

# MRN

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MISSOURI RECOVERY NETWORK

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

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Darrell Williams

## MRN On The Move...

*By Brenda Schell, MRN Project Director*

**M**RN is hard at work raising awareness and uniting our collective voices to spread the good news about recovery. While we're busy here in the office organizing and collaborating on events with many other advocacy organizations, I want to make you aware of events coming up in the near future.

Please make sure to see inside for information regarding two important events: **Hands Across the Bridge** and **Recovery Day at Busch Stadium**. Both of these events will have elements of fun, education, and advocacy. There will be plenty of opportunities for you to become involved with MRN.

In addition, next year on **April 30, 2008**, MRN will host its first Annual Advocacy Day at the State Capitol in Jefferson City. MRN invites all of our members and other interested parties to participate. One of the goals of MRN is to mobilize and unify the recovery community around key priorities—to achieve a better understanding of addiction and recovery, reduce stigma and end discrimination, change the public perception of recovery, promote effective public policy, and gain needed resources to obtain and sustain recovery. We need to join together as one unified voice to strengthen our message. Help us achieve these goals by being an active participant that day.

The next day, **May 1, 2008**, will be our Annual Recovery Rally, also to be held in Jefferson City. Be sure to mark both dates on your calendar. Information regarding both events will be posted on our website soon.

We invite you to join us as we work together to change the focus from the illness of addiction to honoring the hope, healing and reality of recovery!

To learn more about MRN and/or to become an active MRN member, log onto **[www.morecovery.org](http://www.morecovery.org)**.



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

## Join MRN at Busch Stadium in St. Louis to Celebrate National Alcohol and Drug Addiction Recovery Month

***St. Louis Cardinals vs. Houston Astros, Sunday, September 23, 2007 at 1:15 p.m.***

**T**he Missouri Recovery Network invites you to CELEBRATE RECOVERY. MRN is teaming up with the St. Louis Cardinals to help bring public awareness that thousands of Missourians are in recovery from addiction to alcohol and other drugs of choice.

There are as many different paths to recovery as there are different people in recovery. Regardless how people achieve recovery, their lives and the lives of those they touch, are vastly improved as a result. Those in long term recovery are living proof that recovery is possible and there are real solutions to the public health crisis of addiction.

Join us in St. Louis as we raise the level of public awareness that recovery is REAL! Join us as we change the focus from the illness of addiction to honoring the hope, healing and reality of recovery!



As an extra bonus, Coca-Cola and Schnucks are sponsoring Tony LaRussa Bobblehead Day. 25,000 fans will receive a bobblehead featuring the 2006 World Champion Cardinals manager.

Ticket price is \$29 each (\$39 face value). Our designated section is the Outfield Loge Box, and we will encourage all participants in our section to be alcohol free. **Don't delay. Order your tickets today!**

**For more information or to order tickets , you may:**

- **Call MRN:**  
**1-877-669-2280**
- **Email:**  
**rflynn@actmissouri.org**
- **Order online:**  
**www.morecovery.org/events.asp**

## The Donald Howard Scholarship Fund Announces Spring Award Recipients

*Submitted by Nancy Howard, Donald Howard Scholarship Fund*

**T**he Donald Howard Scholarship Fund is a memorial to honor the recovery journey of Donald Howard, Sr., and to recognize that recovery is a life long process that benefits from growth in all the areas of a person's life. The fund provides financial assistance for education or vocational training to men and women who are in recovery from alcoholism and/or other drug addictions.

Nancy Howard, founder of the Donald Howard Scholarship Fund, provided MRN this news about recent scholarship recipients—

*We are very excited to have some excellent applications for the May 1 award. Our fund raising dinner on March 17, 2007, gave us the funds to award two scholarships. The scholarships were awarded to: **Andrew White**, who is attending the University of Missouri-Columbia. Andrew is a St. Louis native and his educational goal is nursing, and, **Robert Brubeck**, who is attending Moberly Area Community College and working toward a degree in social services. Robert would like to work in a drug court program.*

*We welcome applications for the award in the fall. We also welcome donations to help us make the awards to support the*

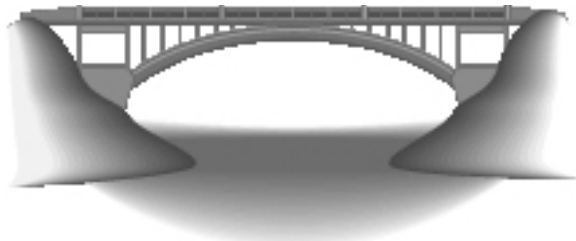
*persons who are walking the road of recovery. We are a total volunteer board and organization. Our board members and friends donate time, service, and supplies, so our expenses are minimal, mostly postage and copying cost. The Missouri Recovery Network helps us keep our expenses down by carrying our brochure and application on their website. We direct inquires to the MRN website.*

You may also contact the scholarship fund directly by calling 573-447-3898 or by email at [DHScholfund@aol.com](mailto:DHScholfund@aol.com). Contributions to the fund may be sent to: The Donald Howard Scholarship Fund, P.O. Box 935, Columbia, MO 65205-0935.

# Hands Across the Bridge

Submitted by Tina Hoester, MRN Council Member

On Saturday, September 15, MRN will cosponsor *Hands Across the Bridge*. MRN is collaborating with numerous service providers and other organizations in Missouri and Illinois to hold a bi-state event to honor National Alcohol and Drug Addiction Recovery Month. This year, *Hands Across the Bridge* will be held from 5:00-8:00 p.m. at the St. Louis side of the Chain of Rocks Bridge. There will be many free activities in which to participate. There will be free food, entertainment, music and speakers. The evening culminates at dusk when all the attendees will join hands and stretch as far as possible toward the Illinois side of the bridge. Each person will be given a candle to hold, showing support and bringing light to the celebration of recovery. Anyone and everyone who is in personal recovery, a family member, friend, ally, or member of the community supporting recovery are invited to attend. Don't miss the fun and opportunity to be a part of this salute to joyous recovery. For more information, please visit the MRN website at [www.morecovery.org/events.asp](http://www.morecovery.org/events.asp) or you may contact Tina Hoester at [thoester@chestnut.org](mailto:thoester@chestnut.org). National Recovery Month started 18 years ago through SAMHSA (Substance Abuse and Mental Health Services Administration) as a way to educate and focus on recovery, rather than the disease of addiction. Many other states will be hosting events to honor recovery in September, as well. To view other national events, go to the SAMHSA website at <http://www.recoverymonth.gov/2007/events/default.aspx>.



We are looking forward to your participation. Be sure to spread the word! The following is a list of the event sponsors to date. If your organization would like to help sponsor, please contact [thoester@chestnut.org](mailto:thoester@chestnut.org).

ARCH House  
Assisted Recovery Centers of America  
Baden Facility  
Bridgeway Counseling Services  
Center for Life Solutions  
Centerpointe Hospital  
Chestnut Health Systems Lighthouse  
COMTREA  
Edgewood Program  
Hagar House  
Harris House  
Lindell Club  
Missouri Recovery Network

National Council on Alcoholism  
and Drug Abuse—St. Louis Area  
New Beginnings  
North County Group  
Preferred Family Healthcare  
Queen of Peace Center  
St. Elizabeth Hospital, Belleville  
St. Louis Drug Court  
St. Louis Drug Court Alumni  
Association  
Salvation Army  
Saving Our Society  
Southeast Missouri Community  
Treatment

## MRN Welcomes New Council Members

MRN has experienced growth on our statewide Council since our last newsletter. We are currently up to 17 members on the board, contributing their knowledge and expertise to shape the direction of our advocacy and education efforts. We would like to welcome:

### Frank Fatino

*Fatino Counseling Services,  
Kansas City*

### Jeff Kushner

*Drug Court Administrator, St. Louis*

### Marta Nolin

*Department of Corrections,  
Jefferson City*

### Jane Pfefferkorn

*Mission Missouri, Sikeston*

### Evelyn Pulliam

*Mission Missouri, Sikeston*

### Veronica Spann

*Hannibal Council on Alcohol and  
Drug Abuse, Hannibal*

### Darrell Williams

*Cox Health, Springfield*



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## MRN Council Member Receives Award

**M** RN Council member, Ann Wilson, was awarded the 2007 MADCP Annual Claire McCaskill Achievement Award presented at the Missouri Association of Drug Court Professionals Conference on April 3 held in Tan-Tar-A, Osage Beach.

With over 500 participants in attendance, Ann received a standing ovation from her peers for her outstanding contributions to the drug courts in Missouri. Ann was noted not only as a statewide leader, but a national leader, as well. **Congratulations, Ann!**

## Study to Explore Alcohol Use and Anxiety

**A** study now underway at Boston University will examine the relationship between alcohol use and anxiety, including whether stress causes excessive drinking or vice-versa, *Boston Now* reported on May 3.

The study by the *Boston University Center for Anxiety and Related Disorders* will involve 128 patients who will be counseled for alcohol problems as well as receiving

anti-anxiety medication. Participants will receive 12 weeks of treatment and will be tracked for a year.

The goal of the study is to see if therapy for anxiety and addiction can take place simultaneously, as well as whether the intervention can prevent heavy drinkers from becoming alcohol dependent or alcoholic.

—*Join Together, May 14, 2007*

