

# MRN

MISSOURI RECOVERY NETWORK

*The Statewide Voice for Recovery*

www.morecovery.org 573.634.1029

# Recovery Happens

March/April 2019

## MRN Recovery Advocacy Day Update

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We would like to thank everyone who was able to attend the Recovery Symposium and Recovery Advocacy Day this year. We had over 150 people who registered and attended.

It began on Tuesday, February 5th with a Recovery Impact Symposium co-hosted by MRN and MCRSP (Missouri Coalition of Recovery Support Providers). It was an amazing day of learning, as Tom Hill from the National Council for Behavioral Health spoke on Recovery Oriented Systems of Care (ROSC), creating recovery communities, advocacy and a whole lot more. We screened the family documentary, "Not My Child" and a panel of parents spoke on their experiences having a child with a substance use disorder than answered questions. The day

concluded with a networking reception and a panel discussion that included Anne Precythe, Director of the Missouri Department of Corrections, Mark Stringer, Director of the Missouri Department of Mental Health, Randall W. Williams, MD, FACOG, Director of the Missouri Department of Health and Senior Services, Heather Gieck, Certified Peer Specialist, Founder/Director of Healing House and New Beginnings, person in long-term recovery and Michael Boeger, Certified Peer Specialist with Preferred Family Healthcare and person in long-term recovery.

The following day the Missouri Recovery Network hosted our annual Recovery Advocacy Day at the State Capitol! MRN kicked off Recovery Advocacy Day with opening remarks from Mark McDonald, MRN President, and Brenda Schell, Executive Direc-

tor. Representative Holly Rehder shared some inspiration with us about the power of our stories and then introduced Governor Mike Parson, who let us know he supports our recovery advocacy efforts. We also heard words of encouragement from Rosie Anderson-Harper, Director of Recovery, Missouri Department of Mental Health. We walked in unity to the Capitol to visit and educate our legislators and then convened back at the Governors Office Building for a debriefing.

This year we contacted 41 legislators in person, and our group was also recognized on the House floor. If you met with your legislator this year, please send them a thank you note! We look forward to seeing you next year!!

**IT'S NOT THE MISTAKE THAT MATTERS. IT'S HOW YOU DEAL WITH IT, WHAT YOU LEARN FROM IT AND HOW YOU APPLY THAT LESSON TO YOUR LIFE.**

### When Advocating

#### Always:

- Use recovery language
- Keep it personal
- Keep it simple
- Define the word recovery
- Focus on your recovery message
- Recovery is more than abstinence

We are excited to announce that we will be hosting the 4th Annual Peer Leadership Summit May 28-29 at Tan-Tar-A Resort Osage Beach, MO. Registration will begin at noon with the conference beginning at 1:00 pm on the 28th and conclude on the 29th at 5:15 pm.

If you also attend the 2019 Missouri Department of Mental Health's Spring Training Institute on May 30-31 you will receive a discount for attending both!

The MRN Board of Directors is committed to leading the

peer movement in Missouri. We have worked diligently to make sure peers are being utilized in various settings (treatment, emergency rooms, recovery community centers, recovery residences, etc.). We are working to get certified peer specialists in the correctional setting, providing ongoing leadership and educational opportunities for peers, recruiting peers to take the CPS training and obtain their peer credential to increase the peer workforce, and working to create local peer networks and one

unified statewide peer network.

We invite all peer specialists and those who support peer specialists to join us for two days of learning and networking. We must continue to support, educate and promote the powers of peer support and how they help people obtain and maintain their recovery, live self-directed lives and reach their full potential.

For more information or to register for the conference [click here.](#)

## 2019 Peer Leadership Summit - Registration Open

## Poster Contest

The Missouri Recovery Network is having a poster contest in March and April. We encourage you to submit poster ideas that will be for people who need recovery or to community members who support folks that are either seeking recovery or in recovery.

Entries will be taken through **March 29**. The winning poster will be used around the state and featured in the May/June Newsletter. The creator of the winning poster will get a free registration for the Peer Leadership Summit at Tan Tar A in May! Email entries to dstoecker@morecovery.org

Let your smile change the world, but don't let the world change your smile.

Connor Franta

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

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## Advocacy - Missouri Bills of Interest

Advocacy is important because every American with a substance use disorder deserves the opportunity for recovery. The elected officials we must talk to are faced with many issues and approached by multiple groups and people. Our personal relationship, and a well crafted message, can make the difference in gaining their attention and support.

Schedule a Recovery Language or Recovery Advocacy Training in your community. The Missouri Recovery Network will provide this training at no cost to your organization.

Email us at: dstoecker@morecovery.org

Here are some of the current bills of interest:

### **HB 564 Fresh Start Act of 2019**

**Sponsor- Rep Derek Grier**  
A person cannot be disqualified from licensure for any occupation solely or in part because of a prior conviction of a crime.

Next Hearing: Referred to Rules-Legislative Oversight not scheduled

### **HB 168 Hypodermic Needle Exchange**

**Sponsor -Rep Holly Rehder**  
Exempts health care entities reg-

istered with the Department of Health and Senior Services that distribute hypodermic needles or syringes from the crime of unlawful delivery of drug paraphernalia.

Next Hearing: Not scheduled yet

### **HB 188 Narcotics Control Act**

**Sponsor-Rep Holly Rehder**  
The Department of Health and Senior Services will establish a program for monitoring and dispensing all Schedule II, III, and IV controlled substances. (also known as the PDMP)

Next Hearing: Not scheduled

## 2019 Missouri Certified Peer Specialist Trainings

**For more information or to register for the 5 Day Missouri Certified Peer Specialist Training [click here](#)**

**March 11-15 Columbia**

**April 8-12 Kansas City**

**May 6-10 Cape Girardeau**

**June 17-21 Springfield**

**July 8-12**

**St Louis**

**August 12-16**

**Kansas City**

**September 16-20**

**Jefferson City**

**October 7-11**

**Sikeston**

**October 14-18**

**Joplin**

**November 18-22**

**Kansas City**

**December 2-6**

**St Louis**

### **Peer Leadership Summit**

May 28-29

Tan Tar A Resort 494  
Tan Tar A Dr. Osage  
Beach, MO 65065

**[Click here to register](#)**

## Recovery Stakeholder's Learning Community

The Missouri Recovery Network has partnered with Mid-America ATTC to create a Stakeholder's Learning Community for Region 7 (Missouri, Kansas, Iowa and Nebraska). Training occurs the last Thursday of each month from 12:30 to 1:30 p.m. Participants join via Zoom, a free videoconferencing software. No travel is required. Each

session contains a presentation on a recovery-related topic, followed by networking and discussion among the recovery stakeholders. Registration is required for each session. Here is a list of dates and topics through June:

**March 28, 12:30-1:30:**  
Recovery Community Centers

**April 25, 12:30-1:30:**  
Peer Leadership

**May 30, 12:30-1:30:**  
Suicide Prevention

**June 27, 12:30-1:30:**  
Ethics for Peers

We will send out an email to everyone on our email list when we have registration information for March.

## 2019 Missouri Mental Health Champions Banquet

The Missouri Mental Health Champions' Banquet is scheduled for Tuesday evening, June 18, 2019. The event will be held at the Capitol Plaza Hotel, 415 West McCarty Street, Jefferson City, MO.

### Schedule of Events

**5:00** Director's Creativity Showcase and Silent Auction

**6:00** Dinner

**7:00** Awards Ceremony and keynote speaker

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

their community, exemplify commitment and vision, and whose actions have increased the potential for independence in others with similar mental health conditions.

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

The keynote speaker this year is Kevin Brown. You can read more about him by [clicking here](#).

This year's Missouri Mental Health Champions are:

### Substance Use Recovery

Dan Hanneken (Columbia)

### Mental Health Diagnosis

Team Richard Cohen and Angelo Blanchard (St Louis)

### Developmental Disability

Connor McGranahan (Rogersville)

To learn more about this year's Mental Health Champions, [click here](#).

You will be able to purchase tickets for \$45 beginning the middle of March by [clicking here](#)

### **Taken From Kyle Hamilton's obituary:**

Addiction is a disease; it is not a moral failing. It can affect anyone. Those suffering from addiction, friends and families who are impacted, professionals who work to help others—all need support, information and community. A popular slogan in Al-Anon is this simple phrase: "When anyone, anywhere reaches out for help, let someone always be there...and let it begin with me." So that's what we will do. Far too long people have been silently suffering; it is time to speak up, support one another and end the stigma that follows addiction.

To those who have lost loved ones to substance use, those personally struggling, or those heartbroken praying and waiting for your loved one to find recovery from this vicious disease—our hearts and prayers are with you—today and every single day. Speak out and reach out. You are not alone.

## Making Families a Priority

The Missouri Recovery Network partnered with the [Missouri Mental Health Foundation](#) and [Better Life in Recovery](#) last year to create the documentary, "**Not My Child: Helping families understand substance use and recovery.**"

In this film, families explain signs of substance use from their own experiences. This film explores different pathways to recovery and looks at the disease of addiction. Our

hope is that by watching this film, families will feel more equipped to address substance use in their children, foster more open conversations surrounding substance use and find hope that recovery is possible.

The film has been made available for free to screen in your community. There are several requirements that must be met in order to screen the film. You must have a behavioral health

professional on hand to introduce the film and answer questions. You are required to have a resource list available at the screening and you can not charge. We also request that you let us know how many attended. For more information or to schedule a FREE screening for your community, [click here](#).

MRN is also working to bring a family peer to peer program to Missouri this fall!!

## New Medication Awareness Recovery Training

The Missouri Credentialing Board will be starting a new 40 hour Medication Awareness Recovery Specialist Training Program on Friday March 15, 2019 with a live training in Jefferson City, St. Charles, Springfield, Kansas City and Cape Girardeau. This program is a comprehensive training program that provides 40 hours of training in using medications during the

recovery process. At the conclusion of the program, participants are awarded 40 CEU hours and a Medication Awareness Recovery Specialist Certificate. The program details are:

1. The program starts on Friday March 15, 2019 with a 1 day live training in 5 communities around the state.
2. Participants then work through 8 self-study

modules that start Monday March 25th and end Sunday June 16th.

3. Information covered includes: Science of Addiction, Eliminating Barriers to Medication Assisted Treatment, Know Your Rights and more!
4. The program costs \$100 and participants receive 40 CEUs

[Click Here to Register](#)

**No act of kindness,  
not matter how  
small, is ever wasted!**

### **Aesop**

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

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We are on the Web  
WWW.MORECOVERY.ORG

## “Beautiful Boy”

If you have access to Amazon Prime Video, we encourage you to check out the movie “Beautiful Boy”, an Amazon Prime Original starring Steve Carell and Timothée Chalamet.

“Beautiful Boy” chronicles the heartbreaking, powerful and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years. Based on the best-selling memoirs from David and Nic Sheff. To view the trailer, [click HERE](#). You must have an Amazon Prime Video account to access this movie.

This would be a great movie to invite colleagues, family, friends, neighbors, and community members to watch with you!



## Information You Can Use

[Insurance Rules Limiting Access to Buprenorphine May Worsen Opioid Epidemic](#)

[Missouri Opioid State Targeted Response and State Opioid Response Projects Page](#)

[FDA Weighs Recommendation to Prescribe Naloxone Along with Opioids](#)

Only 1 in 10 people who need treatment receive it!!!

The opioid crisis costs the state of Missouri over \$1.4 million a second, which is \$12 billion a year according to a study done by the Missouri Hospital Association

## Recovery Leaders: Visible and Vocal

**MRN would like to congratulate the 2019 Missouri Mental Health Champion for SUD Recovery, Dan Hanneken**

Dan's use of alcohol and other drugs began at a young age, resulting in multiple arrests, periods of probation and incarceration. For many years he struggled to be successful with his recovery....until he began to develop a passion for figuring out what he, and others, needed to maintain sobriety and avoid falling back into patterns of behavior leading to re-incarceration.

He is now the Founder of “In2Action,” recovery housing for 27 men with a history of substance use disorders that were recently discharged from incarceration, serves as an Adjunct Professor at the University of Missouri - School of Social Work where he teaches courses on addiction and treatment, served on the Columbia Mayor's Task Force for Community Violence, authored the “Ban the Box” legislation that now prevents employers from asking applicants about criminal history until a con-

ditional job offer has been made, served as Chair of the Boone County Offender Transition Network, served as a Board Member and Advisor for Phoenix Programs, founded the Columbia Christian Re-entry Coalition and served as leader of the Crossing Church Prison Ministry.

Dan's passion is to better prepare professionals in providing effective services and supports to help others, and directly provide those who have not previously had a chance to succeed following incarceration. His life is ultimately driven by the fact that he was lost, and has been found. A reality he wants others to be able to experience.

**We would also like to congratulate Michael Liimatta, who has been chosen as the Professional of the Year by First Call**, which is the Kansas City chapter of NCADA (National Council on Alcohol and Drug Addiction). Michael is the Executive Director at Footprints, Inc and the Treasurer for the Kansas City Recovery Coalition. He will receive his award at First Call's Annual Gratitude Luncheon, which will take place Friday, March 22 from 11:30 to 1:30 at the Ewing Marion Kauffman Foundation. To find out more or reserve a spot at the luncheon [click here](#).

### **Actions for Happiness**

**Exercising:** Take care of your body

**Question:** Which ways of being active and healthy do you really enjoy?

**Inspiration:** “Try to limit your sitting and sleeping to just 23 and a half hours a day” Dr Mike Evans

### **Action Ideas:**

- Be more active today. Get off a bus a stop early, take the stairs, turn off the TV, go for a walk - anything that gets you moving.
- Eat nutritious food, drink more water, and catch up on sleep. Notice which healthy actions lift your mood and do more of them.

To learn more visit the Action for Happiness website by [clicking here](#). Join the movement. Be the change! Create more happiness and less unhappiness in the world around you!!