



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

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These are Exciting Times . . .

Submitted by Brenda Schell, MRN Project Director

As the New Year quickly approaches, it is a good time to take a moment to reflect on our past accomplishments and our future vision/goals.

With the New Year comes many exciting opportunities for MRN and advocates. MRN has been working diligently to reduce barriers to treatment, reduce wait lists, and advocate for additional funds to increase treatment capacity; promote workforce development in the substance abuse field and break down barriers which may deter individuals from choosing this career; recruit new MRN members/advocates to join our efforts; celebrate recovery by honoring, encouraging, and supporting individuals on their recovery journey; and plan events that increase awareness that recovery is possible and very real.

MRN mobilized some of our awesome members who provided powerful testimony to the Senate Appropriations Committee on December 4th. Their testimony emphasized the many individuals who seek treatment and recovery support services and are turned away and placed on wait lists due to lack of funding and inadequate treatment capacity. Because of their efforts, a request was submitted by the Senate Appropriations Committee to the Division of Alcohol and Drug Abuse, to obtain the numbers of individuals on those wait lists that cannot get substance abuse treatment when requested. Advocates also stressed that resources invested in recovery support results in producing responsible, productive, and healthy citizens for our state. Our message was delivered loud and clear.

As MRN continues to increase public awareness and understanding of addiction and recovery and reduce the stigma associated with these, we are excited to report that the Department of Mental Health has also made this a priority in FY 09. Due to strong advocacy efforts, DMH is establishing a Mental Health Foundation and will generate private funding outside the state appropriation process to be used for stigma reduction. DMH has also established its first Mental Health Champions Awards with a ceremony and

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**Check out our website
www.morecovery.org**

Department of Mental Health Strives to Increase Public Awareness and Understanding

One of the Department of Mental Health's (DMH) three statutory mandates is to increase public awareness and understanding of persons with mental illnesses, developmental disabilities and addictions disorders. To improve its performance, DMH is committed to the following strategies in FY 09 and beyond, all funded through private sources of the existing DMH budget.

- **Mental Health Foundation**—The Mental Health Foundation will be established to generate funding outside the state appropriation processes. The structure for the foundation had been created previously and will provide ancillary services to persons with mental illnesses, developmental disabilities, and substance disorders.
- **Recognition of Mental Health Champions**—DMH will annually recognize and honor a select number of its consumers who have overcome challenges and make meaningful contributions in their communities.
- **Director's Creativity Showcase**—DMH will hold an annual art and literary contest to recognize these talents. Based on the wishes of the artist or author, DMH will hold silent auctions for the sale of the artwork and make the literary work available for broader view.
- **"You Know Me" PSAs**—DMH intends to develop video public service announcements featuring actual consumers whose message will be that their similarities with the general public are far greater than their differences, that their hopes and dreams are basically the same, and that they seek only the acceptance and freedom to pursue them.
- **Annual Statewide Consumer Conferences**—Consumers must be given the opportunity to grow and learn from their peers. DMH will host annual statewide conferences led by consumers.

New Year Brings Change to the MSACCB

*Submitted by Scott Breedlove,
MSACCB Administrator*

Over the last six months, the Missouri Substance Abuse Counselors Certification Board (MSACCB) has been in the process of taking a look at how we can encourage and be supportive of helping more people become substance abuse professionals without compromising the safety of those in addiction. This process has led to some major changes that will be going into effect starting January 1, 2008. All information regarding the changes will be posted on our website. By the way, even our website is changing. Starting January 1st, our new website will be www.msapcb.com. The new website reflects the new name we will do business under and that is the Missouri Substance Abuse Professional Credentialing Board (MSAPCB). While there are too many changes to list in this article, here are a few of the major changes that will affect those seeking a substance abuse credential:

- Applicants who have applicable college degrees will have a reduction in the amount of work experience time he/she needs to receive a credential.
- An applicant will only need to be off of court supervision to apply for a credential. He/She will no longer have to be off of court supervision for two years before applying.
- An applicant will be able to use documented unpaid work experience to meet all work experience requirements for a credential.
- MSACCB staff will be approving applications in house and will be using the Family Care Safety Registry for background screenings which should improve the application processing time.

There are other changes that will hopefully improve the process and be more user friendly to those seeking a credential with the board. We look forward to working with all of our professionals during 2008 and welcome new professionals into the field of substance abuse. As always, if I can be of assistance, please feel free to contact me at 573-526-4099 or scott.breedlove@dmh.mo.gov.

Continued. . . These are Exciting Times . . .

banquet taking place April 16, 2008. This annual recognition will be ongoing to recognize and honor those consumers who have overcome a mental illness,

developmental disability, or a substance/gambling addiction and have made meaningful contributions in their communities.

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Five Things You Can Do To Enhance Your Recovery Odds

1. Don't use—no matter what!
2. Choose a treatment program that offers a rich menu of continuing care services and actively utilize these supports.
3. Find a recovery support group and stay actively involved. Make meetings a priority, get a sponsor, build a sober social network, and apply recovery program principles to problems of daily living. Involve your family members in recovery support groups and activities.
4. If you do not have a living environment supportive of recovery, investigate the growing network of recovery homes.
5. Become an expert on your own recovery and take responsibility for it.

—The excerpt above is taken from HBO's "ADDICTION", an award winning series, produced in collaboration with The Robert Wood Johnson Foundation, the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism.

The Donald Howard Scholarship Fund Announces Fall Award Recipient

*Submitted by Nancy Howard,
Founder of the Donald Howard Scholarship Fund*

We were very excited to award a scholarship to Sara Becker of St. Ann, Missouri. Sara attends the University of Missouri in St. Louis. Her area of study is "media" which is advertising and marketing. Sara is very involved in service work and represents the theme of the Donald Howard Scholarship Fund to "Pass It On". The \$1,000 scholarship is the fifth award since November 2006. Awards have been made to students studying and living in Columbia, St. Louis, and Joplin.

We want to remind potential applicants that the award can be used for vocational and technical schools. The next application deadline is March 1, 2008 with the award in May. We are a 501(c)(3) organization and contributions are tax deductible. We have volunteer board and minimal cost since our members administer the program. Our major costs are for postage and printing. Contributions are an investment in recovery. Every dollar makes a difference.

More information on The Donald Howard Scholarship Fund may be found on the MRN website at <http://www.morecovery.org/resources.asp> or by emailing DHScholFund@aol.com.

Continued... These are Exciting Times...

As we take some time to reflect on this past year and on the changes that are occurring due to strong advocacy efforts, we need to continue to focus

on future opportunities. May our joint efforts continue to prosper and make a difference in the lives of others.

SAVE THESE DATES!

January 30

Committed Caring Faith Communities Advocacy Day
Capitol, Jefferson City

February 26

Missouri Youth/Adult Alliance Advocacy Day
Capitol, Jefferson City

April 16

Mental Health Champion Awards Banquet
Jefferson City

April 30

Missouri Recovery Network Advocacy Day
Capitol, Jefferson City

May 1

Missouri Recovery Network Annual Recovery Rally
Truman Hotel, Jefferson City

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*The Missouri Recovery Network Council and Staff
Wish You the Very Best in 2008!*

*Our Hope Is That You Will Enjoy
Health, Happiness and Success!*

*This upcoming year, may you have enough happiness to make you sweet,
enough trials to make you strong, enough sorrow to keep you human,
and enough hope to always keep you going.*

Remember. . . recovery is possible and real!

