUPPORT TO STRENGTHEN THE CAPACITY OF NEW AND EXISTING RCOS BY...

identifying Recovery Community Organizations and Regional Recovery Groups, creating linkages across county lines and regions of Pennsylvania, hosting monthly RCO calls, and offering technical assistance to those seeking to organize and improve recovery support services.

SEEK DIRECT INVOLVEMENT OF THESE ENTITIES IN URBAN, SUBURBAN, AND RURAL COMMUNITIES ACROSS OUR STATE BY...

sending out surveys on workforce and system processes, engaging our community through social media, organizing regional and statewide events, distributing our quarterly report newsletter and through meetings and conference calls on policy matters impacting our community.

FOLLOW OUR MISSION WITH INTEGRITY AND SINGLENES OF PURPOSE BY...

combatting stigmas associated with substance and alcohol use conditions through mobilizing the recovery community to attend events to increase awareness, educating members of our community on workforce opportunities, offering education to develop community leaders, and advocating for the use of recovery support services across systems.

We recognize the inherent dignity of all persons and remain dedicated to the premise that all persons with lived experience with addiction, our families and everyone else should be treated fairly and with “unconditional” respect.

WE BELIEVE THAT:

- All persons with lived experience with recovery and their advocates are welcomed and encouraged to participate with PRO•A, without regard to membership or affiliation with any other RCO.
- Mutual Collaboration within and across our Alliance and those who support our work is key to furthering our common purpose.
- We need continue to strive for a better drug and alcohol service system that functions with integrity and with recovery as its focal point.
- Policies and systems that address addiction and recovery must be developed, implemented and evaluated in close collaboration with us in order support effective care to our community.
- We are stronger together than the sum of our parts.

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PRO•A Welcomes Patti B.

Patricia G. Baranowski, MA, CADDC, has been working in the field of addictions since 1989, and has been involved with PRO•A since May of 2016. Her prior experience includes Education and Prevention, Individual and Group Therapy, Case management, and Admissions and Aftercare Coordination, in both residential and outpatient treatment. Patti received her Bachelor of Science Degree, Summa Cum Laude, from Albright College, and went on to graduate with high honors from Liberty University with a Masters Degree in Human Services, with a Health and Wellness cognate.



Ms. Baranowski is proud to have served in the US Army Reserves as a Medic and Administrative Assistant, where she received many honors during her service. She has extensive professional and personal knowledge of addiction and its impact on the family and has a passion for advocating for those affected by the disease. Having worked in many capacities in the field of substance abuse treatment, Patti joins us with years of experience from many perspectives. Currently, she continues her counseling passion on a part time basis.

Since becoming part of the PRO•A team, Patti has worked alongside the current staff in support of the Recovery Works Summits, assisting in coordinating the conferences, and conducting Town Hall Meetings across the state, along with PMHCA, in advocating, educating and bringing together those who continue to be negatively affected by the stigma of substance and alcohol use conditions. She has also been working alongside our current program coordinator, Marianna Horowitz, in developing new training curriculum and managing the Recovery Institute Training Program (RITP). Patti will also be facilitating trainings for our RITP.

Patti believes that relationships are the foundational catalysts of change. She hopes to continue her work in support of those still suffering, and remains inspired by the courage, resilience and hope of those she works with on a daily basis. We welcome her to our team and our family!



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EDUCATING SINCE OUR ORIGIN AND TRAINING PEERS SINCE 2008!

Pennsylvania Recovery Organizations Alliance, is the largest peer led recovery trainer in the state of Pennsylvania. We led the collaborative process to develop the Certified Recovery Specialist with the Pennsylvania Certification Board (PCB) a decade ago and have continued to work to develop career pathways for persons with lived experience, most recently through the development Recovery Specialist Supervisor Core Competencies and the establishment of a certificate for families, the Certified Family Recovery Specialist (CFRS) Credential, also in collaboration with the PCB.

Our Recovery Institute Training Program (RITP) offers training sessions that can be offered as a series or as individual sessions to train individuals hoping to enter the field, as well as current professionals, to offer Drug and Alcohol Recovery Support Services (DARSS) and develop community leaders. Our training curriculum is PCB approved and can be applied to initial certifications as well as continuing education and re-certifications.

Visit <http://pro-a.org/services/the-recovery-institute/> for more information, or If you are interested in being added to the training request list to attend trainings, or to inquire about hosting trainings, you may contact the PRO•A office at (717) 545-8929 or proa.asst@pro-a.org.

PRO•A RECOVERY INSTITUTE TRAINING PROGRAM (RITP)

CRS Supervisory Training Series

Recovery Institute Training Program Certified Recovery Specialist Training Series

Recovery Institute Training Program Certified Family Recovery Specialist Training Series

Recovery Institute Training Program Leadership Training Series

CRS Study Group

Recovery Coaching

Self-Care and Resiliency

Getting Crispy: Stress, Burnout, Compassion Fatigue, and Secondary Trauma

Forming an Alliance for Recovery: The Art and Science of the Therapeutic Alliance

The Warm Hand-Off: Considerations and Opportunities

A Primer on Substance Use Disorders: How to Help/Emerging Trends

Education is a key component for bridging the gaps between treatment. Education also allows for workforce development and is necessary if we want to sustain a system that is already under stress in addition to our Recovery Institute Training Program. We also offer webinars and technical assistance.

- Our Technical Assistance: assesses the strengths and weaknesses of groups, organizations and communities; is Individualized to fit your needs; and designed to strengthen and maximize your impact within your community. Contact Stephanie Hastings at s.hastings@pro-a.org.
- Our Webinars: Cover a broad range of subject matter relevant to addiction and recovery and are FREE to attend. Sign up to receive notifications at <http://pro-a.org/webinar-signup/>.

New Leaf Community Center

A Recovery Community Organization



By Ray Brannon, Chief Organization Officer, My New Leaf, Inc.

Our New Leaf Recovery Community Organization, with facilities in Saltsburg and Bolivar PA, is excited to announce the roll-out of our Assertive Community Engagement (A.C.E.) program for the tri-county area we serve. This program is modeled after FAVOR Greenville, South Carolina's very successful outreach program. Created by former Western PA native Rich Jones, his innovative program has received praise throughout the country. Under his direction, FAVOR Greenville has been named one of the "Top 4" Model Recovery Community Centers nationwide by SAMSHA. We were privileged to have a full-day family coaching training recently at our Bolivar facility. The training was attended by over 40 representatives from area RCO's as well as mental health and addiction professionals from local agencies. We plan to have Rich at another training in Pittsburgh in the spring. Stay tuned!

All of our services are free, and we maintain our nonprofit through donations. Our 2018 plans include on-site wound care services and instructions for those who are unwilling to seek traditional medical help. We see this a gateway service to getting individuals to avail themselves of our weekly meetings and assist them in the ultimate goal of encouraging them to seek the kind of professional physical and mental help that is necessary for long-term recovery.

An important component of our community outreach program is the distribution of our "Become an Upstander!" brochure. Our goal is to provide the brochures and free recovery workbooks to primary care facilities, emergency rooms, fire departments, health clinics, EMS and ambulance services, funeral homes and the break rooms of area employers throughout Westmoreland and Indiana Counties. The purpose is to identify people who may need our help through our "Upstander" program outlined in the brochure. Opioid abusers are largely invisible to the healthcare community until it is often too late. Since national statistics indicate that only 1% of substance abusers go to rehab and only 10% of all substance abusers get help from health care facilities, our goal is to save lives by meeting opioid abusers and their families "where they are," reduce harm, and move them along a path to recovery and health without judgment. While the traditional health care community may not know who these people are, family, friends and coworkers do. It is their intervention and assistance we hope to solicit.



Update: Message Carriers of Pennsylvania

By Robin Horston-Spencer, Executive Director

Message Carriers of Pennsylvania (Message Carriers) has had a great 2017, ending the second half with two foundation grants. The first grant came from Staunton Farm Foundation for capacity building that gave us the ability to update our office space and equipment in preparation to implement our Recovery Training Institute (RTI).

The second grant came from The Pittsburgh Foundation for operations to assist with the expansion of our RTI.

Both of these foundations believe we are an asset to the community and have given us their vote of confidence through these resources. For example, our capabilities as people with lived experiences to address issues such as the Opioid Epidemic. According to Overdose Free PA there were 591 reported deaths in Allegheny County alone. In addition, our state is now listed as #4 with overdoses. Even though, we are very aware that the disease of addiction manifests itself through various drugs and alcohol. We believe that we can help eliminate stigma and develop innovative solutions for recovery through our RTI. As one of four Recovery Community Organizations who created the Certified Recovery Specialist (CRS) in this state; we want to continue our efforts to provide solutions for multiple pathways of recovery.

This RTI is aimed at improving the skillsets of people who are not in recovery, but work with persons in need of these services. Our goal through this RTI is to support those in how to best embrace the recovery process with hope, healing and empowerment, so that everyone involved can understand that recovery is truly a journey with many destination points along the road. In preparation of rolling out our RTI, we have high expectations! We still have a few more things to iron out including, but not limited to printing materials and having facilitators trained for our Recovery Coach Academy. These trainings will be in addition to our Monthly Community Meetings held every 2nd Monday 5pm, Recovery Lights Up the Night Bike Ride, September 8th and Tree of Life Celebration, December 11th. We also, provide a Recovery Support Helpline (412) 463-7006 that is answered 5pm-12midnight to assist those who are in need of a listening ear and/or navigating systems of care such as, detox, treatment, shelters, etc. Last, but not least, we will continue to advocate for recovery as a parity issue. There are wonderful people whose desires are to help, but don't ask for our expertise. Our motto is "Nothing About Us Without Us!"

For more info contact us at 5907 Penn Ave. Suite 235, (412) 361-0142, messagecarriers50@gmail.com.
Website www.mcofpa.org Twitter: @MCoFPA, or Facebook: Message Carriers of Pennsylvania, Inc.

The Forgotten Town

By John Sienkiewicz, President of Safer Streets for Tamaqua's Little Feet

Our family like most throughout the country felt lost and forgotten. With no resources and nowhere to turn, why shouldn't we throw our hands in the air and give up? When our daughter died from an overdose, we were crushed. We blamed ourselves for not knowing what addiction as a whole was. We questioned, why we shouldn't bear the brunt of this, we left our child down.

A few weeks after our daughters passing, I sat down in my daughter's room and started to read her daily journals. I learned how much of a hold this disease could have on you. I learned that most suffering from addiction do not want this life. They just don't know how to get out.

Three of us parents started talking about the lack of help in our area and around the county. From this, Safer Streets for Tamaqua's Little Feet was formed. We attended trainings and education events; to educate ourselves, we reached out to any and every one. We formed an education program for schools, parents, and the elderly. Within 3 months we were educating within our town and in many other towns about addiction. Safer Streets collected resources and information on treatment, where and how to find it.

Next, we decided to provide help getting into rehab and searched out certified recovery houses. Everything was happening so fast, and we were quickly overwhelmed with requests for help. The idea of how large this problem was within our town was being realized. If it was this bad here, how bad was this problem – really?

Our organization now holds an Out of the Darkness walk every year on the 3rd Saturday of July. We provide support and information for parents and loved ones and in the past 2 years, we have helped over 200 people with rehabs, 42 people with certified recovery house placements, and hosted countless education programs. Everything we do is free, volunteer lead, with no members taking a pay. As a result of our efforts, our group was offered to host a CRS class for 30 people thru PRO•A.

Since then, I myself, as a Certified Recovery Specialist (CRS), decided to stop building new homes and go to work full time as a CRS. All of these events lead me to be asked to assist in the development of the Certified Family Recovery Specialist (CFRS) with the PA Certification Board.

Our community has worked hard and steady to build a recovery friendly community. Many groups and organizations have put in countless hours to make a difference in our area, county, and throughout the state. With the new certification of CFRS's and the CRS's, we finally have a way to work with someone in recovery and the recovering family. Our goals going forward are to work with both sides and rebuild families, and to open a recovery community center with access to resources that are available. The recovery center will be used for life skills trainings, job skills trainings, and offer a meeting hall. All will be provided free of charge.

If you would like to contact us for more information, or get involved, we can be reached at safestreetstamaqua@gmail.com or through our Facebook page, <https://www.facebook.com/safestreetstamaquaslittlefeet/>.

Cambria County Recovery Workgroup

By Jason Riligio, CRS, CPS

The purpose of the Recovery Workgroup of the Cambria County Drug Coalition is to lead Cambria County individuals and families who are struggling with the devastation caused by substance use disorder to a recovery-oriented way of life using lived experience and education. Additionally, the Recovery Workgroup advocates for and on behalf of those affected by this issue while reducing the stigma associated with it. Our workgroup members, all of whom are living in long-term recovery, are committed to positive change and the creation of drug free communities across Cambria County. Our vision is to make Cambria County a safe, friendly and great place to live, work and play.

An initial step taken by the Workgroup members was the development and dissemination of a "Recovery Education Card." These cards explain the benefits of available recovery support services to overdose survivors and their families, as well as provide contact information to the local Single County Authority and Center of Excellence. The goal being to facilitate access to available and viable treatment options. The cards are being distributed by EMS workers and other Drug Coalition members in an array of environments.

Another collaborative action step taken by the Workgroup is to assist in the promotion and presentation of community Narcan trainings. These trainings are being done in conjunction with the County Health Clinic, EMT facilities, county businesses and faith-based partners of the Drug Coalition. Each community training begins with an addiction 101 segment, followed by a formal Narcan training and concluding with a voice of recovery. At the conclusion of each training, attendees have the option to take a supply of Narcan, an information packet that includes our recovery education card and a Deterra prescription drug disposal bag.

The workgroup is eager to host PRO•A, in Cambria county, in the spring of 2018 to facilitate a training on person centered recovery language to ensure a consistent message of hope and reduction of stigma. The training will be offered to all Drug Coalition members as well as other interested parties.

The Workgroup members agree that we are in a unique place to ensure that the message of recovery is delivered in a consistent manner, and in a way that instills hope in communities across Cambria County. **We eagerly look forward to continuing our efforts and spreading the message that individuals who struggle with substance use disorder can and do recover.**

BECAUSE YOU MATTER.



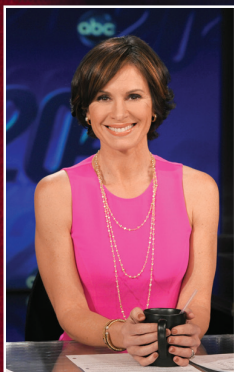
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Elizabeth Vargas

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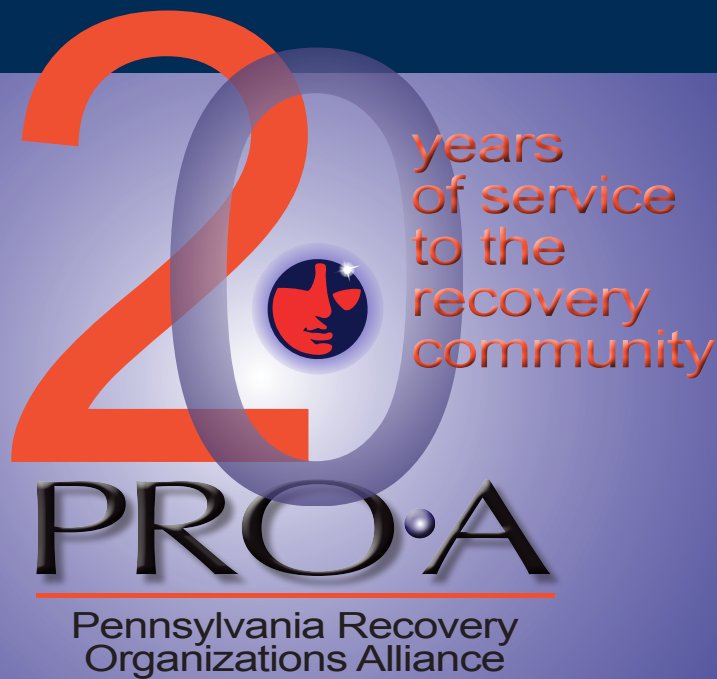
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*Additional Keynote Speakers include — Dr. Marlene Carson, Founder of Rahab's Hideaway, Sur-thriver of Domestic Minor Sex Trafficking,
and Rabbi Mark Borovitz, Author and Addiction Expert to Inspire and Bring Hope*



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