

MRN

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

Recovery Happens

October 2019

Missouri Celebrated Recovery Month!

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As most of you know, September was National Recovery Month, which is a very special time for our community. We use the month to promote the societal benefits of prevention, treatment and recovery, celebrate people in recovery, laud the contributions of treatment and service providers, promote the message that there are multiple pathways to recovery and that recovery isn't the exception but the expectation! The Missouri Recovery Network was excited to see so many amazing organizations around the state of Missouri not only recognizing but celebrating National Recovery Month through multiple events, rallies and walks.

In total, the state of Missouri saw over 20 Recovery Month events that were partnerships between over 100 community organizations. The Missouri Recovery Network hosted or co-sponsored 8 events statewide. There were over 1,500 people in attendance at the 8 events MRN co-sponsored: Family Fun Fest (KC), Trivia Night (JC),

Addiction Recovery Summit (Spr.), Boots on the Ground (Poplar Bluff-SE MO), Rock your Recovery (St. Louis), Annual Recovery Walk (Sikeston-SE MO), Recovery on the Farm (St. Louis), etc.

As recovery advocates, we know that our efforts to promote and celebrate an alcohol and drug free lifestyle is a never-ending job. It's hard to not become weighed down by statistics in this field, including ones that tell us that three Missourians lose their lives each day as a result of drug overdose; opioids are now responsible for 1 in 5 deaths among young adults; and 1 in 7 people in the U.S. will develop a substance use disorder at some point in their lives.

While addiction is well-documented, the hope, possibilities, and transformative POWER of recovery often go unrecognized and unspoken. During September, the stories of experience, strength, hope and healing were at the forefront of these events and celebrations.

We must forge ahead, acknowledging the above statistics, but never become so overwhelmed by them that it stops us from doing what we do best – advocating for those whose voices are often forgotten or

lost. In order to drive change, we must BE THE CHANGE we want to see!

The Missouri Recovery Network encourages each of you to continue your hard work in the year ahead by sharing the beauty, power and reality of recovery with those you meet.



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



Legislative Panel in Springfield



Awareness Walk in Poplar Bluff



Trivia night in Jefferson City

Free Job Training for SNAP Recipients

SkillUP is a program that works with people who are Missouri Food Stamps recipients who desire additional training or support to become employed or to improve their current employment. SkillUP can assist in the following areas:

- **Career Guidance** – Exploring your interests through Labor Market

Research, Information on Training Providers and Resume prep

- **Developing an Individual Employment Plan**
- **Vocational Education**
- **Job Search Activities**
- **Job Retention Services**

To learn more about the SkillUP program [please click here](#)

Reach out to one of the following partners around the state by clicking on it:

[Missouri Community College Association \(MCCA\) Member institutions](#)

[Missouri Division of Workforce Development and your local Missouri Job Center](#)

[Missouri Work Assistance](#)



If you treat an individual as he is, he will remain as he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.
 Johann Wolfgang von Goethe

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 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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Bill White on Recovery/Remission of SUD

In 2012, I authored a monograph reviewing the results of 415 studies published over more than a century that reported rates of addiction recovery. Major findings of that review included 5.3% to 15.3% (25-40 million adults) of the adult population who reported once having but no longer having an alcohol or other drug (AOD) problem—either through sustained abstinence or reductions in AOD use. Substance use disorder (SUD) remission rates in studies published since 2000 were 53.9% in community samples and 50.3% in clinical samples (follow-up studies of addiction treatment). The wide range of estimates of prevalence and remission rates can be attributed to different problem defini-

tions, different definitions of remission, and duration of follow-up (also see Mellor et al., 2019), but these studies collectively confirm a substantial population of people who reported having resolved an AOD problem in their lifetime.

Two recently published studies led by McCabe (2018) and Kelly (2017, 2018) offer additional data on recovery prevalence in the United States. Major findings from the McCabe study, based on data from the 2012-2013 Epidemiologic Survey on Alcohol and Related Conditions, include the following:

- 25.4% of the adult U.S. population reported meet-

ing criteria for a DSM-5 SUD in their lifetime, with one-fourth of these reporting multiple SUDs.

- Among those with prior SUD, past year status was reported as: abstinence (14.2%), asymptomatic use (36.9%), partial remission (10.9%), and persistent/recurrent SUD (38.1%).
- Persistent/recurrent SUD status was associated with being 18-24, current tobacco use, higher levels of education and income, never married or divorced/separated, no prior addiction treatment, and stressful life events.

[To continue reading click here](#)

2019 Missouri Certified Peer Specialist Trainings

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

- October 7-11 Sikeston**
- October 14-18 Joplin**
- November 18-22 Kansas City**
- December 2-6 St Louis**

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.

Missouri Recovery Support Specialist Training

Where: Reed Springs

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

ROC Grand Opening in Columbia

The Reentry Opportunity Center (ROC) will serve as a one-stop-shop for people recently released from jail or prison, and those under supervision in the criminal justice system. The ROC will be modeled in part after Recovery Community Centers we see elsewhere in the state. When fully operational, the ROC will likely have video games, a basketball hoop, couches, coffee, snacks, and a TV. It will be a safe place

that people who want to do the right thing can hang out with others wanting to do the right thing. The ROC will additionally be able to provide meaningful and tangible resources and supports that can address immediate basic needs as well as the criminogenic needs of those we serve. Governmental and non-governmental agencies will truly collaborate and partner in an ongoing process of identifying

these needs, and how they can be met. The physical space has been secured and the momentum is building as we move closer each day to our grand opening which will be on October 17th from 10:30-1pm at 2103 Burlington, Columbia, MO. If you are interested in setting up a vendor booth at the event, please contact Dan Hanneken at In2Action/ROC (dan@in2action.org).

Creating a Recovery House Culture that Supports MAR

Recovery residences reflect the culture of local recovery communities, which have historically been 12-step or faith-based communities with definitions of recovery that do not include the assistance of medication. Residents' personal experiences and openness to MAR are diverse and varied, often based on the amount of knowledge and exposure a person has had. Welcoming individuals practicing MAR may require adaptations developed through a process of open discussion, education, and reflection with residents and staff. Below are tips to guide this process:

1 Educate residents about MAR, including residents who are currently using medication as well as those who are not. Make basic information about MAR available throughout common areas of the house and upon request. In addition to providing helpful and supportive information to residents currently using medication, be sure to provide information on MAR resources for residents with opioid use disorders who are not currently receiving one of these medications. All residents deserve to know about their options, particularly if

they are struggling in their recovery. Brief fact sheets or brochures might describe topics such as: the growing number of people in the recovery community that are using MAR, developing a recovery plan that may or may not include medication over time, talking with your doctor about potential side effects of medications and before changing doses (up or down), and the importance of not sharing or diverting medications.

2 Share success stories and openly discuss concerns. Some of the strongest opponents of MAR are those who have had a negative experience with the medications and/or treatment regimens. It is important not to discount or minimize their lived experience, while helping them stay open to the idea that others can benefit from MAR. Many people have succeeded in recovery with the help of MAR, but their story is not often told. Find a MAR champion inside or outside of your residence who is willing to share their experience and answer questions and concerns from residents. Assure residents that many pathways (or "all abstinence-based

pathways, including MAR") to recovery will be honored in the house. Also, when celebrating an individual's discontinuation of a medication as a milestone in their recovery journey, be careful not to imply that discontinuation of use is an immediate goal for everyone using MAR, or that they have achieved more in their recovery than someone who is still using medication.

3 Provide connections to MAR-welcoming recovery support services.

Depending on where a residence is located, it may be difficult to find mutual assistance groups that accept individuals receiving MAR. For some individuals using medication to support their recovery, they may be concerned about, or directly experience, stigma from others in the recovery community. It is important that you, your staff, and your residents develop and maintain a list of MAR-welcoming meetings and other resources for your MAR residents. This will help residents to engage in essential recovery supports, regardless of their personal pathway to recovery.

4 Develop and provide MAR-supportive recovery support services, such as an all-recovery meeting. Many recovery residences rely on local mutual aid societies to provide external recovery support. In areas where MAR-welcoming mutual aid societies do not exist, recovery residences should develop their own using resident leaders, alumni, and /or staff.

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

Thomas Jefferson

Attract what you expect, Reflect what you desire, Become what you respect, Mirror what you admire.

I AM NOT DEFINED BY MY RELAPSES, BUT BY MY DECISION TO REMAIN IN RECOVERY DESPITE THEM

President Trump Announces \$2 Billion in Funding

The Trump administration announced it will award \$1.8 billion in grant funding to state and local governments to bolster treatment and prevention efforts in [the battle against the opioid epidemic](#). President Donald Trump formally announced the funding, secured through Congress last year, would be distributed through a pair of grant programs.

"These funds will be delivered to the communities where their help is most needed," he said at the White House. The Substance Abuse and Mental Health Services Administration awarded \$932 million in state opioid response grants, which were appropriated by Congress through a sweeping legislation package in 2018, while the Centers

for Disease Control and Prevention (CDC) will receive \$900 million over three years to improve opioid overdose tracking and other drug-related data. The president, joined by Health and Human Services (HHS) Secretary [Alex Azar](#), highlighted his administration's efforts to combat the opioid epidemic, which.....

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THE STATEWIDE
VOICE FOR RECOVERY

We are on the Web
WWW.MORECOVERY.ORG



OCTOBER 17th is GLOBAL PEER SUPPORT DAY

Global Peer Support Celebration Day is an annual celebration of peer supporters, peer support, and a day to recognize their work in helping their peers with mental health, substance use, and/or trauma-related challenges move along the continuum of recovery and inclusion into communities of his/her choosing. This annual, worldwide day takes place on the third Thursday in October.

This year's goal is to increase public awareness of peer supporters, the services they provide, how they are impacting the lives of countless adults, children, adolescents and families, and how they are providing a shining example of recovery in places where these services are delivered. [Click here for a planning toolkit!](#)



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!

Donald Howard Scholarship Awarded

The Board of Directors of the Donald Howard Scholarship Fund is pleased to announce that it has awarded its 25th scholarship to Merrie Quann of O'Fallon. Merrie is pursuing a degree in Addictions and Substance Use Disorders Counseling. She is a Certified Peer Specialist and is studying for the Certified Alcohol and Drug Counselor exam. Merrie currently works for Bridgeway Behavioral Health/Preferred Family Healthcare in St. Louis. Merrie has demonstrated persistence and determination in her recovery journey and is taking the steps she needs to take to achieve her personal and educational goals. For information regarding the Donald Howard Scholarship Fund contact Nancy Howard dphnth@aol.com.

Parting is Such Sweet Sorrow

David Stoecker, MRN Advocacy and Education Outreach Coordinator, will be leaving his position with MRN this month to grow and promote his non-profit organization, Better Life in Recovery, and the Springfield Recovery Community Center, which he is one of the co-founders. Both are in Springfield where David and his family reside.

David's lived experience with substance use recovery has been a great asset in helping MRN fulfill our mission and goals. During his time with MRN, David was awarded the 2017 Missouri Mental Health Champion award for recovery and received the 2018 SAMHSA

Voice Award. He has provided numerous trainings statewide and was the primary creator of *Not My Child: Helping Families Understand Substance Use and Recovery*, a documentary where parents share their personal experiences and knowledge to help support other parents and families in similar situations.

David's passion is 2nd to none! He loves to organize pro-social family friendly sober events and provide trainings and education to both individuals and families who are affected by substance use. He will be greatly missed here at the Missouri Recovery Network, but he will continue to be a strong and vocal recovery advocate both at the local and state levels.

David, THANK YOU for assisting MRN in unifying and amplifying the recovery voice statewide and for being the face and voice of recovery that promotes RECOVERY IS POSSIBLE AND REAL and should be the expected outcome for all who engage in the recovery process!

