

QUARTERLY report



William Stauffer accepts Individual Recovery Advocate of the year award at the 2019 America Honors Recovery Awards Gala & Dinner - challenges America to embrace a five-year recovery standard of care.

Volume 21, No. 3 | Fall 2019

pledge for 5!



*William Stauffer,
2019 Vernon Johnson
Award Recipient*

On June 17th in Arlington, VA., PRO•A Executive Director, William Stauffer, was awarded the 2019 Vernon E. Johnson award at the America Honors Recovery Awards Gala & Dinner. The annual event, organized by Faces & Voices of Recovery, brings in recovery community organizations and our allies from around the nation to celebrate and honor the most influential recovery community leaders and organizations.

The event salutes the life and legacies of four dynamic recovery trailblazers who have dedicated their lives to removing barriers for individuals and families affected by addiction - William L. White, Dr. Vernon E. Johnson, Joel Hernandez and Lisa Mojer-Torres.

Continued on page 14

ATTENTION READERS

This newsletter published each quarter, and reaching more than 6,500 members, has been part of our mission for nearly two decades. It has long tied our statewide recovery community together, growing in content, seen by over 5,000 e-members, distributed by mail and direct contact to more than 1,500 residents and businesses for use in their communities and organizations, and is a resource for those concerned about addiction and recovery in PA and across our country.

Unfortunately, we have lost stable, long-term funding that supported it and other key elements of our mission. This newsletter and its content of public education about addiction and recovery, and engagement with key policy matters, is now operating in part out of our own limited reserves. We will continue to publish it and to conduct public education and advocacy if we have to organize bake sales to fund it! If you know a business or philanthropist who would be interested in supporting this newsletter, please let us know!

show us your purple

By Marianna Horowitz •

The PRO•A Show Us Your Purple Facebook group, is a new project we started to bring together the recovery community and to promote the solution of recovery. While our group has grown to include sharing events and recovery statistics, our main goal is to collect recovery statements from individuals and pair them with a photo of the individual that has been inserted into the Show Us Your Purple "P".

Continued on page 15



WORKING
TOGETHER
TO MAKE
"RECOVERY
VOICES COUNT"
IN PENNSYLVANIA



QUARTERLY report

Volume 21, No. 3 | Fall 2019

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The PRO•A newsletter is a publication of the Pennsylvania Recovery Organizations Alliance. The newsletter is published four times a year and sent to recipients in the Commonwealth of Pennsylvania and surrounding states.

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

FEATURES

Pledge for 5!	1
Show Us Your Purple	1
Recovery Float	2
Coming Soon: Blairsville Recovery Center	2
Kolbe Q&A	3
Serving Those Who Served	4
Recovery and Resilience	6
Our Lives Matter Quilt Panel- Maker's Workshop	7
Using Positive Language of Recovery	7
Leadership in Recovery	8
PRO•A Dinner: Save the Date	9
Update: Recovery Workgroup: CCDC	10
Thank You Change on Third	10
Travel Scholarship Recipient: M2E 2019	
Dana Bryant, CRS	15
National Recovery Month Celebrates 30 Years	
2019 National Recovery Month Events	18
Mission: Surprise Bill	26

ADVERTISERS

Alkermes	5
Treatment Trends Inc	11
PA Get HELP Now	11
The Rase Project	11
Gaudenzia	12
Recovery Centers of America	13
Gaudenzia Erie, Inc	13
White Deer Run	13
PerformCare	28

PRO.A is now on FACEBOOK –
“like” us at [www.facebook.com/
PaRecoveryOrganizationAlliance](http://www.facebook.com/PaRecoveryOrganizationAlliance)



By Daniel Albert, CEO, Hero in the Fight

Recovery float 2019 was hosted by New Insights 2 alongside Hero in the Fight, I Care, JFT, and The Sherman Foundation. On July 14, over 500 people from all over the state of Pennsylvania met at the yellow breaches to celebrate recovery.

Everyone that grabbed a tube, also grabbed a trash bag to help clean up the creek while floating the day away. We want to show everyone that you can have fun in life without the use of substances. “This float brought everyone together to give back to the community and to prove that we do recover!”



Coming Soon Blairsville Recovery Center

By Ray Brannon

This August, My New Leaf, Inc. will open another recovery community center in a Blairsville, PA! This location will serve the rural areas of Indiana and Westmoreland Counties with its free recovery services.

In June, the New Leaf RCO was honored to be selected as one of several non-profits to be beneficiaries by Old Joe Club Charities, and they hosted one of the largest charitable fund-raising croquet tournaments in the country. The dress code required for this fun fundraising event, that had nearly 2000 in attendance, was all white.

This annual event benefits Old Joe Club Charities, which in turn distributes proceeds to other organizations working in the areas of human services, conservancy, child protection, life enrichment, art, music and education, and providing scholarships. My New Leaf, Inc. was selected because of its broad range of community outreach recovery programs for individuals and families affected by substance use disorders.



Recover. Succeed. Transform.

I had the pleasure of speaking with John P. Petruzzelli, Principal of Kolbe Academy. Kolbe Academy is the first Catholic recovery high school, nationally, and is located in Bethlehem Pennsylvania. The first thing I noticed in speaking with John is that he's very humble. He's also passionate about what he does!

Q&A

By Marianna Horowitz

Q. What is your mission statement?

A. In my own words, our mission is to create an environment where kids can come to get an academically challenged curriculum, in a compassionate environment with recovery supports. We want to promote life-long recovery and success for our students.

Q. What led you to the path that you are on today?

A. The former Deputy Superintendent of the Allentown Diocese, who now serves as the Chancellor of Education, was working in a public-school setting when she received a call from the Bridgeway Recovery High School in Philadelphia. She started to do her own research about how faith impacts the recovery process and the role of faith in recovery. This led her to join the Easton Opioid Task Force be part of a screening, panel discussion, and talk-back for the movie Generation Found.

I attended this with a colleague, and I was blown away by the concepts in the movie. I was intrigued by this, the idea of faith and recovery high schools, and having the opportunity to see the movie, having had 30 years of experience working with students, having lost students, and working with students transitioning in and out of treatment. After this, I joined the steering committee, this was in the very beginning, in its earliest stages, but then I moved away and left the steering committee.

Q. What was the catalyst for getting you to where you are now, as the Principal of Kolbe Academy?

A. I was in the area one day, and had lunch with Brooke (Dr. Brooke Cortese Tesche, Chancellor of Education); over lunch she spoke about the movement around the development of the school and invited me to attend the next meeting. Having seen the difficulties students experience in navigating their academics and recovery as a young person, I knew from a personal perspective the toll of inadequate support for this vulnerable population. I began attending the meetings and events on a regularly, and I was appointed the Principal on September of 2018 and started in October of 2019.

Between my personal experience and seeing the movie, I felt like this was my calling, I was being called to do this.

Q. I really want to capture your passion for our readers, what is the most exciting part of this for you?

A. I know its cliché, but from the standpoint of what we're doing here, we're in the position to save lives, we can help students along their recovery journey. We're on the ground level with these kids to help them. I wake up excited every day with passion for the opportunity to walk the recovery journey with our students.

Q. This is a Catholic recovery high school, do you have to practice Catholicism to attend?

A. You do not have to be Catholic to attend. We have Catholic traditions built into the scheduling, which are mandatory to attend, but individuals do not have to adhere to Catholicism or any specific religion, or any religion at all. We want to create an atmosphere and a community of respect for recovery and this principle extends to individuals and their religious preferences. Our reason for having students attend all religious based services is to help them feel a part of the community and not apart from.

We also provide opportunities for our students to share their own perspective, for those who do not practice Catholicism. When covering religious material in academic curriculum, such as in a history class, individuals who have differing view are encourages to share their experiences and belief systems. We see our school as an opportunity to help students across all faiths.

Q. What is something you would like our readers to know?

A. I would like people to know about the incredible support we've received from so many people, places, business, and colleagues in the form of financial support, volunteer hours, and prayers. Doctors, treatment centers, universities, scholarships from individuals who have lost loved ones, have offered so much support. The amount of support we've received has been overwhelming. We know that there may be a stigma, and "we want to break down this stigma – and I think we are doing just that; people are seeing that they don't have to be embarrassed or ashamed. There are people out there who support them and just want to help them get better."

One of the most exciting things, we have some young people in recovery who are excited about what we are doing who have said – I wish this was available to me when I was in high school. They have experience and want to help others in recovery avoid the barriers that they encountered.

Q. How can people get involved?

A. We will have group activities and an onsite APG after school program for our students, and a Friday speaker assembly. People can suggest or provide activities or contact me if they are interested in speaking, by emailing me at principal@kolbe-academy.com. They can also sign up for our mailing list at on website <http://www.kolbe-academy.com/>.



Serving Those Who SERVED

The Commonwealth of Pennsylvania has made a commitment to the development of regional programs focusing on the education, prevention, or identification of Substance Use Disorder for Pennsylvania veterans, and their families or caregivers. Given the complex and dynamic nature of Veteran culture and identity it is important that those working with individuals who have served in the Armed Forces receive continuing education on recent evidence based interventions and culturally appropriate techniques to implement them. This training, offered at no cost to participants, focuses on the peer-to-peer relationship, but could be useful for all of those in the recovery service system.

Over the past few decades, the needs of the estimated 20 million military veterans have changed. Veterans serving post the 9/11 attacks are reporting more difficulties returning to civilian life than those who served during the Vietnam or Korea/World War II eras. In 2017, 72,206 U.S deaths involved drugs - causing a loss of life equivalent to the 9/11 attacks every 2 weeks. Pennsylvania ranks 4th in the nation for its number of Veterans (845,507) and 6th in the Nation for drug overdose deaths (3, 264), numbers that do not account for those whom have been discharged dishonorably. The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that 1 in 15 Veterans meet the criteria for a Substance Use Disorder.

**MORE THAN 56,367 VETERANS
IN PENNSYLVANIA ARE DIRECTLY IMPACTED BY A SUBSTANCE USE DISORDER**

***Applying SAMHSA findings to Pennsylvania's population**

Participants in this training will learn the importance of trauma-informed care with those who have served in the United States Armed Forces. The 6-hour training is broken into 2 three-hour parts approved by the Pennsylvania Certification Board for Continuing Education Credit.

The first part focuses on the initial stage of the peer-to-peer alliance. In this session participants will: (1) gain knowledge of military culture and varying veteran identities, (2) identify ways that military culture and varying veteran identities make establishing trust a difficult task in the working alliance for peer providers.

The second part builds on the first and participants will (1) learn how the warrior mentality influences how individuals see the world around them, (2) use properly formatted questions that convey knowledge and acceptance of military culture, and (3) assist former service members in the process of challenging existing beliefs that may be causing stuck points in the recovery process.



**Training will be offered on Friday, November 1, 2019 9 AM to 4 PM
Cetronia Ambulance Corps 4300 Broadway, Allentown, PA 18104
One Hour Lunch - On Your Own**



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The Alkermes logo features the word "Alkermes" in a bold, italicized, black serif font. A red, curved line arches over the "A" and "l", resembling a stylized "C" or a protective shield. A registered trademark symbol (®) is located at the end of the word.

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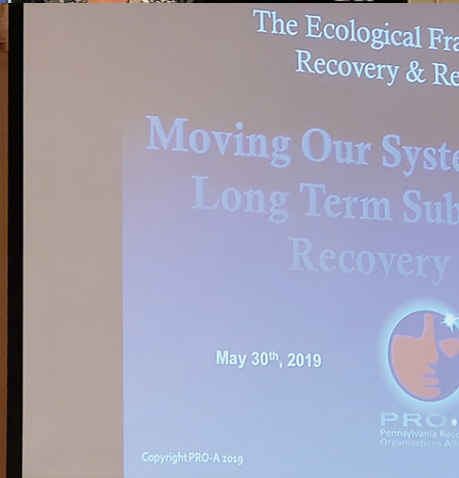


By William Stauffer and Patricia Baranowski

The Chester County Department of Drug and Alcohol Services hosted a conference focused on recovery and resilience on Thursday, May 30th, 2019 in West Chester. The conference, entitled “Beyond the Opioid Epidemic: Building Resilience and Recovering Hope, focused on supporting recovery in our communities. Community members, county officials, service providers and policymakers gathered together for the day and learned about the power of recovery to transform our communities. It was a wonderful day!

This was an innovative conference with the focus on recovery as the goal for individuals, families and communities. The conference occurred as there is growing recognition that focusing solely on opioids limits our ability to understand what we are facing both here in Pennsylvania and nationally. The PRO•A Executive Director, William Stauffer, provided the keynote presentation that focused on developing an ecological framework of recovery & resiliency and on moving our systems toward a long-term substance use recovery focus. Alcohol use disorders kill more people than opioids, and four out of five persons who have opioid use disorders have other addictions. We must address addiction by focusing on the whole problem by emphasizing the power of recovery and the reality that recovery is probable given proper care and support.

We were really excited to participate in a conference that focused on solutions, bringing together the community in ways that emphasize the healing power of recovery, and how our recovery community is key to healing our communities. We think that 23.5 Million Americans in long-term recovery is just a good start! We hope that this becomes an annual conference as it was solution focused and inclusive of the community!





Our Lives Matter Quilt Panel-Maker's Workshop

Our Lives Matter Quilt Panel-Maker's Workshop

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

On September 20, 2016, PRO•A unveiled the Our Lives Matter Memorial Quilt Project at the Recovery Advocacy Day and PA HOPE Caucus Rallies. Since then, the Our Lives Matter Project has traveled the state at various advocacy events, Overdose Awareness and Memorial walks, town halls, substance use education events and the like. The Our Lives Matter Project serves as a means of memorializing and returning a voice to those who have lost their battle with the disease of addiction in hopes of bringing the magnitude of the crisis of substance use disorders to light.

On Tuesday, June 18th, we took the next step in building this project out as we partnered with Cambria County Drug Coalition to hold our very first Our Lives Matter Quilt Panel-Maker's Workshop. The panel-making workshop brought together individuals of the Johnstown area to offer resources and support as they shared the journey of their loved ones and connected their hearts in commonality. The workshop offered a personal viewing of part of the Our Lives Matter Quilt, education on the history and mission of the project, and tips for making your panel and it also gave us an opportunity to meet with community members. Upon completion of the panels from the workshop series Cambria County Drug Coalition will have a block of the quilt entitled "Cambria County Drug Coalition's block of PRO•A's Our Lives Matter Quilt Project" placed around the border.

These panel-making workshops are available to anyone and will be planned to meet the individual organization and the communities they support. Anyone interested should contact Stephanie Hastings at s.hastings@pro-a.org.



Using Positive Language of Recovery

By Robin Horston-Spencer, CEO,
Message Carriers of PA



As we enter into our 30th anniversary of National Recovery Month (1989-2019), language is still a major problem for many of us. Stigmatizing words can promote negative viewpoints of those of us who are in need of services from substance use disorders. When we identify ourselves as an addict, dope fiend, crackhead or junkie, or allow others to call us these derogatory names we can impede one's opportunity for sustainable recovery. Instead, we can share that we are people in long term recovery and state the positive benefits recovery has brought us—such as, being a productive member in society, a mother, father, employee, employer, or registered voter; this list can go on and on.

The power of words plays a major role over people's lives. It can be the difference of one becoming successful and accomplished to another person's inability to survive day to day. When we use terminology to address one another, we should be mindful of the influence that word will have. Message Carriers, along with thousands of other service providers, recognized the power of discriminatory words and the impact they have on our society's view. This is a huge barrier that has a way of excluding many possibilities for one to achieve sustainable recovery.

Message Carriers continues to advocate for those individuals and family members in need of treatment, prevention, and intervention services. Over the years we have worked with thousands of individuals in long-term recovery who shared that they won't allow others to know that they are in recovery for fear of repercussion, even though most of them belong to a 12-Step Anonymous group or Spiritual organization.

According to the research by the Office of National Drug Control Policy (ONDCP) "Changing the Language of Addiction" (Botticelli, 1/9/17), Michael P. Botticelli, Director of ONDCP, who is a person in long-term recovery, recognized how discriminatory words can lead to people's perceptions too! Botticelli's report supports our theory on the impact of language. "Substance use disorder, the most severe form of which is referred to as "addiction", is a chronic brain disorder from which people can and do recovery. Nonetheless, sometimes the terminology used in discussions of substance use suggests that problematic use of substances and substance use disorder are the result of a personal failing, that people choose the disorder, or they lack the willpower or character to control their substance use. However, research shows addictive substances can lead to dramatic changes in brain function and reduce a person's ability to control his or her substance use, and that repeated use of these substances powerfully alter the brain chemistry and the function of brain circuitry to create a neurobiological disorder."

Many people may be unaware that recovery has very destigmatizing language that can bring about positive attitudes. Research has proven that our society tends to view individuals seeking recovery from active addiction in a negative way. Therefore, it becomes even more challenging for one to receive the necessary services required to sustain long-term recovery. When we refer to substance use disorders as such, it is more likely that individuals will be treated with respect and dignity to receive the help they need.

Leadership Recovery

By Patricia G. Baranowski, MA, CADC

Throughout my life, I have experienced both the devastation of substance use disorders and the healing powers of recovery. There is one truth I have realized that is paramount in our collective effort to make recovery the probable outcome for all Pennsylvanians impacted by substance use, and that is, leaders induce change. Leaders in the recovery community have played the key role in building our care system for at least the last fifty years. We owe so much to those leaders who recognized the need for change and have worked tirelessly to overcome barriers to recovery and assist us in our recovery journeys. Today's leaders continue with that work. Together, we can make long-term recovery the probable outcome for individuals, families and communities who are experiencing addiction. We want you to join us in this journey towards that vision.

Leaders aren't always known by name. A leader is the individual who stands up against discrimination, the one who educates others about addiction by sharing their personal journey, the manager who refuses to discriminate against those with a substance use disorder and the person who insists on moving our system towards providing the care and support we need to achieve recovery across our state for everyone who needs help. A leader is the director of a facility, a Representative, a peer specialist, and a family member who shares their journey of hope with others. A leader is someone who recognizes the possible risks in revealing their past. A leader is someone that does it anyway.

Pennsylvania Recovery Organizations Alliance, PRO•A, the statewide recovery community organization, has served Pennsylvania for over two decades, supporting a common vision of recovery to all individuals, families and communities across the state. We recognize the many individuals who contribute to the positive changes in our community, regardless of adversity, and the leadership they demonstrate in recovery.

The Leadership in Recovery Dinner focus will reflect on the past, while maintaining our sights on the future, where long term recovery is the probable outcome for anyone impacted by a substance use condition. PRO•A's goal for this celebration is honoring individuals who have striven to overcome the barriers to recovery, who help others on the journey back into productive citizenship and who are doing amazing and inspiring things to serve our community. We want to highlight and honor their work while energizing a newer generation of leaders to continue this life-changing work.

Our speakers will focus on the work they have done and how to support our community in long-term recovery. This will include our unifying vision: "Retooling Care to Meet Our Needs— A Recovery Community Vision for a five-year focused substance use disorder treatment and recovery care system. Incorporating the successful strategies of our experienced leaders with the commitment and passion of our new generation, the 2019 Leadership in Recovery Dinner will celebrate the accomplishments of our past, while collaborating together to energize the next generation. We will focus on the opportunities to strengthen the long-term recovery paradigm; the critical role and function of the recovery community has had and will continue to have in healing our communities and how to work together to achieve a stronger recovery community!

The celebration will include dinner, fellowship, speakers, and our Champions of Recovery awards presentation to recognize our leaders. Our leaders today continue to identify and alleviate current barriers to support those with substance use issues.

As the renowned novelist and social activist Alice Walker stated, "We are the ones we have been waiting for." We are the leaders of our generation. Together – we do recover! If you need scholarship assistance, please contact Patricia Baranowski at patti.b@pro-a.org

Please join me in celebrating our Leaders in Recovery on November 6th!

"JUST A MOM"

Many years ago, I was just a mom who watched her son struggle with the disease of addiction. At that time, I felt lost, helpless and devastated. Our whole family felt broken for a long time. Last year, I attended the PRO•A 20th anniversary recovery dinner.

For the first time I realized I was not alone. Being surrounded by these incredible people, who are in recovery, gave me so much strength and hope. The focus was to educate and eliminate the stigma of individuals and families who have been stricken by the disease of addiction.

Presently, I have so much more knowledge about the disease, and I share my story as often as I can. So, I will continue to "pass the word" because together we are stronger. Today, I am just a mom who proudly advocates for the recovery community and their families.

Audrey Hetten-Steigerwalt

Save The Date!

Join us in celebrating our leaders.



PRO•A

Pennsylvania Recovery
Organizations Alliance



Reflections of the Past & Focus on the Future

Leadership in Recovery
Dinner... Join Us!

November 6, 2019
The Country Club of Harrisburg
401 Fishing Creek Valley Road
Harrisburg PA
6-9 pm

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probable outcome for everyone
who needs help!

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PRO•A Leadership in
Recovery Dinner

Update: Recovery Workgroup: CCDC



By Jason Riligio

The Cambria County Drug Coalition (CCDC) Recovery Work Group has been hard at work. Growing membership has always been a priority and has recently come to fruition with the addition of Jestine Mayes, Heather Livingston, and Tara Staller, all of whom have recently passed the certified recovery specialist training test. The Work Group has also reached out to two others who have committed to attending the next meeting.

At the request of the District Attorney's office, we have been speaking to youth of all ages about Substance Use conditions and recovery at the Cambria County Youth Fairs throughout the county, 20 in total. For many, it is the first experience with prevention. Members of the work group speak after a detective from the DA's Office. We take questions, then offer to stay afterwards in case anyone has questions they're not comfortable asking in front of the group. We offer our educational card which has the Single County Authority and Center of Excellence numbers on the back for anyone seeking help.

Our Recovery, Resilience, & Person-First Language Presentation has been in high demand. We recently did a presentation for doctors and nurses at our local hospital and have been requested to come back for two more. We have also presented to the Health and Welfare Council, the faith-based community, for college students and faculty, and Forever Media which owns five local radio stations. Community leaders, such as the president/CEO of the Johnstown Regional Chamber as well as the president county commissioner, have also attended presentations. The presentation has been created in a way that it can be done in one, two, or three hours, with the three-hour training offering CEUs. To date we have done it nine times, with three more scheduled. If the audience has little experience with substance use we spend a little more time on recovery and resiliency. If we are talking to individuals in the behavioral health field, we deep dive into person-first language.

We are gearing up for International Overdose Awareness Day which is changing locations this year to Point Park where the eternal flame is lit in remembrance to the lives lost in the Johnstown Flood. The bridge, that saved part of the city from the devastation of the flood, will be lit in purple for recovery month. We have also partnered with PRO•A and their Our Lives Matter Quilt Project, holding two quilt building workshops. We are hopeful to debut the quilt at the event.

Recovery in the Valley will be held in Johnstown's Gazebo Park on Saturday, September 21st, in collaboration with the Behavioral Health of Cambria County, Cambria County Drug and Alcohol Program, and Magellan Healthcare. This event will have speakers who have found recovery through 12-step, faith-based, medication therapy, and from mental illness. The format will be 20 minutes of live music followed by a 20 minutes keynote, then 20 minutes of networking, kids' activities, and a chance for the community to see recovery in action. This process will repeat four times throughout the day.

Finally, the recovery workgroup has been working with SAMHSA's BRSS TACS to look into starting a recovery community organization (RCO) and possible ways of sustainability. Our first goal is to host three listening sessions in the southern, central, and northern parts of the county and use the input we receive to create our strategic plan, mission statement, and vision statement.

Thank You



Change on 3rd in Easton, especially Phil, Jane, Lisa and Justin alike, have changed my life. The support provided to me has been so enormous that words cannot express my gratitude for my recovery. I have received job support, counseling, computer access, coffee, talking with staff, and just great listening from all staff members, AA books, a safe and welcoming place, meetings, and the knowledge they provide to me every time I walk through the doors.

I also witnessed the same respect, support and kindness to all who have walked in the doors firsthand. My counselor also contacts me to just say hi and check in with me. The openness I feel to share my heart with these folks has helped me in my recovery. I spent over 30 years in my disease on and off but now the road is paved to stay in recovery.

Any support they provide is done with dignity and respect—no judging. Jane, my counselor, has gone and continues to go above and beyond. One example, she tried many avenues to get my next series of Vivitrol shots, but sadly, our efforts did fail us since I had no insurance and no county funding to assist me either. My last shot was given to me on 12/21/18 in rehab. We talked about it, and through her support I made it through with no cravings. Neighborhood health centers tried to help, but I would have still had out-of-pocket expenses for the shot that I could not afford as I was living at a homeless shelter.

I continue to be grateful to this program, THE PEOPLE that work here, the county, the state for the funding—as this program is changing recovery one day at a time for many addicts. I would be happy to do an interview, speech, and volunteer my services, etc. if anyone is interested in hearing my story about how this place and this opportunity and experience has supported my recovery. I plan to support the program here and let people know in the community that if they need help, it's out there as I advocated hard for myself and finally by the grace of God, NET and others I found you! - *Best regards, Monica Flick*

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William Stauffer and Patricia Baranowski

pledge for 5!

Presenting Mr. Stauffer with the award was Ms. Stacey Sanders, Deputy Staff Director of the U.S. Senate Special Committee on Aging for Ranking Member Bob Casey, who spoke about Mr. Stauffer's work with the committee and beyond. Mr. Stauffer was provided the award for being a staunch advocate for strong Substance Use Disorder (SUD) Patient Privacy Protections at both the state and federal levels for many years. In 2018, he testified in front of the US Senate Special Committee on Aging on the opioid epidemic and older adults. He also ran a recovery house taskforce in Pennsylvania that helped inform PA Act 59 of 2017. Earlier this year, he conducted a hearing with the PA House Human Services Committee to expand recovery opportunities for young people. He has initiated numerous workforce expansion initiatives for persons in recovery. A major focus of his work has been aimed at moving our entire SUD care system towards a five-year care paradigm to dramatically expand the numbers of Americans in recovery while saving lives, resources, and communities. He is co-chair of the Public Policy Committee at Faces & Voices of Recovery.

In his acceptance speech, Mr. Stauffer thanked the recovery community for the work that they have done nationally over the decades of advocacy it has taken to establish the services he used in 1986. These services saved his life, and he challenged those in the room to work towards a system of care in which every American with a substance use condition gets the individualized treatment and recovery services that they need to obtain and sustain five years of recovery. The 5-year mark is the point at which research shows that persons in recovery have an 85% chance at staying in recovery for the rest of their lives. This is the same standard of care that people who get cancer have access to, and all of our national and state policies need to be oriented to help us achieve long term recovery. Such a standard would change the nation and make recovery the expected outcome for the one in ten Americans with a substance use condition.

LINK TO ACCEPTANCE SPEECH HERE: <https://www.youtube.com/watch?v=300w33HCxs4&feature=share>

pledge for 5! ... take the next steps

Last year, we ran a series of stories about retooling care to meet our needs. We have been experiencing an influx of support for A Recovery Community Vision for a Five-Year Focused Substance Use Disorder Treatment and Recovery Care System, and are excited to take this next step and announce our Pledge for 5!, to support individuals for the first 5 years of recovery. Look for the P5 logo on Pledge for 5! related material and learn more about our pledge for 5! at <http://pro-a.org/retooling-care-to-meet-our-needs-2/>.

WE INVITE YOU TO SIGN THE PLEDGE FOR 5! at <https://www.surveymonkey.com/r/VTV2376>.

PRO•A can be a major part of a strong advocacy network; there is strength in numbers. We can provide on-going support for members as the advocate for individuals affected by an AUD or SUD. It is appropriate to focus on this effort and to channel major resources to its support. Remember, not everyone should be doing ALL of this advocacy and outreach.

The job of PRO•A is to support and enable our membership in their efforts through partnership.

HOW CAN I ADVOCATE AS AN INDIVIDUAL OR ORGANIZATION?

- Educate yourself, by signing up for the PRO•A e-member list and following us on Facebook at www.facebook.com/PaRecoveryOrganizationAlliance/
- Share your recovery story; you can do this by joining the PRO•A Show Us Your Purple! Group, and submitting your recovery statement and photo.
- Volunteer in your community, at an RCO, or RSG.
- Support recovery events in your community by attending them
- Work together to implement systemic changes

TIPS FOR ADVOCACY

1. Identify the problem
2. Define the advocacy goal and gather information
3. Create an advocacy plan
4. Determine and obtain necessary resources
5. Implement the plan and evaluate
6. Follow up and track outcomes

If you are interested in learning more about the effects of stigma and discrimination, to learn more about how you can promote recovery, or for more information on how PRO•A can support your advocacy efforts, please email proa.asst@pro-a.org

show us your purple



Our group purpose statement is: *For family members of and individuals in recovery from substance/alcohol use, to unite in the common purpose of recovery, promoting the solution of recovery, to cultivate an environment where all recovery is authentic and valued!*

Media perpetuates stigma of substance use by all too frequently showing images of paraphernalia and flashing headlines about the devastation of substance use. Additionally, media perpetuates classism by shortsighted journalism that focuses on one type of substance, one demographic, or one type of community. While calling vital attention the epidemic of drug use, this type of depiction falls short of capturing the full story and this fails to capture the humanity of substance use and recovery.

I found inspiration to create this group through learning of the photographers that captured the humanity of the great depression. These photographs were a tool to humanize the condition of poverty and a driving force to create programs and access to services for *people* who needed them. Through story telling and imagery, we too can humanize recovery.

As a person in recovery, I have frequently stated that, while uncomfortable with public speaking, the easiest thing I can do to advocate for recovery, is to talk about recovery. We need to unite in a common purpose, putting aside our differences, to promote recovery. By doing this, we can foster inclusivity and embrace one another in joy – to celebrate another *human's* recovery

If we want to change the narrative about recovery, we must begin by narrating our story of recovery. We need your recovery statements; I am happy to help you with your statement and answer any questions you have. Please email me at mhorowitz@pro-a.org.

Travel Scholarship Recipient: M2E 2019 DANA BRYANT, CRS



As I celebrate 3 years today, I reflect on my life prior to these 3 years and throughout my past 3 years of recovery. The one thing I wanted to commit to was going back to college, and I remember being scared to go back because of my cognitive thinking due to my drug use. The more I got involved in my recovery and working with others, the fear lifted, and I was able to motivate myself to go back to school. Here I am, in my 3rd semester of college, and I'm helping others to know that anything is possible through the process of recovery – *no matter what our past was, before we enter recovery, that is not who we are today.*

I love being involved in my community, and because of my recovery, I have been blessed with ample opportunities to engage with the community and advocate for the recovery community through community outreach. Through all of my work and the work of others in my community, I see missed opportunities for recovering persons to find judgment-free support, access help for substance or alcohol use, and a lack of associations of clubs and recovery support services in our local college settings. I hope to be able to take what I've learned at the M2E conference, expand my network, bring the information back to my area, and share what I learned and what is working for others, and hopefully build a team to get something started in this area to help those who are quietly seeking help.

My name is Dana and I am a person in long term recovery. Finally, with the help of my higher power and the Dept. of Corrections I surrendered to my addiction. I allowed God, an abstinence-based program, and supports in that program to lead me on the path that I'm on today. I have become a show-up father, son, fiancée, and friend. This process has allowed me to go back to school to eventually obtain a bachelor's degree in Drug and Alcohol Counseling. I have been afforded an opportunity to work in the recovery field for the past 2 years. I am currently a Certified Recovery Specialist, Certified Family Recovery Specialists, and a Certified Forensic Peer Specialist with lived and trained experience. I love community outreach work and I am blessed to be a part of this movement.

#WEDORECOVERY (8-2-2016)



Dana Bryant was one of the recipients of a travel scholarship to the Marginalized to Empowered Conference, to support his continued growth in community engagement and to strengthen the development of leadership.

our founding members

Thank you to all of our founding members who helped spread the word and had the courage to be some of the first to share their recovery statements.

Thank you to Shery Clouser and the founding family members; 2 of whom were my very own aunts, Billie Jo McCartney and Bernice Chamberlin; Carmen Capozzi; and Lori Fisher-Mishler.

Thank you to our recovering founding members Travis Featherhawk Snyder, Robert Williams, Katrin Schall, and John Fabiseski.

I am in long-term family recovery and grief recovery. Our daughter suffered from a disease that she struggled to overcome, but in the end, its grip was unrelenting. With the help of meetings, good friends and many people in the recovery field I was able to learn that I could not fix her. I was able to let her go, just love her, and be there when she asked. We started our own Non-Profit, faith-based recovery organization from the ashes of our unimaginable grief. We handled our grief by offering life-changing resources for those battling this disease by providing education about addiction; advocacy for those who need a voice; help provide pathways to treatment, support for families, and for loved ones who are also suffering. This is how I recover – by giving back to those in need!—*Lori Fisher-Mishle*

My name is Rob, I'm a person in long term recovery. After getting to a point where I could no longer stand where my life was headed, I went to treatment in August 1988 for 28 days. I worked a number of jobs: electrician, worked in a treatment facility for a number of years as an aftercare specialist, then worked as a police officer for 25 years, retiring in 2017. I've coached kids in basketball, taught archery, helped with mentoring programs, I continue to attend 12-step meetings and help others.—*Robert Williams*

My name is Katrin and I'm an individual living in long-term recovery. I was invited to recovery by the Commonwealth of Pennsylvania, through court ordered treatment and external motivation. When I was released from prison, I was gifted with the help of a CRS who dramatically impacted the course of my recovery journey and encouraged me to become an active participant in the 12-step fellowship meetings my counselor made me attend. My CRS also helped me become a CRS, and now I'm a CRS Supervisor in Westmoreland County, a trainer with PRO•A, and pursuing my Master's in Social Work—a long beautiful journey from a GED in prison. I've become a mother to my two beautiful daughters, whom I adore and were often forgotten about during my struggle with substance use disorder, and I'm getting married to the love of my life this Fall! I'm grateful for the Honorable Judge Rita Hathaway who decided that day in the court room to give me a chance, instead of sending me to state prison. 5/3/11—*Katrin Schall*

My name is John Fabiseski and I am a person in long-term recovery. My recovery began within the criminal justice system. I was accepted into a treatment court program that provided me the resources to treat my substance use condition. My journey to recovery is multifaceted, consisting of an abstinence-based program, treatment, community resources, peer support, outpatient services, and a desire to achieve wellness. Today I'm able to be a husband to my wife, a father to my children, and a grandfather to my grandchildren. My recovery has provided me the opportunity to have obtained my Associates in Applied Science Degree in Human Services and my Certification as a Certified Recovery Specialist. Today I work in the treatment field to influence systematic changes and assist others in their personal journey. My Substance use condition has been in remission since January 26th, 2014.—*John Fabiseski*



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ANNUAL MEMBERSHIP DRIVE

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

By making a tax-deductible contribution to our agency today,
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and families of those in recovery.

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PRO·A

Pennsylvania Recovery
Organizations Alliance

Your support matters
THANK YOU!

PRO·A calendar

2019 REGIONAL STATEWIDE RECOVERY MONTH EVENTS

FOR ADDITIONAL INFORMATION AND ADDITIONAL EVENTS, PLEASE CHECK OUR ON-LINE CALENDAR AT [HTTP://PRO-A.ORG/CALENDAR](http://PRO-A.ORG/CALENDAR)



Due to late submissions, we encourage you to visit our calendar of events at <http://pro-a.org/calendar/> to see additional recovery month events.

Join the Voices of recovery
TOGETHER WE ARE STRONGER

National/Statewide Events 2019

SEPTEMBER 4 | 11 AM TO 1 PM | DDAP ANNUAL RECOVERY MONTH KICK-OFF EVENT

CONTACT INFO: rkostelac@pa.gov

LOCATION: Strawberry Square Atrium, Harrisburg PA

DESCRIPTION: The Department of Drug and Alcohol will host the Annual Recovery Month Kickoff on September 4th from 11am-1pm. This year's event will be a bit different than previous years and held in the atrium at Strawberry Square. Strawberry Square is a focal point of downtown Harrisburg with a lot of foot traffic from community members.

SEPTEMBER 24 | 9 AM TO 4 PM | 5TH ANNUAL COURAGE TO CHANGE RECOVERY ADVOCACY DAY

CONTACT INFO: recoveryadvocacy@gmail.com

LOCATION: State Capitol Building, Harrisburg PA 17101

DESCRIPTION: This is a FREE event. There will be resource tables, recovery, and legislative speakers. Recovery Advocacy Day aims to raise awareness of substance use conditions, celebrates individuals in recovery, and acknowledges the work of prevention, treatment and recovery support services. In order to do this, participants are invited to meet with legislators, share their story and convey a message of hope.

See more at https://www.facebook.com/events/481959682582489/?active_tab=about.

NorthWest Events 2019

SEPTEMBER 6 | 3 TO 6 PM | TITUSVILLE RECOVERY CELEBRATION

CONTACT INFORMATION: pdilbone@fscas.org or jcovert@ccdaec.org

LOCATION: Scheide Park, S. Perry St; Titusville, Pennsylvania 16354

DESCRIPTION: Join us for our Recovery Month Celebrations all over Northwest Pennsylvania! Every September, SAMHSA sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.

SEPTEMBER 7 | 5 TO 9 PM | RECOVERY MONTH GATHERING

CONTACT INFORMATION: Message us through our Facebook page <https://www.facebook.com/A.I.R.16001/>

LOCATION: Butler City Farmers Market 205 S Chestnut St, Butler, Pennsylvania 16001

DESCRIPTION: Join us to kick off Recovery Month with a night of food, fellowship and music from the amazing Chuck Moses and The Trash Bandits. The party kicks off at 5 PM at the Butler City Farmers Market located on The Island of Butler City. Burgers, Hot Dogs and tons of sides will be available as well as several Chinese Auction items. Together, we are the Unity in our Community, and we can do big things in healing what addiction has taken from us! This event is for ALL; Struggling, Recovering, Supporting, we want you there.

SEPTEMBER 8 | 2 PM | AICDAC RECOVERY RESPECTS FIRST RESPONDERS

CONTACT INFO: Kami Anderson (724) 354-2746 extension 302

LOCATION: Clarion Veterans Memorial Park (Across from the Courthouse), Clarion PA

DESCRIPTION: In celebration of Recovery Month, the Commission will award a few Champions for Recovery their Flame Awards. Persons in recovery who have been revived by first responders present awards for each first responder who has saved a life from an opioid overdose to be recognized with a certificate, lapel pin, and free food at the event. We encourage all first responders to attend and bring their families for a day of thanks from those who have been saved by their efforts.

SEPTEMBER 13 | 3 TO 6 PM | MEADVILLE'S 8TH ANNUAL RECOVERY CELEBRATION

CONTACT INFO: Julia Covert jcovert@ccdaec.org

LOCATION: Diamond Park Square, Meadville PA

DESCRIPTION: Join us for fun, food, and resources on mental health and substance use disorders. Celebrate persons in recovery and hear messages of recovery!

SEPTEMBER 20 | 3:30 TO 7 PM | VENANGO COUNTY RECOVERY CELEBRATION

CONTACT INFO: Julia Covert jcovert@ccdaec.org

LOCATION: Bandstand Park, Franklin PA

DESCRIPTION: Join us for fun, food, and resources on mental health and substance use disorders. Celebrate persons in recovery and hear messages of recovery!

SEPTEMBER 21 | 7:30 AM - REGISTRATION OPENS, WITH WALKS AND RUNS SCHEDULED AT A STAGGERED START | GAUDENZIA ERIE INC 22ND RACE FOR RECOVERY

CONTACT INFO: 814-746-4184 or 814-240-3278

LOCATION: Presque Isle State Park, Erie PA

DESCRIPTION: E-Race the stigma of addiction with our Race for recovery. Proceeds benefit Gaudenzia Erie Inc., to help people impacted by substance use, alcohol use, mental illness, and related conditions through treatment and prevention. For more information, visit <http://www.erieraceforrecovery.com/>

SEPTEMBER 28 | 8 AM - REGISTRATION BEGINS | ROAD TO RECOVERY 5K

CONTACT INFO: Julia Covert jcovert@ccdaec.org

LOCATION: Diamond Park Square, Meadville PA

DESCRIPTION: The road to recovery from addiction is rewarding but long! This Road to Recovery is also rewarding but it's only 5 kilometers! Celebrate with us because recovery is possible! Register by September 1st to guarantee a t-shirt with your registration. The day of the race registration opens at 8:00 am and ticket prices will increase to \$25. Kids 10 years and younger are free (does not include t-shirt). Race begins at 9:00 am. Proceeds benefit Crawford County Overdose Prevention Coalition and future addiction recovery initiatives! Learn more at <https://roadtorecovery5k.com/>

We can and do recover!

Continued on page 20

North Central Events 2019

SEPTEMBER 21 | 7 AM - REGISTRATION OPENS, WITH A STAGGERED START FOR THE WALK AND RUNS | 4TH ANNUAL RUNNING OVER ADDICTION

LOCATION: South Williamsport Park Complex, 545 E. Central Ave., South Williamsport PA 17702.

DESCRIPTION: Running Over Addiction is held to raise funds and awareness for the West Branch Drug & Alcohol Abuse Commission, which provides services to those who live in Lycoming & Clinton counties. Shirts will be available on a first-come basis the day of the race.

Resource tables will be set up at the park before and during the race. Please take time to learn about these valuable resources.

Learn more at <https://runsignup.com/Race/PA/SouthWilliamsport/RunningOverAddictionHalfMarathon5k>

***Children age 10 & Under participating in the 5K or 1 Mile Walk can register for FREE. No shirt is included with the FREE registration.

All participants must complete the registration process, but no fee will be charged.***

SEPTEMBER 28 | 3 TO 9 PM | RECOVERY COMMUNITY CONNECTION RECOVERY FEST

CONTACT INFO: RCC (272) 268-3831

LOCATION: Indiana Park Pavilion #6, Montoursville PA

DESCRIPTION: Recover out loud, join us for summer fun with individuals and families living in long-term recovery!

Admission to this event is FREE! We will have a bounce house, games, concessions, and speakers.

North East Events 2019

SEPTEMBER 11 | 4 TO 7 PM | CMP DRUG AND ALCOHOL COMMISSION 6TH ANNUAL RECOVERY WALK

Contact Information: Carolee Boyer at 610-377-5177 Ext. 2106 or cboyer@cmpda.cog.pa.us

LOCATION: Lehighton Grove - located at the intersection of Seventh and Iron Street, Lehighton PA

DESCRIPTION: Please join us for our walk and visit our resource table. All participants of the walk are eligible for a free recovery walk T- Shirt, food, drinks, and entertainment.

SEPTEMBER 14 | 9 AM TO 6 PM | FAMILY RECOVERY DAY

CONTACT INFO: rhonda@oasisbethlehem.org or 484-747-6825

LOCATION: Oasis Community Center 6410 Bath Pike, Bethlehem PA 18017

DESCRIPTION: In recognition of National Recovery Month, The OASIS Community Center is hosting a family recovery day with speakers, various recovery support meetings, refreshments, and door prizes. There will be resource tables and Mrs. Pennsylvania America 2019, Rebecca West Hensinger will share her story of family recovery.

SEPTEMBER 14 | 10 AM TO 2 PM | SYNC RECOVERY ADVENTURE-SCAVENGER HIKE AT WILD CREEK, NE

CONTACT INFO: SyncRecovery@gmail.com with questions.

LOCATION: Beltzville Lake-Wild Creek Trail, Lehighton, Pennsylvania 18235

DESCRIPTION: This is a FREE event! «*Searching is half the fun: Life is much more fun when thought of as a scavenger hunt as opposed to a surprise party.*» - Jimmy Buffet

Join Sync Recovery for our 2 in 1 event. Hike & Scavenger Hunt at the Wild Creek trail near Beltzville Lake. Your team will figure out clues and collect or photograph items found in the forest. Keep an eye out for Sync signs around the trailhead parking area. It is easy to miss.

Closed toe shoes, hydration, and a trail snack are recommended.

SEPTEMBER 14 | NOON TO 4 PM | A CLEAN SLATE RECOVERY PICNIC

CONTACT INFO: Meshell James 610-452-9348 LOCATION: Weona Park Pen Argyl

DESCRIPTION: Please join us for food, fun and fellowship! Covered side dishes will be greatly appreciated, bring one or just bring yourself. The carousel and mini golf will be open.

SEPTEMBER 14 | 2 TO 6 PM | RECOVERY SPEAKER JAM

CONTACT INFO: Nick Siegfried at siegfried773@gmail.com

LOCATION: Bethlehem Recovery Center 548 N New St 2nd Floor, Bethlehem, PA 18018

DESCRIPTION: We will celebrate National recovery month with speakers who will share their recovery experience – from 4 different recovery pathways. Food will be provided, but feel free to bring your favorite covered dish or snack. Join the Voices of Recovery: Together We Are Stronger.

SEPTEMBER 21 | 9 AM TO 1 PM | CMP RECOVERY WALK

CONTACT INFO: Carolee Boyer 610-377-5177 Ext. 2106 or cboyer@cmpda.cog.pa.us

LOCATION: East Stroudsburg University – at the Rugby Field behind Dansbury Commons

DESCRIPTION: Join us at this FREE event for food, music, resource tables, speakers, a butterfly release, and to celebrate National recovery Month. Our recovery walk begins at 10AM

SEPTEMBER 28 | NOON TO 4 PM | HEROIN & OPIATE 4TH ANNUAL AWARENESS DAY

CONTACT INFO: Partners4aNewBeginning@yahoo.com or 484-633-1706 LOCATION: Bushkill Fire Company 155 Firehouse Ln. Nazareth PA

South East Events 2019

SEPTEMBER 7 | 10 AM TO 12:30 PM | CELEBRATING FRIENDS IN RECOVERY & THE ONES WE LOST

CONTACT INFO: Julie at Julie@StricklerTeam.com

LOCATION: 400 Reservoir Rd, Hamburg, PA 19526

DESCRIPTION: In memory of our son/brother, Nick Hawkins who passed 9-5-17 to the disease of addiction, we are holding a celebratory hike to Pulpit Rock. This hike is to honor you: Anyone in Recovery, anyone who supports our friends in recovery or families who have lost a loved one to the battle, are invited. The 3.8-mile hike is a little rocky & a little steep at some spots. Pulpit Rock is considered to offer «one of the most Spectacular Views» of the entire Appalachian Trail. It was one of Nick's favorite places. We'll meet at the gate of the parking lot & start the hike at 10:00 AM sharp.

SEPTEMBER 7 | 11 AM TO 6 PM | SCHUYLKILL RECOVERY JAM

CONTACT INFO: 570-621-2890

LOCATION: Schuylkill County Fairgrounds 2270 Fair Rd, Schuylkill Haven, PA 17972

DESCRIPTION: Please join us for this family friendly event to celebrate recovery in the Skook! This is a FREE event with games, food, prizes, Narcan training, a drug take back, and live music!

SEPTEMBER 12 | 12 TO 4 PM | RECOVERY CENTER GRAND OPENING: BERKS COUNTY RECOVERY SUPPORT CENTER

CONTACT INFO: ephatacares@gmail.com

LOCATION: 702 N. 8th Street, Reading Pa. 19601

DESCRIPTION: Join us as we celebrate National Recovery Month with the opening of Berks County's first and only Recovery Support Center. Guided tours, food, fellowship and information on a calendar of events will be available.

SEPTEMBER 14 | 10:30 TO 5 PM | 7TH ANNUAL CONQUERING GROUNDS MUSIC FEST 2019 AND RELAPSE PREVENTION WALK

CONTACT INFO: (215) 833-2512

LOCATION: Location: Christian Life Center Outdoor Campus 3100 Galloway Road Bensalem, PA 19020

DESCRIPTION: The 7th Annual Conquering Grounds Music Fest & Relapse Prevention Walk «A Benefit to Fight Addiction».

Gather Teams from Your Organization for the Relapse Prevention Walk! \$20.00 Donation for Walk Registration Includes T-Shirt.

Please register at <https://walker-registration.eventbrite.com>.

- Relapse Prevention Walk Registration: 10:30
- Relapse Prevention Walk Begins: 11:30
- Music Fest Ribbon Cutting & Kickoff: 1:00 PM

SEPTEMBER 14 | 11 AM TO 3 PM | EPHRATA RECOVERY DAY

CONTACT INFO: info@conversation.zone

LOCATION: Thomas P. Grater Memorial Park Cocalico St, Ephrata, Pennsylvania 17522

DESCRIPTION: Come join us and celebrate recovery in our local community with fun events and great food.

There will be resource tables and speakers- Join the Voices of Recovery: Together We Are Stronger.

SEPTEMBER 18 | 6:30 TO 8:30 PM | SHINING A LIGHT ON THE OPIOID EPIDEMIC, SE

CONTACT INFO: Yvonne Stroman YStroman@cocaberks.org

LOCATION: Center for Families 1225 Montrose Avenue, Bryn Mawr, Pennsylvania 19010

DESCRIPTION: Join us for a very important conversation about our nation's greatest public health challenge. This educational and interactive program will feature experts in the addiction treatment field, ethical prescribers, and those who have experienced an addiction to prescription drugs who have also been impacted by this national health epidemic. Special guest, Steve Moriconi, DMD, Pennsylvania Dental Association's official lecturer on Safe Prescribing Practices, will address opioid «best practice» prescribing to help us become informed health care patients. Together we will:

- become informed health care consumers
 - develop language we can use with prescribers
 - understand who is vulnerable to opioid dependence
 - break through the stigma that keeps people from seeking treatment
 - address pain management
 - hear real stories about opioid addiction and recovery
- All are welcome. It is vital that we come together as a community and learn all we can about opioids, both prescribed (such as Vicodin) and illicit (such as heroin), and their potential for addiction.

SEPTEMBER 21 | 7 TO 11 AM | PRO-ACT RECOVERY! WALKS 2019

CONTACT INFO: Contact Shelby Hahn at 215-345-6644 or shahn@councilsepa.org

LOCATION: Penn's Landing 101 N. Columbus Boulevard, Philadelphia, PA 19106

DESCRIPTION: Join PRO-ACT to celebrate recovery and work to end the stigma surrounding substance use disorder. People have been walking in Recovery Walks! to support recovery from substance use disorder during September's National Recovery Month for 18 years. For more information, please visit <http://www.recoverywalks.org/>.

SEPTEMBER 21 | 8 AM TO 2:30 PM | OPIOIDS: THE CRISIS NEXT DOOR

CONTACT INFO: raw44@psu.edu or by phone at 570-385-6102 or 570-621-4242

LOCATION: Morgan Auditorium, Student Community Center, Penn State Schuylkill 200 University Dr. Schuylkill Haven PA 17972

DESCRIPTION: The conference is FREE, open to the public (14 and older), and will include a light continental breakfast and lunch.

Registration is required to ensure accurate food count. Please register at <https://schuylkill.psu.edu/community-engagement/opioids-crisis-next-door>

Continued on page 22

South East Events 2019

SEPTEMBER 21 | 9 AM TO NOON | BERKS COUNTY RECOVERY WALK

CONTACT INFO: COCA AT 610-376-8669

LOCATION: 400 S. 7th Ave. West Reading

DESCRIPTION: Join Berks County's celebration of National Recovery Month! The Recovery Walk begins at 11 a.m. from City Park and will end back at City Park. Then begins Soberstock – a music festival with food and activities. Children welcome. Food vendors will be at the event. Get updates on Facebook!

SEPTEMBER 21 | 10 AM TO 3 PM | RECOVERY DAY LANCASTER

CONTACT INFO: lancasterrecovery@gmail.com

LOCATION: Buchanan Park, 901 Buchanan Ave. Lancaster, PA 17603

DESCRIPTION: This event will kick off with a walk for recovery, and include a recovery rocks concert, all you can eat BBQ, and Lancaster County's largest serenity circle! Join us for the whole day or for just parts of our days event. See the agenda for the day at <https://lancastercountyrecovery.com/events/recovery-day-2019/>. The event is FREE, and BBQ lunch tickets are \$5. Purchase at <https://recovery-day-lancaster.ticketleap.com>, or at the door if not sold out.

SEPTEMBER 21 | 5 PM - DOORS OPEN | ROCK FOR RECOVERY

LOCATION: West Chester University Emilie K. Asplundh Concert Hall 700 S. High St. West Chester PA

DESCRIPTION: This event is a fundraiser for the overdose survivor warm hand-off in Chester County. Tickets are \$15, for more information please visit <https://stopodchesco.org/>. There will be live music by Mark Evans Band and Friends and a special guest, Brandon Novak.

SEPTEMBER 28 | 9 AM TO 12 PM | BEACON OF HOPE BUCKS COUNTY: 2ND ANNUAL CELEBRATION OF RECOVERY WALK, SE

CONTACT INFO: Beacon of Hope at 215-788-BOHBC (2642)

LOCATION: Bucks County Technical High School 610 Wistar Rd # A, Fairless Hills, Pennsylvania 19030

DESCRIPTION: What better way to close out Recovery Month then joining us for our 2nd Annual Celebration of Recovery Walk at the Bucks County Technical High School. Our mission and goal is to educate, motivate and celebrate those on their journey of recovery by identifying and helping to remove obstacles/barriers that hinder ones path to recovery. We do so by providing assistance such as: transportation, clothing/uniforms, toiletries, and so much more.

SEPTEMBER 28 | NOON - DOORS OPEN, SPEAKERS BEGIN AT 12:30 PM AND MUSIC IS FROM 1 TO 6 PM | 22ND ANNUAL SOBERSTOCK

CONTACT INFO: Kim Carlance kcarlance@ediinc.org

LOCATION: 1300 Hilltop Road Leesport, PA 19533

DESCRIPTION: Soberstock is a yearly Free Festival held at Easy Does It Inc in Reading PA and in partnership with Caron Treatment Centers & Council on Chemical Abuse. The purpose of Soberstock is to Celebrate recovery in our community and to spread awareness of available county services for both individuals and families seeking treatment and/or recovery.



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



NATIONAL
RECOVERY
MONTH 2019
30th Anniversary



SEPTEMBER 1 | 8 AM – REGISTRATION OPENS SHOW US YOUR PURPLE RECOVERY WALK 2019

CONTACT INFO: Marianna Horowitz at mhorowitz@pro-a.org

LOCATION: City Island, Harrisburg PA

DESCRIPTION: Please join us for the Show Us Your Purple Recovery Walk followed by the recovery booth with recovery resources, face paintings, a photo stand, and purple windmills at the Kipona Festival. Registration is FREE at <https://www.eventbrite.com/e/show-us-your-purple-recovery-walk-registration-64739168596> and t-shirts will be given away on a 1st come – 1st serve basis for pre-registrants.

SEPTEMBER 1 | 8 TO 9 PM | LIGHT THE NIGHT FOR RECOVERY

CONTACT INFO: (717) 477-2396 or dry@theharborofshippensburg.com

LOCATION: The Harbor 55 W King St, Shippensburg, Pennsylvania 17257

DESCRIPTION: September is Recovery Awareness Month in our nation. This is the month where we are seeking to bring addiction and recovery from addiction awareness to our town. We will start by walking up to the gazebo in unison from The Harbor. We will then have a short ceremony and then light the space up with purple lights. There will be recovery stories on display all month. Our Sponsors for this event are Bella Concepts, Sanctuary Counseling, Top Shelf Complete Construction, Brenize family, Zook Family, The Mankamysers, The Rule Girls, Orrstown Bank, and Cumberland Valley Grange. Join us!

SEPTEMBER 6 | 5 PM – RECOVERY MONTH KICK-OFF PROCLAMATION AND RECOVERY WALK

CONTACT INFO: Wendy Shoster at 717-841-2536

LOCATION: York County Administration Center - 28 E Market St York, PA 17401

DESCRIPTION: The Vendor Fair begins at 5pm, with the proclamation read at 6pm, the walk will begin after the reading of the proclamation through downtown York. This event is FREE to attend.

SEPTEMBER 7 | 12 TO 4 PM | LEBANON COUNTY 2ND ANNUAL RECOVERY DAY

LOCATION: 755 Lehman Street, Lebanon, Pennsylvania, 17046, United States

DESCRIPTION: Featuring food, fun and fellowship – with keynote speaker Brandon Novak

SEPTEMBER 7 | 12 TO 9 PM | RECOVERY RISING 2019 ART & MUSIC TO BENEFIT ADDICTION RECOVERY

CONTACT INFO: EventsAtAmethyst@gmail.com

LOCATION: Amethyst Retreat Center 44 Buffalo Creek Rd, Duncannon, Pennsylvania 17020

DESCRIPTION: Recovery Rising 2019: Art & Music to Benefit Addiction Recovery is an annual event organized by a community of committed volunteers at Amethyst Retreat Center to raise money and awareness for Veterans & Addiction Recovery programs locally in Central, PA.

Admission for this event is always free, but we deeply appreciate any monetary donations that can be afforded if you can. Learn more at

<https://www.facebook.com/events/amethyst-retreat-center/recovery-rising-2019-art-music-to-benefit-addiction-recovery/2322278261178174/>

SEPTEMBER 7 | 6 TO 9 PM | THE RASE PROJECT'S 8TH ANNUAL COMEDY SHOW

CONTACT INFO: The RASE Project 717-232-8535

LOCATION: Best Western Premier 800 E. Park Dr. Harrisburg PA 17109

DESCRIPTION: Come out and celebrate National Recovery Month with an evening of food, fun, fellowship, and laughter.

Tickets start at \$35 dollars and can be purchased through RASE staff or at

<https://www.eventbrite.com/e/rase-project-comedy-show-and-dinner-2019-tickets-54883095817>.

SEPTEMBER 11 | 6:30 TO 9 PM | RASINING AWARENESS OF THE DRUG/ALCOHOL OVERDOSE EPIDEMIC

CONTACT INFO: for more information, see www.sarashouseofhope.org

LOCATION: Hampden Township Good Hope Fire Station 1200 Good Hope Rd. Mechanicsburg PA 17050

DESCRIPTION: Please come out and be educated.

SEPTEMBER 14 | 9:30 TO 11:30 AM | 5K FOR FREEDOM RUN/WALK- BREAK THE SILENCE

CONTACT INFO: For more information please visit www.sarashouseofhope.org

LOCATION: Cumberland Valley High School - 6746 Carlisle Pike, Mechanicsburg PA 17205

DESCRIPTION: This event celebrates National Recovery Month; proceeds will raise money for local recovery organizations.

South Central Events 2019

SEPTEMBER 22 | 10 AM - GATES OPEN, GAME AT 1 PM | YORK COUNTY RECOVERY DAY YORK RECOVERY COMMITTEE 10TH ANNUAL RECOVERY DAY CELEBRATION

CONTACT INFO: Wendy Shoster 717-841-2536

LOCATION: Peoples Bank Park 5 Brooks Robinson Way York, PA 17401

DESCRIPTION: The annual Recovery Day at the Revs Stadium is a fun afternoon designed to create awareness around addiction and recovery and provide an opportunity for the area's recovery community to gather. Plaza events begins at 10am, recovery circle at noon, game starts at 1pm. Tickets \$12 include 2-hour picnic buffet and game. Tickets available at www.yorkrevolution.com/Groups/GroupThemeNights

SEPTEMBER 22 | 1 PM | 1ST ANNUAL RECOVERY AWARENESS WALK & "FUN RUN"

CONTACT INFO: Danielle Houtz daniellehoutz@yahoo.com

LOCATION: Fairview Gun Club parking lot 2147 W. State St. Coal Township PA17866

DESCRIPTION: Our local recovery club is intended to support those in drug and alcohol recovery. This event will help support our cause and create awareness. Registration fees are \$25 prior to September 18th and \$30 after the 18th. T-shirts will be available for all pre-registrants, and they will be available on a 1st come-1st serve basis to those who register the day of.

Access the form at http://pro-a.org/new/calendar/?cid=mc-30c031f3e51e7c50e805261ec0b01b82&mc_id=1630

SEPTEMBER 28 | 12 TO 6 PM | DAUPHIN COUNTY 5TH ANNUAL RECOVERY DAY

CONTACT INFO: Helen Spence hspence@dauphinc.org

LOCATION: Reservoir Park at the Bandshell 100 Concert Dr, Harrisburg, PA 17103

DESCRIPTION: This FREE event will include food, fun. Activities for kids, live entertainment, resources tables speakers, giveaways and more!

South West Events 2019

SEPTEMBER 7 | 1 TO 3:45 PM | THE ANONYMOUS PEOPLE SCREENING & RECOVERY MESSAGING TRAINING

CONTACT INFO: 412-258-8561 or info@pghrecoverywalk.org

LOCATION: Wolfe Auditorium in the Bayer Learning Center on the Duquesne University campus 600 Forbes Ave. Pittsburgh, PA 15219

DESCRIPTION: This is a FREE event. Help break the stigma of addiction and recovery! Free screening of «The Anonymous People» followed by a discussion of recovery storytelling. Join us to learn about the Recovery Advocacy Movement and how you can be a part of it! Free popcorn bar and complimentary beverages will be provided. Parking is available in the Duquesne University Forbes Garage for \$6.

- 1:00pm - Screening of The Anonymous People, a feature-length documentary film about the over 23 million Americans living in recovery from addiction.
- 2:30pm - Discussion of recovery advocacy in southwest Pennsylvania & training on how to tell your story to break stigma and create positive change.

All are welcome. People with personal connections to addiction and recovery, other community members, students--come one, come all! All who attend are eligible to tell their story at the 2019 Pittsburgh Recovery Walk on September 14.

SEPTEMBER 7 | 6:00 PM MEET TO CHECK BIKES FOR THE RIDE *** RIDE BEGINS AT 6:30PM | 5TH ANNUAL RECOVERY LIGHTS UP THE NIGHT

CONTACT INFO: admin@mcofpa.org or call (412) 361-0142

LOCATION: 5907 Penn Ave., Pittsburgh, PA 15206

DESCRIPTION: This event is FREE, but there will be \$10 raffle tickets to win a bike. This is a Night Ride, so please illuminate your bikes. A Family Friendly Cycling Event to Celebrate Recovery, this event promotes Health & Wellness as a Pathway for Recovery. Join Message Carriers on Saturday, as we ride bikes through the East End of Pittsburgh for National Recovery Month. Show what recovery looks like with family, friends, those in recovery and supporters to prove that communities can heal, and lives can be saved. We will have routes for the novice and the skilled riders--everyone is welcome! RSVP at <https://www.eventbrite.com/e/recovery-lights-up-the-night-bike-ride-tickets-64191691076?aff=ebdssbdestsearch>. There will be bikes raffled off for a small donation, people ready to check your bikes or give you a voucher to ride for free!

SEPTEMBER 8 | 7:30 AM REGISTRATION OPEN | RACE FOR RECOVERY 5K

CONTACT INFO: visit <https://runsignup.com/Race/PA/McKeesport/RacetoRecovery5K> and select the contact option.

LOCATION: Renziehausen Park Penn State Greater Allegheny Campus + surrounding areas - McKeesport, PA 15132

DESCRIPTION: Packet Pick-Up: Starting at 7:30 AM on Race Day. Benefits the «Faces of Recovery» at the McKeesport Hospital Foundation! We also will have a donation drive and are accepting any unopened makeup and gently worn clothing! Long-sleeve unisex race shirts guaranteed to those who register by August 25th.

- 5K Run/Walk: Start Time: 9:00am EDT Price: \$30.00 Race Fee + \$2.50 Sign-Up Fee
- 1 Mile Fun Run: Start Time: 9:45am EDT Price: \$10.00 Race Fee + \$2.00 Sign-Up Fee
- Registration ends September 4, 2019 at 11:59pm EDT
- Fees: \$25 if registered by August 11th • \$30 after August 11th + race day • \$10 for Kids 12 & Under for the 1 Mile Fun Run

South West Events 2019

SEPTEMBER 14 | 9 AM TO 1 PM | PITTSBURGH RECOVERY WALK

CONTACT INFO: info@pghrecoverywalk.org

LOCATION: Parking lot at 11th and Waterfront, in the Strip District and Downtown Pittsburgh

DESCRIPTION: The Pittsburgh Recovery Walk is free and open to the public. Everyone whose life has been touched by addiction or recovery is invited to join our celebration. Addiction affects everyone – and so does recovery! The Pittsburgh Recovery Walk celebrates the many roads to recovery from addiction and all those who have traveled them. It aims to dispel negative stigma associated with being in recovery from addiction and recognize recovery as a positive force in our community. There will be activities, speakers, entertainment, live music, and food trucks!

- Registration begins at 9:00 am
- Streets close at 10 am
- Walk begins at 10:30 am

Advance registration is not required but it is encouraged. To stay updated on the day's events, and learn about volunteer and outreach opportunities, sign up for email updates on our homepage.

Website link - <https://pghrecoverywalk.org/>

Facebook event link - https://www.facebook.com/events/272148500335354/?active_tab=about

Registration link -

https://www.eventbrite.com/e/2019-pittsburgh-recovery-walk-tickets-60272724341?aff=eac2&fbclid=IwAR3FhPwYSY1xc9l3Vqv_4SWo64dcFYbi1om_CVysLvaz_Vg4x_XiCeb7-us

SEPTEMBER 21 | 10 AM TO 4 PM | THE RECOVERY WALK 2019

CONTACT INFO: <https://www.facebook.com/events/1045898158953749/>

LOCATION: Kittanning Riverfront Park, Water Street, Kittanning, Pennsylvania 16201

DESCRIPTION: Join the Voices of Recovery: Together We Are Stronger. Hosted by TAG, we are excited to celebrate the 30-year anniversary, with you, of National Recovery Month!

SEPTEMBER 21 | 11 AM TO 3 PM | RECOVERY IN THE VALLEY

CONTACT INFO: Jason Riligio at JRiligio@magellanhealth.com

LOCATION: Gazebo Park (Central Park), Downtown Johnstown

DESCRIPTION: A family friendly event to promote the societal benefits of prevention, treatment, and recovery. Come celebrate people in recovery, laud the contributions of treatment and service providers, and promote the message that recovery in all forms is possible. There will be a moment of silence, recovery speakers and resource tables.

SEPTEMBER 22 | 2 PM | AICDAC RECOVERY RESPECTS FIRST RESPONDERS

CONTACT INFO: Kami Anderson (724) 354-2746 extension 302

LOCATION: Riverfront Park, Kittanning, PA 16201

DESCRIPTION: In celebration of Recovery Month, the Commission will award a few Champions for Recovery their Flame Awards. Persons in recovery who have been revived by first responders present awards for each first responder who has saved a life from an opioid overdose to be recognized with a certificate, lapel pin, and free food at the event. We encourage all first responders to attend and bring their families for a day of thanks from those who have been saved by their efforts.

SEPTEMBER 29 | 2 PM | AICDAC RECOVERY RESPECTS FIRST RESPONDERS

CONTACT INFO: Kami Anderson (724) 354-2746 extension 302

LOCATION: Indiana County Courthouse, Indiana PA

DESCRIPTION: In celebration of Recovery Month, the Commission will award a few Champions for Recovery their Flame Awards. Persons in recovery who have been revived by first responders present awards for each first responder who has saved a life from an opioid overdose to be recognized with a certificate, lapel pin, and free food at the event. We encourage all first responders to attend and bring their families for a day of thanks from those who have been saved by their efforts.

SEPTEMBER 29 | 4 PM | EVOLUTION OF RECOVERY ART GALA

CONTACT INFO: LDA at 724-212-7899

LOCATION: Oakmont Yacht Club 77 Washington Ave. Oakmont PA 75739

DESCRIPTION: Tickets are \$50, attire is semi-formal. Please join us for a visual arts display, silent auction, fine dining and entertainment by the Westmoreland Symphony Quartet – featuring 3 artists in recovery.

Due to late submissions, we encourage you to visit our calendar of events at <http://pro-a.org/calendar/> to see additional recovery month events.

**Join the Voices of recovery
TOGETHER WE ARE STRONGER**

Mission Surprise Bill!



It was pretty awesome to join William Stauffer, friends, family, PRO•A staff and board members, and other colleagues in witnessing him receiving the Vernon Johnson Award for his advocacy efforts to advance the cause of recovery. It has been a pleasure, for many of us, to know him and learn from him. I took the liberty of working together with our staff and board members to paint a picture of this amazing human being.

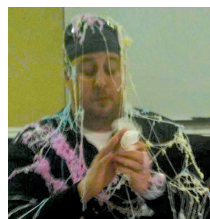
For me, one of the most memorable experiences occurred shortly after my employment with our agency. Bill spoke to me about how people with substance use conditions don't know that there are people who want to help them, who want them to succeed, and who are working behind the scenes to make sure they have access to help. I thought about this and realized that at no point during my substance use did I think that there were people working in a collaborative, systemic effort who wanted to help me or others like me. I never knew that there were professionals like Bill and many others who cared. —Marianna Horowitz

Bill single-handedly stopped the Federal Government eliminating the confidentiality laws on people in recovery. Bill is the greatest advocate for people in recovery. —Mike Harle

My Spidey-Senses tell me that this is one cool dude. —Anonymous



Cheeto and Slim Jim Pie



Bill and Staff's idea of sending off the "right way"



I remember the first time I ever saw Bill. It was at a Drug and Alcohol Coalition meeting, and he got up to speak. Here was this young guy who I'd never seen before, and he was so articulate, poised and passionate about the issues the drug and alcohol industry was facing at that time. I liked him immediately. Not long after that he and I were on a sub-committee together, and I gradually got to know him a little better. I realized that he was a person in long-term recovery and not only was he passionate, but he was a gifted, thoughtful and intelligent man with a mind like a steel trap. I got to know him a little better during that time and came to respect him and to appreciate his sardonic wit and sense of humor.

Over the years we have become very good friends. We work together closely on many issues, travel to the same conferences, and enjoy a love of eating Asian food. Bill's tireless efforts on behalf of the drug and alcohol field are tremendous; he's supportive of new Recovery Community Organizations, has great depth of character, and manages to run from place to place ceaselessly to make appearances as an advocate for recovery. Nevertheless, he's never too busy to take a call and commiserate on the current state of affairs. He continues to impress me with his knowledge and passion. He's also one of those individuals who is able to poke fun at himself. He is one of the funniest and most diligent people I know. He may be a little longer in the tooth than when we first met but he's still going strong. I'm proud to call him "friend." —Denise Holden

We have had many laughs; I have much love and admiration for Bill! We met through the Pennsylvania Halfway House Association many years ago. When Bill took the job at PRO•A, I was so saddened that he would be leaving us. I had no idea this loss was really our gain. His dedication and tireless commitment to the recovering community in Pennsylvania and beyond is at the root of my admiration. He is not only the finest advocate for recovery, but Bill is a true friend. He is a gentle soul who lives his life in service to others and practices his values in all areas of his life. I am so fortunate to call Bill a friend and colleague. —Fern Wilcox

I didn't know anything about PRO•A when I had lunch with Bill to discuss joining the board of directors. Over a serious conversation we laughed, a lot. Bill is so easy to be around. I wanted to talk to him and let him know about myself. I knew I wanted to get to know Bill better and help PRO•A however I could. Two years later, he continues to inspire me, as an individual and also as one of the most stimulating speakers I have had the pleasure of listening too, to get involved and make the world a better place for people in recovery, their families and community. —Andrew Fabien

November 30th, 1989. New employee walks into the LVATS Outpatient office, with frozen fingers and frustration on her face, is greeted by a young man in the waiting area (he doesn't look old enough to be a counselor!). She explains that her truck had broken down some blocks away. It is her first day on the job, and with no offers to assist pushing the vehicle out of the main street (yes, before cell phones), she asked the first person in the office for help. The young man didn't blink an eye, but grabbed his coat and assisted the young woman, dressed in business attire and dress shoes, and pushed the vehicle out of traffic.

Fast forward, January 22nd, 2013. This individual was again working with Bill, now at the Halfway Home. Having received a call from her, as she was at the office for a family session, she had inadvertently locked her keys in her car after receiving a call that her young nephew was found unresponsive. In usual Bill standards, Bill cut short his self-care day, picked the individual up, drove her to her parents' home, where he then drove them to say goodbye to their loved one at the hospital. I could share the hundreds of situations like these where Bill Stauffer has played a monumental role in my life, as he did in these two situations, but for now, I will simply say, "Thank you, Bill, for being a role model and example in living purposefully, and realizing your best life." —Patricia G. Baranowski, MA, CADC

Stauffer the Professional - Bill Stauffer is a hard-working professional with tremendous insight, creativity, and knowledge. He is exceptionally committed to the recovery community and for each and every person trying to make it into that community. He is a genuine national leader in integrating recovery into a true family concept! As a person who earns a living writing, I have a deep appreciation for people who write well and engage the reader... Bill is one of the best. He tends toward rather flowery writing, but sometimes when I am reading his narratives it's like reading one of my favorite authors... well almost. —Rick Esterly

Bill Stauffer works tirelessly and travels all over the place to fight for the cause. Look at him on Facebook, it's like playing where's waldo! —Tom Ritter

Bill Stauffer has been a mentor to me for almost 20 years. He gave me a shot when no one should've, put faith in me when everyone else was reluctant, and he trusted me when I hadn't given anyone a reason to. Bill led by example, fighting the good fight in Harrisburg. When he wasn't in the office, you could bet that he was in Harrisburg. Enough with the seriousness...

Bill was celebrating one of his many birthdays and had a love for Cheetos and Slim Jims. We created this concoction out of Cheese balls, Cheetos, cheese dip, and Slim Jims. He didn't hesitate to eat several slices.

I was leaving to try out a new venture at a new company and he and the rest of the staff decided to send me off the right way. (Needless to say, I came back) —Michael Cuda

RECOVERY MONTH EVENTS CALENDAR STARTING ON PAGE 18!

Together, we can and will make a difference.

pa.performcare.org

PerformCare offers hope and
compassionate care to Members who
struggle with substance use issues.

Remember: Recovery begins when
you ask for help.

The PerformCare Provider network provides drug and
alcohol services for adults, adolescents, and children
enrolled in the HealthChoices Program.



Capital area

Cumberland, Dauphin,
Lancaster, Lebanon,
and Perry
1-888-722-8646

NorthCentral region

Bedford and Somerset
1-866-773-7891
Franklin and Fulton
1-866-773-7917

Deaf or hard of hearing:
1-800-654-5984 TTY
or 711 PA relay