

**MOAR**  
**MA Organization for Addiction Recovery**  
***“Visible, Vocal, Valuable”***  
**Recovery Community on The Move**

**MOAR Executive Director Report**

**Annual Holiday Meeting and  
Celebration**

**12/7/10**

Maryanne Frangules



MOAR Executive Director



# So What is MOAR?



- **MOAR** \_ Recovering individuals, families and friends organized in a collective voice to educate the public about the value of recovery from alcohol and other addictions.

# We are Doing MOAR to Educate Legislators



# MOAR Accomplishments

- **Building Opportunities to do MOAR** –6 regional locations
- Recovery Community Education via MA DPH/BSAS
- AREAS -Peer to Peer Recovery Education and Support – Boston, Tewksbury
- Rox JP Overdose Prevention for persons leaving Prison
- YARD -Institute for Health and Recovery/Gavin Foundation Partnership to build Recovery Oriented System of Care in South Boston
- Policymaker Education in BPHC No Drug Coalitions
- **Supported development of an** adolescent treatment facility in Western MA
- **20 years** of Recovery Month Celebrations with national attention
- **6 years** – New England Ride for Recovery
- **7 Years** of Celebrating Alcohol Awareness Month
- **Policymaker and Public Education** to support quality services based on
- **Governor’s Council** on Substance Abuse & Prevention Strategic Plan
- **Family Support** with Allston Brighton SA Task Force

## **Collaboration with Community and Statewide Coalitions**

to Create Public Awareness as in need for Alcohol Tax

**Result:** Parity, Improved Continuum of Care, ,

**20** awards for Community Contributions

# MOAR Members Create Our Accomplishments

- Develop peer to peer recovery education, others have benefited from the service, and are educating others.
- Present to peer groups, service providers, policymakers and media
- Attend public forums identifying as a recovery community member
- Contribute stories and items of interest to our newsletter.
- Volunteer for informational campaigns, rallies, and conferences
- Help with event planning, preparing print, media and web material, telephone calls, letter writing, administrative, clerical support.
- Attend MOAR meetings to discuss issues, or to learn about how to inform and educate others regarding addiction and recovery.

# MOAR Member Benefits

- The MOAR Newsletter , The MOAR Website
- Participation in Recovery Month, Alcohol Awareness Month, Annual Holiday Celebration, and Public Policy Forum
- Updates and alerts, action opportunities regarding public policy issues that impact the recovering community
- Information and resources circulated at meetings
- Coaching and support in maintaining anonymity traditions and in presenting effectively to individuals and groups
- The benefits and satisfactions of making a difference in the lives of others

# MOAR Informational Resources

## **“A Mini Resource Guide with MOAR to Come”**

Navigating The System: with Resource Fact Sheets

## **“MOAR on Recovery Capital: An Investment for Society”**

Stories submitted from individuals and families in the recovery process. Lists Peer Parent Support Groups

## **“People in Recovery, Families and Friends – Your Voice is a Capital Investment!” –**

Public Policymaker Resource Guide

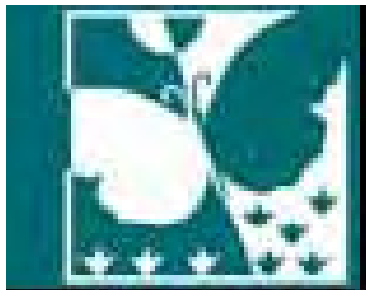
**[WWW.MOAR-Recovery.Org](http://WWW.MOAR-Recovery.Org) – MOAR Website**

**Telephone – 617-423-6627**

**Email- [Maryanne@MOAR-Recovery.org](mailto:Maryanne@MOAR-Recovery.org)**

# MOAR Has a Vision

- MOAR envisions a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to all our communities.



# MOAR Has a Message

- MOAR is helping to build a recovery informed society where recovery becomes
- a societal "norm" &
- prevention a societal "given".



# Why do We Do MOAR – 2007 Stats

Alcohol abuse causes more deaths from traffic accidents, poisonings, drowning and violence than any other drug; it leads to divorces and family breakups; it costs people their jobs; it damages babies *in utero*; it destroys judgment.

- Underage drinking kills 4 times as many youths as all illegal drugs combined.
- 73% of all high school students in Massachusetts had consumed alcohol,
- 28% binge drank alcohol
- 20% began drinking alcohol prior to the age of 13.
- The risk of developing alcohol-use disorders in adulthood is greatest when the age of first drink occurs prior to the age of 15.

# The Other Drugs Use

- First Use (Average) is about age 14
- Use Alcohol, Marijuana, Heroin ...
- And Benzodiazepene ...

## What is The Problem?

**2002-2007 - 3265** MA residents **dead** from opiates

**2007- 637** die from opiate overdose

**2007- 804** die from opiate and other drugs

## Oxycontin & Heroin Commission Report –

- Senator Steven Tolman Chairs – Finds
- 2002-2007 –
- 3,265 died from drug-related causes
- But.....a good thing
- Over 712 overdoses reversed in 2010
- via NARCAN

## So What did We Do and What Do WE Do?

- Educate Our Members about **The Value of Speaking up for Recovery**
- Join **Campaign for Addiction Prevention, Treatment, and Recovery**
- Supported the Dedication of Alcohol Sales Tax for Services
- Supported Campaign Against Repeal of Alcohol Tax
- with over 160 coalitions
- Join **MCAS** to support funding for quality services
- Join **The Good Samaritan Campaign** to protect people, who witness drug overdoses from arrest, encourage calling 911 to save lives
- Participate in **Rox JP Linking Incarcerates** Project to educate South Bay inmates about overdose prevention with referrals
- Speak up to end **Alcohol Advertising on State Property with SAAFE-MA**
- Speak Up for **CORI Reform**
- Participate in **Underage Drinking Coalitions** such as **Allston Brighton**
- Participate in forums leading to Recovery Month and post Recovery Month Educating The Public and The Policymakers about the Value of Recovery
- Participate in **ROSC South Boston YARD** – Recovery Oriented System of Care
- Speak up for Addiction Recovery Services in National Health Care Reform, with **Faces and Voices of Recovery**

## Can We Really Learn from The Past

# Keeley League and Advocacy 1890





Library of Congress

*The Women's Auxiliary of the Keeley League of Illinois, 1893. Keeley's cure involved the organization of former patients to spread the "Bichloride of Gold" gospel. The leagues also may have served to keep Keeley Institute "graduates" away from liquor, in much the same way that the Reform Clubs did, and in that respect they helped make the cure work.*

**Can we learn from the past ?**

# MOAR Learned to Do AREAS

- **MOAR** learned
- **Advocacy** and reducing stigma begins with offering support to people
- **Who fear speaking up** because they are
- **Viewed as "bad"** – and
- **Feel intimidated** by and/or
- **Do not know how to get help.**
  
- **The Result.....**

## Thus – AREAS on The Move

- **MOAR** created **AREAS**,
- **Addiction Recovery Education Assistant Services**, a recovery community educational support system
- **MOAR** provides recovery support education based on requests from the membership.
- **MOAR** is building on our East Boston and Worcester pilot projects,
- **MOAR** is developing peer leadership for persons, who want help, and to help others

# Addiction Recovery Education Access Services (AREAS)

- MOAR facilitates practical problem solving groups for people in recovery
- Designed to strengthen participation in recovery and relapse prevention,
- Providing information about common practical problems faced by people in recovery
- Helping to connect to the appropriate resource.
- AREAS are peer lead.
- Curriculum choices are driven by the participating members.
- With Life Skill and Resource Information.
- AREAS participants receive support and leadership development.  
To Become Involved with  
MOAR in a personal and meaningful way.

# Some MOAR AREAS Examples

- How to Cope with a CORI
- Help and Hope for Hepatitis C
- Building a Relationship with Your DSS Worker
- Learning to Navigate the System
- Addressing Housing Issues
- Relapse Prevention Skills
- Building Values in Recovery
- Educating Policymakers
- How to Tell Your Story of Recovery in Sixty Seconds, "MOAR" or Less

# MOAR Visualizes

- **MOAR** visualizes building strong recovery community members, who help each other help themselves, as we learn to educate the public and policymakers and make the following a reality:
- *Faces and Voices of Recovery:*
- *Visible, Vocal, Valuable, Victorious*

# We Can Learn about Stages of Change

- **5 Stages of Change**
- **Pre-contemplation – Not at a point of willingness or awareness to make change**
- **Contemplation – The point of awareness, but not action steps**
- **Preparation- Making plan to change and will likely in near future**
- **Action - Making the plan move**
- **Maintenance – Commitment to recovery and recovery movement**

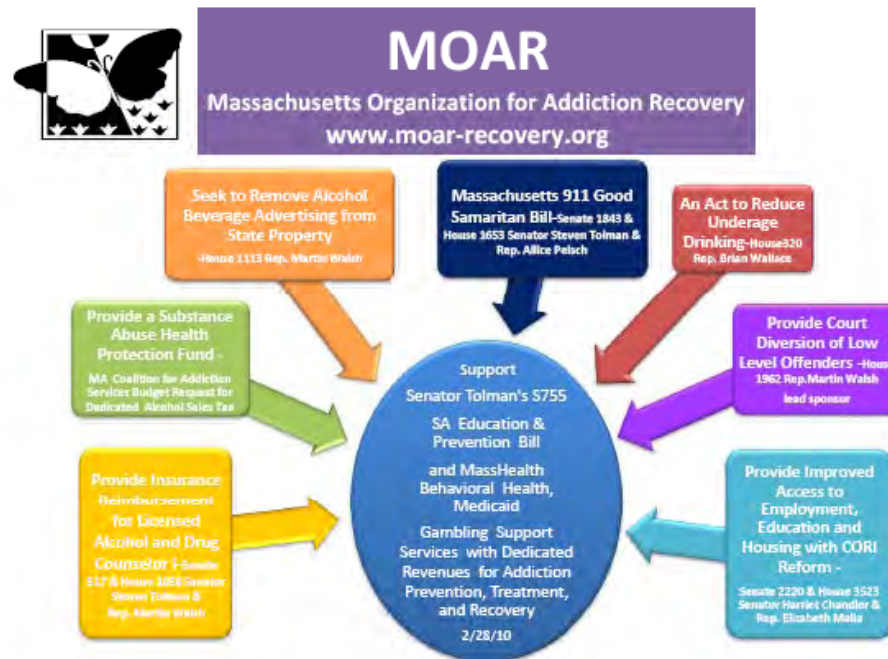
## We Identify, Respect, and Motivate

- MOAR Identifies with the Many Paths to Recovery
- Respect Our Differences
- Motivate for Change by valuing all participants
- ..... Reinforcing the strength of recovery community members, who help each other help themselves, as we learn to educate the public and policymakers and make the following a reality:
  - *Faces and Voices of Recovery:*
  - *Visible, Vocal, Valuable, Victorious*

# Recovery Bill of Rights



# So What MOAR Can We Support



**MOAR**  
30 Winter St. 3rd. Floor  
Boston, MA 02108  
Phone: (617) 423-6627  
Fax: (617) 423-6626  
Email: [Marianne@moar-recovery.org](mailto:Marianne@moar-recovery.org)

**Massachusetts Organization for Addiction Recovery**

**MOAR & Friends  
7th Annual Public Policy  
Forum  
'2010 Dialogue with  
Direction for 2011'  
February 22, 2010**

**Join MOAR "Pictured Voices  
for Prevention, Treatment, and Recovery"**

**MA Coalition for Addiction Services**  
Eduardo Tumbao, MA Council on Compulsive Gambling,  
First Health, Hope House, Recovery Center Collaborative,  
James Peters, Assoc. of Behavioral Health Care of MA,  
EPHC, Chief Medical Officer, Henry Street 18  
"Don't Let Your Friends Die", Susan Sheehan  
Outright (Boston) Recovery High School  
Andy & Anne with principal, Roger Dyer

**MA Bureau of Substance Abuse Services Director,  
Richard Barbach.**

**Campaign for Addiction Prevention, Treatment, &  
Recovery, Assoc. Behavioral Healthcare, Dr. Silvestro**  
Organizational Hangei Commission Chair,  
Senator Steven Tolman

**Recovery Advocate, Alina Baccaro of Harvard, Josh**

**EPHC, JACOPE, Horizon Center, Adam Butler**  
Good Samaritan Campaign, ADUJ, Justice,  
Marilyn Tait

**MOAR Parent Advocate, Barbara Barnes**  
MOAR Recovery Advocate, Jennifer Valacich

**Call Health and Recovery, Horace Boston**  
Sara Jurgis with

**EPHC Mass Call 2 Commission Prevention Co-Chair**  
Edward Miller, (Boston PI) Jan Heller (Andover),  
Arlene Cook, (South Had) (Prof. William Stark Boston)

**Our Forum Mobilized into Policymaker and Public Education Action**

**MA Coalition for Addiction Services Move for**

- No Cuts to Substance Abuse Services, Medicaid, and Mass Health
- Behavioral Health Services, Compulsive Gambling Services
- Dedicate Alcohol Sales Tax to a Substance Abuse Health Protection Fund
- Dedicate 2.5 % of any New Gambling Initiatives to a Problem Gambling Protection Fund for compulsive gambling and other addiction services.

**MA Campaign for Addiction Prevention, Treatment, and Recovery Services**

- To keep The Alcohol Sales Tax alive and dedicate it to services

**MA Good Samaritan Campaign**

- to protect overdose witnesses and overdose victims from being charged for possession of a controlled substance when calling 911 to seek medical help during an overdose.

**MA Commonwealth CORI Coalition, MA Bar Association Drug Policy Task Force**

- for CORI Reform, Diversion to Treatment

**Organized Heroin Commission Report Recommendations**

- An Act Relative to Substance Abuse Education and Prevention (S2281)- Senator Steven Tolman

**SAFE MA—Supporting Alcohol Ad-Free Environments (SAFE-MA)**

- to ban alcohol advertising from state property and transportation services

**Thank You to: MA EPHC Bureau of Substance Abuse Services, Boston Public Health Commission (EPHC), EPHC No Drug Coalition, James and Melissa of Recovery Center, April Khorramfar, All speakers, our advisors—Liz Parsons, SAFE MA, and ADUJ Task Force, DAPF Task Force (W) from Project Right, NIDA (John-Rita Lindbergh NIDA, Senator Steve Chaboy Mass, Senator Kemp)**

**recovery**  
now **recovery** ever!

Speaking Up for  
Quality Services

Alcohol Tax

Good Samaritan

Overdose Prevention

Prescription Monitoring

CORI Reform

# Campaign Against Repeal of Alcohol Tax



# Vote No On One



# 160 Organizations Join



## 290 New Registered Voters



# No on One – Recovery Month 2010

**MOAR**  
MA Organization for Addiction Recovery

MOAR  
30 Winter St., 3rd Floor  
Boston, MA 02108  
Phone: (617) 423-6627  
Fax: (617) 423-6626  
Email: [Marjano@moar-recovery.org](mailto:Marjano@moar-recovery.org)  
[www.moar-recovery.org](http://www.moar-recovery.org)

**20th Recovery Day 9/28/10**

**MOAR AREAS Facilitators Training**  
• Addiction-Recovery-Education-Assistance Services  
• Peer-to-peer recovery support service  
Friday, November 19, 9:00 AM- Noon  
Boston

**MOAR Annual Holiday Celebration**  
Tuesday, December 7th,  
5:30 to 8 PM  
Mechanics Hall,  
Worcester

**MOAR Recovery Action Meetings**

- **Monday** Nov 1, Dec 6, 6:30 PM, Atrium 2, Faulkner Hospital, Jamaica Plain
- **Tuesday** Nov 9, 6:15 PM, Every Day Miracles Recovery Center, 15 Pleasant St, Worcester
- **Wednesday** Nov 17, 1:30 PM, FAACA 360 Coggeshall St, New Bedford
- **Thursday** Nov 18, 5:30 PM, Phoenix House, 5 Madison Ave, Springfield
- **Monday** Nov 29, 6:30 PM, H Suffolk MH, 14 Porter St, E. Boston
- **Tuesday** Nov 30, 6 PM, NS Recovery HS, 502 Cabot St, Beverly

**20th Annual New England Ride for Recovery**  
US Dept. of Health Human Services, SAMHSA/CSAT sponsored MOAR members; Rocco Antonelli Jr, Stephanie Almeida, Bob Herne (Middlesex Human Services Agency) chaired the event in memory of Joe Magliocco, Mike Torres, CSAT/SAHHS/CSA Associate Director called New York with Marjano Fragoso (MOAR), Guadalupe Cantorago (Prevention Coalition), and Stephanie Almeida.

**Recovery Voices Count Campaign for New Voters**  
MOAR is celebrating our Faces and Voices of Recovery Participants with 100 new registered voters for Election Day—November 2nd!

**US HOUSE JUDICIARY SUBCOMMITTEE TO HOLD FIELD BRIEFING**

**Speak out for Addiction, Prevention, Treatment and Recovery**

**Why? In Massachusetts 3265 Fatal Opioid Overdoses 2002-2007**

**2 People Die Every Day**

**You are Invited :**  
 US House Judiciary Subcommittee on Commercial and Administrative Law  
 Congressional Field Briefing  
**Monday, April 12th, 1:00pm,**  
**Gardner Auditorium, The State House**

**When:** Monday, April 12th, 11 AM  
**Where:** Outside State House Beacon Street  
**If Rain:** Go Inside to Grand Staircase

**Hear:** MA Oxycontin Heroin Commission Recommendations  
**Focus:** Congressional Attention to The National Opioid Epidemic

**Educate Your Elected State Legislators about S2281— A Mental Health Substance Abuse Committee Bill " An Act Relative to Substance Abuse and Prevention" Make Commission Report Law**

**11:45 AM Educate Legislators**

**12 :45 PM Seating for Briefing Gardner Auditorium**

**1 PM Hearing Starts**  
**4 PM Hearing Ends**

**Your Face and Voices Count**

**More Information:**  
 call 617-431-8627

**Join**  
 Association for Behavioral Healthcare  
 Boston Public Health Commission & BPRC NoDrug Coalition  
 Learn to Cope  
 MOAR-  
 MA Organization for Addiction Recovery  
 MA Association of Behavioral Health Systems  
 Recovery Homes Collaborative




## Congressional Hearing on Opiate Epidemic April 12, 2010

Outcome  
 Prescription Monitoring

Good Samaritan  
 Almost Makes It

NARCAN Saves Lives

## Prescription Drug Monitoring Becomes Law August 2010



Tracks “Who, What, When, Why?”

Doctors Must Take Pain Medicine Management Courses



Linking Incarcerates Opioid Overdose Prevention Project at South Bay



# MOAR

MASSACHUSETTS ORGANIZATION FOR ADDICTION RECOVERY

500 incarcerates at South Bay Provided with Overdose Prevention Training and Resource information

**CORI Reform Becomes Law August 4, 2010**  
**Thank You to Commonwealth CORI Coalition  
and Supportive Policymakers**



What Does CORI Reform Mean

Job Applications Must Not Ask about  
Criminal Record on Initial Application

Felony History reduced to 10 years  
Misdemeanor Reduced to 5 years

## MOAR and The National Recovery Movement

**Faces and Voices of Recovery Meets with ONDCP =  
Office of National Drug Control Policy –  
Building Recovery Support Services – July 2011**

**ONDCP** is to have a Recovery Support Services Dept

**Recovery Summit – September 2011**  
Building Recovery Support Services  
Celebrating National Alcohol and Drug Addiction Recovery Month

**Supporting Title – National Recovery Month**  
As we Build Recovery **Oriented Systems of Care**

**Recovery Coach Supervision – with NEAAR – November 12**

**Insured “Parity” is Now a Right , and  
is in Included in National Health Care Reform**

MOAR is a **Faces and Voices of Recovery** Member, which in coalition fought to Keep Parity for Mental Health and Addiction Services If you Have Insurance Coverage for Addiction Services

**and your family member or you have been denied treatment ....**  
MOAR Wants to Know About Denial, and will talk you through steps  
If you have

**Please call**

Private Insurance - please call the

**DPH Office of Patient Protection - 1-800-436-7757**

**Mass Health - 1-800-841-2900**

**Massachusetts Behavioral Health Partnership -1-800-495-0086**

**We will work with providers, Mental Health Law Advocates  
and other groups on this =====and YOU!**

**Have Fun and Do MOAR!**



**MOAR Laughs Comedy Show – May 2<sup>nd</sup>, 2010  
Come Again – May 1<sup>st</sup>, 2011**

## MOAR Calendar - December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Massachusetts Organization for Addiction Recovery	1 <i>Hanukkah begins</i>	2	3	4
5	6 MOAR Boston Meeting 6:30 PM Atrium 2 Faulkner Hospital	7 MOAR Annual Membership and Holiday Forum 5:30 PM Mechanic's Hall Worcester	8	9 MOAR Springfield Meeting 5:30 PM Phoenix House	10	11
12	13	14	15 MOAR New Bedford 11:30 AM PAACA 360 Coggeshall St.	16	17	18
19	20	21 <i>Jimmy Tingle</i> Live at the Regent Theatre Arlington 8:00 PM Benefits MOAR	22 <i>Jimmy Tingle</i> Live at the Regent Theatre Arlington 8:00 PM Benefits MOAR	23 <i>Jimmy Tingle</i> Live at the Regent Theatre Arlington 8:00 PM Benefits MOAR	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>
26 <i>Kwanzaa</i>	27 MOAR East Boston 6:30 PM North Suffolk Mental Health 14 Porter St.	28 MOAR Beverly Meeting 6:00 PM Recovery High School 502 Cabot St.	29 MOAR joins AdCare Hospital for a Holiday Party	30	31 <i>New Year's Eve</i>	

### Now 2011 Opportunities to Get MOAR Involved

*Join MOAR & Help Plan*

MOAR Reggae Dance Party at Right Turn, Arlington

Our Boston Public Policy Forum in February

MOAR Laughs on May 1<sup>st</sup>

Statewide Alcohol Awareness Month April, 12 Mechanic Hall, Worcester

MOAR and Friends Recovery Month Activities all month long in September

Call Toll-Free 1-877-423-6627 or Email: [moarmellisa@aol.com](mailto:moarmellisa@aol.com)

[www.moar-recovery.org](http://www.moar-recovery.org)

Leadership Institutes with  
Association for Behavioral Healthcare and J  
Join Together

## 2011-2012 Join MOAR

### as a Face and Voice for Recovery

### Life After Alcohol Tax Repeal – Next Steps

### Funding Insurance CORI Reform Regs Criminal Justice Recovery Support Services in ROSC

# Supportive Resources

- Faces and Voices of Recovery  
[www.facesandvoicesofrecovery.org/](http://www.facesandvoicesofrecovery.org/)
- Read the book, another great resource,  
William White's [Slaying The Dragon](#)

# MOAR Supportive Resources

- **Peer-based Recovery Support, A Working Bibliography**  
(January 2009) by William L. White and Barbara Weiner, Hazelden Library.  
These reference resources were used to prepare a monograph to be released in mid 2009, *Peer-based Addiction Recovery Support: History, Theory, Practice, and Scientific Evaluation*.
- **RCSP Conference Report: Emerging Peer Recovery Support Services and Indicators of Quality**, 2006, The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT). SAMHSA/CSAT funded 28 grant projects under the Recovery Community Services Program (RCSP) last year. This report outlines the goals of peer-to-peer recovery support services projects and discusses indicators of quality in peer recovery support services.
- **Peer-based Recovery Support Services: Connecticut Experience An Interview with Phillip Valentine** William L. White, MA. This interview profiles a successful grassroots recovery support organizations, outlines the kinds of services CCAR provides to support the process of long-term recovery, and describes a new potential component of the addiction treatment service continuum, the recovery community center.



**Remember**



## **Before You leave Join MOAR**

**to Speak Up for Addiction  
Prevention, Treatment, and Recovery**

**[www.moar-recovery.org](http://www.moar-recovery.org)**

**1-877-423-6627 - toll free**

**MOAR is a NEAAR – New England Alliance for Addiction Recovery Member  
& Faces and Voices of Recovery Member**

**Join BSAS Consumer Advisory Board – Call Jim Hiatt – 617-624-5102**