

# MARN

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MISSOURI RECOVERY NETWORK

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

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## Walk For Recovery in September

*By Brenda Schell, MRN Project Director*

**T**he Missouri Recovery Network is participating in the 2<sup>nd</sup> Annual Walk for Recovery on Saturday, September 5<sup>th</sup>, 2009 at Tower Grove Park in St. Louis. The Walk for Recovery event is to raise awareness and funding for programs assisting the individual and family in recovery from an addiction and/or mental illness. Walk for Recovery is a celebration of the hope of life after addiction, and a call to action by people in our community.

Assist MRN in our advocacy efforts by either joining our team or donating to our cause. The money collected will go towards statewide efforts to reduce stigma, broaden the social understanding about addiction and recovery, reduce barriers to and support recovery, and help shape public attitudes, policies and opportunities for those in recovery and seeking recovery from an alcohol or drug addiction. The Walk for Recovery will also include a post-walk festival featuring resource booths, refreshments, family entertainment, and a nationally known speaker. For more information please visit the MRN website at [www.morecovery.org](http://www.morecovery.org) or [info@walkforrecoverystl.org](mailto:info@walkforrecoverystl.org).

## Join Hands For Recovery

*formerly known as the  
HANDS ACROSS THE BRIDGE*

**S**eptember is National Alcohol and Drug Addiction Recovery Month. Hands Across the Bridge put on their first event in 2006. Consequently, they chose the Chain of Rocks Bridge to stretch from the St. Louis side of the Mississippi river to the Illinois side, with the goal of joining hands and stretching from MO to IL. Thus Hands Across the Bridge for Recovery was formed. The event continues to celebrate the strides people have made in their lives and in their careers after recovering from alcohol and drug addiction and this year changed its name to Join Hands for Recovery.

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

## 2009 Mental Health Champions Honored

The Missouri Department of Health recently honored three individuals who were selected from statewide nominations as persons who have overcome their personal challenges to make life better for others and their communities. They are representative of individuals with mental illnesses, developmental disabilities, and persons in recovery from substance or gambling addictions. The banquet was sponsored by the Missouri Mental Health Foundation and the Missouri Department of Mental Health on April 1st in Jefferson City. The Champions selected were Jamie Graham, Robert Qualls and Regina McKinney.

Regina McKinney is a member of the Missouri Recovery Network and a Life Skills Coordinator and case Manager at Friendship House in Kansas City. She has overcome adversity to help over 200 women find their way through the maze of recovery. She has provided services to over 500 children whose mothers were working on addiction issues. Regina is working on her degree in addiction counseling at Graceland College.

The Dept. of Mental Health is seeking nominations for Mental Health Champions in 2010. The selection committee will be looking for examples of how individuals with mental illness, developmental disabilities, or substance abuse problems have overcome their challenges and whose actions and accomplishments exemplify commitment and courage in an effort to make life better for themselves and others in their communities.

The MRN would like to congratulate Regina McKinney for winning the Mental Health Champion in the area of Substance Addiction this year. Today, Regina's job and life's mission is to help other women who are currently battling the same addictions that she knows all too well. She believes strongly in sharing her story of recovery with others and she is passionate about "passing it on" to others.

The MRN encourages you to nominate an individual in recovery who inspires you and others. For more information on the nomination process, visit the MRN website at [www.morecovery.org](http://www.morecovery.org).

The deadline for submission of [nomination forms](#) is October 30, 2009.

## Medication Assisted Treatment

*Submitted by Mark Stringer, Director,  
Missouri Division of Alcohol and Drug Abuse*

On behalf of the Division of Alcohol and Drug Abuse, I am pleased to announce the release of Medication Assisted Addiction Treatment videos for physicians and non-physician clinicians. Medication Assisted Treatment (MAT) is an evidence-based practice that combines pharmacological interventions with substance abuse counseling and social support. Although not for everyone, it is an essential part of the comprehensive array of services that is now available to people struggling with addiction to alcohol or other drugs.

A paradox in our field is that although we recognize addiction as a chronic, relapsing disease, some substance abuse counselors and administrators have been reluctant to embrace new technologies for its treatment. At the same time, most physicians and other health care professionals receive little or no training in the treatment of addiction. As a result, adoption of MAT has been slow in some areas.

These videos were produced by the Missouri Institute of Mental Health as part of a statewide effort to shed light on MAT fact and fiction. I hope you find them useful.

Please visit the Missouri Recovery Network website [www.morecovery.org](http://www.morecovery.org) for additional Medication Assisted Treatment (MAT) information under the "Resource" tab. You may access the videos on the Missouri Recovery Network website or the Department of Mental Health website at [www.dmh.mo.gov/ada/medicationassistedtreatment.htm](http://www.dmh.mo.gov/ada/medicationassistedtreatment.htm).

The Missouri Recovery Network encourages treatment providers to use these videos to educate their staff, clients, and families involved in treatment about the benefits of medication in treating addiction.

## Share Your Recovery Month Activities & Events

The Missouri Recovery Network would like to post your Recovery Month events on the MRN website calendar to help generate momentum. Contact Brenda Frank at 573-635-6669 or e-mail [bfrank@actmissouri.org](mailto:bfrank@actmissouri.org) to post your event.

## Celebrating Families!

**C**elebrating Families! is an evidence-based, cognitive, behavioral, support group model designed for families when one or both parents have a serious problem with alcohol or other drugs. It is an intergenerational, family skills building curriculum that supports and maintains recovery, improving the health and well-being of children and family members, and increasing family reunification.

The curriculum engages family members, from three years old to adult, and fosters the development of healthy and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors.

Every session addresses addiction recovery concepts with healthy family-living skills, specifically targeting children of alcoholics/addicts and parents in early recovery.

This highly interactive, fully scripted curriculum was originally developed by Rosemary Tisch and Linda Sibley for families involved with Santa Clara County, CA Family Treatment Drug Court.

It has now been successfully replicated in multiple sites throughout California as well as Idaho, Connecticut, Indiana, Illinois, Kentucky, Georgia and Maryland.

To find out more, visit <http://www.celebratingfamilies.net>.

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### Join Hands For Recovery

Join Hands for Recovery has grown tremendously over the years and this year will be no different. Last year we had approximately 1,300 attend this event. Help us spread the word so we can surpass that number this year.

**Date: Saturday, September 19, 2009 - Time: 4 p.m. - 7 p.m.**

The location will be under the St. Louis Arch with an emphasis on community unity, vocational training and employment opportunities.

For more information, regarding sponsorship and exhibitor information, contact Elphanie (Sissy) Swift at [eswift@pfh.org](mailto:eswift@pfh.org) or Wardell Kahn at [wardell\\_kahn@yahoo.com](mailto:wardell_kahn@yahoo.com).

## Share Your Recovery Story

**A**s a member of the MRN we ask your support in helping people understand the impact of drug and alcohol addiction. You can make a difference in someone's life with your personal story of addiction and recovery. People just like you CAN and DO recover from addiction and lead happy, productive lives. The MRN works diligently to educate the public and reduce the stigma associated with addiction and recovery. We encourage you to submit "your story" in a paragraph or two for publication in our newsletter and/or website. We hope "your story" will also inspire hope in others. Please submit your story and any information regarding any local programs you may be participating in to [bfrank@actmissouri.org](mailto:bfrank@actmissouri.org).

## How to Cope Receives Exemplary Award

**T**he National Association of State Alcohol and Drug Abuse Directors (NASADAD) awarded How to Cope in Kansas City, Mo., the 2008 National Exemplary Award for Innovative Substance Abuse Prevention Programs, Practices and Policies. Underwritten by the federal Center for Substance Abuse Prevention, the Exemplary Award recognized six programs nationwide last year.

How to Cope offers education, support, awareness and assistance to individuals who are affected by another person's abuse of alcohol or drugs. Program participants, who pay \$150 for the class, are typically 18 years old or older. The program focuses on empowering adults impacted by another's addiction, helping these adults understand the impact on a family unit, and promoting healthy decisions through education, skills building and a support system.

As part of the award, the program received \$1,500 and was featured at the 21st Annual National Prevention Network's Research Conference held last August in Indianapolis.

NCADD-KC is now marketing its award-winning How to Cope program to councils nationwide. For additional information, contact the NCADD at 816-361-5900 or [www.ncaddkc.org](http://www.ncaddkc.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.

# DOC Seeks Volunteers

Submitted by Randall Robb, Substance Abuse Unit Supervisor, DOC

*“During a time of almost unprecedented challenges it is crucial that we all work together, the Government alone cannot fix everything. Working together in a sustained collaborative effort we can harness our greatest resource, our people, and change the course of history”.*

*President Obama*

**T**he challenges of our nation, our government and our society requires not only a concerted effort of government and business to meet those challenges but it also requires individuals to go beyond their personal duties and work in conjunction with government and business in order to optimize available resources.

Within the process of treatment and recovery is a fundamental practice that has provided overwhelming support through guidance and mentoring to countless numbers of individuals. This practice only requires an individual with some experience and wisdom to donate time to an individual who could benefit from learning new skills to overcome personal challenges.

The Missouri Department of Corrections utilizes the volunteer process to provide support and encouragement for those incarcerated who could benefit from positive contact

with others. Both volunteer and intern programs are available throughout the Department and State. Individuals interested in becoming a volunteer or learning more about these programs may contact the Department of Corrections through the departments web site or contact the Institutional Activity Coordinator (IAC) or Chaplain at the Correctional Center or the Volunteer Coordinator at the Probation and Parole Office where you desire to volunteer or intern.

An application process is followed by an extensive training regimen before assignment to a program or facility. The process usually takes one to two months to complete. Clarifying information regarding this process is included in the application packet and can be obtained by contacting the facility or Department of Corrections at [www.doc.mo.gov](http://www.doc.mo.gov) or 573-751-2389.