

# Recovery Happens

# MRN

MISSOURI RECOVERY NETWORK

*The Statewide Voice for Recovery*

www.morecovery.org 573.634.1029

2020 | January | Missouri Recovery Network Newsletter

## ***Recovery Advocacy Day Quickly Approaching! Sign up Today!***

Recovery advocates will unite our voices at the state Capitol and educate our policy makers on the importance of funding recovery support services and the importance of good public policy that supports recovery and eliminates discrimination. 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. Our unity and stories will reveal to Missouri legislators that recovery is POSSIBLE and REAL!

### **Contact your Legislators!**

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

Need a script? Email [neickhoff@morecovery.org](mailto:neickhoff@morecovery.org)

[MO House of Representatives Directory](#)

[MO Senate Directory](#)

## **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

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**SAVE THE DATE:**

**Peer Leadership  
Summit**

**May 4 & 5, 2020  
Osage Beach, MO**

**Mark your calendars!**

*More information and registration coming soon!*

## Missouri Recovery Coalitions

There are currently 4 active recovery coalitions in Missouri, with one more coming soon!

- **Kansas City Recovery Coalition**

Service Area: KC Metro Area

Contact: Bobbi Jo Reed

Email: [BobbiJo@healinghousekc.org](mailto:BobbiJo@healinghousekc.org)

Public Meetings: First Tuesday each month, 10:00 A.M.

Salvation Army ARC, 1310 E. 10<sup>th</sup> St. KC MO

- **Southeast Missouri Recovery Alliance**

Service Area: 26 SE MO Counties

Contact: Joshua Brown

Email: [Joshua.brown@fccinc.org](mailto:Joshua.brown@fccinc.org)

Phone: (573) 359-2600 x2655

Public Meetings: Coming Soon!

- **Recovery Coalition of the Ozarks**

Service Area: 23 SW MO Counties

Contact: Dean Miller

Email: [Dean.miller@restorationofhopeproject.org](mailto:Dean.miller@restorationofhopeproject.org)

Phone: (417) 567-3356

Public Meetings: First Tuesday of each month, 9:00 A.M.

Springfield Recovery Community Center

- **Recovery Coalition of Greater St. Louis**

Service Area: Eastern Region

Contact: Marsha Hawkins-Hourd

Email: [marshahourd63@gmail.com](mailto:marshahourd63@gmail.com)

Phone: (314) 992-0953

Public Meetings: Second Tuesday each month. 11:00 A.M.

Mount Olive Lutheran Church, 4246 Shaw St Louis MO

- **Columbia Substance Use Treatment Recovery Support Coalition (Emerging!)**

Service Area: Central Missouri

Contact: Dan Hanneken

Email: [Dan@In2Action.org](mailto:Dan@In2Action.org)

*Stay tuned for more information in upcoming newsletters*

**It is imperative that recovery advocates become engaged, active and informed. These 5 regional coalitions provide opportunities for individuals in recovery, recovery providers, family members, and stakeholders to connect, network, and become involved in all the great things that are happening to promote recovery and save lives. Education is POWER! We encourage you to GET INVOLVED in a coalition nearest you.**

## New MCRSP Executive Director: Greg Smith

Greg Smith assumed the role of Executive Director of the Missouri Coalition of Recovery Support Providers on December 16, 2019. During the past 12 years, Greg has worked with other recovery supports and ex-offender reentry organizations, including Adult and Teen Challenge of St. Louis, Mission Gate Prison Ministry and Healing House, Inc. Prior to that, Greg spent approximately 15 years working as a lobbyist in Washington, D.C. and in various government agencies, including the U.S. Department of Labor and Department of Justice. Greg holds a law degree from Georgetown University and has served on several statewide boards, including the state advisory council for the Missouri Division of Behavioral Health, the board for the Missouri Recovery Network and previously chaired the Advocacy Task Force for MCRSP. A native of Minnesota, Greg has spent nearly a decade in recovery and now resides in Jefferson City.

As Executive Director, Greg will focus on the administrative side of MCRSP, including overseeing the NARR accreditation of recovery homes in the state. He will also represent recovery support providers before the legislature and other government agencies, such as the Department of Mental Health and Department of Corrections.

**MRN and MCRSP are looking forward to future collaborations.**

## Missouri Coalition of Recovery Support Providers 2019 RECOVERY HOUSING STATS:

**Houses Accredited in 2019: 48**  
**Total Accredited Houses: 103**  
**Total Number of Beds: 1037 (695 male, 342 female)**

## Narcan Available at the MRN Office!

MRN received a generous supply of expired Narcan. Our law enforcement donors are unable to use past the marked expiration; however, research has shown that Naloxone remains stable and usable for years past the expiration date if kept in a temperature-controlled environment.

[Read the latest study here.](#)

If you would like some nasal Narcan kits, please call us at 573-634-1029. We cannot mail them, but you may pick some up at our Jefferson City office with prior notice, while supplies last.



## FEATURED ARTICLES:

### **Recovery and the Importance of Sponsors**

Sponsors are an integral part of 12-step programs. What makes them effective? Dr. John Kelly and the Recovery Research Institute conducted a study on the reasons behind the importance of sponsors to a person's recovery and their efficacy.

[Benefits of the "Therapeutic" Alliance Between Sponsor & Sponsee in 12-step Groups.](#)

### **Redefining Recovery: The Evolution of the Addiction Memoir**

From "Drugstore Cowboy" to "My Fair Junkie," the focus of addiction literature has shifted to recovery.

[CLICK HERE](#) to read.

### **5 Questions Everyone Should Ask About Their Substance Use**

1. Are You Using More and More to Get the Same Affect?
2. Do You Experience Withdrawal Symptoms?
3. Do You Use More than You Want To?
4. Is It Impacting Your Life?
5. Have You Tried, Unsuccessfully, to Change your Habits?

[CLICK HERE](#) to read more.

### **Medications for Addiction Treatment (MAT)**

Addiction medications save lives. Get the facts about how they work and learn how to advocate for MAT access for yourself or a loved one. Visit Shatterproof's website to learn more: <https://www.shatterproof.org/treatment/MAT>

### **Updated TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment**

TIP 35 is a widely used tool to motivate patients with substance use disorders. SAMHSA has updated the tool and it is available [HERE](#).

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

-Vern McLellan



## **MMHF's 2020 DIRECTOR'S CREATIVITY SHOWCASE**

The Missouri Mental Health Foundation, in collaboration with the Missouri Department of Mental Health, is sponsoring the **2020 Director's Creativity Showcase**. The showcase helps to acquaint the general public with the talents of the people it serves. These are individuals receiving services through the Missouri Department of Mental Health provider network living with mental illness, developmental disabilities and substance use disorders. The artwork created is not only for the showcase; but is sometimes used as a means of therapy. This therapy provides an outlet for the artist to express his or her feelings – feelings they may not be able to verbally communicate. The art show also has encouraged people to try something they may previously have never considered possible, only to find they have a true creative talent. For more information, including guidelines and entry form, [CLICK HERE](#).

## ***Federal Addiction Law Is Having an Impact!***

Far too often, people with addiction can't access the treatment they need. Federal law is having an impact, increasing access to treatment and saving lives, especially in rural communities.

A [new study published in Health Affairs](#) has found that since 2016, access to lifesaving addiction medications in rural areas has increased by an impressive 111%. What caused this dramatic increase? The Comprehensive Addiction and Recovery Act (CARA), a piece of federal legislation enacted in 2017. The bill authorized \$181 million in spending for treatment, prevention, and recovery programs, and it allows nurse practitioners and physician assistants to obtain the waivers needed in order to prescribe buprenorphine to help treat opioid addiction.

This new study makes it clear that common-sense legislation, like CARA, can have a huge impact on saving lives and helping people with addiction recover. Advocacy works!

## Charting Your Course in 2020

As I am typing this, the Holiday season is in full swing- all the office parties, social gatherings, shopping trips, late-night gift-wrapping binges, and all the joys and stressors that come with it! It can be too much for us at times. It is easy to revert to old habits. Now before you roll your eyes, wad up this article, and say, "Geez, Ken! Thanks for the encouragement," consider this: environmental factors, life stressors, and recurring exposure to substances are some of the top contributors to relapse. So, it makes the answer simple for dealing with the Holidays! STAY AWAY FROM PEOPLE, DON'T GO TO PARTIES, AND WHATEVER YOU DO, DON'T GET STRESSED OUT! Easier said than done, right? So, here is a dose of reality with a practical thought: BE PREPARED, DELIBERATE, AND THOUGHTFUL ABOUT WHAT YOU ARE GOING TO DO BEFORE YOU DO IT! When I was learning to drive, my father taught me how to drive with a manual transmission. I was not good at all, and that is a massive understatement! Jefferson City is either the perfect place or the worst place to learn how to drive a stick-shift because of all the crazy hills in town. I can still remember the anxiety and tension that coursed through my veins every time I had to stop on a hill because of a stoplight or stop sign. My hands would sweat like Niagara Falls! The tension was palpable in the car! Finally, out of sheer desperation, my dad said, "How about before we even start the car, we consider how we are going to get to where we want to go." What a novel thought, to chart the course in advance and to plan the route I was going to take before I even got behind the wheel! It is a life lesson I have never forgotten! As we exit the holidays and enter the New Year, let's think about where we want to go and how we are going to get there. Let's make 2020 a great year for the recovery community by being prepared, deliberate and thoughtful about what we do! Missouri Recovery Network is charting a course to strengthen and empower the recovery community by creating hope, healing and sustainable change through support, education, and advocacy! Let's work together to eliminate barriers to recovery for all affected by substance use disorders! This year is poised to be one that shapes MRN for years to come! Thank you for joining us in this journey! From the MRN Board, we wish you Happy Holidays and a blessed New Year!

Ken Chapman  
MRN Board Member

## Make a Difference in 2020; DONATE!

RING IN THE NEW YEAR BY MAKING A DONATION TO MRN IN MEMORY OF A LOVED ONE. DONATIONS HELP US CONTINUE TO FIGHT FOR EQUALITY, REDUCE DISCRIMINATION, EDUCATE, PROVIDE RESOURCES AND HELP SAVE LIVES! IF A MEMORIAL DONATION IS MADE, WE WILL FEATURE THE NAME OF YOUR LOVED ONE IN FUTURE NEWSLETTERS (UNLESS OTHERWISE REQUESTED).

YOU CAN DONATE ONLINE [HERE](#), OR YOU CAN MAIL A CHECK TO:  
MISSOURI RECOVERY NETWORK  
221 METRO DR. SUITE B  
JEFFERSON CITY, MO 65109.

## RESOLUTION: RECOVERY

For those with substance use disorders, the end of the year can be difficult. Thanksgiving, Christmas and New Year's present more temptations and triggers than any other time of the year. Now that the indulgent holidays are over you can focus on bettering yourself for 2020.

Millions of people make New Year's resolutions, but over half fail to keep them. Failures are most likely due to unrealistic expectations, lack of discipline or a loss of motivation, among other things. For the best success in making New Year's resolutions, it's important to set specific, attainable goals. Recovery, success and happiness aren't achieved overnight. Allow yourself breathing room, forgiveness and opportunities for change. Setbacks do not mean failure! Keep rocking your road to recovery!

**"Stay committed to your decisions but stay flexible to your approach." -Tony Robbins**