

Recovery Happens

M R N

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

2019 | DECEMBER | Missouri Recovery Network Newsletter

We invite you to attend Recovery Advocacy Day!

Recovery advocates will unite and educate policy makers on the importance of recovery support services, on the many different pathways to recovery, on the importance of funding recovery supports, and the importance of good public policy that supports recovery.

Who Should Attend:

- Individuals in recovery from a substance use disorder
- Family members impacted by the disease of addiction
- Behavioral health professionals dedicated to solutions
- Community members/allies who support recovery efforts and solutions

Why Should You Attend:

- We must elevate awareness and conversations around substance use disorders and educate on solutions that promote sustained recovery.
- We must be a resource for Missouri legislators as they discuss strategies for reducing the misuse of opioids and other drugs.
- Our powerful stories will provide policy makers with the proof that when individuals living with alcohol and other drug problems have the needed recovery resources to get well, families, communities and our state benefit. Changed lives lead to changed communities.
- We need advocates now more than ever. Overdose deaths are at an all-time high while the lack of knowledge surrounding substance use disorders allows stigma and shame to increase. This leads to a lack of services and supports that people desperately need in order to step into recovery. Advocacy is how we change this, and it is only possible when we unite.

Contact your Legislators!

We encourage you to make an appointment with both your Representative and Senator prior to 02/05/20.
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Recovery Advocacy Day

WHEN:

February 5, 2020

WHERE:

Governor Office Building
200 Madison St.

Jefferson City, MO

[REGISTER HERE](#)

This is a FREE event, but registration is required

If you have questions, please call our office

(573) 634-1029

House Bill 240

During the 2019 Legislative Session, HB240 created the joint committee on substance abuse prevention and treatment. This committee is made up of six members of the House of Representatives, six members of the Senate, and four at large members appointed by the governor. This committee will conduct hearings on current and future drug and substance use, explore solutions to substance use issues, and draft or modify legislation as necessary to reach the goals of finding and funding education and treatment solutions to combat drug and substance use, misuse and abuse. The committee will send a report of recommendations for legislation to the Governor and the General Assembly each year.

Members: Rep. LaDonna Applebaum (D), Rep. John Black (R), Rep. Dave Griffith (R), Rep. Holly Rehder (R), Rep. Nick Schroer (R), Rep. Martha Stevens (D), Sen. Shalonn Curls (D), Sen. Tony Luetkemeyer (R), Sen. Jamilah Nasheed (D), Sen. Bob Onder (R), Sen. Jill Schupp (D), Sen. Bill White (R), Greg White, Rachel Winegrad, Rodney Hummer, Phillip Ohlms

We encourage you to call the committee members prior to Recovery Advocacy Day and make an appt to see one or several on February 5th. Also, contact them in their home district prior to the upcoming legislative season.

How to Contact Your Legislator:

To contact your state representative and senator, text your zip code to (520) 200-2223 and you will be given their name and contact number to reach them in Jefferson City.

Here is a script to use when scheduling an appointment:

“Hi, my name is (state your name and the town/city you are calling from). I am calling as a constituent and I am concerned that while we are in the midst of a health crisis surrounding substance use disorders, only 10% of people are getting the help they need. This issue is very important to me as a (you can personalize it here by referring to yourself as a person in long-term recovery, a family member affected by a substance use disorder or that you work with/care about people with a substance use disorder). I will be uniting with other recovery advocates on February 5th in Jefferson City and I would like to reserve a few minutes of your time to talk with you about recovery, the important factors that help people obtain and maintain long-term recovery and how you can help save precious lives. I would like to make an appointment between 9:30 and 11:00 AM on Wednesday, February 5th while I am at the Capital. Thank you for your time.”

[MO House of Representatives Directory](#)
[MO Senate Directory](#)

NEW DEFINITION OF ADDICTION

The American Society of Addiction Medicine (ASAM) has updated their definition of addiction. The new definition takes into account the complex biological, social, psychological and environmental aspects of the disease in an attempt to help others better understand it. In its entirety, the new definition is:

"Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases."

As addiction leaves the shadow of the taboo and enters the public consciousness, updated definitions like this will help the public, policymakers and scientists create and support new pathways to recovery.



TRAININGS AND WORKSHOPS

The MO-HOPE Project will be conducting two **Overdose Education and Naloxone Distribution Trainings** in December.

Statewide Webinar
December 3, 2019
1:00 p.m. -3:00 p.m.
[REGISTER](#)

In-person Training
December 12, 2019
9:00 a.m. – 11:00 a.m.
St. Louis, MO
[REGISTER](#)

Participants will learn to provide education for their own organization or external organizations on how to conduct overdose education and naloxone distribution with those at high risk of witnessing or experiencing opioid overdoses. Some organizations may be eligible for free naloxone through the MO-HOPE Project.

If you have any questions, please contact:
Brandon Costerison
MO-Hope Project Manager
bcosterison@ncada-stl.org
314-962-3456x367

2019 Missouri Certified Peer Specialist (CPS) Trainings

December 2nd -6th, St. Louis

2019 Certified Peer Specialist Supervision Trainings

December 10th
9:00 a.m. – 3:30 p.m.
Jefferson City, MO

[Click Here for the December Peer Supervision Registration Form](#)

If you have any questions, please feel free to contact the MCB office at 573-616-2300 or help@missouricb.com

Or visit their website:
<https://missouricb.com/credentials/>



The Excel Center

Earn Your High School Diploma at No Cost

The Excel Center® is a free public high school that gives adults the opportunity to earn an actual high school diploma. While earning their diploma, students earn college credits and a variety of industry-recognized certifications in order to increase their earning potential.

EXCEL CENTERS:

[St. Louis](#) [Springfield](#) [Poplar Bluff](#) [Columbia](#)

To learn more or to enroll visit MERS Missouri Goodwill Industries website:
<https://excel.mersgoodwill.org/>

Mid-America ATTC Housing Learning Community Podcasts and Resources

Podcasts: The recordings of the housing learning community have been converted into podcasts! Please listen and share the podcast with others! Click the session titles below to listen to the podcast:

[Episode 1: Housing 101](#)

[Episode 2: Housing with Special Populations, Part 1](#)

[Episode 3: Housing with Special Populations, Part 2](#)

[Episode 4: Alternative Housing Types](#)

[Episode 5: Funding Sources and Development](#)

[Episode 6: How to Get Started](#)

[Or click here to view the entire podcast series.](#)

Additional Housing Resources:

Alverson, H., Alverson, M. & Drake, R.E. (2000). An Ethnographic Study of the Longitudinal Course of Substance Abuse Among People with Severe Mental Illness. *Community Mental Health Journal* (2000) 36: 557.
<https://doi.org/10.1023/A:1001930101541>

FREE DOWNLOADS

How can you get Naloxone at the Pharmacy?

Any person who asks for naloxone from a pharmacy for themselves or to help a person experiencing an opioid overdose can purchase naloxone, with or without a prescription according to Missouri's statewide standing order. For more information [CLICK HERE](#)

The Fentanyl Epidemic

Fentanyl overdose deaths are on the rise. Preliminary CDC data indicates that fentanyl overdoses increased by 14% in 2018. From 2015 to 2017 fentanyl deaths almost tripled. Shatterproof's new report identifies recommendations that have the power to save countless lives. [CLICK HERE](#)

MCRSP Housing Update

The Missouri Coalition of Recovery Support Providers (MCRSP) is responsible for accrediting recovery residences in Missouri. Having become an affiliate of the National Alliance of Recovery Residences (NARR) and adopting NARR approved standards, MCRSP has accredited 96 residences with over 950 beds across the state. For a complete list of Recovery Houses in Missouri [CLICK HERE](#)

Do you have a plan for the holidays to avoid relapse?

Smart Recovery offers advice on how to handle holiday challenges for those in recovery. To read the article [CLICK HERE](#)

AMAZON SMILE

Remember to shop AmazonSmile when Christmas shopping this year. 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 or simply follow this link: [SHOP NOW!](#)

Tis the Season of Giving: The Benefits of Volunteering

Did you know volunteering can significantly improve your life? Studies show that people who volunteer live longer and better. By helping others, you can also help yourself. [READ MORE](#)

This holiday season find time to volunteer in your community. Here are some ideas:

- Volunteer at your local recovery community center
- Provide transportation to a recovery support meeting
- Help someone with child care
- Organize a recovery event in your local community
- Participate in a road trash pick-up project
- Provide meals for those in need and/or at a recovery house near you
- Volunteer with a non-profit organization

Recovery is about giving back. It's that time of year to start making New Year Resolutions. Think about ways you can give back or pay it forward in the upcoming New Year.

Happy Holidays!

The MRN Board of Directors and Staff would like to wish you and your loved ones a joyful holiday season filled with love and peace.

