

MRN

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

Recovery Happens

January/February 2019

Recovery Advocacy Day 2019

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We are excited to have you come join us again this year for Recovery Advocacy Day. This year the Missouri Recovery Network will be hosting Recovery Advocacy Day on Wednesday, February 6th. Registration will begin at 8:30 AM at the Governor Office Building located at 200 Madison Street in Room 450. [Click here to register for Recovery Advocacy Day for free.](#)

This year our focus will be the creation of a Missouri Legislative Substance Use and Recovery Caucus. We would like to educate and raise awareness among Missouri lawmakers about long-term recovery concepts regarding substance use disorders. With over 72,000 people dying from overdoses and another 88,000 from alcohol-related causes each year, we must do more to prevent the spread of this epidemic

and find solutions to save lives.

This is essential to our state and the Missouri Substance Use Recovery Caucus aims to stop the devastating trend we are seeing by bringing awareness to this cause and having meaningful conversations about what is needed and/or lacking for those who are in need of recovery services, including family members.

In addition to Recovery Advocacy Day this year, we will be coming together the day before on Tuesday, February 5th to co-host a **Recovery Symposium** along with the Missouri Coalition of Recovery Support Providers.

The Recovery Symposium will be held from 1230 - 445 pm and will be followed by a Legislative Reception from 530 - 730 pm at the Kathy Carter Building, 221 Metro Drive in Jefferson City. We are excited to have Tom Hill from the National

Council of Behavioral Health presenting at the Symposium!

We unify our voices to mobilize our growing numbers and our influence. We come together to reach our goal of engaging those who still suffer from a substance use disorder, those families impacted by this disease, and so we can create a world in which long term sustained recovery is supported by our legislators and communities. We come together to educate others and to send a message to those still suffering: Recovery is possible and real! For far too long we have knelt with bowed heads, not in humility, but in shame. Today, we stand united as one—in our gratitude for our recovery and in our commitment to help others who need recovery! [Click here to register for the free Recovery Symposium.](#)



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

2019 Peer Leadership Summit - Save the Date

We are excited to announce that we will be hosting the 4th Annual Peer Leadership Summit May 28-29 at the Tan-Tar-A Resort in Osage Beach, MO.

There are many studies that validate the effectiveness of peer support. Research has proven that peer support helps improve individual recovery outcomes. Now more than ever, there is a great emphasis on recovery from mental illness and substance use disorders.

Our goal is to help create a statewide recovery oriented

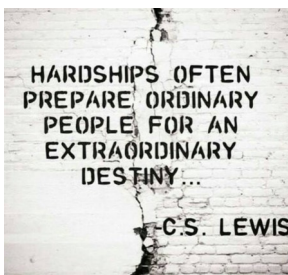
system of care in which long-term recovery is the predicted and expected outcome for all individuals who engage in the recovery process. We believe that the utilization of peers in various settings will assist in this goal.

MRN wants to create an environment of peer inclusion, and improve the perception of peer support. Additionally, this conference serves to promote the excellence in peer support statewide, as well as bring peer support providers to-

gether as one collective voice.

Please join us this year, where we invite all peer specialists and those who support peer specialists to join us for two days of learning and networking. We must continue to support, educate and promote the powers of peer support and how they help people maintain their recovery, live self-directed lives and reach their full potential.

More information will be coming soon!



Words are important. If you want to care for something, you call it a "flower"; if you want to kill something, you call it a "weed".

Don Coyhis

Don Howard Scholarship Fund Now Accepting Applications

The board of the Donald Howard Scholarship Fund awarded the Fall 2018 Scholarship to Glenn Fuselier of St. Louis. Glenn attends Webster College. His career goal is to work in the broadcast industry. Glenn is active in various volunteer activities in the St. Louis area. The board noted Glenn's persistence in pursuing the scholarship as well as his recovery. Persistence and determination is reflected in our logo, the turtle, who must stick its neck out to make progress and persistence in keeping on to win the race.

The next application deadline is March 1, 2019, and information is available on our website: www.recoveryscholarships.com.

Follow us on Facebook [here](#) and twitter [@Recovery_MO](#)



Bill White on Recovery Language and Advocacy

Some will question why we as recovery advocates should invest valuable time debating the words used to convey alcohol and other drug (AOD) problems and their solutions when there are suffering individuals and families that need to be engaged, recovery support resources that need to be created, communities that need to be educated, and regressive, discriminatory policies that need to be changed. We must invest this time because achieving our broader goals depends on our ability to forge a recovery-oriented vocabulary. Words have immense power to wound or heal. The wrong words

shame people with AOD problems and drive them into the shadows of subterranean cultures. The wrong words, by conveying that people are not worthy of recovery and not capable of recovery, fuel self-destruction and prevent or postpone help-seeking. The right words serve as catalysts of personal transformation and offer invitations to citizenship and community service. The right words awaken processes of personal healing, family renewal, and community and cultural revitalization. The wrong words stigmatize and disempower individuals, families and communities.

Words determine the social institutions that will lay claim to AOD problems and whether people with such problems will find themselves in systems of compassion and care or systems of control and punishment. How we as a culture conceptualize AOD problems dictates whether the people with such problems will be tended to by a physician, a counselor, a preacher, a community activist or a jailer.

To continue reading [click here](#)

For free recovery language training contact dstoecker@morecovery.org

2019 Missouri Certified Peer Specialist Trainings

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

- February 18-22 St Louis**
- March 11-15 Jefferson City**
- April 8-12 Kansas City**
- May 6-10 Cape Girardeau**
- June 17-21 Springfield**

- July 8-12 St Louis**
- August 12-16 Kansas City**
- September 16-20 Jefferson City**
- October 7-11 Sikeston**
- October 14-18 Joplin**
- November 18-22 Kansas City**
- December 2-6 St Louis**

Peer Leadership Summit

May 28-29
Tan Tar A Resort 494
Tan Tar A Dr. Osage
Beach, MO 65065

Save the Date!!

More information will be coming soon!

Upcoming Trainings and Conferences

Missouri Crisis Intervention Team Conference

March 18-19
Holiday Inn and Expo Center 2200 I-70 Dr. SW Columbia, MO 65203

For registration information [click here](#)

Spring Training Institute

May 30-31
Tan Tar A Resort 494 Tan Tar A Dr. Osage Beach, MO 65065

For registration information [click here](#)

Missouri Association of Treatment Court Professionals Conference

March 27-29
Hilton Branson Convention Center 200 East Main Street Branson, MO 65616

For more information [click here](#).

Make Your Dreams Realities in 2019

I was asked what my New Year's resolution was Sunday. "To not have any more New Year's resolutions," I replied. I am done with New Year's resolutions, and maybe you should be too.

You see, no matter how positive or negative 2018 was, 2019 is a brand new year that is chock full of potential. January 1st isn't the only day to start chasing your dreams.

In fact, 2019 contains 365 sunrises, each an opportunity to start anew. I recommend you chase your dreams every single day. 2019 will also contain 365 individual sunsets, each one an opportunity to review how you came closer or

moved farther away from your dreams; then chart your course for tomorrow.

2019 will bring each and everyone of us 365 unique opportunities to either continue in the direction we are going, or regroup and start over again. So as we begin the new year, I would recommend putting the people and things in your life that will lead to you success.

Find a mentor, someone who is living the life you want to be living in 5 years. Carve time out of your schedule to meet with them over coffee or breakfast. Ask them how they got to where they are and then follow their advice.

Find several accountability partners. There are people who want to see you do better, and know what your goals and dreams are. Give them permission to call you out if you are not living up to your full potential. Start each night with at least one objective for the next day that leads you closer to your dreams.

Begin each day with meditation/prayer and a gratitude list.

Most importantly, remember that you are good enough, smart enough and strong enough to accomplish your dreams. **YOU ARE ENOUGH!!**



FDA Panel Backs Co-prescribing Naloxone

Reuters—An advisory panel to the U.S. Food and Drug Administration narrowly recommended prescribing the opioid overdose reversal drug, naloxone, along with addictive painkillers.

The panel voted 12-11 in favor of labeling changes for opioids that recommend co-prescribing the overdose antidote, con-

cluding a two-day discussion on ways to make the potentially life-saving drug readily available.

The recommendation underscores concerns about the growing opioid overdose epidemic that claimed more than 49,000 lives last year.

When administered quickly, naloxone helps reverse the effects of an overdose and saves lives.

"The prescription of naloxone

could facilitate a healthy dialogue between patients and the healthcare provider," said Maryann Amirshahi, a panel member who voted in favor.

But co-prescribing naloxone to all patients who are prescribed painkillers could increase annual healthcare costs by \$63.9 billion to \$580.8 billion, according to RFDA studies.

To continue reading, [click here](#).

I like the dreams of the future better than the history of the past.

Thomas Jefferson

Welcome to 2019: A New Beginning

We celebrate another year ending and a new one beginning. Let us look back and appreciate the experiences we have had and learn from the mistakes we have made. Let us look forward to this new year with anticipation and excitement! Embrace the New Year with a positive attitude and a determined spirit.

Catherine Pulsifer

New Beginnings

How often we wish for another chance to have a fresh beginning; A chance to sweep away our mistakes and change failure into winning. It does not take a new year to make a brand new start; It only takes a deep desire to try with all your heart. To live a little better and to always be forgiving; To add a little sunshine to

the world in which we are living.

So never give up and think that you are through; For there's always a tomorrow and a chance to start a new.

Helen Steiner Rice



I personally believe this: We have only today; yesterdays gone and tomorrow is uncertain. That's why they call it the present. And sobriety really is a gift... for those who are willing to receive it.

Ace Frehley

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THE STATEWIDE
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We are on the Web
WWW.MORECOVERY.ORG



Cheers to another new year
and another change for us to
get it right.

Oprah Winfrey

And now you welcome the
new year. Full of things that
have never been.

Rainer Maria Rilke

Hope smiles from the thresh-
old of the year to come, whis-
pering, "It will be happier."

Alfred Lord Tennyson

Every new beginning comes
from some other beginnings
end.

Seneca

2019 Director's Creativity Show- case

FINAL REMINDER!!!

GET YOUR ENTRIES IN! **Cash Prizes to Winners!**
**GO TO OUR WEBSITE FOR SPECIFICATIONS AND DETAILS OF
THE ENTRY!**

http://www.missourimhf.org/?page_id=3351

**Artwork must be received in Jefferson City
by Friday, January 25, 2019**

Welcome Natalie Eickhoff to MRN

MRN would like to welcome Natalie Eickhoff to our team. She is the new shared Administrative Assistant for Missouri Recovery Network and the Missouri Coalition of Recovery Support Providers. She started her employment October 1st. She graduated from Missouri State University in 2013 with Bachelors degrees in Business Administration and Theater Studies. Right out of college she worked in property management. In 2015, she started work as a veterinary technician in Jefferson City. She recently decided to change career paths and has a passion for helping educate, advocate

and bring awareness to substance use disorder recovery.

Along with this new position, Natalie also has her own pet sitting business, "Sitting Pretty". She is also a Mary Kay Independent Beauty Consultant, volunteers with People Helping Paws, and is actively involved in three community theater organizations in Jefferson City; Capital City Productions, The Little Theater, and Scene One. In the upcoming show for Capital City Productions, "Million Dollar Quartet", Natalie is on the production team for the group of professional actors coming in from Chicago. Needless to say, she is keeping busy both in her personal and professional life!

Welcome aboard Natalie!!

Entering 2019

Each year's regret are envelopes in which messages of hope are found for the New Year.

Ralp Waldo Emerson

New Year - A new chapter, new verse, or just the same old story? Ultimately we write it. The choice is yours.

Alex Morritt

What the new year brings to you will depend a great deal on what you bring to the new year.

Vern McLellan

The new year stands before us, like a chapter in a book, waiting to be written.

Melody Beattie

Tomorrow is the first blank page of a 365 page book. Write a good one.

Brad Paisley