

M R N

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

Recovery Happens

November/December 2018

Recovery Advocacy Day Feb 5-6, 2019

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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"

Recovery Advocacy Day is right around the corner, and this year we are making a few changes. The date for Recovery Advocacy Day is Wednesday, February 6th. We will be at the Governor Office Building (formerly the Hotel Governor). We will begin registration at 8:30 and plan on ending the day at 12:45.

Our primary theme for Recovery Advocacy Day will be, "I Stand 4 Recovery." This year our secondary theme is, "Long-Term Recovery: The Ultimate Goal." We must continue to be visible and vocal advocates and share our recovery stories and all of the amazing things we are doing today!

The difference is that for those who are able to come up on Tuesday, February 5th we will be having a half day conference at the Missouri Coalition building starting at 12:30 PM. The day will consist of sessions covering recovery, recovery language and community advocacy. We will also learn

New Documentary Released to Educate Families

When Facing Addiction asked Springfield to identify needs in their community, one they identified was the lack of guidance and education parents have when it comes to their children and substance use disorders.

After identifying the need, the Missouri Recovery Network, the Missouri Mental Health Foundation and Better Life in

more about family recovery and how to support families who love someone with a substance use disorder. Addiction is a family disease, yet we have far too many families who are not getting the education and support they so desperately need. This is something we must change.

Tuesday evening we will listen to a legislative panel discuss what the state of Missouri is doing to support recovery and address substance use disorders while enjoying appetizers.

Tuesday will feature amazing educators and legislators from around our state. We have the privilege of having an amazing speaker and educator joining us, Tom Hill.

Tom Hill began at the National Council for Behavioral Health in March 2017 and is currently serving as Vice President of Practice Improvement. Tom previously served as a Presidential Appointee in the position of Senior Advisor on Ad-

dition and Recovery to the SAMHSA Administrator. As part of this post, Tom initially served as Acting Director of the Center for Substance Abuse Treatment. Prior to his appointment, he was a Senior Associate at Altarum Institute, serving as Technical Assistance Director for a number of SAMHSA treatment and recovery support grant initiatives. He also served for four years as Director of Programs at Faces and Voices of Recovery.

Reflecting his commitment to the goal of long-term recovery for individuals, families and communities, Tom has also served on numerous Boards of Directors, advisory boards, committees and task/forces as well as the recipient of numerous awards.

Don't forget to clear your calendar for February 5-6. Join other advocates as we unite in Jefferson City in February for Recovery Day.

Recovery partnered together to create a documentary featuring parents sharing their personal experiences and knowledge to help support other parents and families. The film looks at different pathways to recovery and the disease of addiction.

Our hope is that by watching the film and continuing

the conversation, families will feel more equipped to address substance use with their children and foster more open conversations.

To find out more about the documentary "Not My Child" or to schedule a FREE screening, visit www.notmychildfilm.com or contact Patty Henry at 573-635-9201.

Thanksgiving is just days away. If you're stressing about the abundance of food and family dynamics, take a moment to remember what Thanksgiving is truly about - giving thanks! Here are MRN's top five quotes to jump start your attitude of gratitude:

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." -- Marcel Proust

"Blessed are those that can give without remembering and receive without forgetting." -- Author Unknown

"A thankful heart is not only the greatest virtue, but the parent of all other virtues." -- Cicero

"If you can't be content with what you have received, be thankful for what you have escaped." -- Author Unknown

"Gratitude is the single most important ingredient to living a successful and fulfilled life." -- Jack Canfield



Thanksgiving

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



President Trump Signs Opioid Bill

On October 24, 2018, [H.R. 6, the SUPPORT for Patients and Communities Act](#) ([This link will open in new window](#)), was signed into law by the President. This comprehensive legislation includes additional funding and policies to address all aspects of the opioid crisis in the United States, including medication-assisted treatment (MAT). The bill includes provisions to:

- Increase the number of providers with waivers to prescribe buprenorphine,
- Awards grants to states to support substance use disorder and mental health treatment workforce shortages,
- Expand access to treatment through telehealth services,
- Makes it illegal to pay or receive kickbacks in return for referring a patient to recovery homes or clinical treatment facilities,
- Strengthen the substance use disorder workforce and address shortages,
- Allow pharmacies to administer implantable or injectable medications,
- Grants to expand services for patient and families impacted by substance use disorder and in crisis,

- Improves emergency departments ability to effectively screen, treat, and connect substance use disorder patients with care,
- Loan Repayment Act for SUD workforce,
- Expand and Improve access to MAT for patients with Medicare,
- Expand Medicaid coverage of MAT in inpatient settings.
- Requires the HHS Secretary to convene a stakeholder group to produce a report of best practices for states to consider in health care related transitions for inmates of public institutions.

To learn more [click here](#)

November and December 2018 Events

Nov 17- KC Healing House Recovery Community Center Christmas Open House (KC)

Nov 27-29- ACT Missouri Prevention Annual Conference - MRN will exhibit

Dec 3- Southeast MO Recovery Connection Summit (Poplar Bluff) RSVP to Mission Missouri 573-481-0505

Dec 10-14- CPS Peer training in St. Louis (FULL!)

December 31st- Fun on the 1: The New Year's Eve Party You'll Remember RSVP to the Springfield Recovery Community Center 417-368-0852

If you have upcoming events please send them to us so we can share them!

The MRN staff and board of directors would like to wish you an blessed Thanksgiving and Holiday season!!

2019 Upcoming Events - Save the Dates

Feb. 5-6- MRN Recovery Summit and Advocacy Day at the State Capitol (Jefferson City)

March 18-19- CIT Annual Conference (Columbia)

March 27-29 Missouri Association of Treatment Court Professionals Conference (Branson)

May 28-29 Peer Leadership Summit- (Lake of the Ozarks)

August 25-27 -The Real Voices Real Choices Consumer Conference (Lake of the Ozarks)

MCRSP Recovery Housing: Social Model and Peer Supports

In June 2017, the Missouri Coalition of Recovery Support Providers (MCRSP) became an affiliate of the National Alliance for Recovery Residences (<http://narronline.org/>). With this partnership, an accreditation process and standard of quality has been established for recovery houses in Missouri. To learn more about the Missouri recovery housing standards follow this [link](#):

The MCRSP Recovery Housing Task Force is accepting applications from recovery housing providers who would like their recovery house(s) accredited by MCRSP/NARR. Within the past year fifty (50) recovery

houses across the state have been accredited; 358 male beds and 196 female beds. For more information, visit the website <http://mcrsp.org/>

The “social model” of recovery and the utilization of “peer supports” is fundamental to the success of recovery housing. The standards create an environment that provides opportunities for residents to offer each other mutual support and encouragement. Missouri Certified Peer Specialists serve as house managers, assistant house managers, “anchors” and other leader-

ship roles in many of the accredited recovery houses. MCRSP strongly encourages house leaders and other interested residents to become credentialed peer specialists to improve the quality of the recovery house operations. This is a pathway that opens career opportunities for residents. For further information on the Missouri Certified Peer Specialists credentialing process, follow this [LINK](#).

“Don't judge each day by the harvest you reap but by the seeds that you plant.” - Robert Louis Stevenson

“If we meet someone who owes us thanks, we right away remember that. But how often do we meet someone to whom we owe thanks without remembering that?” - Johann Wolfgang von Goethe

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.” - Oprah Winfrey

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” - William Ward

“Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.” - W.T. Purkiser

“Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.” - Theodore Roosevelt

MRN and ATTC Collaborate on Monthly Learning Meetings

The Missouri Recovery Network (MRN) and Mid-America Addiction Technology Transfer Center (Mid-America ATTC) are collaborating to establish a Region 7 Recovery Stakeholders Learning Community. This Learning Community will provide a networking bridge among recovery stakeholders in

the four states in Region 7 – Missouri, Kansas, Iowa and Nebraska – allowing sharing of innovative recovery program ideas, successful advocacy efforts, available federal grants and other funding opportunities, as well as enable recovery stakeholders expand the dialogue beyond state borders. The sessions will be held from 12:30 to 1:30 p.m. the last Thursday of each month

beginning in November (and skipping December). **The first call is Thursday, November 29, beginning at 12:30 p.m.** All that's needed to participate is a computer, phone, or other mobile device that has a video camera and speaker. To join the Learning Community, make sure you are on the Missouri Recovery Networks email list. [Click here to register for the zoom meeting.](#) November 29.

Surgeon General held Spotlight on Opioids

Facing Addiction in America: The Surgeon General's Spotlight on Opioids calls for a cultural shift in the way Americans talk about the opioid crisis and recommends actions that can prevent and treat opioid misuse and promote recovery.

The Spotlight – the Surgeon General's newest update on opioid addiction – also

provides the latest data on prevalence of substance misuse, opioid misuse, opioid use disorder and overdoses.

The Surgeon General also released a digital postcard, highlighting tangible actions that all Americans can take to raise awareness, prevent opioid misuse and reduce overdose deaths.

“Addiction is a brain dis-

ease that touches families across America – even my own,” said U.S. Surgeon General Jerome M. Adams. “We need to work together to put an end to stigma.”

According to preliminary data from the Centers for Disease Control and Prevention, overdose deaths in 2017 increased by almost 10 percent – claiming the lives of more than 70,000 Americans.

[To read more click here](#)

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THE STATEWIDE
VOICE FOR RECOVERY

We are on the Web
WWW.MORECOVERY.ORG

Missouri's STR Funded Recovery Community Centers

The Missouri Network for Opiate Reform and Recovery

4022 South Broadway, St. Louis, MO

Website: <http://www.monetwork.org/> Phone Number: 844-Rebel -Up

St. Louis Empowerment Center

1908 Olive Street, St. Louis MO

Website: <http://www.dbsaempowerment.org/> Phone Number: (314) 652-6100

The Healing House

4602 St. John Ave., Kansas City MO

Website: <http://healinghousekc.org/> Phone Number: (816) 920-7181

Springfield Recovery Community Center

1925 E. Bennett Street, Springfield, MO

Website: <http://www.spfdrcc.org/> Phone Number: 417-268-7489

2018 Mental Health Champions:

Featured from left to right are Bobbi Jo Reed (Kansas City), Christopher Worth (St Louis) and Mirna Herrera (Kansas City)



Save The Date

Next year's **Missouri Mental Health Champions' Banquet** is Tuesday, June 18, 2019 at the Capital Plaza Hotel and Convention Center in Jefferson City

Recovery Leaders: Visible and Vocal

The Missouri Mental Health Foundation is accepting nominations for the **2019 Missouri Mental Health Champions' Award!**

The Missouri Mental Health Champions' Award recognizes individuals living with a mental illness, developmental disability, or in recovery for substance use disorders, who make a positive contribution to their community, exemplify commitment and vision, and whose actions have increased the potential for independence in others living with a mental health condition. Annually, three individuals are selected to receive the Missouri Mental Health Champions' Award – an individual living with

mental illness, an individual living with a developmental disability, and an individual in recovery from a substance use disorder. We will celebrate our award recipients and the nominees at the annual Mental Health Champions' Banquet, which is scheduled for **Tuesday, June 18, 2019 at the Capitol Plaza Hotel in Jefferson City.**

FINAL DEADLINE TO SUBMIT NOMINATIONS: FRIDAY, DECEMBER 5, 2018

Nominations can be submitted online or by mail/fax.

OPTION 1: ON-LINE Nomination Form -- Complete your 2019 Mental Health Champions' Award Nomination on-line – select the following link: http://www.missourimhf.org/?page_id=196

[page_id=196](http://www.missourimhf.org/?page_id=196)

NOTE: Release forms must still be printed, signed and submitted to the Missouri Mental Health Foundation (see address and fax information below)

OPTION 2: MAIL/FAX – DOWNLOAD & PRINT hard copies of the Nomination Form & Release Form – You can access a PDF version of the Nomination & Release forms at the following link: http://www.missourimhf.org/?page_id=196

Submit your completed nomination forms and release forms to the Missouri Mental Health Foundation by mail or fax to the following

Mail:

Missouri Mental Health Foundation

221 Metro Drive

Jefferson City, MO 65109

Fax:

(573) 469-7268