



Silence Hurts. . . Step Up. . . Speak Out!

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Hands Across the Bridge a HUGE Success

Submitted by Brenda Schell, MRN Project Director

This year's theme for Recovery Month was "Join the Voices for Recovery: Real People, Real Recovery". That theme was declared loud and strong as an estimated 1,300 people showed up to support the *Hands Across the Bridge* event held on Saturday, September 20th at the Chain of Rocks Bridge in St. Louis. The day was spent celebrating recovery and encouraging those still struggling to triumph over their addiction. The enthusiastic spirit was amazing.

Representatives from both Faces and Voices of Recovery and SAMHSA attended the St. Louis event. Pat Taylor, Executive Director of FAVOR, received phone calls throughout the day reporting from other states on their recovery events. More than 40,000 people were rallying for recovery around the country on the same day.

The attendance this year more than doubled last year's. Several speakers shared their story about the journey that led them to recovery. The combined message was that there are many paths to recovery. Find one that works for you.

Senator Rita Heard-Days gave an empowering speech praising our advocacy efforts and stressing the importance of helping shape public policy by being involved in the process. An advocacy tent was set up to register new voters, as part of the *Recovery Voices Count* campaign. Individuals were also encouraged to sign a pledge to vote on Election Day and endorse the new Recovery Bill of Rights. MRN provided the responses of the returned candidate pledges and also reported on the candidates who had not responded to the pledge. **This information can be viewed on the MRN website, www.morecovery.org.**

We were honored to be joined by Academy Award Winner Lou Gossett Jr., a person in long term recovery. He ranks as one of the most respected and beloved actors of stage, screen, and television. He shared his story that the

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Recovery Voices Count!
Remember to vote on November 4th
You CAN make a difference!

Recovery Fest, Lake Wappapello

Submitted by Austin Montague, MRN Council Member

The Regional Recovery Network sponsored a Recovery Festival held at Lake Wappapello on September 13. It was a huge success for the southeast region of Missouri. Co-sponsors of the event were Caring Communities, Butler County Resource Council, SEMO CTC, MRN, Dr. William Kane and many local businesses.

This was a family centered event. The day's activities included an obstacle course, games, face painting, balloons and lots of prizes. Everyone enjoyed free hamburgers, hotdogs, chips, drinks and cookies. There was a live band that rocked the stage for two hours of good clean fun!

Also enjoyed were several great speakers on prevention, treatment and recovery. State Senator Rob Mayer addressed the gathering and spoke highly of our efforts in breaking the stigma associated with addiction recovery. Judie Didriksen, the mid-America representative of Faces and Voices of Recovery also addressed the group on recovery rights and the importance of our right to vote. There was a voter registration drive at the Recovery Fest. The event was featured in the FAVOR E-newsletter.

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Hands Across the Bridge a HUGE Success

disease of addiction not only affected him, but his family and those he loved. Recovery gave him a new life; a new outlook. His words were engaging and empowering as he shared his message of hope. Lou Gossett Jr. was interviewed on Channel 5-KSDK (NBC) the night prior to the event and Channel 2-KTVI (FOX) that evening as part of their coverage of the event. The message focused on the solution and promise of long term recovery.

The event concluded with everyone holding hands and stretching across the full span of the bridge from Missouri to Illinois. Fireworks went off in joyous celebration of the reality of recovery.

For those who attended and showed support, thank you. For those who were unable to make it, we hope you will continue to help broaden social understanding that addiction is a public health crisis and needs attention and recovery support services are critical in helping individuals obtain and sustain recovery.

Mission Missouri Hosts Recovery Celebration

Submitted by Jane Pfefferkorn, MRN Council Member

On Saturday, September 27, Mission Missouri's House of Liberty Life Change Station in Sikeston celebrated the contributions of time, talent, and finances given by many volunteers to help support Mission Missouri's recovery efforts. The event was planned to bring together the faith, professional and recovery communities for a few hours of recognition and celebration in honor of Recovery Month! The day included food, music, games, and fellowship. This 10 year anniversary event was sponsored and hosted by Mission Missouri's partner, SEMO Health Network. The day also provided on site health screenings.

— If you would like to serve as a volunteer for Mission Missouri, contact Jane Pfefferkorn, Executive Director, at 573-481-0505.

New Toolkit Supports Community and Faith- Based Service Providers

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a new toolkit, "Sustaining Grassroots Community and Faith-Based Programs: A Toolkit for Community and Faith-Based Service Providers". Grassroots community and faith-based treatment and recovery providers are concerned about continuing services for people affected by substance abuse and mental health disorders. This toolkit is designed to help these organizations plan for long-term survival.

Time-limited grant funding and categorical funding put grassroots organizations in the position of searching for funds to cover program expenses. Sustainability is about maintaining and continuing program services after a funding period is over and ensuring the organization has become a permanent part of community resources.

The toolkit contains useful tips and planning worksheets that cover strategic planning, organizational assessment and readiness, effective marketing strategies, financial management, fund development and fundraising, and results-oriented evaluations.

For more information visit <http://download.ncadi.samhsa.gov/prevline/pdfs/SMA08-4340.pdf>

Audio Conference Series Explores Recovery-Based Addiction Care

A series of three web-assisted audio conferences was presented to the National Conference of State Legislatures to discuss recovery-based care for addiction. These sessions were part of a project to educate state legislators and legislative staff about recovery based care for addiction.

This series was a collaborative effort of the National Conference of State Legislatures (NCSL), the National Association of State Alcohol and Drug Abuse Directors (NASADAD), the State Associations of Addiction Services (SAAS), and Faces and Voices of Recovery. The project was funded by the Substance Abuse and Mental Health Services Administration under the Partners for Recovery Initiative through a contract with Abt Associates Incorporated.

The three parts were:

- **Recovery-Based Care for Addiction: Federal and State Financing.** This portion provided an overview of a recovery-based care approach, including federal and state financing of that care.
- **Recovery-Based Care for Addiction: The City of Philadelphia Model.** This segment reviewed the city of Philadelphia's transformation to a recovery-based care approach.
- **Recovery-Based Care for Addiction: Policy Changes and Cost Data.** The final part explored policy changes that would be necessary to provide recovery-based care, along with cost data demonstrating the cost-effectiveness of such an approach.

—Missouri State Representative David Sater, member of the Health Care Policy Committee, was in Washington, DC and participated in the audio conference.

2009 Mental Health Champions Nominations Accepted

The Missouri Mental Health Foundation and the Department of Mental Health are accepting nominations for the second Annual Mental Health Champions Recognition. Mental Health Champions are individuals who have overcome their personal challenges to make life better for others and their communities. Three persons will be selected as Mental Health Champions—an individual with diagnosed mental illness; an individual with a developmental disability; and an individual in recovery from a substance or gambling addiction. Nominations will be accepted until October 30, 2008. The winners will receive a \$1000 cash award and will be honored at the 2009 Mental Health Champions Banquet, April 15, 2009. Additional information and the nomination form are available at www.dmh.mo.gov or by contacting Debra Walker, Missouri Mental Health Foundation at 573-751-3070.

September is Recovery Month. In honor of that and of those of you who are in recovery that submitted your names/sobriety dates to MRN, we acknowledge and congratulate you on your accomplishment.

And for all others who are in recovery or working toward that goal, we pay tribute to you as well.

REAL PEOPLE, REAL RECOVERY

Bruce Charles January 3, 2007
Carrie B. July 12, 1995
Stan C. January 2, 2005
Tauri M. September 13, 2005
Will & Judie Didriksen October 9, 1990
Aaron Conklin February 9, 2007
Jacki Johnson January 3, 1981
Judd Williams December 9, 2005
Jackie W. April 23, 1989
Austin Montague August 6, 2000
Robert Woods June 20, 2006
Connie Freeman September 11, 2000
Lona Serafin February 15, 2008
Charles Belfield November, 1999
Bob Handschumacher April 18, 2006
Robert Eastwood September 1, 2002
Kevin Gill July, 2000
Rodney Walster February 2000
Eddie Miller April 4, 2007
Kenneth Gullede March 29, 2008
Red Curd (at the age of 70) 2000
Karen Leydens Martin July 3, 1995
Lisa Flores February 24, 2007
Sallee Hull June 15, 1992
Tammi C. July 21, 2003
Darrell Williams August 15, 1998
Stuart English January 1, 2007
Jane Pfefferkorn July 1, 1998
Tina Hoester September 6, 1984
Clif Johnson May 13, 1986
Scott Breedlove September 16, 1992
Gloria Nepote October 28, 1981
Rena Mimes March 18, 2006
Tom Coderre May 15, 2003
Dan Duncan September 11, 1980
Jacquie Lockette December 27, 1992

Let's keep this list growing.
Add your name by sending it to
stalbot@actmissouri.org

The *MRN Newsletter* is a production of the Missouri Recovery Network. Contents may be reproduced to further take action toward recovery from substance and drug addiction. Contents are not official statements of the Missouri Recovery Network. The *MRN Newsletter* is published quarterly by the Missouri Recovery Network. The Missouri Recovery Network works in partnership with ACT Missouri and the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse.

Holiday Relapse Triggers

The holiday season is approaching and lots of celebrating (and emotions) come with them. Holidays can be joyful and wonderful with family and friends. They can also be stressful and lonely. Either set can be dangerous for those trying to recover from drug and alcohol addiction. Here are some questions that may help you prepare successfully for the holidays.

—**Have the holidays been a trigger for you in the past?**

- What happened?

—**Who are you spending the holidays with this year?**

- Do they know you have an issue with drugs and alcohol?
- Are there unresolved issues that you have with them that may resurface during this time? These often lead to a return to use.
- Do they drink and use?

—**What activities do you have planned for the holidays?**

- Do any of them involve your support group?

—**How do you feeling during the holidays?**

- Busy and happy?
- Stressed and overwhelmed?
- Sad and lonely?
- How will you deal with each of these and stay clean?

—**Who are you going to call if you get depressed or feel like using?**

—**Activities that you can be part of that might make the holidays easier.**

- Increase contact with your sponsor or the person in your life who cares most whether or not you stay clean.
- Find out what activities are available in your community that does not involve drug and alcohol. For instance, visits with Santa for your children, light displays, helping the needy, etc.
- Ask family and friend who do not use what they will be doing. Find out what your church has planned.
- Keep the hotline number for AA/NA, or that person who supports you in your sobriety, in your wallet. Don't hesitate to call them.

