



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

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## MRN Advocates Rally at Capitol

*By Brenda Schell, MRN Project Director*

On Tuesday, March 10<sup>th</sup>, the Missouri Recovery Network hosted its second annual Advocacy Day at the Missouri State Capitol. Due to the recent proposed DMH/ADA budget cuts it was the perfect time to voice our concerns and educate the legislators on the impact of their proposed budget cuts. Over 40 legislators, including all 28 House Budget Committee members, were informed of the severe impact these cuts would have on the indigent and low income individuals with addiction problems. Services would be eliminated for more than 13,000 Missourians with developmental disabilities, severe mental illnesses and alcohol and drug addictions. These services would include addicted parents who have lost their children and cannot be returned to the home until they have successfully completed treatment; 1,200 Department of Correction offenders re-entering their communities and in need of treatment to avoid recidivism; alcohol and drug abusers who repeatedly visit emergency rooms and general hospital settings and nearly 4,000 Missourians with substance abuse and other disorders will go untreated.

Advocates consisting of MRN council members, treatment providers and individuals in recovery descended on the Representatives and Senators of Missouri asking them to support Governor Nixon's proposed budget, though his recommendation already reduces the Department of Mental Health's budget by \$20 million dollars.

The House Budget Committee has proposed cutting over \$58 million in general revenue and \$31 million in federal funds. This includes over \$8 million (about 5.5 million from general revenue) from the Division of Alcohol and Drug Abuse. The Senate will also be making their budget recommendations before determining a final resolution.

We urge you to contact your local senator and representative and share your concerns regarding these proposed cuts. By educating and building relationships with our elected officials, we can ensure that all Missourians with alcohol

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**Check out our website!**  
**[www.morecovery.org](http://www.morecovery.org)**

## The State Advisory Council on Alcohol and Drug Abuse is Accepting Applications for New Board Members

The State Advisory Council serves as an advisory body to the Division of Alcohol and Drug Abuse and the Division Director on policy, prevention and treatment activities in the State of Missouri. The council is comprised of up to twenty-five members appointed by the Director of ADA. Members have professional, research, and/or personal interests in the division's purpose.

Advisory Council members help to ensure that prevention, treatment and recovery needs are identified and plans for addressing those needs are developed. The State Advisory Council assists in educating public policymakers and community leaders and strives to change community attitudes about alcohol and drug abuse. In this way, new policies and laws are created and public health and safety problems related to addiction/abuse are reduced.

To obtain an application, please visit [www.dmh.mo.gov/ada/org/advis/SACapp.pdf](http://www.dmh.mo.gov/ada/org/advis/SACapp.pdf) or call 1-800-575-7480 for more information.

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## MRN Advocates Rally at Capitol

and substance abuse disorders have access to treatment and are able to sustain their recovery efforts. It is **imperative** that recovery advocates speak out and share their story of addiction and recovery. To obtain contact information for your senator or representative, visit our website at [www.morecovery.org](http://www.morecovery.org). Though our Advocacy Day is over, our work continues. We encourage you to remain involved and vocal. Together we can do what we cannot do alone.

Updates will be provided as the legislative session progresses and Action Alerts will be issued as the need arises.

Remember, advocate with persistence, passion and perseverance and your voice will be heard!

## Donald Howard Scholarships Awarded

*By Nancy Howard, Scholarship Founder*

The Donald Howard Scholarship Fund has been awarding scholarships for those individuals in recovery since the spring of 2006. Since that time, we have awarded six scholarships, one each spring and one each fall. On occasion we have awarded two scholarships, based on the application. This fall we received many excellent applications, therefore we are awarding two scholarships. After the Review Committee gave us their comments, the board decided to award two scholarships to the top rated applicants.

Both of our recipients had incredible histories of addiction and recovery. Both applicants are residents of Joplin and enrolled at Missouri Southern State University, majoring in Sociology. We think that the Joplin community is fortunate to have their presence and pleased that people in Joplin know about the availability of this fund.

Michael Ori hopes to work with teenagers. Michael started drinking at the age of four and as he grew, so did his addictions. He completed treatment at Ozark Center and became active in the fellowship of recovery. He writes that if he can change one child's life, his education would be more than worth his effort.

Linda Robinson's educational goals are to work in the field of substance abuse. Her journey of addiction resulted in great loss and pain for both she and her family. Linda completed treatment at Lafayette House where she presently works and shares the story of her recovery journey with other women, giving them encouragement and hope.

Both Michael and Linda practice, what we believe is most important to recovery, service work. They share their gift of recovery with others and in so embody the motto of the scholarship fund, "Pass It On."

If you would like to participate in our scholarship award and "Pass It On" you can make a donation to the Donald Howard Scholarship Fund. All donations are tax deductible. You can contact us at P. O. Box 935, Columbia, Missouri, 65205 or at [dphnth@aol.com](mailto:dphnth@aol.com).

Missouri Department of Mental Health is  
Sponsoring

## Missouri's Consumer, Family & Youth Leadership Conference

*"Real Voices-Real Choices: Expanding Our Vision"*

**August 23-25, 2009**

**Tan-Tar-A Resort • Osage Beach, Missouri**

Consumers and families form the bridge between the mental health system as it now exists and the system as it should be. The Missouri Department of Mental Health hopes this conference will assist them in their efforts to create a system that fully meets the needs of the citizens of Missouri who receive mental health services.

The Missouri Department of Mental Health and Missouri's Mental Health Transformation Working Group, consisting of consumers and non-consumers, is proud to present this three-day conference that specifically addresses the needs of persons either at risk of developing, or having mental illnesses, substance use and addictive disorders, and/or developmental disabilities.

The conference is hosted by consumers. The topics that will be presented have come from the consumer-led brain-storming session held during last year's summit and will focus on the following three track headings:

- Consumer Well-Being,
- Building Leadership, and
- Consumer Rights & Responsibilities.

Each track will address the Physical, Emotional, Social, and Spiritual needs of consumers.

Any consumer or family member of someone who receives direct mental health services, youth representative or professional service provider may attend. The non-refundable fee for consumers, family members and youth representatives is \$65.00. The fee for professionals, providers and others is \$130.00. The deadline for payment and registration is **Friday, June 30<sup>th</sup>**. To obtain a copy of the registration form, information regarding hotel accommodations and conference details please visit [www.missouridmh.typepad.com/realvoicesconference](http://www.missouridmh.typepad.com/realvoicesconference) or you may contact Carol Dickneite, Office of Consumer Safety at 573-751-8088 or 800-364-9687 toll-free outside Jefferson City.

## Grant Obtained to Identify Persons at Risk for Substance Abuse Disorders

The Missouri Department of Mental Health, Division of Alcohol and Drug Abuse, has been awarded a five-year, \$12.3 million dollar grant from the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. The funding will initially support the development of Screening, Brief Intervention, Referral and Treatment (SBIRT) services in targeted areas of the state, with the goal of expanding services to other parts of the state.

SBIRT offers an immediate medical response to a major public health problem. Many people with alcohol or drug problems seek health care services in hospital emergency rooms, most of which are ill equipped for identifying or treating such problems. This grant project will introduce evidence-based practices for screening, brief intervention, brief treatment and referral for treatment to staff of hospital emergency rooms and other general medical settings to assist in identifying persons at risk, or meeting diagnostic criteria, for substance use disorders. It targets risky or problematic use of alcohol, illicit drugs, prescription drugs, and tobacco and offers interventions to prevent the need for more costly treatment and other health care services.

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.

# The Burden of Substance Abuse on the State of Missouri

**T**he Missouri Department of Mental Health, Division of Alcohol and Drug Abuse recently published a report titled *"The Burden of Substance Abuse on the State of Missouri"*, <http://www.dmh.mo.gov/ada/BurdenofSAonMissouri.pdf>

This report includes data that illustrates the prevalence of and trends in alcohol and drug abuse in Missouri and provides some context as to how substance abuse impacts Missouri families, communities, and state government. The report may also be accessed from the DMH website [www.dmh.mo.gov](http://www.dmh.mo.gov) or the MRN website [www.morecovery.org](http://www.morecovery.org).

*"The Burden of Substance Abuse on the State of Missouri"* dated November 2008 contains the most current information available and can be utilized as an advocacy tool when speaking with your elected officials. It details the impact substance abuse has on state government.

**Did You Know....**The average cost to treat an addicted individual is \$1,346 vs. a \$17,300 cost to society not to treat.

This document shows how state government spends more money dealing with the burdens of substance abuse than on its prevention, treatment, and recovery efforts.

MRN would like to thank the DMH/Division of ADA for developing this informational document. Educating our policy makers on how substance abuse impacts our state is important. **YOU** are the experts and it is up to each of us to educate and advocate for public action to remove barriers to treatment for alcohol and other drug addictions and support recovery from those addictions.

MRN's mission is to identify and work toward eliminating barriers to treatment and advocate for adequate recovery support services for all Missourians. We also strive to reduce the stigma and discrimination which keeps many people from seeking the help they need. Long-term recovery from addiction to alcohol and other drugs is real for thousands of Missourians. Without support for recovery, addiction will continue to be a massive and growing **burden on society**.

