

QUARTERLY report



Invest in Our FUTURE Volume 21, No. 2 | 2019 Invest in Our YOUTH



PRO•A plays central role in PA House of Representatives Hearing on the loss of adolescent care in Pennsylvania and the critical importance of refocusing efforts on our young people.

On March 26th, Executive Director, William Stauffer, of PRO•A assisted in organizing—and then testified at—a hearing with the Pennsylvania House Human Services Committee on the dramatic loss of services in Pennsylvania for young people, and the critical importance of refocusing efforts to support recovery efforts for adolescents.

The hearing focused on the loss of funding, service infrastructure, and student assistant referrals for care for our young people with substance use conditions here in Pennsylvania. Mr. Stauffer urged legislators and policymakers to recognize that substance use issues are, in essence, communicable, particularly in respect to our young people. Experimentation with drugs is commonplace in adolescence, and we would be well served to focus more resources there rather than watch our adolescent care system degrade. He noted that we are referring fewer kids with substance use conditions to care, and programs have closed. While we cannot turn the clock backwards, we must re-emphasize care for young people that more effectively meets their needs and saves lives and resources moving forward.

Envision what it would be like if we could get more of our young people into recovery early in life. It would change the way that we spend state resources. Imagine fewer kids getting arrested, dropping out of school and, in all too many instances, dying at far too young an age.

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Regional Director Visits PRO•A to Discuss Federal Treatment and Recovery

Matt Baker, Region III Director of the U.S. Department of Health and Human Services visited PRO•A to talk about federal treatment and recovery efforts

We were honored to welcome Mr. Matthew Baker, the Regional Director of Region III, of the US Department of Health and Human Services, to our offices in Harrisburg on April 19th. Mr. Baker knows Pennsylvania, and our needs in respect to treatment and recovery well, as he served for 25 years in the Pennsylvania House of Representatives for 13 consecutive terms and was Majority Chairman of House Health Committee. Director Baker made it clear that the US Department of Health and Human Services considers addressing the opioid epidemic as a top priority of the Administration. Expanding recovery and treatment efforts are important elements of these efforts.

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WORKING
TOGETHER
TO MAKE
"RECOVERY
VOICES COUNT"
IN PENNSYLVANIA



QUARTERLY report

Volume 21, No. 2 | 2019

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Newsletters are published and mailed in Spring, Summer, Fall and Winter.

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PRO.A is now on FACEBOOK, "like" us at
www.facebook.com/PaRecoveryOrganizationAlliance



IN MEMORIAM JAMES SEASE III

Our agency had the honor of working with Mr. Sease for many years, and I had the pleasure of working with him for most of the last 5 years. James was passionate, kind, and talkative. He always made time to speak with you, to share his life with others, to share his experience with others, and to offer support and encouragement.

James made those who knew him smile with his humor, his positive outlook on life, and his will to help others was contagious.

James was so giving of himself, and forthcoming with his personal and professional experiences. James wanted to help others, and he did so right up until the very end—and beyond, through the many lives he touched of those who knew him and through many, many professionals who had the privilege to be trained and educated by Mr. Sease.

James trained a vast amount of our drug and alcohol professionals, many whom will carry on his legacy of helping others through their work in the drug and alcohol field.

James dedicated his life to helping others and gave so much back to the organization which gave him the opportunity to live his life. He will be missed by many. His lifetime achievements include a recipient of the Rose B. Pinkney Award for outstanding professional contribution and significant impact on behalf of professionals in the field of human services.

He was a champion of recovery and for the LGBTQI community. A man with integrity, an infectious smile and sense of humor, that lived his life to the fullest—he will be missed by many.

We celebrate James for a life well-lived, for a life well spent, and for the lives of the many, many people who have a chance at life, through the work he did to educate our drug and alcohol professionals.

Invest in Our FUTURE Invest in Our YOUTH



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SOME POINTS FROM THE HEARING:

- The Federal Safe and Drug-Free Schools and Communities Act (SDFSCA), State and Local Grants Program, authorized in 1994, was eliminated in 2010. Since then, referrals for drug and alcohol hovered around a thousand less a year. This means 10,000 kids did not get the help that was available before the loss of these funds.
- Federal support for funding treatment and recovery efforts through the Substance Abuse Prevention and Treatment (SAPT) Block Grant in PA has not kept pace with inflation resulting in a staggering 31% decrease in the real value of funding by FY 2018 (to \$1.281 million). This has had real consequences for the services that can be provided here in PA.
- Eleven of the top twenty-five US colleges for drug and alcohol arrests are in Pennsylvania. We need to pay attention to this dismal statistic.
- Substance use problems drive criminal justice system costs, accidental deaths, and a significant portion of all of our Human Service needs.
- Failure to address these issues at an early age results in increased costs and less productive, fulfilling lives for our young people, and far too often an early death.

Consider our communities with greater recovery resources and fewer needs to focus on cleaning up the carnage.

Pennsylvania would do well to invest more in helping our young people to get into treatment. We also must enforce the PA Act 106 of 1989 requirements already on the books. These requirements provide intervention and family counseling to get our young people help more quickly and educate families so that they are empowered to support the healing process for all members of the family.

WE AT PRO•A THINK THERE NEEDS TO BE A FOCUS, MOVING FORWARD, TO:

1. Ensure substance use assessment and referral services are being properly funded and utilized regionally in our schools and pediatric medical practices.
2. Ensure that all funders:
 - a. Publish plain language information sheets, mailed to all members annually, on substance use services provided in member plans. These sheets are to:
 - i. Specify services including intervention, family counseling, treatment, and recovery support services.
 - ii. Delineate all applicable federal / state laws governing care, how they are enforced, and oversight bodies in the event of a problem accessing care.
 - iii. Provide information for families seeking help with a substance use condition, including intervention, treatment, and recovery support services available.
 - b. Provide the full continuum of adolescent treatment and recovery support services regionally, in every area of the state, on a cost reimbursed basis.
 - c. Require a minimum one-year care continuum for covered lives under the age of 20 who meet the criteria of substance use dependency at the proper intensity and structure identified by clinical need and inclusive of recovery support services. This will provide the best opportunity to develop stable recovery for our young people.
3. Consider establishing dedicated funding for recovery high schools, alternative peer groups, and collegiate recovery programs to extend recovery opportunities to provide long-term recovery strategies for our most valuable asset, our young people.

The Pennsylvania Recovery Organizations Alliance is steadfastly committed to expanding treatment and recovery efforts for our young people. They are our future. We will continue to advocate for them!

For more information, visit

<http://pro-a.org/pennsylvania-house-human-services-committee-public-hearing-on-adolescent-substance-use-care-in-pennsylvania-challenges-and-opportunities/>



Panelists left to right: Samantha Osterlof, Summit Behavioral Health Care; William Stauffer, PRO•A; and Patti Anne McAndrews, Founder/Director at Adolescent and Young Adult Advocates and Main Line Addiction Specialists

Pennsylvania House Human Services Committee

PRO•A Keynotes for Recovery

William Stauffer, CCS; CADC; LSW; Executive Director, PRO•A



William Stauffer
PRO•A, Executive Director

PRO•A, Executive Director, Receives Invite to Speak at West Virginia Statewide Peer Conference on the Probability of Recovery Using the Five-Year Care Paradigm

I was honored to be asked by the State of West Virginia, Department of Health and Human Resources, to present the keynote presentation at their West Virginia Statewide Peer conference on April 16th in Sutton, West Virginia. They asked me to do so, as they had heard of the significant body of work completed by PRO•A, to expand opportunities for persons to get into recovery and workforce development efforts throughout Pennsylvania. It was an amazing experience, being involved in a state sponsored conference, focused on substance use recovery peer support services, in the great state of West Virginia!

The focus of my presentation was on the probability of recovery and the need to retool our systems of care to a long-term care model inclusive of recovery support services. I explored the prevalence of recovery, the significant contributions of persons in recovery to communities, and the role of recovery capitol in health communities. Our current acute care and support system has resulted in millions of Americans getting into long-term recovery and becoming restored to productive citizenship, but we can do even better. I challenged attendees to advocate for and work towards a five-year care strategy, because the science is showing us that 85% of persons who achieve five years of recovery stay in recovery for life. Our research and care systems must become aligned to focus us on providing access to care that will support recovery efforts to the five-year threshold, at which point lifelong remission becomes the probable outcome.

No state has been impacted by opioid related deaths in the manner experienced by West Virginia; it has been ground zero since the beginning of the "opioid epidemic" - which is in reality part of a larger addiction epidemic. You may think that the peer and service community would be demoralized and worn down by what they are dealing with. However, if you think this, you could not be more wrong. I met so many people who were so eager to be engaged in helping save lives.

I am ever more convinced that the most underutilized resource we have to help our communities heal from substance use conditions is the recovery community, both here in Pennsylvania and nationally. That the State of West Virginia invested in bringing their whole substance use peer recovery community together for training and networking looks to me to be a wise policy decision. Days like this keep me going, even if it did add 789 miles to my odometer. I met the most amazing people and I drove away with deep respect for the recovery community of West Virginia and the policy leaders who in their wisdom are investing in things like this conference.



KEYNOTE SPEAKERS



William Stauffer, LSW, CCS, CADC
Executive Director, Pennsylvania Recovery Organization - Alliance (PRO-A)

Keynote: Recovery As the Expected Outcome

William Stauffer is the Executive Director of Pennsylvania Recovery Organization - Alliance (PRO-A), the statewide recovery organization in Pennsylvania. He is a person in long term recovery since age 21, a resident of Pennsylvania, Mr. Stauffer has over 33 decades of recovery focused experience in the drug and alcohol treatment, outpatient and residential treatment facilities. He has been instrumental in improving public policy to support treatment and recovery for individuals, families, and communities in Pennsylvania.

He currently chairs the public policy committee for the national recovery organization. In 2018, he was named one of the White House's "100 Most Influential People in the Recovery Community". Mike Stauffer has testified before the Pennsylvania State House of Representatives on the opioid crisis. He is a graduate of the University of Pennsylvania's Wharton School. He is a graduate of the University of Pennsylvania's Wharton School.



WEST VIRGINIA
PEER RECOVERY
Support Services Center



RetrofitCareers is a brand-new, first-of-its-kind, online job board much like CareerBuilder, ZipRecruiter, Indeed or Monster.com, yet has a single and most important mission specifically geared to *helping those in successful drug & alcohol recovery find jobs and careers.*

Our mission is to help those with substance use conditions find and sustain a Work/Life balance in successful recovery. RetrofitCareers' purpose is to provide a direct online portal for those in recovery to find meaningful employment in order to sustain one's own Work/Life balance, and, in turn, provide willing businesses a direct online portal to pro-actively seek and find valuable employees who are in "successful" drug or alcohol recovery. A year in the making, and just going live this past fall, it's a business model born from the need for solid employment after primary drug & alcohol treatment or, in some cases, lateral or higher moves from a present position with companies who understand the valuable (and profitable) benefits of hiring those in successful recovery.

A secondary "bi-product" of this online job board is the direction of profits from our LLC, retrofitcareers.com, to our NPO (501c3, retrofitcareers.org) which are planned to provide programs to "reward" those who have maintained their recovery and successful employee status with those forward thinking companies who have used RetrofitCareers. Planned "benefit" programs might include education reimbursements, public transportation, childcare assistance, retirement subsidies, etc., all affordable through direct use of the LLC's profits from job posting revenues. It's a totally self-sustaining business model with little need to solicit public or private funds that can be used elsewhere (grants, donations, etc., though obviously welcome!). Everybody wins!

Located in Pennsylvania, based in the Philadelphia suburb of Bensalem, RetrofitCareers is concentrating our start-up efforts in the greater Tri-State region. We have what our business plan sees as a national chain in 5-7 years. Since going live in recent months, we have been reaching out to both businesses willing to hire from this incredibly valuable and untapped talent pool, as well as rehab-centers, recovery houses, recovery support groups, etc., to attract and place potential candidates who are in successful recovery. Additionally, we have met with the PA Dept. of Drug & Alcohol Programs, local Chamber organizations, PRO•A, the Bucks County Probation & Parole Office, the City of Philadelphia City Council and other departmental officials, chamber groups, and organizations.

Realizing RetrofitCareers is breaking entirely new ground with our new business concept in helping to provide an important post-treatment recovery solution to SUDs, we are uniquely challenged with two distinct target markets. We know we have our work cut out for ourselves; relying solely on limited out-of-pocket funding, RetrofitCareers can use any and all support in *our common mission.*

Quite frankly, public officials, business leaders, and social/health organizations on both sides of the front have all said, "what a great idea!" but with little to no action. The small team at RetrofitCareers realize it's going to take time and call for all businesses of any type and size to post jobs, and anyone in recovery looking for a job or career change to post their resume and personal profile.

Responses from a job applicant in successful recovery and an independent business leader who has successfully hired people in recovery, both recent people who have used RetrofitCareers new online job-board.

"It's like defying gravity!" Joey C., Waiter in Successful Recovery, Successful Job Finder through RetrofitCareers.com

"People in successful recovery make the best employees! They want to work!"

Jim Arndt, President, Delta Products, Inc. Job-posting Client of RetrofitCareers.com

Regional Director Visits PRO•A to Discuss Federal Treatment and Recovery continued from page 1

Mr. Baker is the primary representative for the Secretary of Health and Human Services. In this role, he is responsible for: Delaware, Pennsylvania, Maryland, Virginia, West Virginia, and the District of Columbia, as well as seven recognized tribes. He heard of our agency's innovative work and reached out to us to set up a visit to hear more about what we are doing to support recovery efforts across Pennsylvania. We also talked about other emerging drug trends, how the federal government is recognizing that opioids are only one element of addiction related issues that are occurring, and that there are active measures to more deeply understand and respond to the needs of our community.

Mr. Baker learned how PRO•A, as the statewide recovery community organization, is working to strengthen the recovery community through support from the Pennsylvania Department of Drug and Alcohol Programs and through our SAMHSA Recovery Service Community Program State Networking (RCSP-SN) grant. We shared with him how our efforts are expanding recovery capital in our communities, integrating recovery supports into the substance

use care system, and working to make recovery more visible, while reducing negative public perception associated with substance use conditions. We also shared with him work we are doing on workforce retention with our Centers of Excellence and our recent visit to West Virginia to share some of our experience with the peer recovery community at their statewide peer conference.

We were honored to have him visit us, to be able to share the work we're doing to support recovery efforts, and to learn of efforts on the federal level. We were heartened to hear of the commitment of the administration to reduce opioid and other addiction related deaths. We are looking forward to being even more engaged with such efforts in a collaborative manner moving forward.



Left to Right: Mr. Matthew Baker, Regional Director of Region III, US Dept. of Health and Human Services and William Stauffer, Executive Director, PRO•A

My Rewards of Recovery Can be **Yours!**

By Robin Horston-Spencer, Executive Director, Message Carriers of Pennsylvania

Today, I am honored to share my personal journey of recovery. It has been over 30 years, and I remember so clearly being angry and not believing that I was the problem of my destructive behaviors. After being arrested, rescued through the court system, 12-Step Recovery, and therapy sessions, I finally accepted my reality.

These steps enabled me to understand why I was so embarrassed and guilt-ridden whenever I discussed parts of my life. I even understood why I was in so much pain and denial. It was through these pathways that I answered the why and what of my addiction. I was able to understand that my addictive behavior was only 10% of my problem! This was an awesome revelation, and it helped me get to the genesis of my addiction. No longer do I want to wreak havoc in my life or those who I care about. It is now time to build, share my growth, and give back. I now know that there are billions of people who are doing the exact same thing. We are all facing each day without a mind altering chemical or a mood booster to give us momentary joy or temporary peace. You too can have that same joy and peace.

I can proudly proclaim that I have healed from those moments of active addiction. I missed not raising my only child and sharing in his accomplishments. Thanks be to God, that I was introduced to the benefits of recovery through Message Carriers! I am still witnessing the rewards of recovery; such as my son Leigh's (Malika) wedding over 25 years ago. They have given me two beautiful grandchildren Jazmin and Jordan. Both are amazing! Jazmin is in her third year of college at Kentucky State. Jordan is a graduating senior from Africentric Early College in Columbus, Ohio. This reconnection of family has afforded me the opportunity to witness so many amazing achievements, including Jordan playing in the 2019 McDonald's All-American Games and receiving the MVP Award! How amazing is that! Beloved, I am reaping the rewards of recovery.

I encourage you to help share the power of Message Carriers. Together we can help others experience the benefits of recovery. Let's advocate for more funding to ensure systems of care are available for all. Together we can make victorious memories that will last forever.

PRO•A WANTS TO INCLUDE YOU!

PA Statewide Recovery Month Event Calendar 30th Annual National Recovery Month

The Pennsylvania Recovery Organization Alliance is putting together a calendar of statewide events in celebration of Recovery Month, which will occur in September 2019. We want to show how we celebrate recovery across our great state and to get people involved in the great work that you are all doing!

If you, or an affiliated entity, is holding an event for Recovery Month, we want to include it in our Recovery Month Edition of our newsletter.

Utilize our new web feature on the PRO•A calendar page at <http://pro-a.org/calendar/> or contact the PRO•A Program Coordinator, Marianna Horowitz, by email at mhorowitz@pro-a.org or phone at (717) 545-8929 x1.

You may also send your event information and flyer by text to (717) 461-3135.

SUBMISSIONS MUST BE RECEIVED NO LATER THAN AUGUST 1, 2019. PLEASE INCLUDE:

- The date, time and address of the event location
- A contact name, phone number and email address
- A brief description (one or two sentences) of the event including what you are doing, and including costs if any to participate

UPDATE

Recovery Workgroup, Cambria County Drug Coalition

The Recovery Workgroup of the Cambria County Drug Coalition has been working diligently to educate the community with a new presentation titled Recovery Resiliency and Person-First Language. The training was created in a way that allows the presentation to be more tailored to suit the needs of those with little knowledge of recovery and seasoned addiction professionals. We believe that more time can be spent helping people better understand recovery, for those attendees with little knowledge, and more time can be dedicated to person-first language for the seasoned professionals.

The pilot presentation was done with a group of Certified Peer Specialists (CPS) at Wellspan in Philhaven, PA. About half of the participants were dually certified, holding Certified Recovery Specialist credentials in addition to CPS credentials. This was a full 3-hour presentation, which is in the process being approved for continuing education credits. The feedback was great. The individuals with lived experience with co-occurring conditions stated that the presentation was spot on, while those with little experience working in substance use stated that it was very educational. This presentation has been done as a one-, two-, and three-hour presentation to meet the needs of different community organization. So far, we have presented to the Health and Welfare Council, the Faith Based Workgroup, and students and faculty at the University of Pittsburgh at Johnstown. On June fifth, we will present to the nurses at Conemaugh Hospital, followed by the PA Peer Support Coalition Conference, as well at some local high schools. Our key goal in developing the presentation was to have all members of the Coalition serving as stigma reduction messengers in their careers as well as in their personal lives. The community members we impact have the opportunity to witness that recovery is possible.

In collaboration with Conemaugh Hospital, we have completed three commercials aimed at reducing stigma. The first is of an individual that found recovery through a 12-step fellowship. A month later, a member of the Recovery Workgroup who found recovery through an MAT program aired. Finally, last month, our third commercial aired highlighting a gentleman that found recovery through a faith-based treatment center. These powerful stories can be viewed by visiting the Cambria County Drug Coalition website at www.cambriacountydrugcoalition.org/

The recovery workgroup has had some exciting experiences, Kevin Stevens, 2-time Stanley Cup winner for the Pittsburgh Penguins, and an individual in recovery, recently showed up to support one of our events, and we have plans for several upcoming events. The Recovery Workgroup is also gearing up for International Overdose Awareness Day (IOAD) and Recovery in the Valley. We are planning to partner with PRO•A to promote their Our Lives Matter Quilt Project in South Western PA by having two quilt building workshops in Cambria County to debut at the IOAD event to be held at Sandyvale Park on August 31. The quilts will then be passed on to PRO•A to travel across our state.

Save the Date! Recovery in the Valley will be held in collaboration with Magellan Healthcare on September 21st. Once again, we plan to highlight a variety of paths of recovery.



Left to right: Kate Porter, Keith Elders, Jason Riligio, Rich Shade, Tracy Selak, Kevin Stevens, John Kriak, and Ronna Yablonski

HERO IN THE FIGHT

Hero in the fight was created to help change the culture of how addiction is viewed in our communities. We started breaking the stigma and raising awareness with a shirt that read, **"BE A HERO IN THE FIGHT AGAINST ADDICTION"**

Our goal is to create conversation and let the world around us know that if addiction has impacted your life in some form, you are not alone. Through our website, Facebook group, and community events, we continue to prove that you can have fun without using substances, families can heal, and recovery is possible!

SAVE THE DATE!



Recovery Day at FNB Field

HERO IN THE FIGHT

SUNDAY, JUNE 23, 2019

GAME TIME: 1PM

GATES OPEN: NOON

Supporting College Students in Recovery

By Katie Bean Saint Joseph's University Assistant Director, Student Outreach and Support, Wellness, Alcohol & Drug Education (WADE) Program

This summer, Saint Joseph's University is hosting the Marginalized to Empowered Conference: Supporting Students with Substance Use and Co-Occurring Disorders in Philadelphia, PA. The conference brings together university professionals, community advocates and students in recovery from across the region and beyond. This thought-provoking conference will address how to best identify and support marginalized students and work to empower them to succeed and thrive. Through understanding the specific needs of people in recovery and the current systems in place that can best provide support for them, the goal is that all attendees can work to improve the trajectory of those with behavioral health concerns. Conference attendees will be able to explore innovative and promising practices as well as current best practices from leaders in the field who are doing this great work.

The Keynote Speaker is Jarmichael Harris of East Carolina University in Greenville, North Carolina, who will speak about the lessons he learned while building support for students in recovery on his campus. This will include the partnership between his community and the food banks in the area to address food insecurity on campus which is a growing need for many campuses. The keynote panel will feature 5 Ted-inspired talks from speakers who are all *Unexpected Supporters* on campus. These include a Faculty member who used a digital story-telling class to get his campus to Start Talking about mental health, a Faculty member who will share her research on siblings of those with mental health concerns and a Public Safety Officer who shatters the stigma of substance use disorder by speaking openly on her campus about her experiences. We'll learn from a Director of Student Success who invested in technology that could help faculty alert staff when they notice a student showing signs of distress and the programs he developed to support those students once identified. And finally, we'll hear from a current student in recovery who will share his experiences of being empowered by some truly Unexpected Supporters on his campus. In addition to these keynote sessions, there will be a Self-Care for the Caregiver session and two rounds of breakout sessions. The Call for Programs closes on May 20, 2019 so if you have an idea for a program, we would love to hear from you!

It is free for Undergraduate and Graduate students to register, and they are invited to apply to a travel scholarship offered by PRO•A for the second year in a row. New this year, Ammon Foundation is also offering an academic scholarship for students in recovery which will be awarded at the closing ceremony of the conference, an inspirational way to end the event. In 2018, 100% of attendees who responded to the follow-up survey agreed that "attending this conference was worth my time." We hope you take the time and register starting June 1st at www.sju.edu/m2e2019, and save the date for August 6, 2019 as we believe it will very much be worth your time!



Supporting Students with Substance Use and Co-Occurring Disorders

August 6, 2019
8:30am-4pm

SAINT JOSEPH'S UNIVERSITY
PHILADELPHIA, PA

FREE FOR ALL STUDENTS
Travel scholarship through Pro-A & \$1,000 Academic Scholarship through Ammon Foundation Available - *Apply online today!*

- Ted-Style Keynote Panel on Unexpected Supporters
- Engaging Break Out Sessions
- Self-Care for the Caregiver
- Award Ceremony
- Breakfast and Lunch Included



Keynote Speaker:
Jarmichael Harris
East Carolina University

\$40 \$50 after July 15th
\$80 after August 5th



Recovery Community Connection

JOIN US FOR OUR

2nd Anniversary Gala

JUNE 14, 2019 | 6 P.M. – 9 P.M.

GENETTI HOTEL | WILLIAMSPORT, PA

with MUSIC BY TOBIN DUO VIOLINISTS



Tickets: \$50 per person, includes dinner. To purchase, please contact (272) 268-3831 or jennifer@recoverycommunityconnection.org

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EMPOWERING LEADERSHIP IN RECOVERY

Penn State CRC

WEARECOVERY



By Jason Whitney, Program Coordinator of the Penn State CRC and a person in long-term recovery

This has been a great year at the CRC; we've had 25 students involved. It's been a year with minimal conflicts and a general sense of good feeling all around. We've also made major strides. In the fall, thanks to a generous donation of furnishings and other equipment to the CRC, our center is lavishly appointed, more functional, and more aesthetically pleasing than ever before. Not coincidentally, the CRC's center has never been more utilized than it is this year, and nearly every day one could see students studying at the table or reading and taking naps on the comfortable couches.

We continued to offer five peer-support seminars a week, and our Wednesday lunches were well attended all year. ROAR House—an acronym for Residence of Addiction Recovery—thrived, and despite burst pipes that forced students to relocate for extended periods of time, students have shown a lot of resilience. The steady leadership skills of ROAR House manager Bri Pruden has had a great deal to do with the success we've had this year. Several students were recipients of the Evensen—Lions in Recovery Scholarship award. Bri Pruden won Student Affairs' Student Leadership Award. Anna Baker was awarded an American Association of University Women Scholarship and will serve as ROAR House manager next year. I myself picked up a nice piece of hardware, having been awarded the Association of Recovery in Higher Education's Cornerstone Award for student support—collegiate recovery's highest honor.

There was a lot of energized outreach this year. LFR teamed up to bring professional sober comedian, Patrick Holbert, to Freeman Auditorium in the HUB. The Penn State CRC partnered with the Jana Marie Foundation to bring a performance of Jack Schultz's one man play, I'm Falling in Love All the Time, to the State Theatre, exploring the intersections of life and addiction following his brother's heroin overdose. We held two sober tailgates, one on homecoming weekend, and our students were the driving force behind several (YPAA) Young People in AA conference bids. Lastly, the CRC was featured in a documentary that aired on WPSU and seven other public television markets. The three-minute piece was part of a series on addressing the opioid addiction epidemic and followed Anna Baker through a day in the life as a student in recovery and ROAR House resident. We need to give Anna big props for having the courage to tell her story for such a large public audience and for representing us so well.

In the fall, we plan to offer a Certified Recovery Specialist/Certified Family Recovery Specialist course for credit at Penn State University Park, and it will count towards an Addiction and Recovery minor that is nearing the stages of final approval.

An especially bright spot has been the leadership of Lions for Recovery. President Bri Pruden, Vice President Tim McDonnell, Treasurer Anna Baker, secretary Adam Parrish Secretary, and newcomer liaison Marguerite Kelly managed to accomplish more than ever before. They found funding for student travel, continued to hold down the dozens of speaking commitments for Centre County's Youthful Offender's Program and added over a dozen speaking commitments for the county's new Collegiate Alcohol and Drug Program, a program designed to educate fraternity and sorority pledges about the risks associated with alcohol and drug use.

A special word of thanks to my Assistant, Danielle Joliet, who left for her full-time internship, and to Ryan Power, who served as my Asst. Program Coordinator this Spring. Danielle was such a dynamic presence during her years in the CRC, and Ryan has been outstanding all semester long. A lot of new students have joined us this year, and a good number are moving on. Thanks to everyone out there for all the work you've put into your recoveries this year.

In short, I want to wish everyone the best from the Penn State CRC!



PRO•A

show us your purple



Purple is the color of awareness for recovery and is prominently featured throughout National Recovery Month. Now celebrating over 2 decades of advocacy, mobilization, and hard-earned blood, sweat, and tears that run purple – PRO•A asks you to show us your purple!

PRO•A would like to use your images, with a statement about your recovery, in our upcoming newsletters, member messages, and across our social media platforms, to promote and celebrate recovery. By submitting your image and your recovery statement, you consent to PRO•A's use of your image and statement across these platforms.

Please send a picture of yourself, and your happiest, most cherished moments in your recovery, to mhorowitz@pro-a.org or by text to (717) 461-3135.

Please include a 1st person statement about your pathway to recovery through long-term treatment; medication assisted recovery; faith-based recovery; abstinence-based recovery; or as a family member, what recovery means to you, what recovery has given you, and your recovery birthdate.

Please note, responses may be edited for clarity and length, recommended length is 150 characters or less.

"My name is Marianna and, through access to long-term treatment, I can say that I'm a person in long-term recovery. For me that means I get to love me and love others; be a mother, daughter, granddaughter, sister, and friend; and I get to do a job that gives me the opportunity to help save lives every day. I can contribute to my community, and I'm pursuing a BSW to better help me to implement systemic changes. Recovery is an adventure—in its ups and downs—but like a good hike; that one-more-time snooze button in the morning; and a crisp fall day, recovery is a journey of perseverance; filled with warmth; and the joy of feeling like you're seeing color for the first time!" 10-6-2012



recoverymonth.gov



National Recovery Month Celebrates 30 Years

In anticipation of this milestone, we are asking you to dig through your polaroids and other old photos, newspaper clippings, and files to find your most memorable experiences.

You can scan old photos by using free photo scanning apps found on the google play store.

We ask that you begin to share these memories with our agency by emailing mhorowitz@pro-a.org so that we can begin to prepare for our fall Quarterly Report Newsletter

"In recognition of the 30th anniversary, the Recovery Month logo was revamped with a modern look to more effectively communicate the meaning and values of the Recovery Month observance. The new Recovery Month logo features an "r" symbol, representing r is for Recovery and the need to support the millions of individuals who are proudly living their lives in recovery."

Save The Date!

November 6, 2019

Join us in celebrating at the
The Country Club of Harrisburg
2019 Leadership in Recovery Dinner



Give the gift of hope, health, and justice. 2019

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It's only because of YOU we can do what we do!

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Pennsylvania Recovery
Organizations Alliance

CHANGE ON MAIN

RECOVERY SUPPORT SERVICES

By Brian Sabo, CRC, Program Director, Change on Main

Change on Main is a substance use resource center located at 1830 Main St.- suite 3 in Northampton PA. We offer a safe environment for those seeking recovery and who are part of the treatment continuum. Change on Main hosts various 12 Step meetings, Refuge Recovery, Smart Recovery, Y12SR yoga classes and other meetings/groups geared to help maintain sobriety and help those seeking a better life.

Change on Main opened its' doors in August 2018 and has made an immediate impact on both the recovery community and the Borough of Northampton. One of many goals that Change on Main plans to fulfill is breaking the "stigma" of addiction and giving back to the community. On April 11th, we held a "Spring Clean Up Day" where individuals in recovery and their family members cleaned Municipal Park so the children of our community could have a clean and safe Easter Egg Hunt. Change on Main will be working hand in hand with the Borough of Northampton to develop a "Community Garden" this summer for residents of the Borough.

We have held numerous events over the past several months and will be hosting plenty more in the future. Karaoke night is by far the favorite! Nothing better than 50 plus individuals in recovery singing, laughing, and fellowshiping on a Saturday night! Game night, movie night, and bingo were also held and will continue to be planned for future events. We are also working with Adventures in Recovery, introducing nature walks, hikes, and kayaking to individuals in recovery, and we are currently holding a "Sock Drive" in which all proceeds will go to various shelters and individuals in need. We have held food drives for our local food bank as well.

Staff at Change on Main can assist individuals with job searches, resume building, or other social services that are needed. Computers are available, and the coffee is always on! A large TV room is always available for fellowship or a quiet place to relax.

Change on Main is affiliated with the Lehigh Valley Drug and Alcohol Unit located at 100 N. 3rd St, suite 401, Easton, Pa. The Intake Unit functions as a gateway to treatment for all alcohol and drug troubled residents of Northampton County. The intake staff works closely with the full array of human service agencies in the Lehigh Valley area. Through years of assessment and case management experience, the staff at Lehigh Valley Intake Unit have learned what help is available to match the appropriate community provider to meet the client's need.

Recovery Works! Change on Main is dedicated to changing lives!

Visit us at www.changeonmain.org or our Facebook page for upcoming events and meeting list.





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BUSINESS GROUP**



Spring Sock Drive 10,000

(Our Goal is to collect 10,000 pairs of socks this year)

**Did you know, socks are one of the most requested items
our homeless friends and families?**



Socks needed:

- Men's White & Heavy (warm)
- Women's & Children



How can you help? You can help by starting a collection at work, church, community, school, groups, neighborhood, etc.

Donations are April 1st – June 30th, 2019

- Socks are donated to various shelters, nonprofits and many others in need throughout the Lehigh Valley

Contact us at info@lvbg.org or
go to www.lvbg.org to find a drop off location

JANA MORRIS

2019 PCB Professional of the Year



On April 15th, 2019, the Pennsylvania Certification Board awarded the 2019 Professional of the Year Award to an individual who demonstrates leadership, advocates tirelessly, and incorporates community solutions consistently in support of individuals and their families with a substance use disorder. Jana Morris, Executive Director and Founder of Recovery Revolution in Bangor, Pennsylvania, MS, LPC, CAADC, CCS, was honored with this year's award. Jana has been committed to the community she serves, regardless of the barriers that she faces.

PRO•A congratulates Ms. Morris for this achievement, and,
on behalf of the recovering community, thanks her for all her tireless work!

Mary Carr, the Northampton County Drug and Alcohol Administrator in 2005, identified a need for treatment in the Slate Belt area. Jana, along with a business partner and many supporters, founded the Outpatient Treatment facility known as Recovery Revolution (RR). They are a licensed, charitable, non-profit, 501(c) 3, dedicated to providing addictions treatment in the Slate Belt Community. Ms. Morris and the staff at Recovery Revolution believe in a client focused approach and have built programs responsive to the needs of the community. Recovery Revolution's vision was to create a safe and loving environment, where decisions were based on the need of the client rather than the depth of their pockets. Throughout the years since its opening in 2005, RR has been recognized as a leader in advocacy, treatment, and innovative ideas to support the Slate Belt community, with recognitions and awards to include the "Most Innovative Program" by Magellan Behavioral Health in 2010, and the Healthchoices Provider of the Year Award from COMCARE in 2011.

Ms. Morris is also a community leader in other ways. She is active with the Historic Bangor Business Association, Bangor Economic Development Committee, and Youth Engagement on Slate Belt Rising. In these roles Ms. Morris has worked to attract business to Downtown Bangor and has also participated in the planning and execution of the Downtown Block Party. Jana is also the Committee Chair for the newly re-chartered Cub Scout Pack 102, which serves children in the Downtown area.

Jana Morris continues to increase her efforts in light of the Opioid Epidemic and has partnered with the Slate Belt Regional Police Department to provide gateway assistance to individuals who have experienced an overdose or families that are in need of help. Recognizing education, support and healing as essential components of the recovery process, Jana collaborated with the Northampton County Drug and Alcohol Division to open the Clean Slate Recovery Center, offering resources, knowledgeable staff, support groups, and activities focusing on individual and community healing. Prior to opening the center, Recovery Revolution was providing many of these services and programs, however with the help of the County, many of the efforts were able to be expanded. Additional affiliations and collaborations include membership in Valley Against Sex Trafficking (VAST); Jana has worked with federal investigators and provided a training in 2018 regarding the correlation between Addiction and Sex trafficking. Ms. Morris will be recognized at their annual fundraiser on May 16th, 2019 with their "Freedom Fighter" Award for her contribution and efforts towards awareness and outreach in VAST's mission and the larger movement to end human trafficking. She also collaborates with the Bloom House, which is modeled after the Thistle Farms Program in Nashville, where Jana and her new husband spent their honeymoon installing a new floor!

In her acceptance speech at the PCB Conference, Jana encourages all of us to think of ourselves as 'Hope Ambassadors.' Jana left us with these words, "*Be tenacious, advocate for your clients, be ethical, have compassion with boundaries, and surround yourself with people who build you up.*" Congratulations, Jana! We applaud your leadership and commitment!

Congratulations

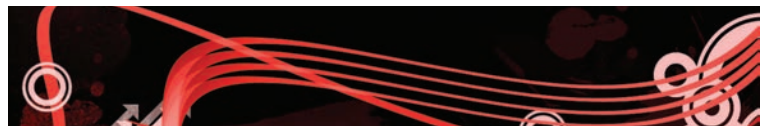
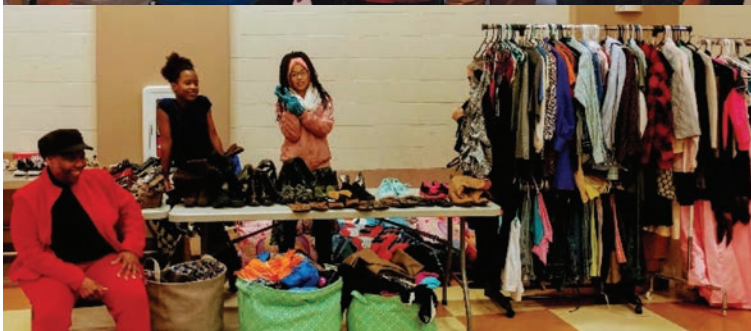
Welcome... The New Me

By Josiane & Richard Dennison, Founder, The New Me Outreach Ministry

The New Me is a faith-based organization founded in 2015. Our mission is to form Christ centered groups for those struggling with hurts, habits and hang-ups. Our meetings are 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 overcome addiction to help others. As advocates, we continue to reach out to individuals where they are and point 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. Through the leading of the Lord, we will continue to grow and reach out to all that are in need. This epidemic must and can be broken. Anyone struggling is welcomed to participate in our groups. Groups are held every third Saturday of the month, led by Richard Dennison.

In addition to our meetings, 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, himself, has overcome many struggles. 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.



Finding Harmony in Recovery Wellness Through Music

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

“Music produces a kind of pleasure which human nature cannot do without.” – Confucius.

As early as 2500 years ago, society recognized the importance and positive impact of music. From Plato, who wrote, “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything,” to Thomas Jefferson, who played the violin to help him write the Declaration of Independence, the power of music has been well documented in our history.

The impact of music has been studied by hundreds of researchers, with an abundance of positive outcomes. According to the Ashford University Lifestyle (*How Does Music Affect Your Brain, June 2017*), music has been found to help with stress management, energize mood, boost pro-immunity, and stimulate endorphins, which can assist in the treatment of depression and diseases. Music has been known to uplift our spirit, motivate us to change, and modify our mood (even after we have stopped listening)! The University of Pennsylvania conducted research that showed students who listened to music reported better mood, feeling calmer, and had more joy.

So, music makes us happy. Yuna L. Ferguson & Kennon M. Sheldon (2013) published a study in the *Journal of Positive Psychology*, which found that there is a positive relationship between being happy and better physical health, greater relationship satisfaction, and a higher probability of behavior that is socially beneficial. The research proves a link between mood and health as well. Music has been found to play a key role in brain development. It has been said that when music is played, cows produce more milk, hens lay more eggs, and even plants grow healthier and faster with music! Who knew?!

One study published in *Trends in Cognitive Sciences, The Neurochemistry of Music* (Chanda, M. L., and Levitin, Daniel J., 2013), a meta-analysis of 400 studies, identified several powerful results, to include patients who listened to music prior to surgery had less anxiety and lower levels of cortisol, the stress hormone. These studies also identified that music had a positive impact on immunoglobulin A, the antibody which is linked to immunity. So, music helps keep us healthier!

We know that addiction is a brain disease. Recall that substances affect the pleasure centers of the brain. Often recovering individuals find it difficult to replace the dopamine levels once achieved with substances. But music also releases dopamine in the brain! When music enters the brain, it triggers the limbic system that releases dopamine, the “happy” neurotransmitter. Music can even “trigger” these neurotransmitters, releasing a dopamine rush, in anticipation of a familiar song.

“Without music, life would be a mistake” Friedrich Nietzsche wrote. Early recovery is a time of identifying new ways of incorporating wellness in our lives. Research continues to support the positive role of music relative to wellness in all areas of recovery. Possibly the most powerful statement of all was made by Keith Richards, “Music is a necessity. After food, air, water and warmth, music is the next necessity of life.” **So, by all means, ROCK ON!**



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Details on page 10

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