

QUARTERLY report



Moving Beyond Narrow, Whack-A Mole Care System Design

Volume 23, No. 1 | 2021

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



“Efforts to address our addiction epidemic have been well-meaning. The focus of simply getting people onto a medication to reduce opioid-related deaths has been well intentioned as it addressed an immediate need. This is understandable as short term; immediate focus is how people and systems think in a crisis. The point is, we are not in a short-term crisis, we are in a long-term and complex disaster. We need to get out of the crisis mode of thought and think long term and focus on developing a comprehensive care system centered on getting diverse communities into and sustaining their recovery over the long term in ways that addresses the challenges we face.”

While there is much we do not know about addiction and recovery, there are things we know well but do not apply to our care system design. I am going to attempt to cover three of those in this blog post because they interrelate. The first is that we have long-term drug use patterns that tend to shift every decade or so. As this 2019 NBC article reports, there is a tendency towards “generational forgetting.”

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Lost Dreams Awakenings for Black History Month

A Black History Month 2021 Submission

By Laurie Johnson-Wade, LDA RCO Co-Founder



“Through many dangers, toils, and snares, I have already come” is as relevant today as when the author penned the song onboard a full slave ship, during a tumultuous storm in 1748.

This popular refrain captures the essence of my Blackness in America, my survival of a nightmarish active addiction, and my status as a beneficiary of an active, ongoing recovery – Established May 30, 1991.

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WORKING
TOGETHER
TO MAKE
"RECOVERY
VOICES COUNT"
IN PENNSYLVANIA



QUARTERLY report

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Lost Dreams Awakenings for Black History Month

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As I draw near to a 30-year milestone in recovery, amid current challenges and opportunities – these are some of my questions and reflections during Black History Month:

Reflection:

I am on a constant quest for perspective, navigating the storms of life, embracing both good and bad; and realizing that hope is birthed out of complex darkness.

As we emerge from the chrysalis of adversity, with a new reality, a new conversation, and a poignant **Question:**

Are those who enjoy unearned power and privilege willing to lay it aside, in protest to inequality, for the greater good of humanity?

Question:

Can we work together to unravel the Collective Trauma we share at this time in history?

Question:

Can we bring forth our Collective Strengths to empower, support and sustain the African American Culture and Community, for the benefit of us all.

Reflections:

We can and do recover from addiction, from Covid-19, from trauma, from racism and injustice.

We have survived worse and we will *Awaken the Lost Dreams* of our predecessors.

We are a resilient people and will grow from these adversities and opportunities.

We must dedicate ourselves to the hard task before us – Diversity, Equity, and Inclusion for All.

www.lostdreamsawakening.org

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.” ~ Martin Luther King, Jr.



**BLACK
LIVES
MATTER**

Moving Beyond Narrow, Whack-A Mole Care System Design



continued from page 1

Essentially, when current drugs get bad press, the younger generation learns to not use that drug and drug use patterns shift, often to classes of drugs that were popular in a prior generation. They learn from seeing in the media that the current drug is dangerous and use more of another drug. These trends tend to move from opioids to stimulants and back a decade or so later. An observation is we tend to “tool up” for the current drug and focus on it and then get surprised when the patterns shift back. I don’t really like the analogy of a drug war, but using this tired analogy we are preparing for the last war, over and over again by focusing on single substance concerns, e.g. the Opioid Epidemic.

The second point is that drug use tends to occur with multiple substances. As this February 2020 American Journal on Public Health [paper states](#), polysubstance is common in persons with opioid use disorders, viewing opioid trends in a “silo” ignores the fact not only that polysubstance use is ubiquitous among those with opioid use disorder but also that significant changes in polysubstance use should be monitored alongside opioid trends.” As noted by the Journal of the American Medical Association in this April 2020 paper, opioid overdoses with co-involvement with alcohol and benzodiazepines are [“common and increasing – reaching 14.7% for alcohol and 21.0% for benzodiazepines in 2017.”](#) Adding to this dynamic is the trend we are seeing in finding [fentanyl mixed in with cocaine and methamphetamine](#), increasingly complicating these dynamics through overdosed on substances that users may not have been aware was in the drugs they used.

The most common drugs associated with co-involved opioid overdoses were Benzodiazepine, Cocaine and Methamphetamine.

Finally, we are seeing a shift in drug use patterns that will require comprehensive interventions. Focusing only opioids through medications only without focusing on whole person care may be setting us up for additional loss of life. As noted in this [Wall Street Journal article](#) effective strategies to move people into recovery “will require deeper change than just cracking down on one substance or another” and that “it’s unlikely it will respond to a specific drug or age category. It will need a much, much more comprehensive intervention.” Last week a [Science Daily article](#) noted that methamphetamine overdoses deaths were rising rapidly across all US racial and ethnic groups, with American Indians and Alaska Natives having highest death rates overall. [This paper examining methamphetamine use in persons in Medication Assisted Treatment in Oregon](#) noted that patients perceived methamphetamine as a safer alternative to heroin, for continued drug use. We are also [seeing empirical evidence](#) that methamphetamine use is undermining the efficacy of medication assisted treatment, and dramatically increase the dropout rates for the person on MAT.

Efforts to address our addiction epidemic have been well meaning. The focus of simply getting people onto a medication to reduce opioid related deaths has been well intentioned as it addressed an immediate need. This is understandable as short term, immediate focus is how people and systems think in a crisis. The point is, we are not in a short-term crisis, we are in a long term and complex disaster. We need to get out of the crisis mode of thought and think long term and focus on developing a comprehensive care system centered on getting diverse communities into and sustaining their recovery over the long term in ways that addresses the challenges we face.

It will not be possible to do this with broad inclusion of communities in recovery, who have been largely absent from policy discussions about us or how to strengthen recovery efforts at the community level. Recovery management models must center on strengthening community and not on redesigning care models focused on narrow, transactional services provided in individual and groups as units. One of the keys to designing a care system to meet our needs is understanding that recovery is contagious as Bill White [noted in this 2010 paper on recovery as a contagion](#) – “recovery is contagious only through interpersonal connection—only in the context of community. For those still in the life to find hope and recovery, they must take the unlikely risk of leaving their cocooned world or we must risk going to get them.”

I have suggested [“Guiding Principles for Consideration on Treatment & Recovery for the Biden Administration”](#) the roots of these recommendations can be found in the works of the like of Bill White, Robert Dupont and a lot of dialogue across our community. Perhaps our greatest mistake in addressing addiction in the United States is not thinking big enough or realizing that recovery is the probable outcome if we design a care system around supporting the needs of our communities. We have not done so historically, and it is time.

There is an old proverb, “the best time to plant a tree is 20 years ago, the second-best time to plant a tree is today.”

Let’s plant that tree!

[Originally posted on Recovery Review January 23rd, 2021](#)



Free Program in Bangor— THRIVE Empowerment thru Experience: What is Peer Support Services?

Thrive “Empowerment thru Experience” is a new program created by Recovery Revolution. This program offers Peer Support Services facilitated by a Certified Recovery Specialist (CRS). CRSs are professional partners that can come alongside a person who is new to recovery, may have chronic relapses, or someone struggling with sobriety. The CRS is a person who has a lived experience and is a person engaged in long term recovery having walked in their shoes and is able to relate and explain how recovery works and that people do recover.

Through the support of Northampton County Drug and Alcohol, these services are free to anyone in the community needing assistance at any level of recovery from addiction. Recovery Revolution’s CRS services will be offered to the community at A Clean Slate Recovery Center, 100s 1st Street, Bangor, PA. A Clean Slate offers free programs and resources to the Community to assist with Recovery and Wellness. The role of the peer support worker, in the case of a CRS, has been defined by SAMSHA as “offering and receiving help, based on shared understanding, respect and mutual empowerment between people in similar situations.”

What is the role of the CRS? To provide leadership skills, critical knowledge, recovery skills, abilities, and attitudes that will assist individuals struggling with their recovery and barriers. The CRSs engage in a wide range of activities which include and are not limited to: goal planning and task setting with the individual, providing links to resources in the community, sharing of experience, community and relationship building, group facilitation (non-therapeutic), skill building, mentoring, and recovery coaching. Using empowerment techniques to build on their strengths, a CRS can assist individuals to address and overcome barriers while building stability in their recovery process.

The Thrive program is excited to announce and welcome Dale L. Harris, CRS, who will help individuals in recovery stay in recovery by keeping them engaged in their community with activities, volunteer services, service work, resources, health services, and up to date information that supports recovery planning.

Dale will, through regular contact with the individual, help to formulate a Recovery Service Plan that helps them to navigate life’s difficulties and shares the skills necessary to live in a healthier manner and to remain in sustained recovery. A CRS does not take the place of clinical treatment, counselors, sponsors or other sober supports. She will support an individual's choices in recovery as they work to expand the variety of support available to an individual.

All services offered through our program are directed at improving and increasing participants’ recovery capital, quality of life, and ability to stay engaged in sustained recovery.

A CRS can help an individual in the following manners but not limited to:

- Orient individuals to the recovery community and services available which can be overwhelming to navigate.
- Recovery Planning, coaching, and informational brokering
- Provide mentoring, role modeling and skill building to enhance and strengthen recovery efforts
- Link and introduce individuals to various recovery support services and groups within the recovery community
- Assist in problem solving and removing obstacles to treatment and recovery
- Assist in connecting to basic needs, education and group supports,
- Advocates for individual with connections to medical professionals, mental health professionals, legal entities, and other community needs
- Relapse prevention
- Connecting individuals to recovery centers/recreation activities/social events
- Faith based services and supports

THRIVE’s CRS, Dale, will meet individuals right where they are at and in environments most conducive for success. They will engage those seeking treatments at critical times so that a continuity and connection can be made building a recovery relationship in their journey.

For more information on these services you can visit www.thrivebangor.org. Dale can be reached directly at A Clean Slate Recovery Center in Bangor by calling the center at 610-452-9348 and asking for Dale Harris, CRS or by email at Dale@thrivebangor.org.

"I believe in recovery and in helping to end the stigma that surrounds it" Dale L Harris

Dale L Harris, CRS

THRIVE "Empowerment thru Experience" Program

A Clean Slate Recovery Center, Bangor, PA

A Clean Slate (ACS) Recovery Center has a full time Certified Recovery Specialist (CRS) who is offering professional resource program for individuals in recovery. Dale's recovery and advocacy work as a CRS can assist individuals in areas such as, and not limited to: recovery coaching, resource information brokering, life skills mentoring, how to use recovery principles, instill hope and encouragement, individualized recovery plans and goal setting, find and name barriers to illicit change, and much more. The CRS program at A Clean Slate Recovery Center is designed to empower individuals to THRIVE in their recovery. Dale stated, "As a CRS I meet people right where they are and build a recovery relationship with them. Seeing individuals engage in recovery and find their journey of healing motivates me each day to do what I love to do, and that is to share hope." She brings her passion of encouraging others to work every day.

Dale attended Morris County College, Randolph, NJ and holds an AA degree in Liberal Arts, Journalism. Dale began with RR as a Coordinator at A Clean Slate Resource Center in 2018 and came on board to Recovery Revolution early 2019 as an Administrative Assistant. Dale began her CRS career right here at the ACS in 2018 and has been working in the community building resources for individuals in need of recovery resources, meetings, workshops, and support systems for individuals to engage in and stay in recovery. Leading as a role model and a professional with lived experience Dale will partner with those with substance use disorder who are pursuing change. Upon hiring she stated, "I look forward to giving back to so many as I step into my purposeful life and passion of helping others fight this disease."

Dale is married to her husband of 23 years and they have 3 children and 3 grandchildren. When not working she is an avid horseback rider and enjoys the outdoors, beaches, and lots of reading material on faith, and the many multiple pathways of recovery, practicing art therapy, gardening, and many other wellness avenues.

IN MEMORIAM

Allen McQuarrie Passes on to His Next Calling



In the basement of Bucks County Council on Drug and Alcohol Dependence, now known as The Council, in 1998 Fred Martin, Allen & Kathy McQuarrie, Jay Youtz, Tom Nelson and Doug Gould met to build the foundations for PRO-ACT. Their mission was to break the stigma around addiction, give the Recovery Community a voice and build a constituency of consequence.

As volunteers, Allen and Kathy helped form PRO-ACT four committee pillars to address the recovery community: Amends in Action, Educating the Community, Celebration & Recreation and Public Policy.

As a person in long-term recovery, Allen's passion was advocacy. He chaired the Public Policy Committee and fought for recovery community rights. He brought insurance companies into compliance with PA Act 106 by bringing it to the attention of the Pennsylvania Supreme Court. He met with Patrick Kennedy to include addiction in his Mental Health Parity legislation. He visited State Representative Gene DiGirolamo so many times they became partners in "creating good trouble." He initiated PRO-ACT's participation in the fight to defeat payday lending in Pennsylvania. He took volunteers to Harrisburg to meet with legislators and worked with prisoners in the Bucks County jail. He embraced life. Very few people left a room without having met Allen or experiencing his sharp wit.

PRO-ACT is blessed to have had Allen McQuarrie in our life at the right time. He would smile at remembering him with the words of a Scot:

*The friend of man, the friend of truth; The friend of age, and guide of youth: Few hearts like his, with virtue warm'd,
Few heads with knowledge so inform'd: If there's another world, he lives in bliss; If there is none, he made the best of this.*

Robert Burns, Epitaph on my own Friend

A note from PRO•A's Executive Director. This above tribute is from our friends at PRO-ACT, where Mr. Allen McQuarrie was a fixture of the recovery community and helped initiate their mission. He was a dear friend to me and the entire recovery community. He was a humble servant in the message of recovery. He devoted many hours of his significant abilities to supporting the effort to expand recovery and reduce barriers to services. He was a leader on so very many issues he always showed up, he always put the needs of the entire community at the forefront of his focus. RIP Fellow Advocate, we already miss you sir.

– Bill Stauffer



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Sync Recovery Community is ecstatic to announce a new date for Rally in the Valley 2021. Mark your calendars for Sunday, September 12, 2021 and come rock with all of us once again at ArtsQuest Center in Bethlehem, Pennsylvania from 12:00pm-5:30pm. Now more than ever, our community needs to come together to celebrate, support and educate anyone affected by substance use disorder. As Rally in the Valley 2020, scheduled for May 2020, was cancelled due to the COVID-19 pandemic, organizers of this year's Rally acknowledge the importance of hosting this free recovery music festival.

At Rally in the Valley, we join together to offer hope and demonstrate vibrancy in our community's revitalization through great music, good food, fun family activities and many resources and supports. In 2019, Rally in the Valley attracted over 4,000 people who made it evident that recovery from substance use conditions is powerful and full of joy.

Treatment providers, social service agencies, county authorities, peer support, family support and faith groups came together in a collaborative effort to educate and inspire people on the many pathways that lead to a fulfilling recovery lifestyle. With the continued support of community partners and generous sponsors including Lehigh County, Lehigh Valley Health Network, and PRO•A, Rally in the Valley remains Sync Recovery Community's power house event, celebrating that people in recovery truly have fun and embrace life.

<https://syncrecovery.org/rally-in-the-valley/>

@syncrecovery

@RallyintheValleyPA

#syncrecovery

#RITV2021

https://www.youtube.com/watch?v=X3LR-jESxD8&list=PL1J6_-cIXr2RUF4G8HzOmJA-SL_Zkq2Km&index=4&t=0s



SAVE THE DATES!

Over (coming) the Edge Recovery Event
 State College PA
 September 3rd and 4th, 2021

A collaborative event between
 The Pennsylvania Recovery Organizations – Alliance (PRO•A)
 and The Pennsylvania Peer Support Coalition (PaPSC)

Please Welcome our new PRO•A team members!



Adam Jones, CRS, CFRS

Adam Jones is a CRS and CFRS, who is currently pursuing a degree in Human Services, with the goal of becoming a CADC and LSW. He was a Military Police Officer with the U.S. Army Reserves. His ten-year battle with addiction has equipped Adam with a wealth of lived experience that he hopes to bring to his position as a Recovery Employment Coordinator here at PRO•A. Adam has a deep and first hand understanding of treatment, therapy, the corrections system, and 12 Step fellowship programs. This type of knowledge is the cornerstone of peer-based support, and Adam is ready to help and relate to a range of people struggling.

In his free time Adam is a student, a small business owner, an avid skydiver and dog dad to Bela. He looks forward to using his skills, knowledge and compassion to enrich the lives of those in the recovery community.



Darlene DeBiasi, CRS, CFRS

We are excited to welcome Darlene DeBiasi to our PRO•A Team as a full time Recovery Employment Coordinator, covering Luzerne and Schuylkill Counties. Darlene is a Retired Flight Attendant of 15 years, and has decades of expertise in sales and marketing. Darlene will be assisting with the implementation of specialized services to unemployed and underemployed persons in recovery with Substance Use, or Co-Occurring Disorders in her local communities.

Darlene is a person in long term recovery and has been on a self-discovery journey since April of 1982. She was a long-standing member of a 12 Step Mutual Aid Program for 32 years and contributed to the growth and development of that program in Northeast PA during the 80s and 90s. Darlene is Certified in the State of Pennsylvania as a Recovery, Peer, and Family Specialist. In addition, Darlene is trained as a Re-entry Employment Specialist, a Forensic Peer Specialist, and CBT Practitioner. She is an advocate for Multiple Pathways to Recovery and started the first ever SMART Recovery Group as a Registered Facilitator in Luzerne County, which operated for three years prior to COVID.

Darlene is also an advocate for anti-discrimination recovery language and is passionate about humanizing persons with Substance Use and Co-Occurring Disorders. She is also a member of the Pennsylvania State Recovery Advisory Board, NEPA CRS/CPS Coalition, Lackawanna Recovery Coalition, and a Consumer Family Representative & Committee Member for UPMC/CCBH. Darlene comes to us with 38 years of a lived experience in the healing and recovery process, including harm reduction. Darlene will tell you, “maintaining balance and well-being is the goal!”

“Since retiring, I have had the privilege of working on the front lines as a CRS/CFRS for the Early Diversion Program, and the Warm Hand-off Program in my neighboring County. I am witnessing a shift taking place in the Recovery Community that is different from anything I have ever seen. Eyes are opening, healing is happening, and people are thriving. I have discovered from my own path, one size doesn't fit all. It excites me to see new resources, and options coming to the table that are all inclusive.”

Darlene has been involved with many volunteer opportunities including: The Betty Ford Institute for Professionals in Residence Program; EAP/MEC Chair for Association of Flight Attendants; Trained Critical Incident Respond Personnel; Group Crisis Intervention; Red Cross of NEPA Disaster Team; Mutual Aid Supports, Social Media Team, and more.

In her free time, Darlene enjoys walking, working in her yard, kayaking, advocating, researching, dancing, live theater, amusement parks, traveling, and connecting with her Feline friend Winnie Lu!

Darlene looks forward to her exciting new role with us and is happy to be a part of our growing endeavor.



Cassandra Ellen Joy Drumheiser, CRS

Cassandra considers herself a late bloomer in the area of recovery. After coming close to losing her life to Anorexia on May 7, 2013, she was admitted to the dual diagnosis facility, Rosewood Center for Eating Disorders in Wickenburg, Arizona on May 15, 2013. During her 3 months there she came to admit that she was powerless over alcohol and drugs as well. She's indebted to her Rosewood Treatment Team and likes to say that, "she found life in the desert."

Cassandra has been an active member of the recovery community and has worked in the field of recovery for over 11 years as an Admission Associate as well as with the Breakthrough Program at the Caron Foundation; Certified Recovery Specialist (CRS) for the Warm Handoff Program at the Reading Hospital emergency department; CRS at The Rise Center in downtown Reading. In 2019 she founded the Joy@ 2:20 Recovery Group at her church that is open to all individuals regardless of beliefs. As a result of the COVID Pandemic, the meeting has been on hiatus and will resume meeting in person in March 2021.

Cassandra was born in Pecos, Texas but grew up in Colorado where her father fostered a love for the outdoors and National Parks for which she is dedicated to helping preserve. She loves painting, hiking, biking, nature walks, gardening, watching Oscar-caliber films, serves on her church's Ministry Council as Worship Leader, and is known as a "Master Seinfeldian." She's also a Civil War buff who has visited eighty-five percent of US Civil War Battlefields. Cassandra has been an active volunteer since 1981 when she began volunteering at the University of Tyler Health Center in Tyler, Texas where her Mom was employed. During the course of her recovery, when needed, she executes personal and family interventions, is active in a 12-step program where she sponsors and mentors women seeking the gift of sobriety. A woman of strong faith, Cassandra believes the point to life is love and that love prevails above all.

She is a wife, friend, and life partner to Glenn Drumheiser, mother and friend to her son, Ryan who is a musician and resides in NYC, daughter Chloe who resides in West Reading, Noni to Adelle and Puppy Mom to Pili Chisoni a feisty 5-pound ChiShi.

Cassandra is honored to be a part of the new PRO•A Workforce Service Program team and is looking forward to the positive impact it will have in our communities.



Santiago Leon, CRS

Santiago is currently a CRS. He will be joining PRO•A as part of the Workforce Support Project as a Recovery Employment Coordinator. He has recently returned to school after a twenty-year hiatus and would like to pursue a major in either social work or criminal justice. He considers his greatest and most impressive achievement to be his long-term recovery since May of 2006. He is currently raising his two daughters from a previous marriage, and two boys from a current relationship. Santiago has recently discovered a passion for snorkeling which he says is, "something I never thought I would do!"

Santiago loves to travel and is looking forward to putting his passport to good use in the near future. He sees himself as a free thinker with a warm and friendly personality. Santiago believes that his recovery has been the best journey of his life.



Nikki Weir-Barsotti, AAC, CRS

Nikki is a Recovery Employment Coordinator with PRO•A. She will be covering Dauphin and surrounding counties for the Workforce Support Project. She is in long-term recovery for over 11 years. Nikki currently attends Harrisburg Area Community College, working towards obtaining her Applied Science Associate Degree in Human Services-Drug & Alcohol Counseling.

Nikki has been in the Substance Use field since 2017. She gained experience in the outpatient and prison settings initially. She ran treatment groups, completing assessments, individual counseling sessions, aftercare planning and case management. Recently, she was involved in networking and establishing Recovery and Reentry Support Services.

Nikki stays actively involved with 12 Step Recovery and started a meeting with her husband who is also in long term recovery. She likes working out at the gym, spending time with her family, training her new puppy and riding her Harley.



PRO•A Workforce Support Project

By Patti Baranowski, MA, CADC Workforce Support Program Director

Research continues to validate the positive relationship between employment and recovery. A living wage increases independent living, self-esteem, and self-efficacy. It also decreases stigma, desolation and hopelessness. For some, they believe that employment is a benchmark of recovery. But for many others, it is a dimension that supports the wholeness of an individual in recovery. SAMHSA identifies one of the four major dimensions that support recovery as a sense of purpose. Having independence, a living wage, and a sense of worth can be powerful aspects of purpose for an individual in recovery. Employment for individuals in recovery also provides an avenue for social contact, connections with other individuals, and increased collaboration with others.

Pennsylvania Recovery Organizations – Alliance (PRO•A) is honored to announce that we have been awarded a five-year, federal grant by the Substance Abuse and Mental Health Services Administration (SAMHSA). The PRO•A Workforce Support Project is designed to engage and support workforce participation for individuals with Substance Use Disorder or Co-Occurring SUD and Mental Health Disorder (COD) in Central and Eastern Pennsylvania.

There is growing recognition that five years of sustained substance use recovery is the benchmark for 85% of individuals with to remain in recovery for their lifetime. In PRO•A's Retooling Care to Meet Our Needs—A Recovery Vision for a Five-Year Focused Substance Use Disorder Treatment and Recovery Care System—we envision five major areas of focus to support sustained recovery. Building the 21st Century Workforce to serve the next generation, and Employment, Education and Self-Sufficiency are two of these crucial areas.

YOU ARE

A pport



The Workforce Support Project will provide a one-stop, individualized workforce development and employment services as well as recovery support services where there is access to recovery and workforce participation support. Once engaged, participants will work directly with a Recovery Employment Coordinator, utilizing evidenced-based practices and operating across each region. Participants will be provided a 6- to 12- month intensive recovery service coordination program and peer-based recovery support services, including face-to-face and virtual support sessions, peer services and referral, social media support, aftercare planning, and family information and referral services.

The geographical areas for this project include 14 counties in Central and Eastern Pennsylvania: Adams, Berks, Cumberland, Dauphin, Franklin, Juniata, Lancaster, Lebanon, Lehigh, Luzerne, Northampton, Perry, Schuylkill, and York. Our Recovery Employment Coordinators, all Certified Recovery Specialists, utilize all communication platforms, to include face-to-face and virtual support, to assist individuals in employment efforts and recovery support, as well as family member support. The Workforce Support Project focuses on strengths across the service system, as well as of the individual.

Employment planning is collaborative, oriented to the needs of the individual, and is focused on evidence-based practices with this project. It is focused on empowering individuals and communities. The Workforce Support Project's structural foundation is based on hope, purpose, and connection. If you are in one of the counties listed above and have a referral or are interested in connecting with us, please contact proa.asst@pro-a.org, or (717) 545-8929.



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We'll get through this together.

Find out what we're doing to help our community.

Visit [CapitalBlueCross.com](https://www.CapitalBlueCross.com)

Capital BLUE 

Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association

There is hope.

You are not alone – substance use disorder (SUD) affects 23.5 million people in the U.S. SUD is treatable and recovery is probable with the right support plan from qualified health care professionals. Find out more about how we can help, call **888-402-LVHN**.



**Lehigh Valley
Health Network**

John Gailey
and the
John R. Gailey III and JoEllen Berger
Charitable Fund
are pleased to sponsor
PRO•A
and its
3rd Annual
Leadership in Recovery
VIRTUAL EVENT





**Alkermes is proud to support
the Pennsylvania Recovery
Organizations Alliance**

Alkermes plc is a fully integrated, global biopharmaceutical company that applies its scientific and technological expertise to develop innovative medicines in the fields of neuroscience and oncology to address the unmet needs and challenges of people living with debilitating diseases.

For more information about Alkermes,
please visit: www.alkermes.com

Alkermes

RECOVERY LINK

Peer-based Digital Recovery Support Tools



We are proud to support those who lead from every position across the recovery community in Pennsylvania.

www.myrecoverylink.com

*Nihil de nobis,
sine nobis!*



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 counties
1-888-722-8646

North/Central region

Franklin and Fulton
counties
1-866-773-7917

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

pa.performcare.org

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