

# Recovery Happens

August 2019

## September is National Recovery Month!!

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I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was.

-Sade Andria Zabala

### MARK YOUR CALENDAR

#### Important Upcoming Dates:

**August 30 is Opioid Misuse Prevention Day**

**August 31 is Overdose Awareness Day**

**September is National Recovery Month**

**October 17th is Global Peer Support Day**

**Send us your event's information and we will help you promote them around the state!**

#### When Advocating Always:

- Use recovery language
- Keep it personal
- Keep it simple
- Define the word recovery
- Focus on your recovery
- Recovery is more than abstinence

What an amazing time to be alive! We actually have an entire month to recognize recovery. National Recovery Month is a national observance held every September for the past 30 years to educate Americans that substance use and mental health services can enable those with a substance use and/or mental disorder to live a rewarding and healthy life!

Every year Recovery Month selects a new focus and theme. This year Recovery Month will focus on first responders, community members, the healthcare community and young and emerging leaders,

highlighting the various entities that support recovery within our society.

The 2019 theme, "Join the Voices for Recovery: Together We Are Stronger," emphasizes the need to share resources and build networks across the country to support recovery. After all, substance use disorders affect us all, and together we are all part of the solution.

Because September is Recovery Month, this month's newsletter will feature some of the awesome Recovery Month events around our state. We will also feature some people from around the world you may recognize that are being vocal

and visible about their long-term recovery.

We encourage you to attend a Recovery Month event or two near you. If you are in recovery, share it with someone you care about. If you know someone who loves someone with an active substance use disorder, reach out to them and give them some much needed support and affirmation. If you work in the prevention, treatment, recovery and/or harm reduction field, share what you do and the impact it is having with a couple of leaders in your community. Let's be visible and vocal in September!!

## Recovery Month Events

### Addiction and Recovery Summit

Date: August 30th  
Time: 8 AM—5 PM  
Cost: \$10 includes light breakfast, lunch and CEUs  
Location: Plaster Student Union, Missouri State University, Springfield, MO  
For more information or to register [click here](#)

### Unsung Heroes Luncheon

Date: September 5th  
Time: 11:30 AM– 1:30 PM  
Cost: \$25 or \$225 for a table that seats 10  
Location: Bruce R Watkins Cultural Center, 3700 Blue Parkway, Kansas City, MO 64130  
For more information or to register [click here](#)

### Mass of Healing for the Opioid Crisis and those Afflicted by the Opioid Crisis

Date: September 6  
Time: 6 PM doors open. Prayer service begins at 8 PM  
Cost: Free  
Location: Immaculate Concep-

tion Church, 1206 East McCarty Street, Jefferson City, MO  
The event will include an open 12 step meeting. Seasoned sponsors from various recovery step programs will be available to speak and provide information, teachings on prayer and recovery and a healing prayer service.

### 2019 Annual Family Fest

Date: September 7th  
Time: 9 AM—6 PM  
Cost: FREE  
Location: Concourse Park on St John Avenue and Benton Blvd., Kansas City, MO  
Hot dogs, drinks, bounce houses, games, horseback rides, rock climbing wall, prizes, live music, testimonies, resources, raffles and more.

### Race for Recovery 5K

Date: September 7  
Time: 9:30 AM start time. Check in from 8 AM- 9 AM  
Cost: \$30 for the 5K \$15 for children 12 and under, additional shirts \$10

Location: Stephens Lake Park, 2001 East Broadway, Columbia, MO  
Participants will receive a t-shirt and finisher medal, light snacks and refreshments available after the race/walk. For more information or to register [click here](#)

### Recovery for the Long Run

Date: September 8  
Time: 8:30 AM  
Cost: \$40 to participate  
Location: Tower Grove Park's Roman Pavilion, St Louis, MO  
All proceeds benefit women, children and families served by Queen of Peace. To register [click here](#). For more information or to be a sponsor call Kate at 314-531-0511 ext 180

### Swing Fore Recovery

Date: September 9  
Time: Registration at 8:30 AM Auction and 9:30 AM Shotgun start at 10 AM  
Cost: \$250 player fee

**Recovery Event cont. on Page 3**

## Bill White on Use of Self in Service to Others



### **The Missouri Attorney General Needs Your Help**

The Missouri Attorney General's office launched a program **Real Opioid Pain** and is asking Missourians to share their stories of the pain and suffering caused by opioids. These first-hand stories will be used in this legal battle. At the center of this program is a website

[www.realopioidpain.com](http://www.realopioidpain.com) where they invite Missourians to share stories of how they have been impacted by opioids. The Attorney General's office is looking to Missourians, from all corners of our state, to tell the stories of how you, your family, friends, neighbors, colleagues, etc. have suffered due to opioids. Through these painful stories, they believe they can help bring those who have caused this pain and suffering to justice. Add your story.

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The point here is not that I was unique, but that we are all simultaneously unique and the same. None of us are perfectly equipped to facilitate the process of addiction recovery. We will all find ourselves mismatched to those with whom we seek to help if we add enough qualifiers. We will all encounter others who make us feel like impostors posing as helpers. The key is to find a way to use what we have to build avenues of connection. We have to find a foundation of experience from which we can reach across whatever barriers separate us from those we serve. The emotional core of addiction is a mixture of isolation (in the end, only the drug exists), desperation (over rapidly fading power and control), and shame (over the loss of control of the drug and ourselves and the damage we are inflicting on ourselves, our loved ones, and the world). Each of us must reach into ourselves

and find the imprinted memory of such feelings if we are to enter into relationships with our clients from a position of moral equality and emotional authenticity.

The issue is not whether we share or don't share an addiction history or a particular drug choice; the issue is whether we can connect with our own experiences of isolation, desperation, and shame with the hope that infuses all communities of recovery. The issue is whether we have witnessed parts of ourselves die so other parts could be born. The issue is whether we can reach into our own broken state as passage to accept the woundedness of others, and then reach again to find the hope that today burns within us that others so desperately need. What I thought was my uniqueness turned out to be the ground upon which I would connect with people across the recovery spectrum. That is the

ground that each of you in your own way must find.

For those who do not bring recovery experience to the field, my story underscores why it is advisable for people in recovery to have a few years of recovery behind them before they enter the professional service arena. I entered the field early in my own recovery, which was common at the time. The reason that this first chapter is more about me than clients I worked with is that the opening chapter of my career was focused more on me than anything else. This is not to say that everyone working in this field cannot grow personally through what they experience in the professional arena. But it does suggest that one must have sufficient maturity to separate one's own needs from the needs of individuals, families and communities.

To continue reading [click here](#).

## 2019 Certified Peer Specialist Trainings

**For more information about the Missouri Peer Specialist Training [click here](#)**

- |                        |                       |
|------------------------|-----------------------|
| <b>September 16-20</b> | <b>Jefferson City</b> |
| <b>October 7-11</b>    | <b>Sikeston</b>       |
| <b>October 14-18</b>   | <b>Joplin</b>         |
| <b>November 18-22</b>  | <b>Kansas City</b>    |
| <b>December 2-6</b>    | <b>St Louis</b>       |

**Peer Specialist Supervision Training**

**Tuesday October 29th - Cape Girardeau, MO**

[Click here for registration](#)

**Tuesday December 10th - Jefferson City, MO**

[Click here for registration](#)

**If you have any questions, contact the Missouri Credentialing board at 573-616-2300 or email them at**

[help@missouricb.com](mailto:help@missouricb.com).

**Opioid overdoses don't have to be fatal!**

**International Overdose Awareness Day is Saturday, August 31.**

In honor of the loved ones we've lost and miss so dearly, let's take action.

**[Learn about how to get naloxone for little or no cost, and how to administer it in an emergency.](#)**

## Trainings around Missouri

**Missouri Recovery Support Specialist Training**

**Where:** Branson

**When:** October 24-26

The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder.

To register [click here](#)

For questions call 573-616-2300

**Wellness Recovery Action Plan (WRAP) Training**

**Where:** Kansas City **When:** September 10-11

**More information will be coming soon from the Department of Mental Health!**

**SkillUP Program**

For Missouri Food Stamp (SNAP) recipients ages 16-59, Skill UP offers free help with skills, training and employer connections to get a better job. SkillUP helps with work expenses, transportation and childcare. For more information [click here](#).

## September's Recovery Month Events

Location: Milburn Golf and Country Club, Kansas City, MO

Featuring \$6,000 in cash and prizes, silent auction featuring authentic memorabilia from Patrick Mahomes and more, on-course contest, food and beverages, post-tourney reception, player tee package includes dry-fit sun shirt, bucket hat, Welcome House hot/cold tumbler, golf balls and more

[Sponsor Info](#) [Tournament Info](#)  
[Team and Sponsor Registration](#)

### **Follow-Up Community Conversation: Opioids in the Workforce**

**Offered on 2 dates: 9/10 and 9/24**

Date: September 10

Time: 9:30 AM – 5 PM

Cost: Free

Location: Salem Community Center at the Armory, 1200 West Rolla Road, Salem, MO 65560

For more information [click here](#)

Date: September 24

Time: 9:30 AM – 5 PM

Cost: Free

Location: Knights of Columbus, 7057 Old 66, Cuba, Missouri 65453

For more information [click here](#)

Join our panel of leaders for a discussion regarding the challenges facing the workforce.

### **Dinner and the Showing of Not My Child**

Date: September 10

Time: 6 PM

Cost: Free

Location: Westphalia Knights of Columbus Hall, Hwy 63, Westphalia, MO

Featuring the documentary Not My Child, then hear from the producer and one of the parents featured in the documentary. For more information contact [charbellsmith@gmail.com](mailto:charbellsmith@gmail.com)

### **Alcoholics Anonymous Informational Seminar**

Date: September 12

Time: 9 AM

Cost: Free

Location: Tunnell-Wherritt Community Room, Capital Region Medical Center, 1125 Madison Street, Jefferson City, MO

Includes personal stories from people who have found sobriety after community referrals. Education provided on AA. Drinks and food provided. To RSVP contact [sscovill555@gmail.com](mailto:sscovill555@gmail.com)

### **The Mosaic of Special Populations in Recovery**

Date: September 13

Time: 8 AM – 4 PM

Cost: \$50 for 6.25 CEU's through the Missouri Credentialing Board

Location: Bogey Hills Country Club, 1120 County Club Dr., St Charles, MO 63303

This conference will discuss the importance of identifying and assessing treatment needs of special populations in recovery, featuring Brenda Iliff from Hazelden. To RSVP contact [sahunt@cphmo.net](mailto:sahunt@cphmo.net)

### **Reflections 3 Stage Play**

Date: September 14

Time: 2 PM & 6:30 PM Shows

Cost: \$25

Location: Gem Theater, 1615 E. 18th St., Kansas City, MO

For ticket information 816-561-0035 or 816-405-0982

### **Recovery Day**

Date: September 14

Time: 3 PM – 9 PM

Cost: Free to attend (food, raffles, t-shirts and games are available to purchase)

Location: Oak Park, Aurora, MO Fundraiser featuring live music, testimonies and a whole lot more. For information [click here](#)

### **Celebrate Recovery with COPS**

Date: September 15

Time: 7 AM & 10:45 AM services

Cost: FREE

Location: Palestine Missionary Baptist Church, 3619 E 35th St.,

Kansas City, MO

Stomp your feet, clap your hands, sing a song and praise God

### **Missouri Recovery Network presents Trivia Night**

Date: September 19

Time: 6:30 PM—9 PM

Cost: FREE

Location: Kathy Carter Building, 221 Metro Drive, Jefferson City MO

Register your team of up to 8 by September 12th by email [neickhoff@morecovery.org](mailto:neickhoff@morecovery.org) or call 573-634-1029

Includes snacks and prizes!!

### **Celebrate Family Block Party**

Date: September 21

Time: 11 AM—2 PM

Cost: FREE

Location: Spirit of Freedom Fountain, Emanuel Clever II

Blvd. at Cleveland Ave, Kansas City, MO

Food, games, music and prizes!

### **Recovery is Real**

Date: September 21

Time: 12 PM – 4 PM

Cost: Free

Location: The Farm, 2828 East Highway 47, Winfield, MO

An event for families and young people in recovery

### **First Call Celebration Evening**

Date: September 26

Time: 7 PM

Cost: \$100 per person

Location: Unity Temple on the Plaza, 707 W. 47th St. Kansas City, MO

Fundraising activities and speakers including Elizabeth Vargas, Emmy award-winning journalist in conversation with Lara Moritz, KMBC9 News Anchor For more information [click here](#)

### **Boots on the Ground**

Date: September 27

Time: 8:30 AM—3 PM

Cost: Free

Location: Fellowship Baptist Church, Poplar Bluff, MO

Featuring speakers and a screening of the documentary "Not My Child." Lunch will be provided.

### **PEEPS 4th Annual Recovery Day Event**

Date: September 27

Time: 11 AM—5 PM

Cost: Free

Location: Table Rock State Park, 5272 Hwy 165, Branson, MO

Featuring food, raffles, volleyball, swimming, races and prizes. Please bring a side dish. Donations for the raffles are appreciated!

### **4th Annual Addiction Recovery Walk**

Date: September 28

Time 8 AM – 12 PM

Cost: Free

Location: Capaha Park, 1546 Broadway, Cape Girardeau, MO

To bring awareness to Missouri's substance use disorder crisis and provide hope showing the community that we do recover, that it is possible to find solutions and maintain long-term recovery.

### **Celebrate Recovery Festival**

Date: September 28

Time: 11 AM—2:30 PM

Cost: FREE

Location C.L. Stephenson Multipurpose Building, 1505 East Vest Street, Marshall, MO

Live music, bounce house, face painting, haircuts, testimonies, food, prizes, testimonies and more!

### **Breaking Every Chain Rally**

Date: September 28

Time: 2 PM—4 PM

Cost: FREE

Location: Hood Park on Hood Drive, Cuba, MO Stories from people in the field, testimonies, recovery resources, live music, bounce house, food and more.

For more info [click here](#)



# MRN

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THE STATEWIDE  
VOICE FOR RECOVERY

We are on the Web  
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You already shop on Amazon, right? Now you can donate to the Missouri Recovery Network at no extra cost to you! With AmazonSmile, you shop, Amazon gives. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Support MRN by starting your shopping at [smile.amazon.com](https://smile.amazon.com/ch/47-1239408) or simply follow this link: <https://smile.amazon.com/ch/47-1239408>. Thank you in advance for supporting our education and recovery advocacy efforts statewide!

amazon smile



"At some point it dawned on me that I might actually be in big, big

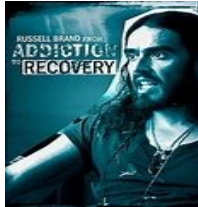
trouble. The thought was immediately followed by the staggering realization that despite years of slowly killing myself, all I wanted, with more passion and ferocity than I'd ever wanted anything else in my entire life, was to live.

**Kristen Johnston**  
In recovery since 2006



"Remember that just because you hit bottom doesn't mean you have to stay

there."  
**Robert Downey Jr.**  
In recovery since 2003



"You need only allow gentle hope to enter your heart. Exhale and allow hope,

and give yourself some time. This is a process of change that requires a good deal of self-compassion, which is neither stagnant nor permissive. We can just start by being a little kinder to ourselves and open to the possibility that life doesn't have to be bloody awful."

**Russell Brand**  
In recovery since 2002



"Everything came alive again. The hope. Everything. Music never left my side. So-

briety allows you to let things go. Sobriety lets you focus on the now and not the past, and I've never had any regrets. I love my life now. I loved my life before, I just didn't know how to live it.

**Sir Elton John**  
In recovery since 1990



"I had many addictions, of several kinds, to deal with my life issues, but

today I have my wisdom, my heart and my conscience as

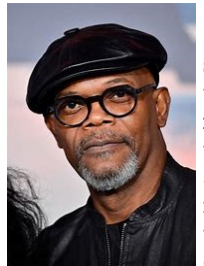
the only tools to overcome life's inevitable obstacles."  
**Jada Pinkett Smith**  
In recovery since 1997



"I learned that I could have fun and laugh and cry with amazing people and not be

on drugs. I learned that I could live my life and still be beautiful and fun and still go to parties and not even have to have a glass of wine."

**Stevie Nicks**  
In recovery since 1998



"I understood, through rehab, things about creating characters. I understood

that creating whole people means knowing where we come from, how we can make a mistake and how we overcome things to make ourselves stronger."

**Samuel L. Jackson**  
In recovery since 1991



"I've found in the years that I've been doing this thing that any program that doesn't adhere to the close

steps of recovery that come out of AA and NA seem to fail. And not so much because that's the only way but because what you're doing is giving up your ego and saying this is the way I'm staying clean, it's not my fortitude and it's not my machismo. This is the way"

**Danny Trejo**  
In recovery since 1968



"My recovery from drug addiction is the single greatest accomplishment of my life but it takes work, hard, painful work. The help is there, in every town and career, drug/drink freed members of society, from every single walk and talk of life to help and guide."

**Jaime Lee Curtis**  
In recovery since 2000



"Sobriety was the greatest gift I ever gave myself. I don't put it on a platform. I don't campaign about it. It's just something that works for me."

**Robe Lowe**  
In recovery since 1990



"I'm not ashamed of who I am. Of course I'm ashamed of the things that have happened. But with life experiences, you're able to

give back and help others."  
**Darryl Strawberry**  
In recovery since 2002



"Over the last seven years I've had the responsibility of sharing my story in front of a million kids. I truly believe in my heart

that I've made a difference for some, and I do this for many reasons. When it comes to addiction, I think we've gone horribly wrong. I think we put way too much focus on the *worst* day, and we forget about the *first* day.

**Chris Herren**  
In Recovery Since 2008