

QUARTERLY report



Our Lives Matter Quilt Project

Volume 22, No. 1 | 2020



update.

Blair County Families come together to heal and to make quilt panels to honor loved ones lost to addiction

In November 2019, a group of families and friends in Blair county gathered together to make an Our Lives Matter Quilt Panel Workshop out of individual panels for loved ones that they lost to addiction. The individual panels were made during healing workshops. These workshops were a collaborative effort by Healing Hearts Support Group, sponsored by Blair Drug & Alcohol Partnerships, Families United for Change, and the Healing Patch, and was spearheaded by Michelle Lynam, Stacey Lingafelt and Melody Ray.

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PRO•A Brought into West Virginia to provide best practice training for SUD Peer Supervision



PRO•A was honored to be asked to travel to Charleston, West Virginia to help facilitate a peer supervision training to over 150 peer recovery workers and substance use care system leaders on February 3rd. The training on Best Practices of Peer Supervision was designed to benefit treatment and other facilities who employ Peer Recovery Support Specialists.

The event was sponsored by the Substance Abuse and Mental Health Services Administration State Opioid Response Grant and the West Virginia Department of Health and Human Resources, Bureau for Behavioral Health.

Supervision is critical to sustain and developing our peer workforce. PRO•A is at the forefront in recognizing the need to incorporate and develop peer supervision as a critical component of workforce development and worked collaboratively with the Pennsylvania Certification Board to develop CRS supervision competencies. As a result, Pennsylvania was one of the first states in the nation to have core components of peer supervision.



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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 mailed in February, May, August & November.

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SISTER HAZEL

Headlines



2020 Rally in the Valley May 17 at ArtsQuest/SteelStacks

Chart topping alternative act Sister Hazel headlines the 2020 Rally in the Valley, Sync Recovery Community's music festival to celebrate recovery from substance use conditions, Sunday May 17th at ArtsQuest Center and SteelStacks.

The event, which is free to attend and open to anyone, kicks off at noon and also features performances by KC Makes Music, Wycked Sober, Blue Wave Ramblers, Joe Miralles Trio, Tshila and more.

Rally in the Valley attracted more than 4,000 people in 2019, will take place at the Levitt Pavilion and ArtsQuest Center at SteelStacks from noon-5:30 p.m., with Sister Hazel taking the stage at 4 p.m. In addition to live music, the day will include a zip line, health and wellness activities, food vendors and cooking demonstrations, family support, speakers and, most importantly, many different resources that offer information on the multiple pathways available for people to support their recovery wherever they are in their journey.

Originating from Gainesville, Fla., Sister Hazel is comprised of five gifted, seasoned musicians whose well-spring of natural talent has been called "one of the Top 100 Most Influential Independent Performers of the last 15 years" by Performing Songwriter Magazine. Their song "All for You" topped the adult alternative charts during the summer of 1997 and the success propelled their album to platinum status. Since then, the band has become firmly established not only in rock and alternative music, but now in country with four back-to-back Billboard Top Country Album Chart entries.

"We are over-the-top excited about headliner Sister Hazel," says Laura Waits, President of Sync Recovery Community. "Their participation will obviously attract a broader community and our hope is to attract people who are sober curious and help them find the connectivity and resources this event provides.

"There is something special that happens when people in recovery from substance use conditions get together. We are able to speak openly, and it allows others who may be struggling to feel a sense of hope and know that they are not alone. We are excited to once again present this alcohol-free event and important resources to our community." Sync Recovery Community, a 501©3 public charity holds fun, sober inspired events that encourage social connectedness throughout the year.

Rally in the Valley is made possible through the support of Lehigh County Drug and Alcohol, Lehigh Valley Health Network, Cumulus Radio and many organizations that support people affected by substance use conditions. For more information, visit <https://syncrecovery.org/rally-in-the-valley/>.



PRO•A has the capacity to conduct PCB approved training for Peer Supervision and offer technical assistance to organizations interested in developing supervision for CRs or CFRs. If you are interested in training or technical assistance to provide effective supervision to your peer workforce, please contact our Recovery Program Development Manager Patti Baranowski at patti.b@pro-a.org or call 717-545-8929.

Our Lives Matter Quilt Project *update.*



continued from page 1

The family support groups and surrounding communities came together and shared stories, memories, laughter and tears as they told the story of their lost loved one in a moving tribute of patchwork. Work space and supplies for friends and families to use in completing their panels was donated by The Healing Patch. Blair Drug and Alcohol Partnerships brought together 16 individual panels to complete two full blocks of the Our Lives Matter Quilt. PRO•A will be working together with Blair Drug and Alcohol Partnerships in planning a community event for the unveiling of their quilt blocks, to be scheduled in the Spring of 2020.

By offering panel making workshops, groups and organizations are able to offer their community a healing, creative pathway to bring people together. Participants have described the process as cathartic, allowing them to most times find closure and solace in sharing their loss. The hope is that by sharing their loss, they can reduce stigma and help save another family from experiencing the same heartache and void.

Those who participated in the Blair Drug and Alcohol Partnerships panel workshop were grateful to have the opportunity to represent their loved ones in a positive light, amongst a disease that is riddled with stigma. To publicly honor their loved one and show the love they hold in their heart for them is an important part of their healing process and to bring communities together to create a moving tribute to those lost and offer healing and hope family and friends is an invaluable resource to have available.

If you are interested in hosting quilt panel workshops in your area please contact PRO•A Recovery Service Community Coordinator Stephanie Hastings at s.hastings@pro-a.org or call 717-545-8929.



PRO•A Supporting the Statewide Centers of Excellence (COE) Learning Network



PRO•A was excited to be asked to cofacilitate two sessions as part of the knowledge cafés at the Centers of Excellence Learning Network. The conference day was held on Thursday, February 6 at the Best Western Premier's Central Hotel & Conference Center in Harrisburg. Our Executive Director Bill Stauffer cofacilitated a session with CRS David Scott who is a Peer Navigator, UPMC Center for Opioid Recovery.

The aim of the session was to explore with CRSs working within the COEs, what they were experiencing and how to support best practice efforts for SUD Peer professionals operating in the centers of excellence. Topics explored included expanding the base of tools and knowledge of CRSs operating within COEs, more fully defining scopes of practice of CRSs, expanding peer supervision, reducing barriers to the work while expanding career opportunities for peers working in these settings.

An element of the discussion was on providing more opportunities for cross collaboration and mentoring within the developing COE CRS workforce.

As so well stated by David Scott, "opening doors and further establishing the role of a CRS is not only important in supporting those in Recovery who choose to work in the field, but also in providing quality care to the individuals we serve. I'm excited for the future and am grateful for the support from PRO•A and The Pennsylvania COE's."

PRO•A is dedicated to workforce development across our SUD Service System and we are proud to be involved with the COE Learning Network.

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DDAP Supported PRO•A in Developing a Resource Sheet for Recovery Collegiate Career Pathways

PRO•A is excited to play a part in expanding substance use recovery support services and assisting in the development of our SUD Peer Recovery Workforce. We believe it is critically important to expand and strengthen our statewide workforce to enable the provision of SUD treatment and recovery support services based on a five-year vision of recovery. This effort includes building career pathways, developing stable funding streams, reasonable compensation, administrative protocols, and peer recruitment and retention efforts.

The linked Recovery Collegiate Career Pathway Community Resource Guide is a guide to secondary education options for getting the Certified Recovery Specialist (CRS) credential across Pennsylvania that was developed with the support of Pennsylvania Department of Drug and Alcohol Programs (DDAP).

Colleges and Universities are an important pathway for SUD professional education. Please check out the link below for more information about pathways to certification through our system of higher education.

Link to Recovery Collegiate Career Pathway Community Resource Guide: <http://pro-a.org/collegiate-education-for-peers/>

If you are aware of a program that is not listed, please let us know at: Proa.Asst@Pro-A.Org



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PRO•A Grateful for the Generous Support of YPR



The Board and staff of PRO•A wishes to acknowledge the generous support of Young People in Recovery (YPR). In late December, we were contacted by Pennsylvania YPR Wyoming County Chapter Lead at YPR John Fabiseski who let us know that YPR wanted to support this publication, the PRO•A quarterly report with a donation of \$1,000. The donation will assist us in sustaining this publication that reaches over 5,000 individual members of PRO•A. The PRO•A quarterly report has been published by PRO•A for the last 20 years and has served to tie the recovery community together and inform the community about recovery related events and issues of interest. It is distributed widely to recovery and treatment organizations statewide.

PRO•A wants to publicly acknowledge the generous support of YPR and to encourage people to learn about the work of PRO•A across Pennsylvania and beyond. We also wish to welcome incoming President & CEO of YPR, Danielle Tarino. She is also the Founder & Vice President of Code-X, Inc., a revolutionary cybersecurity software company. Prior to this, Danielle held multiple positions at the federal government and in the addiction non-profit world. During her tenure with the federal government, she served in many roles and capacities as a public servant, including Health IT Team Lead at the Substance Abuse and Mental Health Services Administration (SAMHSA), and as a public health analyst.

Please take the time to get involved with YPR at <https://youngpeopleinrecovery.org/> and get involved!

Please also consider supporting the mission of PRO•A, which includes publishing this quarterly report for the recovery community or Pennsylvania and those aligned to support recovery.
Donations accepted here: <http://pro-a.org/donate/>

Thank you YPR! Thanks to all of you who support our vitally important work!

"I am grateful to be stepping into this role and for the opportunity to nurture partnerships in our communities with organizations like PRO•A. I am very proud of the work of our Wyoming County chapter!"

—YPR President and CEO Danielle Tarino

Welcoming



Rise; Renacer Recovery Apparel to the Lehigh Valley!

The Lehigh Valley welcomes, Rise; Renacer Recovery Apparel, a program to support peer recovery support through Centro Rise Renacer Inc., a 501(c)(3) not-profit organization based out of Allentown, PA, serving the minority and underserved populations in the area. This is a partnership initiative of CBello Enterprises and Counseling Solutions of the Lehigh Valley, an organization based out of Allentown, PA, serving our area for the last eight years.

Currently, Rise; Renacer Recovery Apparel is providing bilingual prevention services at Casa Guadalupe under the 21st Century Federal Education Grant, as Faculty of Project ECHO, Spanish Early Intervention under SAP through MARS, and special guest of Congresswoman Susan Wild to the State of the Union Address 2020, the program is being developed as a result of the growing recognition for community-based programming and the need for bilingual prevention, education, treatment, and recovery support in a culturally appropriate setting to serve the needs of the whole community.

A wraparound system of service will be the primary goal, as well as building a recovery network. Seeking support from the individual's family, church, doctors, employment, social settings, CRS, 12-step, or wherever the client identifies as a healthy support system, is how we will help improve the possibility of recovery and a chance at life to our clients. The program believes in a harm-reduction model of care. Life preservation and stability are of utmost importance as they engage people in the recovery process.

Interested in supporting Rise; Renacer Recovery Apparel? Please contact Yamelisa Taveras or Cindy Bello at centrorrinc@gmail.com.



Save The Date!

November 18th!
Leadership in
Recovery Dinner 2020

Empowering
Families to Heal



PRO•A, the statewide recovery community organization, is focusing our 3rd Annual Leadership in Recovery dinner on recovery from the family perspective. One in three Pennsylvania families are directly affected by substance use conditions and addiction, yet often have little understanding of what is going on or how to get help. The experience can result in isolation and feelings of shame and guilt. This impedes access to care and can result in dire consequences for all involved.

PRO•A is committed to empowering families to navigate the complex dynamics of substance use conditions and addiction. Access to treatment and recovery support services for the individual and family are critically important to improving care for substance use conditions and addiction across Pennsylvania.

Family wellness is not only possible, it is probable if given the support and resources needed to augment healing at the individual, family and community level.

We must strengthen a focus on the family as a fundamental element of the recovery process.

The celebration will include dinner, networking, speakers, and our inaugural Champions of Recovery awards presentation. We will also honor leaders in our community who have positively impacted our recovery communities.

*Together, we can and do make a difference.
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A Fond Farewell, and Best Wishes on the Next Chapter to our Marianna Horowitz!



On behalf of the Board and Staff of PRO•A, I want to take a moment to bid farewell to Marianna Horowitz. Her next chapter will be with Faces & Voices of Recovery, the national recovery organization. She is taking on a position of Senior Project Coordinator for Recovery Community Organizations where she will be supporting the development of recovery organizations.

Marianna has been our Program Coordinator for PRO•A for five years, ever since she came on to our staff in 2014. She has accomplished a myriad of things during her time with us, and has supported our work with PRO•A to assist recovery community organizations, support individuals with CRS workforce development needs, organize the PRO•A quarterly report and advocate for people with substance use conditions.

In her time with us, she has worked very hard to support the recovery community of Pennsylvania. Marianna has consistently been a passionate ambassador of our program and has helped many people in her role with us. She has done so many things for us! She has represented our organization in the state capitol rotunda, been on round table discussions on recovery and often been the voice for recovery in many places around the state.

We wish her well in the next chapter of her work with the recovery community and suspect that our paths will cross again many times in the future! We know that she has exciting and productive future ahead of her.

Best wishes on your next chapter, Marianna!

William Stauffer, Executive Director

Pennsylvania Department of Health Unveils SUD Professional Student Loan Repayment Program

The Pennsylvania Health Department is giving out \$5 million from a federal grant.

Its purpose: to incentivize people to keep working in addiction treatment — and strengthen our SUD service system workforce.

WHO IS ELIGIBLE?

Physicians, Psychiatrists, Certified Alcohol and Drug Counselors, Certified Advanced Alcohol and Drug Counselors, Physician Assistants (PA-C), Certified Registered Nurse Practitioners (CRNP), Certified Addictions Registered Nurses (CARNs), Certified Addiction Registered Nurses – Advanced Practice (CARN-APs), Psychologists, Licensed Clinical Social Workers (LCSW), Licensed Social Workers (LSW) and Licensed Professional Counselors (LPC) are all eligible for the program.

Before you apply for student loan repayment, you've got to make sure you're eligible. Applicants should have:

- Two years of experience treating addiction
- Existing employment in one of the licensed treatment practice sites
- The commitment to stay there until September 2022, at least

HOW DOES THE PROGRAM WORK?

Loan repayment is provided for practitioners in exchange for two years of past service and a commitment to two additional years of full-time or half-time service at an approved practice site.

- Physicians and Psychiatrists can receive up to \$100,000 of educational loan repayment for a full-time service commitment and/or up to \$50,000 of educational loan repayment for a half-time service commitment.
- Certified Alcohol and Drug Counselors, Certified Advanced Alcohol and Drug Counselors, PA-Cs, CRNPs,
- Psychologists, LCSWs, LSWs, & LPCs can receive up to \$60,000 of educational loan repayment for a full-time service commitment and/or up to \$30,000 of educational loan repayment for a half-time service commitment.

HOW DO I APPLY?

Applications may only be submitted via a web-based application in response to a competitive Request for Applications (RFA). Consideration for awards will include community need, Pennsylvania residency, graduation from Pennsylvania educational institutions, attainment of a health professions license within the past 10 years, and a connection to the community where the applicant is practicing. Substance Use Disorder Loan Repayment Program Pennsylvania

Link to DOH fact sheet: <https://www.health.pa.gov/topics/Documents/Health%20Planning/SUD%20LRP%20Fact%20Sheet.pdf>.

Welcome to PRO•A's Recovery Program Development Manager *Patricia Baranowski*



PRO•A would like to welcome our newest full-time employee, Patricia Baranowski. Patti has worked in a part-time capacity for the agency for the past three years, and has now accepted the full-time position of Recovery Program Development Manager. Patti will be assisting in strengthening and expanding statewide workforce trainings and technical assistance, assisting with advocacy and public awareness throughout the Commonwealth, in addition to maintaining the Recovery Institute Training Program.

Patti comes to us with over thirty years of experience in the field of substance use disorders. She has worked in many capacities, to include education, addictions therapy, case management, and support. Patti's studies include a Bachelor's Degree in Psychology and a Master's Degree in Human Services.

Ms. Baranowski is proud to have served in the US Army Reserves, in the medical field as well as resource management, where she received many honors during her service. She has extensive professional and personal knowledge of addiction and its impact on the family, and has a passion for advocating for those affected by the disease. Currently, she continues her counseling passion on a part time basis.

Patti hopes to continue her work in support of those suffering from substance use disorders, and remains inspired by the courage, resilience and hope of those she works with on a daily basis. We congratulate her on her transition to full time work with us!

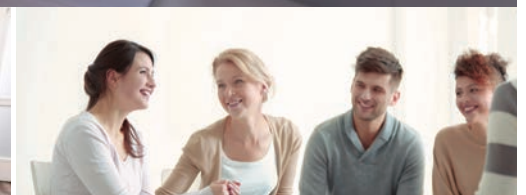


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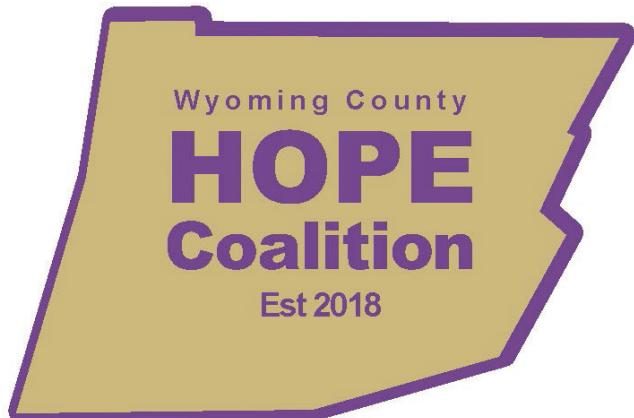
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to make
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Together, we can and will make a difference.
Save the Date... 2020 Leadership in Recovery Dinner! page 7

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