

### Inside this issue:

Legislative Update	2
Peer Training	2
Recovery Events	2
Carry Narcan	3
Free Dental Clinic	3
Sleep and Recovery	3
#HopeDealer	4

### 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
- Make your "ask"

## Join us for the 2018 Peer Leadership Summit

**When:** May 29-30, 2018

**Where:** Tan-Tar-A Resort, Osage Beach MO

The 2018 Peer Summit was planned to unite peer specialists from across the state—the need for each other is not our weakness but our strength! We also encourage those who support peer specialists, work with peer specialists, and/or those wanting to become certified as peer specialists to join us for learning and networking.

Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships.

*By peers sharing their own lived experience and practical guidance, peer support specialists help individuals they work with develop their own personal goals, create strategies for self-empowerment, and take concrete steps towards helping their peers build fulfilling, self-determined lives.*

*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/or substance use disorders. Peers are being utilized in various settings and we continue to advocate to include peers in more settings statewide.*

To look at the schedule for this year's summit [click here](#).

### Cost:

Peer Leadership Summit = \$125

Peer Leadership Summit + One day of Spring Training = \$200

Peer Leadership Summit + Two days of Spring Training = \$260

\*If you would like to register for the Spring Training Institute (STI) as well, please add Peer Leadership Summit to your cart first, then the option to purchase Spring Training will appear. You can add both days of STI (an extra \$135) or one day of STI (an extra \$75) to your cart as well.

## Missouri Mental Health Upcoming Champions Banquet

The Mental Health Champions' Banquet is scheduled for **Tuesday evening, June 19, 2018**. The event will be held at the Capitol Plaza Hotel, 415 W. McCarty Street, Jefferson City, MO.

The Mental Health Champions' Award recognizes an individual living with mental illness, developmental disabilities and in recovery for substance use disorders, who make positive contributions to their com-

munity, exemplify commitment and vision, and whose actions have increased the potential for independence in others with similar mental health conditions. Winners this year are Bobbi Jo Reed, Mirna Herrera and Christopher Worth.

The banquet is also an opportunity to come together to share a common goal — a

goal to continue the journey of raising awareness and public understanding of issues impacting individuals and families living with mental illness, developmental disabilities and substance use disorders.

Joining us will be keynote speaker, William Cope Moyers.

[For more information click here](#)

# Legislative Update

To say nothing is to say something. You must denounce things you are against or one might believe that you support things that you do not.

Germany Kent

I was always taught that when you were lucky enough to learn something or have some advantage you should share it.

Areva Martin

Missouri received year 2 continuation funding from SAMHSA ( Substance Abuse and Mental Health Services Administration) for the STR (State Targeted Response to the Opioid Crisis) Grant.

To look at all of the amazing things Missouri has been doing and will continue to do with STR funding visit the Missouri STR website by [clicking here](#).

Follow us on Facebook [here](#) and twitter @Recovery\_MO

facebook

HB 1620—Distributors of Hypodermic Needles  
Sponsor: Representative Holly Rehder

This bill exempts health care entities registered with the Department of Health and Senior Services that distribute hypodermic needles or syringes from the crime of unlawful delivery of drug paraphernalia. It can be read in its [entirety here](#).

This bill has been voted out of the House of Representatives and is now in the Senate. It has passed out of committee already. Next hearing is not scheduled.

HB 2384—Behavioral Health Parity  
Sponsor: Representative Jay Barnes

This bill changes provisions for behavioral health care insurance coverage. It can be read in its [entirety here](#).

This bill is still on the House floor and has been placed back on the Perfection Calendar.

HB 10—Governor Greitens Budget Proposal

There are several things on this bill we are paying close attention to. The first is \$2.625 million for recovery support providers. There is also funding for emergency room programs that will put peers in

the emergency rooms to work with people coming in due to substance use disorders. You can read more about Governor Greitens budget proposal by [clicking here](#).

HB 2105—Opioid Addiction, Prevention and Treatment Act of 2018  
Sponsor: Representative Fredericks

This bill establishes the Opioid Addiction Prevention and Treatment Act of 2018. It can be read in its [entirety here](#).

This bill has been voted out of the House and is currently in the senate. Next hearing is not yet set.

## Certified Peer Specialist Training Schedule

The training application to apply for the Certified Peer Specialist Training program is now available at [www.missouricb.com](http://www.missouricb.com). At [www.missouricb.com](http://www.missouricb.com), scroll down and click on the "Peer Specialist Basic Training Event" Register Here Button.

There is one application and at the bottom of the application, please mark which of the following trainings you are applying for:

May 14-18 - Lees Summit  
June 11-15 - Springfield  
June 25-29 - Cape Girardeau  
July 9-13 - St. Louis  
August 6-10 - Kirksville

September 17-21 - Lees Summit  
September 24-28 - Joplin  
October 15-19 - Sikeston  
October 22-26 - Springfield  
November 5-9 - Jefferson City

These trainings do fill up so please apply early. All applicants will be notified 7-10 days before the training.

## Upcoming Recovery Events

Shatterproof 5K Walk/Run

Where: Kansas City

When: June 6, 2018

For more information on the 5K or to register [click here](#)

To find out more about Shatterproof [click here](#)

Rockin N Recovery

When: June 23 at 12 PM

Where: Youngblood Power Sports in Ozark, MO

This will be a fun day. We will start the morning off with a poker run, then meet up at noon for loads of fun. 6 bands, food trucks, a kids area and more. For more information call 417-368-0852 or [click here](#)

Healing House and New Beginnings Annual House Fundraiser

When: May 15th at 5-7 PM

Where: Memorial Park Pavilion in Jefferson City, MO

Only \$15 a person for BBQ, chips and a drink (kids under 8 get a free hot dog and chips). Featuring live music, raffles and a silent auction. To contact for more info [click here](#).

# Surgeon General Advises People to Carry Narcan

Last month Dr. Jerome Adams, the United States Surgeon General, issued the first public health advisory since 2005.

In Adams advisory, he stated, "I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of the overdose-reversing drug naloxone (also known as Narcan). For patients currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practi-

*tioners, family and friends of people who have an opioid use disorder, and community members who come into contact with people at risk for opioid overdose, knowing how to use naloxone and keeping it within reach can save a life."*

When asked about the advisory at the National Rx Drug Abuse and Heroin Summit Adams said, "Surgeon general advisories are issued when there is a major health problem and a need for a call to action. One of the things we're trying to do is help the public understand that we're losing a person

every 12.5 minutes from an opioid overdose, and ... over half of these overdoses are occurring at home. So we have firefighters, we have EMTs, we have police officers carrying naloxone, but we can save so many more lives if we can empower the citizens, the loved ones, the family members to carry naloxone."

So in short, be prepared, get naloxone, save a life!

To find or set up a Narcan training, contact:

[bcosterison@ncada-stl.org](mailto:bcosterison@ncada-stl.org)

or

[dstoecker@morecovery.org](mailto:dstoecker@morecovery.org)

Those that bring sunshine into the lives of others cannot keep it from themselves.

James M Barrie

## Free Dental Clinic Coming to Kirksville

The Missouri Mission of Mercy (MOMOM) is a large-scale dental clinic that provides free oral healthcare to patients of all ages who cannot otherwise afford or access care. Nationwide since 2000, Mission of Mercy clinics have provided nearly \$163 million in dental services to more than 249,000 patients. In Missouri, more than 6,100 dental and general volunteers have provid-

ed more than \$5.6 million in free care to 9,735 patients.

The target audience is the underserved, the impoverished and the uninsured. Thousands suffer from poor hygiene and other dental issues but have no money or access to find help. This is who is served with a charitable gift of skilled dental care. Everyone works hard to make sure the setting is pleasant, safe, and welcom-

ing. The goal is to provide relief from pain and restore smiles.

Dentists love to share their talent to help others. Thankfully it's one of the few health care disciplines that can be conducted on a large scale in a mobile setting. More than 200 dentists will happily volunteer their time and pay their own expenses to participate in MOMOM. The entire dental community – hygienists, assistants, staff, students, vendors, faculty, etc. rally around their common love for the profession to make MOMOM a reality.

[Click here for more info.](#)

## Substance Use Disorders and Sleep

With 23.5 million Americans (or 1 in 10 people over the age of 12) suffering from addictions to drugs and alcohol, addiction and sleep have a close relationship. It is common for people with addictions to have sleep disorders and for people to use substances like drugs and alcohol to treat their sleep problems, which oftentimes results in addiction. People may use drugs

and alcohol to self-medicate, or to help promote sleep or wakefulness. Similarly, people in recovery from addiction experience sleep problems, which can make the recovery process difficult and symptoms may trigger relapse.

According to Dr. Kim Joy Taylor, director of the Closing the Addiction Treatment Gap (CATG)

initiative, only 11 percent of Americans seek treatment for addiction, leaving 20 million Americans untreated.



When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

Henry Ford

Our greatest glory is not in never failing, but in rising up every time we fail.

Ralph Waldo Emerson

# MRN

MISSOURI RECOVERY NETWORK  
The Statewide Voice for Recovery  
www.morecovery.org 573.634.1029

221 Metro Drive Suite B  
Jefferson City, MO 65109

CONTACT US AT:  
573-634-1029  
dstoecker@morecovery.org

**THE STATEWIDE  
VOICE FOR RECOVERY**

**We are on the Web  
WWW.MORECOVERY.ORG**

When we share our stories, what it does is open our hearts for other people to share their stories. And it gives us the sense that we are not alone on this journey.

Janine Shepard

We **all** have a story. The difference is: Do you use the story to empower yourself? Or do you use your story to keep yourself a victim? The question itself empowers you to change your life.

Sunny Dawn Johnston

#HopeDealer: Visible and Vocal section will feature someone in recovery from Missouri who is making an impact. If you know of someone who is in recovery that should be recognized for everything they are doing email:

dstoecker@morecovery.org

## Our New Mission Statement

MRN had its annual Strategic Planning meeting last month. One of the many exciting things to come out of it was a new mission statement to better reflect all that the MRN does around the state to promote long-term recovery.

New and Improved Mission Statement:

**Missouri Recovery Network strengthens and empowers the recovery community by creating hope, healing and sustainable change through support, education and advocacy.**

Our Vision:

Eliminate barriers to recovery for all affected by substance use disorders.

Our Core Values:

We believe...

- In the transformational change of recovery for individuals and families
- In working collaboratively with others to eliminate barriers
- There are multiple pathways to recovery
- In building leaders and empowering individuals
- In mobilizing the recovery community
- In commitment to excellence

## #HopeDealer: Missouri's STR Team Deserves Recognition

Normally, the #HopeDealer is a person in recovery that has had a huge impact on people affected by SUD (Substance Use Disorders) in the state of Missouri. We are making an exception and recognizing the amazing contributions of Dr. Rachel Winograd from the Missouri Institute of Mental Health and her team that oversee the STR (State Targeted Response) to the Opioid Crisis Grant.

Dr. Winograd and her team partnered with the Department of Mental Health, the Missouri Recovery Network and countless other partners around the state who used the funding to reduce harm and save lives. Below are just a few of the amazing things Rachel, her team and all of their statewide partners accomplished in the first year of the grant:

- **1,783 individuals** have received evidence-based medical treatment for opioid use disorder (OUD)

- **4,318 naloxone kits** have been distributed to at-risk individuals and their loved ones, and clinicians who work with at-risk populations
- **4,061 individuals** have received training on what to do in the event of an opioid overdose
- **3,066 bed nights** of recovery housing have been provided
- **Over 1,100 individuals** have received recovery services at the four Recovery Community Centers (RCCs) across the state
- **Over 1,000 individuals** have received peer-based post-overdose outreach in emergency rooms through the Engaging Patients in Care Coordination (EPICC) Project

- **4,633 youth** have been engaged through the Generation Rx program, which increases public aware-

ness about prescription medication misuse

- **Over 10,000 individuals** have received training at **62 agencies** through **85 trainings and consultations** on topics across the spectrum of treatment, prevention and recovery. Trainings took place at a variety of settings including DMH facilities, state-funded agencies, hospitals, schools and universities, pharmacies, recovery houses, conferences, etc.
- **29 total Chronic Pain Management and Opioid Use Disorder ECHO sessions** were held, reaching **208 unique participants**
- **98 individuals** received training to obtain their Certified Peer Specialist (CPS) credential

You can find out more about the STR grant by [clicking here](#).