



Recovery Happens

September–October 2018

September - National Recovery Month

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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”

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been

transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 29th year, Recovery Month highlights the achievements of individuals who have re-

claimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective [prevention](#), [treatment](#), and [recovery](#) services for those in need. Each year, Recovery Month selects a new focus and theme to spread the message and share the successes of treatment and recovery. The 2018 Recovery Month observance will focus on urban communities, health care providers, members of the media, and policymakers, highlighting the various entities that support recovery within our society.

SAMHSA’s 2018 Recovery Month Theme

The 2018 Recovery Month theme, “*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*,” explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to

highlight inspiring stories to help people from all walks of life find the path to hope, health, and wellness. [Learn more about this year’s and past year themes.](#)

Each year, SAMHSA creates a Recovery Month toolkit to help individuals and organizations increase awareness of the power of recovery. The kit provides media out-

reach templates, tips for event planning and community outreach, audience-specific information, data on behavioral health conditions, and resources for prevention, treatment, and recovery support services.

Recovery Month resources are available on the [Recovery Month website](#).

SAMHSA's 5 Signs of Quality Treatment

Upcoming Missouri Certified Peer Specialist Training locations and dates:

September 17-21
Kansas City

September 24-28
Joplin

October 15-19
Sikeston

October 22-26
Springfield

November 5-9
Jefferson City

[To register for one of the trainings click here.](#)

You can use these questions to help decide about the quality of a treatment providers and the types of services offered. Quality programs should offer a full range of services accepted as effective in treatment and recovery from substance use disorders and should be matched to a person's needs.

1. Accreditation: Has the program been licensed or certified by the state? Is the program currently in good standing in the state? Are the staff qualified? Good quality programs will have a good inspection record and both the program and the staff should have received training in treatment of substance use and mental disorders and be licensed or registered in the state. Does the program con-

duct satisfaction surveys? Can they show you how people using their services have rated them?

2. Medication: Does the program offer FDA approved medication for recovery from alcohol and opioid use disorders? At this point in time, there are no FDA approved medications to help to prevent relapse from other problem substances.

3. Evidence-Based Practices: Does the program offer treatments that have been proven to be effective in treating substance use disorders including medication management therapies, such as motivational therapy, cognitive behavioral therapy, drug and alcohol counseling, education about the risks

of drug and alcohol use, and peer support? Does the program either provide or help to obtain medical care for physical health issues?

4. Families: Does the program include family members in the treatment process? Family members have an important role in understanding the impact of addiction on families and providing support.

5. Supports: Does the program provide ongoing treatment and supports beyond just treating the substance issues? Addiction is a chronic condition and requires ongoing medication and supports. Quality programs provide treatment for the long term which may include ongoing counseling or recovery coaching and support, and helps in meeting other basic needs like sober housing, employment supports, and continued family involvement.

Mark your

Calendar:

Next year's Peer Leadership Summit will be May 28-29 at Tan Tar A Resort!

Missouri Recovery Month Events

Thursday, Sept. 20:

First Call's Celebration Evening featuring Sam Quinones, author of *Dreamland*. To learn more, [click here](#). ([printable flyer](#))

Saturday, Sept. 22,

2018: C.O.P.S. Annual Block Party. 11am-2pm 3800 Agnes, Kansas City, MO ([printable flyer](#))

Saturday, Sept. 29:

Annual Recovery Walk, 11am-1pm, Tower Park, 75th Street & Holmes Road, Kansas City, MO. Sponsored by Comprehensive Mental Health. ([printable flyer](#))

Saturday, Sept. 22:

Praise and Fellowship Day, 11am-3pm Mission Missouri, 509 Ruth Street, Sikeston, MO. For more information please contact Mission Missouri 573-481-0505

Monday, Sept. 24:

Community Workshop, 9am-3pm, First Baptist Church, 10479 State Highway P, Potosi, MO 63664 Presentations will include community treatment options, importance of supportive recovery, local statistics and success stories. Lunch will be provided at noon. For more information 573-438-7230

Saturday, Sept. 15:

3rd Annual Substance Use Disorder Recovery Walk 8am-2pm Capaha Park Shelter #4 1400 Broadway Street, Cape Girardeau, MO. Speakers include Representative Holly Rether and Jim Ray. For more info 573-837-8773

Saturday, Sept. 15:

Recovery Day at Busch Stadium, starts at 12:05 Featuring the St. Louis Cardinals vs the Los Angeles Dodgers. Tickets are \$20 (normally \$47) contact Amber Cole for tickets 314-583-2469

Saturday, Sept. 22:

Recovery Fest 12pm-5pm, O'Fallon Park, 4343 West Florissant, St. Louis, MO 63107 Event will include: Awareness Walk, BBQ Cook Of, Nonstop AA/CA/NA meeting, resources, music, laughter and just plain fun. For more info call Amber at 314-583-2469

Friday, Sept. 28:

Recovery St Louis, 630pm-9pm, 8029 Clayton Road, Suite 1, St Louis, Mo 63117. Event will include dinner, socializing, networking and entertainment. **Open to all college students.** For more info 314-977-2833

Saturday, Sept. 15:

Celebrate Recovery, 10am-2pm, Swope Park Shelter 7, Kansas City. Event will include Behavioral Health Speakers, Shatterproof's End the Stigma Wall and Cookout for more info contact Kyle 816-547-1946

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

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

facebook

Recovery Housing Update

In June 2017, the Missouri Coalition of Recovery Support Providers, MCRSP, became an affiliate of the National Alliance for Recovery Residences (<http://narronline.org/>). This milestone was the result of an effort to establish quality standards and an accreditation process for recovery houses in Missouri. The recovery housing standards and accreditation process established for Missouri were based on the NARR standards and requirements. To learn more about the Missouri recovery housing standards

[click here.](#)

Beginning last fall, the MCRSP Recovery Housing Task Force began accepting applications for recovery housing providers who wanted their recovery house(s) accredited by MCRSP/NARR. Since that time, forty-three (43) recovery houses have been accredited across the state with 298 male beds and 167 female beds in those accredited houses. The link below provides a listing of all those MCRSP/NARR accredited recovery houses in Missouri (Please check listing on a regular basis for updates as additional houses become accredited by [clicking here.](#)

Fundamental to the recovery housing standards is the “social model” of recovery

and the utilization of “peer supports” in the operation of the houses. The standards are oriented to create an environment that provides opportunities for residents to offer each other mutual support and encouragement. The specific strategies for facilitating peer supports vary among the accredited houses. Some of the accredited recovery houses employ more formal roles for peers such as “peer recovery coaching”. In many of the accredited recovery houses we find credentialed Missouri Certified Peer Specialists serving as the house managers, assistant house managers, “anchors” and other leadership roles in the houses for residents.

[Continued Below](#)

Every
strike
brings me
closer to
the next
home run.

Babe Ruth

Recovery Housing Update (Continued)

MCRSP strongly encourages recovery houses to support their house leaders and other interested residents to become credentialed peer specialists as a means to improving the quality of the recovery house operations and as possible first step in a career pathway for the resident. For further information on the credentialing process for peers in Mis-

souri follow the link below to the Missouri Credentialing Board: <https://missouricb.com/> In keeping with this basic philosophical approach to supporting recovery MCRSP adopted a “peers lead” accreditation process. MCRSP is developing criteria and a certification process for the “accreditation peer reviewers”. In addition to completing a training class the “accreditation peer reviewers” will be required to have either

lived experience in a recovery house or experience in the management of a recovery house. Accreditation peer reviewers will be responsible for leading or assisting in the on-site review and recommendations for the accreditation of applicant recovery houses. A modest stipend will be paid for this work. For further information on this role you may write to mcrsp.recoveryhousing@gmail.com.

I dwell

In

Possibility.

Emily Dickenson

Man never
made a ma-
terial as re-
siliant as the
human spirit.
*Bernard Wil-
liams*

Happiness is
where we
find it, but
seldom
where we
seek it.

J Petit Senn

The best way
out is always
through.

Robert Frost

Technical Assistance available to Address Opioid Misuse

The State Targeted Response (STR) Technical Assistance (TA) Consortium was created to support your efforts in addressing opioid use disorder prevention, treatment and recovery. This project, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), is here to provide local expertise in your communities to help address the opioid public health crisis.

The STR-TA team stands ready to assist you.

STR-TA Strategy - Navigating Toward Healthier Communities

The goal is to respond quickly to your requests for education and training resources to address the opioid crisis. The STR-TA Consortium utilizes local experts in prevention, treat-

ment and recovery who are collaborating to facilitate access to evidence-based resources. Each state/territory will have a designated team led by a Regional Technology Transfer Specialist (TTS), who is an expert in the implementation of evidence-based practices. Each TTS will work with individual STR grantees and others to meet the needs outlined by the TA recipient.

For more information or to get technical assistance [click here.](#)

MRN

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

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Jefferson City, MO 65109

CONTACT US AT:
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THE STATEWIDE
VOICE FOR RECOVERY

We are on the Web
WWW.MORECOVERY.ORG

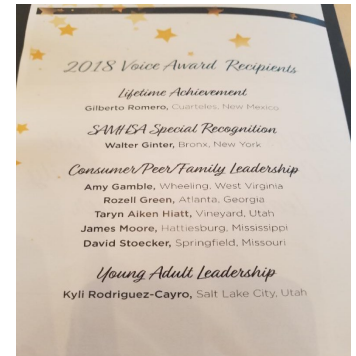
Missouri Recovery Network

Our Vision:

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

Our Mission:

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



Recovery Leaders: Visible and Vocal



The Recovery Leaders: 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



SAMHSA's Voice Awards program honors people in recovery and their family members who are improving the lives of people with mental illnesses, substance use disorders, or both in communities across the country. The awards program also recognizes television and film productions that educate the public about behavioral health and showcase that recovery is real and possible through treatment and recovery supports.

There are 5 separate categories: peer, consumer, family member, youth and lifetime achievement. This year there were 200 people from around the country nominated for the Peer Voice Award. The winner was the Missouri Recovery Network's Advocacy and Education Outreach Coordinator David Stoecker.

MRN's Director, Brenda Schell attended the event in Hollywood, along with David. The evening was hosted by Rick and Kaye Warren. The Warrens are founders of the Saddleback Church in Southern California and authors of several books, including the best-selling "The Purpose Driven Life" and "The Purpose Driven Church." Following the loss of their son, Matthew, to suicide, the Warrens have become outspoken advocates for suicide prevention and improved treatment for people living with mental illness. They have established a mental health ministry in their church to help those experiencing mental illness and to support their families.

When we talked to David about the experience, he had this to say, "I was honored to win the Voice Award, because I know all of the hard work people are

doing in Missouri and around our country. I really think that more people need to use their voices. Your voice matters, whether you are in recovery, actively using or care about someone who is either using or in recovery. We have to recover out loud and let people know that not only is recovery possible, it is amazing!

In my acceptance speech I acknowledged a few things I would like to reiterate. First, if you chose to do advocacy it is life consuming. There is no down time. Second, there are multiple pathways to recovery and we need to meet people where they are at and support what is working for them. Finally, I really do look forward to a world where we are accepting of those who have pathways different than ours and to realize that people don't have to be sober to have value, we all have value!"

[Click here to watch awards.](#)