

QUARTERLY report



Volume 20, No. 2 | 2018

THE 5 YEAR MILESTONE

By William Stauffer, PRO•A, Executive Director &
Marianna Horowitz, PRO•A, Program Coordinator

RETOOLING CARE TO MEET OUR NEEDS

A Recovery Community Vision for a five-year focused drug and alcohol treatment and recovery care system

There is growing recognition that the benchmark for substance use condition remission is five years of continuous recovery. Our systems of care are simply not designed around this paradigm, often providing short stints of care not funded or designed to move people along the path towards lifelong recovery. We believe it is time to retool our service system to support long-term recovery in ways that, historically, it has not. We envision a substance use disorder care service system that supports long-term recovery, a service system that meets the needs of our young people, one that builds the 21st century workforce to serve the next generation, career and employment opportunities for people in recovery, and quality recovery housing opportunities in such a system. Over the next several issues of our Quarterly Report Newsletter, we will be highlighting each of these areas.

Fragmented care oftentimes places individuals who have a substance use condition at a disadvantage to achieving long-term recovery. According to NCBI, *“participation in formal treatment and longer time in treatment are consistently associated with better outcomes.”*

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ANNOUNCING CHAMPION OF SERVICE AWARD

PRO•A Recognizes Those Providing
Exceptional Service in Warm Hand-Offs

By Stephanie Hastings, PRO•A, Recovery Service Community Coordinator

In April 2018, PRO•A launched its Champion of Service Award to bring recognition for exceptional service in a Warm Hand-Off by connecting an individual and their family with Drug & Alcohol treatment and resources, as well as for service system engagement. There will be two Champion of Service awards granted per quarter, one to an Institution/Organization and a second award to an individual who holds a credential as either a Certified Recovery Specialist (CRS) or Certified Family Recovery Specialist (CFRS).



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WORKING
TOGETHER
TO MAKE
"RECOVERY
VOICES COUNT"
IN PENNSYLVANIA



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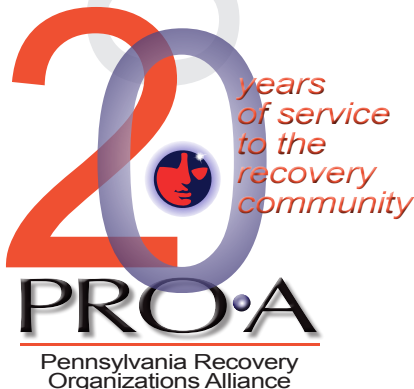
Newsletters are mailed in February, May, August & November.

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Pennsylvania Recovery Organizations Alliance

UPCOMING CFRS TRAININGS

By Patti Baranowski, PRO•A, Recovery and Resiliency Coordinator

The Certified Family Recovery Specialist (CFRS) Training Series is NOW IN SESSION!

Pennsylvania Recovery Organizations Alliance is excited to announce additional training courses for family members who have gone through their own recovery process while supporting a loved one with a substance abuse issue.

Addiction has been labeled a family disease. For each individual with a substance use disorder, there are countless individuals whose lives are touched in some way by the condition. Family members play a critical role. Research continues to support the positive impact that family involvement has on increasing the probability of the individual with substance abuse issues getting into treatment and assists the family in moving towards a more functional, healthy dynamic. Individuals who have experienced the process of family recovery are crucial components in an ideal system of care.

PRO•A is now scheduling the Certified Family Recovery Specialist (CFRS) Training Series. Through collaboration of the PRO•A team and individuals who have tremendous experience working within the family systems, we have finalized the series and facilitated our first CFRS trainings! The feedback we received from participants reinforces the importance of this credential and, more importantly, the essential role that family members play in the recovery process of families. There is hope for all individuals and families!

The CFRS Series includes 60 hours of education, six of which are an additional Confidentiality Course offered by DDAP. Certification requirements and prerequisites are listed on the Pennsylvania Certification Board website.

To schedule a CFRS trainings series, please contact PRO•A at 717-545-8929 ext. 1 or email patti.b@pro-a.org.

Additionally, PRO•A is offering a 6-hour training course for individuals who currently have a CRS certification but also meet the criteria for a CFRS. Please see the PCB requirements section for CFRS certification to ensure that you meet criteria before contacting us to schedule for this course. This training, "CFRS: From Surviving to Thriving" will be held at the PRO•A site on Saturday, July 14th. Registration is extremely limited, so please sign up early! To register, contact our Program Coordinator at (717) 545-8929, ext. 1.



development training &



CFRS

Certified Family Recovery Specialist Training Series

(54 hours of education)

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 experienced their own journey of recovery after being impacted by a loved one's substance or alcohol use disorder. Family members of individuals 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. The individual seeking this credential will assist other family members in their journey of recovery, offering recovery support services through sharing their own lived experience.

THE ADDICTION PROCESS

6 Hours | Training Specific to Substance Use Disorder

ADDICTION AND THE FAMILY

3 Hours | Family Recovery and Wellness

CRISIS INTERVENTION STRATEGIES FOR PEER PROVIDERS

3 Hours | Advocacy and Support

A COMMON VISION OF RECOVERY

6 Hours | Training Specific to Substance Use Disorder

DO YOU HEAR WHAT I HEAR: LESSONS IN EFFECTIVE COMMUNICATION

6 Hours | Advocacy and Support

PEER-BASED RECOVERY SUPPORT SERVICES

6 Hours | Family Recovery and Wellness

FAMILY HEALING AND RECOVERY 101

6 Hours | Family Recovery and Wellness

ADVOCACY SUPPORT, AND SYSTEMS NAVIGATION

3 Hours | Advocacy and Support

SELF-CARE AND RESILIENCY BUILDING

3 Hours | Family Recovery and Wellness

CFRS SUPPORTS: FROM SURVIVING TO THRIVING

6 Hours | Family Recovery and Wellness

ETHICS AND BOUNDARIES FOR FAMILY PEER SUPPORT

6 Hours | Professional Ethics

Confidentiality is an educational requirement for individuals to test to become a CRS. This is facilitated through the state and is not part of the PRO•A Recovery Institute Training Program.



www.pro-a.org

THE RECOVERY INSTITUTE Training Program

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.

If you would like to inquire about requesting a training, please contact us through our website at <http://pro-a.org/contact/> or call the PRO•A office at 717-545-8929 ext. 1 to speak with our Program Coordinator. For a full list of our RITP course offerings, please visit <http://pro-a.org/services/the-recovery-institute/>.

In addition to our Recovery Institute Training Program curriculum, we also offer webinars and technical assistance. Our webinars cover a broad range of subject matter relevant to addiction and recovery and are FREE to attend.

Sign up to receive notifications of our webinars at <http://pro-a.org/webinar-signup/>.

Our technical assistance sessions assess the strengths and weaknesses of groups, organizations, and communities. They are individualized to fit your needs and designed to strengthen and maximize your impact within your community.

For more information contact our Recovery Service Community Coordinator at s.hastings@pro-a.org or 717-545-8929 ext. 3.

PRO•A
Pennsylvania Recovery Organizations Alliance

THE 5 YEAR MILESTONE

Continued from page 1

Both publicly and privately funded care options typically provide shorter episodic treatment options and are fragmented across all of the systems that deal with substance use treatment and recovery services. We believe that refocusing care on the goal of five years of sustained recovery can and will start moving our systems in the way that they should be moving. When a person gets diagnosed with cancer, it is a given that there may be a myriad of interventions and supports brought to the table with a focus on the five-year remission goal. We believe that this should also be true for substance use care—it is where the science is pointing.

In the NCBI study, *Pathways to Long-Term Recovery: A Preliminary Investigation*, the overarching themes of service, connectivity with others, and relating to peers are introduced; they are applicable in all pathways of recovery. While formalized treatment may be a critically important first step in achieving long-term recovery, my story included creating a continuum of care far beyond my initial treatment, which included several short episodic bouts of treatment. It was only once I was able to extend my continuum that I was able to achieve the more than 5-years in recovery which I now have, and the inclusion of service, connectivity, and peer relationships continues to aid me in my recovery process.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1852519/>

The publicly funded system that I entered into at times provided funding for detox only, and eventually, I requested drug court, which I was denied. This was because my committing county was different from my county of residence, and although probation and parole are transferable, drug courts at that time were not. My county of residence did have a drug court program, I just was not able to access it. I was fortunate that I was able to advocate for myself, and being in south central PA, I had a host of recovery resources available to me. My continuum of care began with a formal inpatient treatment; extended to a 4-6-month licensed halfway house program; followed by a well-run recovery house, where I became a resident turned recovery house manager for 6 months before moving in with a friend who was also in recovery. I was able to extend my continuum of care in this manner by nearly 3 years.

I also utilized peer services throughout my process. Much of the clinical staff who worked with me were also in recovery, and I had a CRS who walked through and supported me throughout the first 2 years of my recovery process. Through my first 5-years of recovery I established connectivity with my familial relationships, created relationships with peers, and found purpose in service within my community and as a professional. All the while receiving services that assisted me in developing my recovery. While my pathway may not be the solution that works for everyone, it is my hope that more individuals have the option for this pathway and our Agency's hope that the system see the changes to make this pathway a reality for more people seeking recovery.

I thank you for reading my story and hope that you will follow our next two Quarterly Report Newsletters for more articles on retooling care to meet our needs. Our next issue will focus on the topics of a service system that meets the needs of our young people and one that builds the 21st century workforce to serve the next generation.

Retooling Care to Meet Our Needs

Retooling Care to Meet Our Needs

A Recovery Community Vision for a five-year focused drug and alcohol treatment and recovery care system

There is growing recognition that the benchmark for substance use condition remission is five years of continuous recovery. We must retool our service system to support long term recovery while expanding opportunities for persons in recovery to be productive members of our society.

We envision:

1. A SUBSTANCE USE DISORDER CARE SERVICE SYSTEM THAT SUPPORTS LONG-TERM RECOVERY

Episodic, short-term treatment without continuing care and recovery support options are short-sighted. We must develop and strengthen our capacity to serve persons with substance use conditions by establishing and funding substance use recovery support services. It is clinically and cost effective to support and augment treatment efforts. These services must be made available statewide for individuals, families and communities, before, during and after formal treatment, generally with decreasing intensity, for a minimum of the first five years of sustained recovery.

2. A SERVICE SYSTEM THAT MEETS THE NEEDS OF OUR YOUNG PEOPLE

Substance Use Conditions hit our young people the hardest and we must expand treatment and recovery efforts for young people and their families. This includes the development of Recovery High Schools / Collegiate recovery programs with Alternative Peer Groups (APGs), as well as family education and support programs (supportive family training), regionally across the state to assist young persons with substance use conditions to obtain and support recovery for a minimum of the first five years of sustained recovery.

3. BUILD THE 21ST CENTURY WORKFORCE TO SERVE THE NEXT GENERATION

Historically and moving forward, people with lived recovery experience are the backbone of a strong substance use disorder service system workforce. We must expand our workforce statewide and strengthen our capacity to provide treatment and recovery support services for the first five years of recovery. This effort includes the development of stable funding streams, reasonable compensation, administrative protocols, and peer recruitment and retention efforts.

4. CAREER AND EMPLOYMENT OPPORTUNITIES FOR PEOPLE IN RECOVERY

Employment and self-sufficiency are fundamental to healthy recovery and functional communities. We must expand college and trade educational opportunities while reducing and eliminating barriers to employment for persons in recovery. We must recognize that persons with lived recovery experience are assets to our communities. We envision multiple pathways to productivity, including loan forgiveness programs and a network of employers that provide employment opportunities for members of our community. There must be simple processes for persons to clear their records

HOPE & COFFEE



By Steve Schickram, Hope & Coffee

Hope & Coffee is a coffee shop with a mission, located in the heart of Tamaqua, Pennsylvania. Besides selling the best coffee and sticky buns in Northeast PA, Hope & Coffee is a business that prioritizes hiring people in recovery. Working hand in hand with local partners and the county's upstart drug court program, Hope & Coffee finds the most eligible candidates who truly just need a second chance in life and have struggled to find employment since turning their life around.

Hope & Coffee was built inside a single-family, Victorian Style home, with the first floor acting as the coffee shop while the transformation of the 2nd floor provides meeting rooms for local groups and recovery meetings. Keeping an open heart and open mind, Hope & Coffee serves all walks of life and gives them all a common place to do work, study, play games, and mostly just hang out and mingle in such a unique atmosphere. Hope & Coffee is located at 137 Pine Street in Tamaqua, PA, yet the business will also travel to events all throughout the state of Pennsylvania to sell their coffee, sticky buns, and share their story.

The mission of Hope & Coffee is to normalize recovery with a business and to also make it a very successful business. With its success, Hope & Coffee expects to become the first of many throughout the area, all with similar missions of succeeding and hiring people who are trying to make a better life for themselves through a second chance at employment that will give each employee some self-respect and a paycheck to provide for, not only themselves, but also for a family.



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By Lisa Prichard, Change on Third, Recovery Support Staff

We are continuing our goals to change our community in Easton, PA!

Our mission is to offer a safe environment to those seeking recovery and/or who are part of the treatment continuum. Although we are not a treatment facility, we are able to assist those in need and refer members of the center to community resources as needed.

Under our program director Philip Chaney, our hope is that they will find inspiration, encouragement, and support through the examples of our volunteers and professional staff at the center. Abstinence from addiction is only the beginning. It takes effort and a dedicated community to support the recovery process. We have a variety of resources including computers, internet access, telephones, and recovery based reading materials. We also coordinate special social and educational events. Please check out our Facebook and website @CO3.

Dear Phil,

I am writing you this letter to show you how grateful that I am for your time and effort on how you saved and changed my life around. This is Matt and about 8 ½ months ago, going to Change on Third Street and asking for some help because my life was going nowhere. I was homeless, sleeping in a tent, no job, no money, no food, nothing I went into Change on Third Street asking for help and I am very grateful that I did because Phil helped me by being the nice and caring guy that he is towards helping people that are in need for drug and alcohol counseling or rehab, he is the man. I went to rehab and a halfway house. Today I am now going to meetings and also now I am employable, have a roof over my head and sober for 8 ½ months today, living a great life. I am very grateful for Phil's help for where I am at today, because without his help I would not be where I am today.

—Matt

Change on Third is located at 117 North 3rd St. Easton, PA 18042. Stop by and mingle; become better informed; and be a presence in the recovery community, as a resource, a supporter or a member of the recovery community—make a difference! People can and do deal with their addiction and live in recovery.

ROARing Recovery



By Jason Whitney, Penn State CRC, Program Coordinator

This has been another breakout year for the Penn State Collegiate Recovery Community. We started the year with an orientation with 22 students, doubled the ROAR House in size to 16 students, and increased the number of peer-support seminars to five a week. Several students were recipients of the Evensen – Lions in Recovery Scholarship award made possible by our very own Dorie Evensen. We sent 17 students to the Leadership Summit in Keystone, Colorado in February. We were able to secure a Graduate Assistantship for Danielle Dormer.

There was a lot of energized student leadership all year long. A freshman member activated in our community a fever for Young People's AA conferences, and students traveled on the weekends to Tennessee, New York, West Virginia, and (to PENNSCYPAA in) Bethlehem, and a group of students in the Penn State CRC have formed a committee to bring PENNSCYPAA (the Pennsylvania State Conference of Young People in AA) to State College this year or next year. In large part, the students in this community have been making waves across the state, and people have taken note of the energy and the strength of the young people's scene here.

Students spent countless nights socializing with one another in our dedicated recovery housing, called ROAR House – an acronym for Residence of Addiction Recovery, which was expanded this year to house more students in recovery. We marched in Philadelphia, representing the Penn State CRC, at the Pennsylvania Recovery Organizations Alliance - Rally for Addiction Recovery. We were recognized on the field at Beaver Stadium, appeared on a panel for Mental Health Awareness Week, and had a tailgate before the Michigan/ Penn State game. We presented at the Advising Conference at Penn State in the fall and participated in the Opioid Addiction Summit here at University Park. We got plenty of good press this year in the Philadelphia Inquirer and the Pittsburgh Post-Gazette. Danielle was interviewed for the radio and aired on WPSU where she made a compelling case for recovery advocacy. A group of us took steps to create an Addiction Recovery minor.

With the help of Bo Cleveland, we laid the foundation for several research projects and research collaborations in the coming years. Bo and I travelled to Atlanta as part of the newly formed Collegiate Recovery Research Consortium. A report came out from Transforming Youth Recovery that shows that the Collegiate Recovery Movement is alive and growing, and we should count ourselves fortunate to be a part of this growing effort. We are proud that we have become one of the very best programs in the United States.

This year, we graduated a sizeable chunk of our entire community, more than 25%. Luckily, there has also been a lot of new blood who have joined us, and several students made the wise decision to pursue graduate degrees here at PSU. We are happy that they'll remain with us after graduation; with each passing year, we get more and more applications from students hoping to transfer to Penn State to be part of this community.

An especially bright spot has been the leadership of our affiliated Student Organization, Lions for Recovery, who met regularly all year long on Fridays at 4. The Lions for Recovery officers managed to accomplish more than ever before. They found funding for student travel and, in the last month of the year alone, staged many collaborations with Active Minds, For the Service, and Young People in Recovery. They have had a movie screening of *The Anonymous People*, followed by a panel, a recovery walk, and a dance.

In short, I want to wish everyone the best, and to thank you all for the work you do. There is every reason to be hopeful for the future.

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Spring Ahead for Recovery

By Robin Horston-Spencer, Message Carriers of PA

Message Carriers of Pennsylvania (Message Carriers) is ready for Spring!

As a Recovery Community Organization (RCO), it is our responsibility to keep our pulse on issues and legislations that will impact individuals in need of recovery support, intervention, prevention, and treatment services. As an RCO since 1996, we have worked tirelessly to help the healing of families and loved ones impacted by the disease of addiction, as well as, educate them on matters of concern. Hosting hundreds of community meetings helped us recognize how valuable it was to bring our communities together. For example, in 2017, we held our first Town Hall on *"It Takes a Village to Address the Opioid Epidemic."* Through this Town Hall we were able to gather information from the community about their needs and how to best address them.

As leaders on this recovery spectrum, we promote advocacy and recovery support services. This Spring we look forward to our upcoming endeavors beginning with our Recovery Roundtable. It is painstakingly evident that way too many individuals in need of substance abuse services do not receive them and pay the ultimate price - their lives! Our hopes are to educate and empower those impacted by the disease of addiction. We believe in multiple pathways for recovery. With this mentality, we decided to show the community alternative pathways. On May 1st, we held our first Recovery Roundtable at the Persad Center, located in Lawrenceville, PA. This Recovery Roundtable* is the first in a series of events dedicated towards engaging our community in discussion on successes and the needs of people living in or seeking recovery from substance disorders.

The pathways spotlighted were: Art and Meditation Therapy, Women's Recovery, Family Members in Recovery, MAT and Overcomers. One thing that was common amongst these panelists was having experience with 12 Steps programs. Some also shared going through formal treatment before finding their path to sustainable recovery.

Stay tuned for our Recovery Training Institute where our focus will be on those who serve our target population with more mindfulness and compassion on the disease of addiction, but most of all the benefits that recovery brings to all.

As always, individuals and their loved ones can call our Recovery Support Helpline (412) 463-7006, 5pm-12midnight for a listening ear and/or navigating systems of care such as, detox, treatment, shelters, etc. You may visit 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 Recovery Roundtable is funded by The Pittsburgh Foundation.



Courtney Abegunde, our Board Chair, welcoming guests at our Recovery Roundtable.



Pictured (left to right) Casey Tomayko, Lynn Cooper, Joanne Kreider, Demetre Josebeck, and Mike Ruhl – sit as panelists discussing their pathways to recovery.

ANNOUNCING CHAMPION OF SERVICE AWARD

Continued from page 1

Nominations for the Champion of Service Award by an Institution/Organization that has provided exceptional service to any individual and their family who is in need of Drug & Alcohol treatment and resources may be nominated by any of the following:

**An individual | Family member | Community member | Single County Authority | Behavioral Health Management Care Organization
Insurance Company | County Drug & Alcohol Agency | Drug & Alcohol and medical treatment providers | Recovery house**

Nominations for the Champion of Service Award by a Certified Recovery Specialist (CRS) or Certified Family Recovery Specialist (CFRS) who was exemplary in service; was effective in developing rapport; and sharing their experience, strength, and hope; offering the individual and/or their family a #WarmHandUp to treatment and to begin their journey of recovery may be nominated by the following:

Individual | Family | Institution/Organization

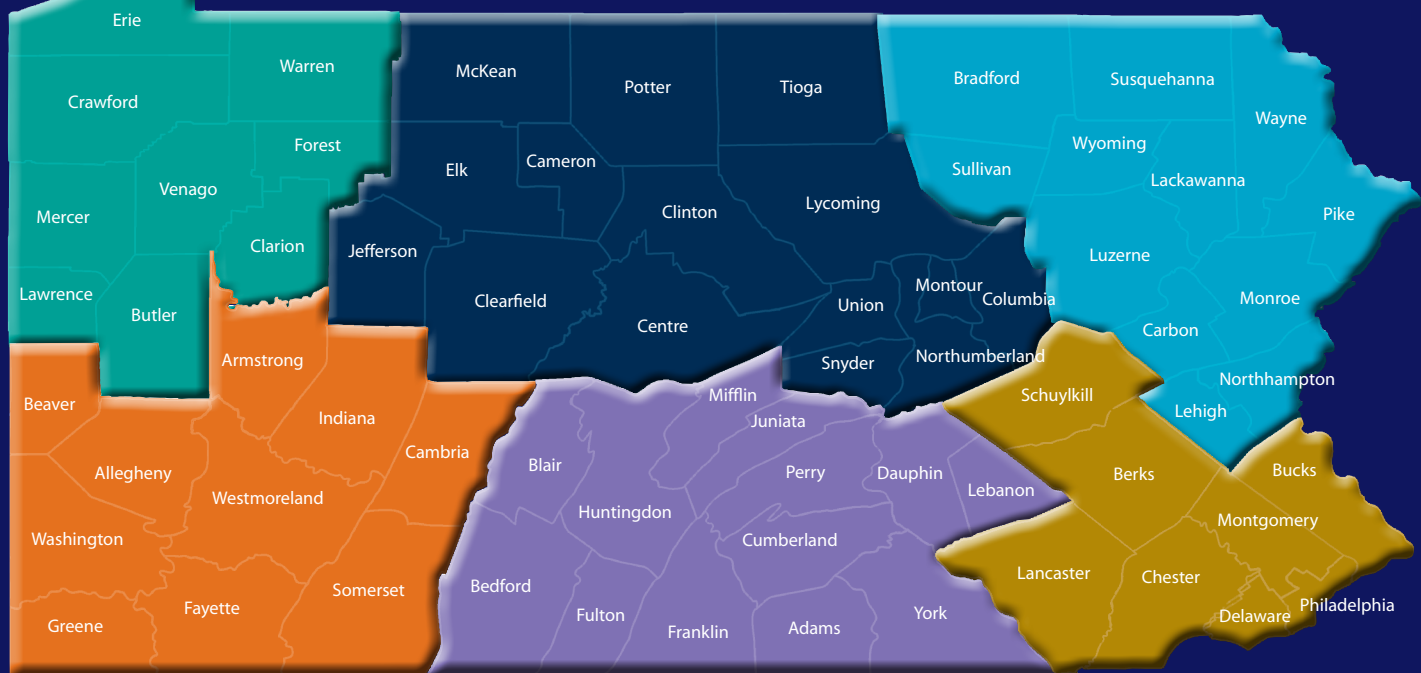
One can nominate an Institution/Organization or CRS/CFRS for a Champion of Service Award by completing the Champion of Service Award Nomination Submission Form, which can be found in a variety of places. If you picked up one of the Champion of Service Award description forms at an event, the submission form is on the reverse side. The form can also be obtained via our website at www.pro-a.org. You may print the form and return via the postal service or email. To submit completed forms, send to:

PA Recovery Organizations Alliance, Champion of Service Award, Attn: Stephanie Hastings, 900 S. Arlington Ave., Suite 254-A, Harrisburg, PA 17109 or Stephanie Hastings at s.hastings@pro-a.org

*** Please be sure to include a photo or Institution/Organization logo with submission for if possible***

All recipients of the Champion of Service Award will be highlighted in PRO•A's Quarterly Report Newsletter!

Summer Fun!



There are plenty of ways to enjoy summer in recovery, many of which are family friendly! There are also townhall meetings and recovery roundtables for those who want to become more involved in advocating for solutions, and the summer Pathways to Pardons Seminars schedule has just begun.

As a service to recovery communities and organizations across our state, PRO•A maintains a statewide calendar of events. If you have an event you would like us to add, please email mhorowitz@pro-a.org. You can view the calendar of events at <http://pro-a.org/calendar/>, where you may also submit an event!

National/Statewide Events

Name of Event: **2018 ARCO LEADERSHIP ACADEMY**

Contact Information: For more information you may email info@facesandvoicesofrecovery.org

Date and Time: July 23 to July 25

Location: Hyatt Regency on Capitol Hill, 400 New Jersey Ave NW, Washington, D.C. 20001

Description: It is that time of year again for the annual ARCO Leadership Academy (ARCO LA). The conference will be held in the heart of our nation's capital and only a few blocks from the Capitol Building! ARCO LA brings together key leaders from all of our ARCO member organizations for workshops, plenary speakers, networking. Up to five of each ARCO organization are invited to attend. Please plan to send key leaders (i.e. Executive Director, Board Members).

This three-day event will include the following four exciting tracks with multiple workshops and presenters.

Community Connections • Innovation & Sustainability • Servant Leadership • Organizational Wellness

For more information, please visit <https://facesandvoicesofrecovery.org/programs/arco/arco-leadership-academy.html>.

\$150 registration fee includes: All workshops and materials, Continental breakfast and lunch Monday and Tuesday, Complimentary ticket to America Honors Recovery awards dinner at the Hyatt Regency Washington on Capitol Hill on Monday, July 17th (\$200 value)

July 23rd | 9:00 am - 5:00 pm ARCO Leadership Academy

July 23rd | 6:30 pm - 9:00 pm America Honors Recovery Awards Dinner (on-site)

July 24th | 9:00 am - 5:00 pm ARCO Leadership Academy

July 25th | 9:00 am - 2:00 pm Hill Day

Pathways to Pardons Seminars

Description: **THESE PROGRAMS ARE FREE AND OPEN TO THE PUBLIC, AND DESIGNED TO INFORM CONSTITUENTS OF THE PARDONS PROCESS WITH TIME ALLOTTED FOR Q&A DISCUSSION. GUEST SPEAKERS MAY INCLUDE LOCAL AND STATE REPRESENTATIVES, AND STAFF FROM THE BOARD OF PARDONS AND DEPARTMENT OF CORRECTIONS. THE SEMINARS ARE DESIGNED TO:**

- Provide an overview of the Pathway to Pardons initiative
- Help residents better understand the process of applying for a pardon
- Discuss the requirements that must be met for an application to be considered
- There will be ongoing workshops and town hall meetings, hosted throughout the state. These workshops will include information on pardons, commutations, expungements, and how the characteristics of sustained recovery align with the elements of a pardon investigation. Please visit the following links for more information.

<http://www.bop.pa.gov/Pages/default.aspx>

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

Contact Information: For more information and to RSVP, please contact Lt. Gov. Mike Stack's Harrisburg Office at 717-787-3300 or Rep. Ward's District Office at 814-695-2398 or by email at awalker@pahousegop.com.

Date and Time: Thursday, June 7 from 6 PM to 8 PM

Location: Hollidaysburg Area Senior High School - Auditorium 1515 N. Montgomery St. Hollidaysburg, PA 166648

Contact Information: For more information, contact Lt. Governor Mike Stack's Harrisburg Office at (717) 787-3300. You may also contact State Rep. Dawkins' office at 215-744-7901 for questions or to RSVP.

Date and Time: Wednesday, June 13 from 6 PM to 8 PM

Location: Northeast Frankford Boys and Girls Club 1709 Kinsey St. Philadelphia, PA 19124

North Central Recovery Events

Name of Event: **RECOVERY COMMUNITY COMEDIAN DINNER GALA**

Contact Information: Jenny at (272) 202-0867 or jennifer@recoverycommunityconnection.org.

Date and Time: June 7, 2018 Doors open at 6 PM, event ends at 9 PM

Location: Lycoming College, Wertz Hall, Jane Schultz Room, 700 College Pl, Williamsport, PA 17701

Description: Recovery Community Connections will be hosting a Dinner Gala, with a panel discussion, featuring Greg Williams as the key note speaker. The topics will include discussion on RCO's and Recovery Supports. There will be music, a silent auction, and an Italian dinner with refreshments. Tickets are \$50, registration is required. To register, please contact Jenny at (272) 202-0867 or jennifer@recoverycommunityconnection.org.

South Central Recovery Events

Name of Event: **DAUPHIN COUNTY SOCIAL NORMING CAMPAIGN**

Contact Information: Dauphin County Drug and Alcohol at 717-635-2254 or email dbaylor@dauphinc.org

Date and Time: June 1st, 7 - 10 PM

Location: Northern Dauphin, Valley Bowl

Name of Event: **DAUPHIN COUNTY SOCIAL NORMING CAMPAIGN**

Contact Information: Dauphin County Drug and Alcohol at 717-635-2254 or email dbaylor@dauphinc.org

Date and Time: June 23rd, 11 AM - 3 PM

Location: Steelton/Highspire, Steelton High Football Field

South East Recovery Events

Name of Event: **SAFER STREETS FOR TAMAQUA'S LITTLE FEET, 3RD ANNUAL OVERDOSE AWARENESS EVENT**

Contact Information: Tammy Sienkiewicz 570-527-9277 or John Sienkiewicz 570-527-9278 or by Email- saferstreetstamaqua@gmail.com

Date and Time: July 21, 2018 10am - 5pm

Location: Owl Creek Reservoir Owl Creek Road Tamaqua PA 18252

Description: In the past 2 years we have started our event at the Bungalow Park Tamaqua, walked down Broad Street and ended our event at the old CVS building on Broad Street Tamaqua. Due to the construction on Broad Street of the Wabash Creek Project, this summer Safer Streets voted to seek a safe suitable location for our event.

This free event will highlight the common ground in recovery for those who struggle with addiction, mental health complications and health and wellness issues. We will utilize inspirational speakers to motivate others to begin the rewarding journey of recovery and to demonstrate how recovery strengthens our communities and to also remember those who we lost too soon to the disease of drug addiction. The 3rd Annual Out of the Darkness Into the Light Overdose Awareness Candlelight Walk will be a celebration of music, food, remembrance and of course our candle walk to honor and remember our loved ones taken too soon from this disease of addition joined by local vendors and sponsors who will unite together to role model unity in recovery.

Event Details: **THE OUT OF THE DARKNESS, INTO THE LIGHT CANDLE WALK**

This event will begin at approximately 10:00am and break down will start at 5:00pm. For vendors and nonprofit organizations, we have 2 20x40 party tents with sides for coverage from sun and in event of rain. We will also have speakers throughout the day in recovery for encouragement. This year we are inviting bands to play throughout the event as well. We will also incorporate free activities for the children including games. Towards the end of the event we will have our Candlelight Walk to remember those taken too soon and bring a light to this disease of addiction. At end of event we are having a butterfly release this year. For more information, please visit: <https://www.facebook.com/events/557127221325207/>

Name of Event: **ALIVE 2DAY 1ST ANNUAL DRUG AWARENESS DAY**

Contact Information: Corey McCabe at corey@alive2day.com

Date and Time: Saturday, August 18 at 12 PM - 9 PM

Location: Barefield Community Park Pottsville, Pennsylvania 17901

Description: We're doing a huge Non-Profit Event for Drug Awareness at Barefield Park. Everyone of all ages are welcomed. There will be free food, beverages, games, give a-ways, a basketball tournament, a concert, public speakers, face paint and a lot of other various activities. We'll be having a Chinese Auction, if any vendors are interested, please contact one of us. If you would like to donate to the cause or participate in this event in any way possible then please let us know. Our community is getting worse with drugs and we would like to help in each and every possible way.

South West Recovery Events

Name of Event: **MESSAGE CARRIERS OF PA: COMMUNITY MEETING**

Contact: Robin Horston Spencer, <http://messagecarriersofpennsylvania.org/contact-us/>.

Date and Time: June 12th, 2018, beginning at 6 PM

Location: Carnegie Library in East Liberty at 130 S Whitfield St, Pittsburgh, PA 15206

Description: This community event is FREE to attend. Mr. Curtis Upsher, Director of Community Relations at Community Care Behavioral Health (CCBH) will join us to ask how CCBH can be of service to our community. Please consider joining us to take part in this Q&A meeting, let your voice for recovery be heard.

Name of Event: **THE OPIOID CRISIS: THE CLINICIANS ROLE AND TREATMENT PRACTICES**

Contact Information: For continuing education specific questions please email jbelon@iabhc.com, please reference the conference name when emailing. For additional questions or more information, contact Kari Primiano at 216-258-0867 or kprimiano@iabhc.com.

Date and Time: June 25 – 26, 2018 |

Location: Wyndham Grand Pittsburgh Downtown 600 Commonwealth Pl, Pittsburgh, PA 15222

Description: For more information, please visit <https://vendome.swoogo.com/2018-pitt-opioid-summit/home>. Prescription drug and opioid abuse is a public health crisis affecting the Greater Pittsburgh area, the region, and the entire country. Stakeholders of all types are finding ways to work together to heal communities, promote recovery, and address stigma. Join the conversation and be part of the solution at the third annual Summit for Clinical Excellence on the Opioid Crisis in Pittsburgh, June 25-26. The Summit offers intermediate to advanced clinical training for mental and behavioral health professionals as well as insights on opioid addiction for stakeholders of all types.

New in 2018, the Summit will offer breakout sessions in addition to conference-wide plenary sessions, as well as an optional evening workshop for clinical professionals to earn ethics continuing education credits. Because of the growth of the conference, the Summit is moving to the Wyndham Grand Pittsburgh Downtown.

Who Should Attend:

- Clinicians, counselors, social workers, therapists, psychologists, interventionists, including those in private practice
- Physicians, psychiatrists, nurses, pharmacists, dentists
- Advocates, families, people in recovery
- Law enforcement personnel
- Public health and prevention officials
- Federal, state, and local officials and lawmakers
- Treatment center owners and operators

Name of Event: **RALLY FOR RECOVERY**

Contact Information: Paul M. Pozonsky, JD, CRS at pmichaelp55@gmail.com

Date and Time: Saturday June 30, noon - 4

Location: Washington High School gymnasium 201 Allison Ave, Washington, PA 15301

Description: The program is being sponsored by Retreat Premier Addiction Treatment Centers in partnership with the Harmony Life Center and is FREE to attend. The event will feature several speakers all celebrating recovery through their expertise and/or experience. County wide agencies and other recovery resources will be available with informational booths: and, family-oriented activities throughout the day.

Summer Fun!

DRUG OR ALCOHOL PROBLEM?

1-800-662-HELP

GET
HELP

www.pa.gov/opioids

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Substance Abuse Helpline
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In partnership with the Westmoreland
County Drug Overdose Task Force

WestmorelandCA.org

GetInWestmoreland.info

Welcome: THE NEW ME

By Josiane Dennison, Founder, The New Me Outreach Ministry

The New Me is a faith-based organization founded in 2015. Our mission is to provide a Christ centered program to those struggling with hurts, habits and hang-ups. Our program is modeled after Celebrate Recovery. As leaders of this ministry, we know and understand what it takes to overcome the bondage of addiction. In our community we not only reach out to those trying to overcome addiction, we also try to reach those that have succeeded to help others. As advocates, our outreach meets individuals where they are and points them in the direction that's best. At our meetings individuals can expect to be led with discipline, love, compassion, forgiveness, grace, long-suffering, patience, sympathy, and tolerance. Most of our meetings take place at Calvary Apostolic Church in Swissvale PA. We strive to provide the best resources in our local area. Although we are a newer organization (ministry) we are not strangers to the struggles of addiction or the pain and suffering it causes. Through the leading of the Lord we will continue to grow and reach out to all that are in need. This epidemic must be broken. Anyone struggling with addiction is welcomed to participate in our groups. Groups are held every third Saturday of the month, led by Richard Dennison and assisted by Josiane Dennison.

In addition to our meetings, we have an outreach room that offers clothing and small household wares to individuals who are trying to regain their footing; we also organize community service projects and community events to give back to our community. We are active in community outreach, visiting others who have not yet found their path into recovery, and maintaining contact with some individuals after they achieve recovery. Richard Dennison, the President of **The New Me**, is himself a person in recovery. He freely shares his testimony with others to elevate recovery, assist them in locating their path to recovery, and uses his story to aid others in maintaining their recovery.



Josiane Dennison speaking at addiction meeting



Richard Dennison & Smitty after an addiction meeting



Community Outreach Volunteer team

BECAUSE YOU MATTER.



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FOR MORE INFORMATION PLEASE CALL 717-232-8535 OR VISIT OUR WEBSITE AT WWW.RASEPROJECT.ORG



RECOVERY MONTH 2018

SAVE THE DATES

September 8th, at 6:30pm – 3rd Annual Recovery Lights Up the Night Bike Ride – Pittsburgh, PA

September 16, Beginning at 1:35 PM – PRO-ACT National Recovery Day at the Baseball Game – Philadelphia, PA

September 22, Doors open at 5pm, Show starts at 6pm – RASE Project Annual Comedy Show – Harrisburg, PA

September 22, Registration begins at 7 AM, walk begins at 9 AM, - PRO-ACT Recovery Walks 2018 – Philadelphia, PA

September 29th, from 11 am to 2 pm – Dauphin County 4th Annual Recovery Day – Harrisburg, PA

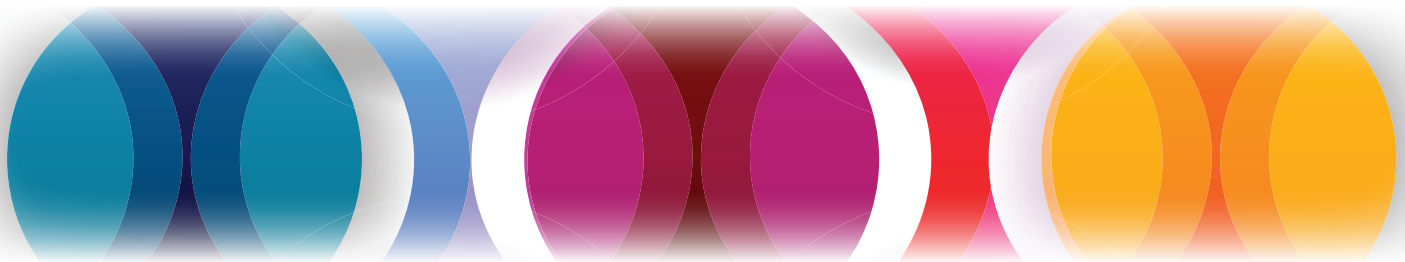
JOIN THE VOICES FOR RECOVERY



invest in **health**, **home**,
purpose, and **community**

National
Recovery Month

Prevention Works - Treatment is Effective - People Recover
September 2018



together.



WOULD YOU PLEASE CONSIDER MAKING A DONATION TO PRO.A?

We are working tirelessly to reduce discrimination, improve access to services and assist recovery efforts in communities across Pennsylvania.

Please help us make recovery a reality to a person, family or community near you. PRO.A is a 501(C) (3) not profit organization with the Mission: To mobilize, educate and advocate to eliminate the stigma and discrimination toward those affected by alcoholism and other drug addiction to ensure hope, health and justice for individuals, families and those in recovery.

THANK YOU!

Please send a tax-deductible donation to:

PRO.A

**900 SOUTH ARLINGTON AVE. SUITE 254A
HARRISBURG, PA 17109**

Or online: <http://pro-a.org/donate/>

The Theme for Recovery Month 2018 is Join the Voices for Recovery: invest in **health**, **home**, **purpose**, and **community**.

The 2018 theme explores how integrated care, a strong community, sense of purpose, and leadership contributes effective treatments that sustain the recovery of persons with mental and substance use disorders.

To submit your event information to SAMSHA:

- At <https://recoverymonth.gov/events/post-events> to have it added to the SAMHSA calendar of events.

**Publish your event in the PRO•A August 2018
Quarterly Report and the PRO•A statewide calendar.
Submit your event soon, space is limited!**

To submit your event information to PRO•A:

- Call 717-545-8929 ext. 1 or email mhorowitz@pro-a.org (*email preferred*)

The following information will be needed to be eligible to submit:

Name of Event

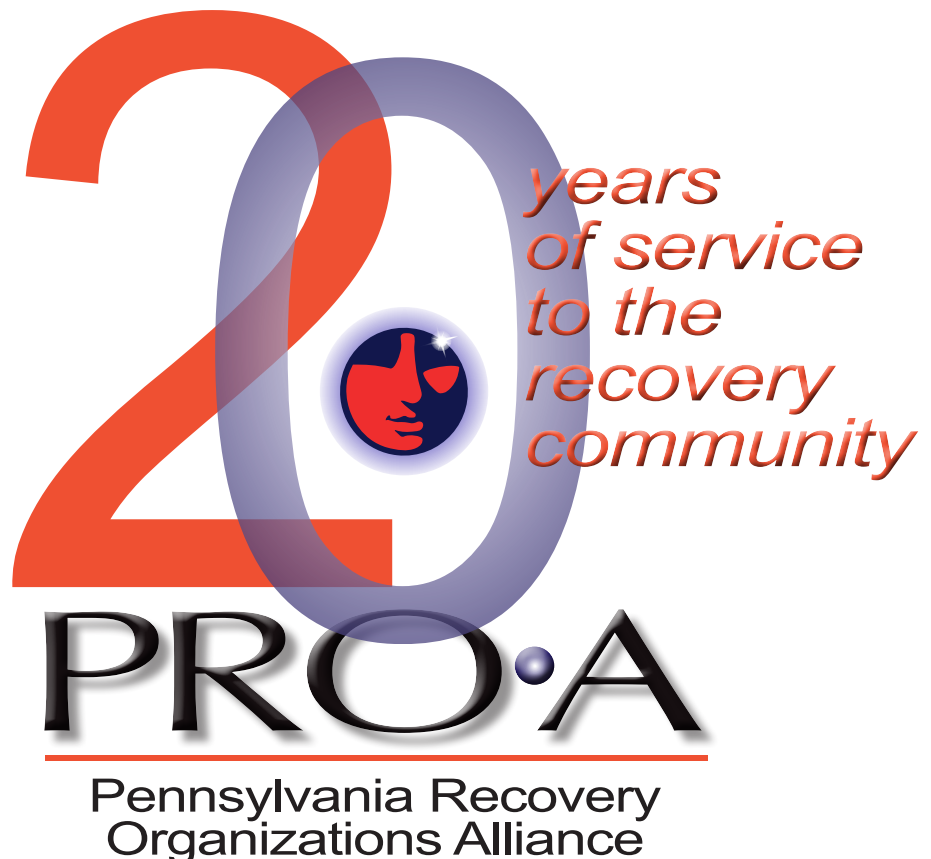
Event description, please include cost or indicate if the event is free to attend

Email Address

Contact Info – For questions

Date and Time

Event Address



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Organizations Alliance**
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Summer Fun!

Details on page 8

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Franklin and Fulton
1-866-773-7917

Deaf or hard of hearing:
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or 711 PA relay

pa.performcare.org

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