



MOAR NEWS

MASSACHUSETTS ORGANIZATION FOR ADDICTION RECOVERY

SEPTEMBER 2005

EDITION 8



MOAR PRESIDENT

AMOS MARSHALL

Invites You To

Join the Voices for Recovery: Healing Lives, Families, Communities!

National Alcohol and Drug Addiction Recovery Month Theme: September 2005

MOAR, the Massachusetts Organization for Addiction Recovery, is a collective voice of people in recovery, families, and friends, educating the public about the value of alcohol and other addiction recovery. You and I, our families and friends, are the voices for Recovery. My addiction took me to the streets; support from a shelter brought me to long-term treatment; now I am the shelter's substance abuse services director. I am a face and voice for addiction recovery. Our stories, can encourage individuals and their families to get help. Your face and mine provide the hope for recovery.

You can help MOAR build a strategic plan to advance our vision of a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to our communities. MOAR is pleased to have the Massachusetts Bureau of Substance Abuse

Services' support to make this happen. We want you to feel MOAR membership is a personal investment. You will be receiving a membership invitation to join or rejoin soon, followed by a survey that will help MOAR set the course for the future. Together, let's make Massachusetts number one for addiction prevention, treatment, and recovery.

Recovery Month 2004 Join the Voices for Recovery...NOW! was a great success because of you. This year, Recovery Month 2005 Join the Voices for Recovery: Healing Lives, Families, Communities will be even greater. National Alcohol and Drug Addiction Recovery Month is guided by the United States Department of Health and Human Services, Substance Abuse Mental Health Services Administration, The Center of Substance Abuse Treatment Planning Partners with Consumer Affairs Officer Ivette Torres at the helm.

Recovery Month Thank You's

We are grateful to the MA Bureau of Substance Abuse Services (BSAS), the City of Boston's Kattie Portis and Michael Kineavy, Boston Public Health Commission, MA Behavioral Health Partnership, AdCare Hospital, AdCare Educational Institute, SAMEEM Associates, STEP Inc., and you for support to make statewide Recovery Month Events a reality. MOAR and other organizations sponsor events across the state. We thank you for supporting National Alcohol and Drug Addiction Recovery Month. Your face and voice celebrate the value of recovery.

Prevention, Treatment, and Recovery are Capital Investments!

The MA Bureau of Substance Abuse Services was allocated over \$47 million in state funding for FY '06. This represents about \$14 million in restoration from the original \$16 million cut. In the last two years, the state government passed about \$20 million from two supplemental budgets. Note: A supplemental budget is state funding passed when there is a recognized void.

This is a step toward healing from the devastation of lost lives to drug overdoses and diminished resources for recovery. We can never replace lost lives. We can plan to prevent further loss. A Strategic Plan is being implemented to put these dollars into effective use. Policymakers are getting the message from you that prevention and treatment are capital investments. We are grateful to everyone strategizing together for healthy communities.



National Alcohol and Drug Addiction Recovery Month Statewide Celebrations!

SAVE THESE DATES!

Tuesday, September 13th

MOAR Annual Meeting, Worcester

Sunday, September 18th

Motorcycle Ride for Recovery, Family Picnic and Entertainment

Tuesday, September 20th

MOAR and Friends, 15th Annual Recovery Month Walk and Celebration at the State House

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MOAR is pleased to be a recipient of MA BSAS/DPH, Boston Public Health Commission, the Boston Foundation, Clipper Ship, funding through AdCare Educational Institute.

MOAR is an affiliate of NEAAR, New England Alliance for Addiction Recovery, and involved in the national recovery movement via FAVOR, Faces and Voices of Recovery.

This newsletter is paid for through grant resources.

MOAR Inc. is funded by membership dues and activities and is responsible for this newsletter's contents. All newsletter contributions are reviewed by our authorization process.

MOAR website <http://www.neaar.org/MOAR>

For information, please call Maryanne Frangules,
617-423-6627

MOAR Mission Statement

To organize recovering individuals, families, and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.

MOAR Vision Statement

To envision a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to our communities.

Tragedy to Strategy

A Strategic Plan for Substance Abuse Services – a Vision of Hope

On May 16, 2005, the Commonwealth of Massachusetts released its Substance Abuse Strategic Plan. The goal is to build healthy communities with services appropriate to need.

The MA Bureau of Substance Abuse Strategic Plan Key Areas of Focus

Establish a formal Governor's Interagency Council on Substance Abuse and Prevention to provide executive level leadership in order to:

- Expand prevention programs targeting at-risk youth; expand community-based prevention efforts.
- Expand screening, assessment, and referral activities.
- Support a comprehensive continuum of services, matched to demand.
- Develop a system of accountable prevention, treatment, and recovery support services.
- Reduce the high cost of incarceration and recidivism on both the criminal justice and treatment systems, ensure the public safety, promote recovery, and return people to productive lives.

Lieutenant Governor Healy is leading the plan's commission to make positive change. MA Department of Public Health, Substance Abuse Services, Associate Commissioner, Michael Botticelli deserves much credit for pulling together many voices to make the strategic plan a reality. We thank Governor Romney and the state legislature for \$9.2 million supplemental restoration. Greg Hughes, who comes from the MA Department of Corrections, is the appointed Executive Director for the Strategic Plan Council. The state is still staggering under the crushing blow of multi-year cuts to MassHealth and the Bureau of Substance Abuse Services (BSAS). Detox, residential, youth, and outpatient are still operating at reduced capacity. The strategic plan calls for expansion and enhancement for these services, as well as Transitional Support Services (TSS). With 36,000 people unable to access treatment, it would appear that the continuum of care should be given priority.

MOAR's Alcohol Awareness Month* Celebration Together, We Can Reduce Underage Drinking & Other Drug Use

By the 2002 National Substance Use Drug Health (NSUDH) Survey, Massachusetts ranked:

- 2nd highest rate for US residents over age 12 using alcohol in the past month.
- 5th highest rate for adolescent binge drinking.
- 2nd highest rate for adolescent illicit drug use.
- 2nd highest for ages 12-17 who cannot get treatment for illicit drug use. MA BSAS 2004 Reports
- 2,116 adolescents (12-17) of admitted to substance abuse treatment.
- 78% report age of first use between 12-15 years.

The forum, which was held on April 12th, featured the following speakers;

Michael Botticelli
Associate Commissioner
MA Department of Public Health
Substance Abuse Services

The Improbable Players
acting troupe in recovery

David Keller, M.D.

Senator Edward Augustus

Connie Peters
MHSACM
Diane Kurtz
Parent Support Groups of Western MA
Maureen Harvey
South Boston Family Resource Center
Joanne Peterson
Learn to Cope Family Support Group

A Faith House resident
shared how treatment works

The dialogue was typical of the focus groups across the state which call for improved screening and referral, education, full continuum of care, and increased prevention. There is a major need for improved awareness of how to get help, such as billboards highlighting the MA Bureau of Substance Abuse Services Education and Helpline telephone number: 1-800-327-5050. People shared the need for enhanced distribution of prevention, treatment, and resource pamphlets. With such strategy, Massachusetts will lead the nation for Prevention, Treatment and Recovery.

*Alcohol Awareness Month is spearheaded by the National Council of Alcohol and Drug Dependence, a nonprofit organization combating alcoholism and other drug problems (www.ncadd.org).

Massachusetts Opioid-Related Deaths Up by 71%

WHAT ARE OPIOIDS?

The term “opioid” designates a class of drugs derived from opium or manufactured synthetically with a chemical structure similar to opium. Heroin is a naturally derived opioid. Other opioids such as oxycodone (“OxyContin”), morphine, meperidine, methadone, codeine, and others, are used therapeutically for the management of pain and other conditions. We know all too well about the negative impact of opioids that lead to addiction, loss of breath, and death.

- **MA total poison deaths associated with an opioid increased from 28% in 1990 to 69% in 2003.**
- **From 1999 to 2003, opioid-related fatal overdose rates increased 71%.**
- **Rates for opioid-related hospitalizations increased 68%.**
- **Total charges for opioid-related hospitalizations exceeded \$167 million in 2003.**

Info from MA BSAS/DPH 2005

MA Continuum for the Treatment of Heroin and Other Opioids

Detox Medically monitored inpatient program that supervises the safe withdrawal process and facilitates entry to other parts of the treatment system. Length of stay is one to five days. MOAR believes that restoring the near 600 beds lost and increasing length of stay with effective support are necessary to help individuals gain the capacity to move on to the next steps for recovery, as in residential treatment. This is not exclusive to just opioid treatment.

Methadone (Opioid Treatment Programs)– closely supervised and heavily regulated daily drug dispensing and counseling services, primarily for the treatment of heroin addiction. Siting treatment is an issue. Effectiveness of methadone maintenance requires adequate dosing and duration and continuity of treatment as well as case management, housing, and employment.

Buprenorphine The most recent federally approved medication for the treatment of heroin and other opioid drug use. Approved for clients in primary care settings and a valuable addition to treatment continuum. Lifting the 30-person certified group prescriber cap and affirming necessary counseling and provision of support services is an enhancement for all.

Needle Exchange Programs Provides a person who injects heroin with clean needles to reduce the transmission of HIV and hepatitis B & C, along with counseling and referral to substance abuse treatment, plus other health services. There are four needle exchange sites in Massachusetts, and the law says there can be 10. Efforts to improve the public’s understanding of clean needles are important.

Health Promotion Strategy of Decriminalization of Syringe Possession/Deregulation of Syringe Sales

Efforts are being made to support prescription syringes to reduce the spread of HIV and Hepatitis B & C. This will take Massachusetts from the list of four states that disallow prescription sales.

Source: Stats from MA Dept of Public Health, Bureau of Substance Abuse Services. Comments from MOAR, Inc.

Speaking Out for Recovery: Individuals, Families, Communities

Susan Schneider Speaks Out

Waltham community advocate Susan Schneider, astounded by the effects of OxyContin, asked MOAR to support a forum. We did it with much community support, especially from the Middlesex Human Services Agency. Rep. Peter Koutoujian, chair of the OxyContin Commission, shared that the Commission is examining several options, including: limiting prescriptions to the terminally ill and individuals suffering from severe chronic pain and ensuring physicians are aware of patients who may be susceptible to addiction to pain medication.

Marion Diamond Speaks Up

Marion has conducted tenacious research to address the devastation caused by OxyContin. She is building community action in Marshfield. She is energizing advocacy for more opiate treatment such as buprenorphine. She has become a Drug Court advocate due to the twin issue of “trouble with the law” and “opiates.” Drug Courts combine probation and outpatient addiction counseling, which can provide a twin rehabilitation. MOAR meets in Marshfield because of Marion Diamond.

MOAR Partners to Build Unified Voices for Recovery

We represent our membership’s issues in partnership with the Massachusetts Coalition for Addiction Services. The Coalition consists of Mental Health and Substance Abuse Corporations of MA, MA Association of Alcoholism and Drug Abuse Counselors, MA Housing and Shelter Alliance, Boston Public Health Commission, and the MA Coalition to Improve Access to Addiction Treatment.

Learning to Educate the Public about the Value of Addiction Recovery is Key

MOAR members attended the Somerville Cares about Prevention-hosted Johnson Institute Recovery Ambassador Training and the New England Alliance for Addiction Recovery Advocacy Track, New England Institute for Addiction Studies Summer School. Attendees learned “hands-on” strategies of how to make the voice for recovery heard via collaboration, consensus, communication, and commitment. Join MOAR to have your voice heard.

Are you interested in speaking up for recovery and representing MOAR? Share your voice! Share your story!

We are collecting stories from people in recovery and their families for our pamphlet, “MOAR on Recovery Capital: An Investment for Society.” Learning to share your story can provide positive societal change. Interested? Please e-mail Maryanne Frangules at MOARfran@aol.com.

HIGHLIGHTS FROM RECOVERY MONTH 2004

Join the Voices for Recovery...NOW! was heard across Massachusetts, September 2004.

The National Alcohol and Drug Addiction Recovery Month, sponsored by the federal agency Center for Substance Abuse Treatment, serves to highlight the positive contributions of the recovery community. It highlights our campaign to increase public awareness about the value of prevention, treatment and recovery. MOAR is pleased to be a national planning partner. The 2004 theme "Join the Voices for Recovery...NOW!" was clearly pronounced, Massachusetts Recovery Day, September 22nd, from Parkman Bandstand to the State House with 1,000 people in recovery, families, and friends.

We thank CSAT Director Westley Clark, M.D., Michael Botticelli, MA DPH/BSAS, Boston Mayor Thomas Menino, BPHC's John Auerbach, Senate Ways and Means Chairperson Therese Murray (Plymouth) and her staff, Kevin Fitzgerald—Sergeant of Arms, Judah Abijah-Dorrington, and the Improbable Players. And a special thank you goes to Sana Fadel of Rosie's Place, for registering 100 new voters. We thank our many volunteers, led by Greg Arsenault.

NATIONAL SPONSORSHIP FROM

The Center for Substance Abuse Treatment
USDHHS/SAMHSA/CSAT

SPONSORED BY AND IN COOPERATION WITH

AdCare Educational Institute, Inc.
AdCare Hospital
Boston Public Health Commission
Bureau of Substance Abuse Services
City of Boston
Community Association Serving Alcoholics
Dorrington and Saunders
The Governor's Advisory Council on Substance Abuse
Institute for Health and Recovery
Join Together
Labor Assistance Professionals
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Educational Helpline
MA/RI Chapter of Employee Assistance Professionals
Mental Health and Substance Abuse Corporations of MA
New England Alliance for Addiction Recovery
People to People
Recovery Homes Collaborative

AND THANK YOU FOR REFRESHMENTS AND EXTRAS

AdCare Hospital
Join Together
MA Behavioral Health Sponsorship



SPECIAL RECOGNITION RECIPIENT

JACK LEARY, PO, South Boston was awarded for supporting treatment, families, and communities to receive effective services. He has seen the devastation from closed detoxes and heroin addiction. He leads the way for positive action.

"Ending Discrimination and Valuing Recovery" was played out at the Department of Public Health, Recovery Day afternoon, via a panel facilitated by Associate DPH Commissioner for Substance Abuse Services Michael Botticelli. Panelists included Roberta Leis, Join Together; Jean McGuire, Northeastern University; Diane Kurtz, W MA Parent Support Group, MOAR; Dana Moulton, MOAR; and LaVerne Saunders, Dorrington and Saunders, People to People. The panel shared how discriminatory policies in addiction weave into health care, education, criminal justice, and government.

Recovery Month Around the Commonwealth

Community Recovery Month celebrations were held in East Boston (Meridian and East Boston Rehab) and New Bedford (Reflections) with family and softball events. Northampton (Cooley Dickinson) and Springfield (Phoenix House got the press there!) held outdoor events, while Salem (CAB Health and Recovery) held a bikeathon. Worcester (Henry Lee Willis Center) sponsored a walk.



RECOVERY MONTH 2005 PREVIEWS



The Parent Line Up for Recovery: Learn to Cope Group: Joanne Peterson, Elaine Cory, Roz, Mary, W MA: Diane Teta, Diane Kurtz, Learn to Cope: Rita Hill



From left: Bonnie Carroll, Chairperson of SCAP, Somerville cares about Prevention; Lovelee Heller, Community Organizer, SCAP, Dana Moulton, MOAR; and Stephanie Almeida, Community Organizer, SCAP



The 15th Annual **Recovery Month Celebration Day**

TUESDAY, SEPTEMBER 20, 2005

Join the Voices for Recovery Healing Lives, Families, Communities!

- 9:00 a.m. Meet at City Hall Plaza
Hear Teen Challenge Recovery Choir
Mayor Thomas Menino Invited to Greet participants
- 10:15 a.m. Walk for Recovery
- 10:30 a.m. Town Meeting at the Great Hall, The State House
- 12:15 p.m. Visits to Policy makers, The State House
- 1:00 p.m. MA Bureau of Substance Abuse Services welcomes you
to refreshments, panel discussion and dialogue

SUNDAY, SEPTEMBER 18, 2005

Motorcycle Ride for Recovery*

Family Picnic, Youth Activities, Entertainment such as James Montgomery Band and Friends, Refreshments.

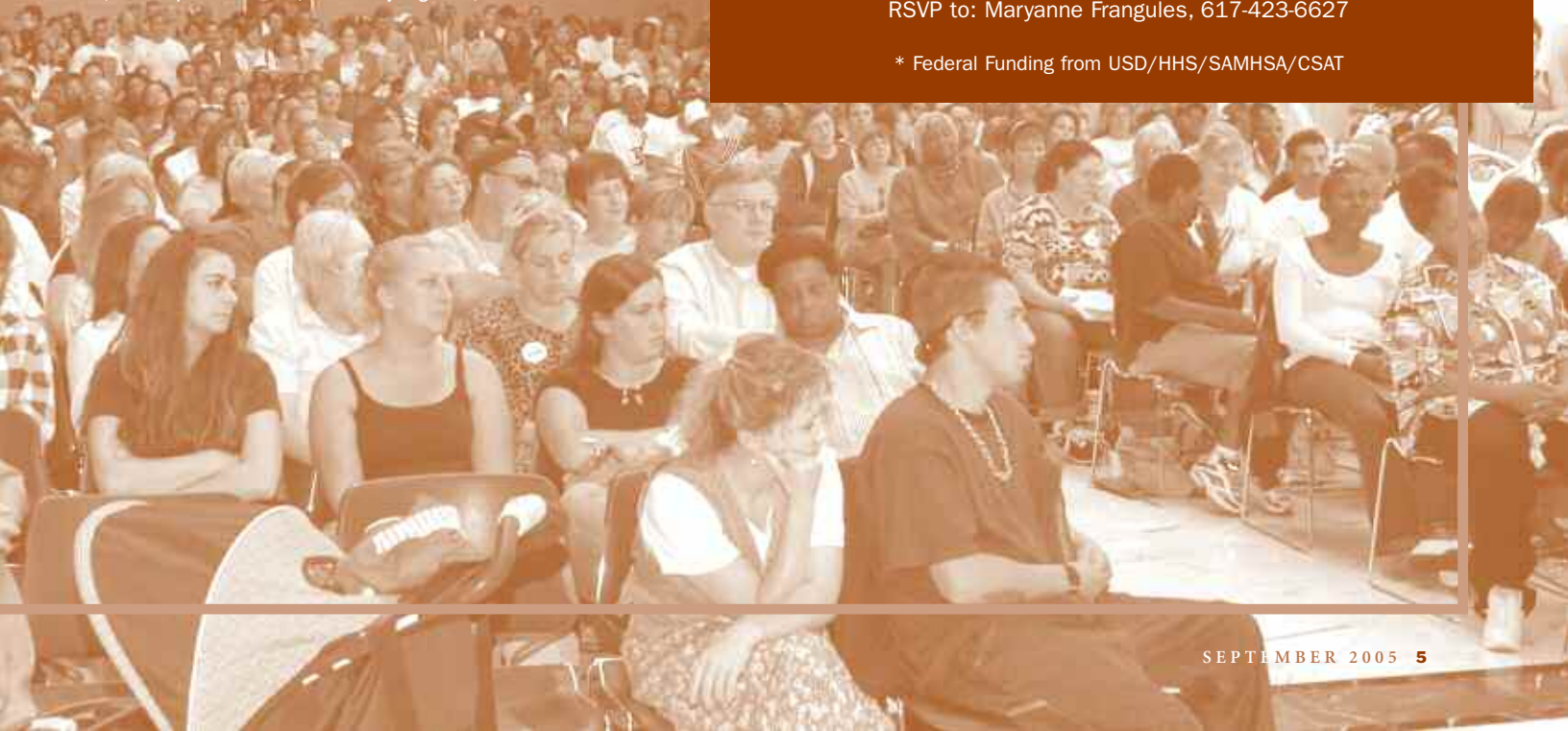
(No fee, financial contributions accepted)

Franklin Park, Boston

We want everybody to participate!

RSVP to: Maryanne Frangules, 617-423-6627

* Federal Funding from USD/HHS/SAMHSA/CSAT



CHILDREN OF ALCOHOLISM AND SUBSTANCE ABUSE (COASA)

Maureen McGlame, known to many in the recovery community, has established a new program called COASA—CHILDREN OF ALCOHOLISM AND SUBSTANCE ABUSE. COASA currently is a project of the Robert Fitzgerald Kennedy Children Action Corps. Maureen is setting up a recovery support service for children of alcoholics.

WHY? GET THESE FACTS

- One out of every eight American adult drinkers is alcoholic.
- 81% of all child welfare cases report alcoholism as a major issue.
- 43% of children under age 18 (more than 28 million children in this country) live in households with one or more adults who have experienced

alcohol or other drug dependence (Bridget F. Grant, Ph.D., Division of Biometry and Epidemiology, NIAAA).

- 410,000 of the 1,675,113 Massachusetts children are born to alcoholics (Grant, NIAAA).
- Thousands of others live with other substance abuse in their families.

The effects of living with active addiction can predispose children to addiction; however, what often goes unnoticed is the effects of trauma and resulting depression. Maureen is currently facilitating a group in Charlestown. The goal is to help the participants learn to identify their feelings and needs, build coping skills for the present, and lay the foundation for a healthy future. Interested? Call 617-227-4183.

MBTAA – MA Banding Together Against Alcohol-Advertising

MBTAA (Massachusetts Banding Together Against Alcohol-Advertising) has been formed and is speaking out. The binge drinking accidents and deaths in Greater Boston is a precursor to the group's formation. Alcohol beverage advertising appears to be a major factor.

- Alcohol marketing is an important contributor to alcohol consumption, particularly among underage drinkers. (www.cdc.gov)
- The alcohol industry spent a total of \$5.7 billion or more on advertising and promotion in 2002. (www.camy.org)
- Advertising attempts to make alcohol an integral part of the good life. (www.tf.org/tf/alcohol/ariv)

MBTAA represents many different constituencies including MADD, Join Together, ALOP teens of Roxcomp, Harvard School of Public Health, Boston Public Schools, Boston Public Health Commission, Brookline Public Health Commission, Brookline Coalition Against Substance Abuse, Brookline High School Peer Leaders, Revere CARES, MOAR, the Greater Boston Center for Healthy Communities/The Medical Foundation, Bowdoin Street Health Center, Somerville Cares About Prevention, South Boston Action Center Council, Allston-Brighton Substance Abuse Coalition, Roslindale Mobilizing for Change on Alcohol, and the Boston Area Tobacco Control Coalition.

To date, the group has attended the MBTA Rider's Oversight Committee meetings to be heard by former General Manager Michael Mulhern and the present General Manager Dan Grabauskas. MBTAA compiled information to interested legislators and with Dan Grabauskas. As part of this report, the MBTAA youth members surveyed and photo-documented alcohol advertisements on the Red, Green and Orange subway lines during their April vacation to assess the level of alcohol advertising on the MBTA. The youth documented a total of 140 alcohol advertisements in seven stations and 10 trains, including two "wrapped" trains running through Boston, Brookline, Cambridge, and Newton. These advertisements included 35 advertisements in one station alone (South Station), as well as two train cars containing 12 alcohol advertisements each! The youth groups included: Roxbury Adolescent Life Options Program (ALOP), Dorchester Teen Violence Prevention Program, South Boston Youth Assets Campaign, and the Brookline Coalition Against Substance Abuse.

The MBTAA recognizes that the elimination of alcohol advertisements will require system-wide change, but they believe that public entities, such as the MBTA, have a responsibility to the safety and health of the young residents and students of Greater Boston that must be upheld. Please join our collaborative effort and help to effect change!

MBTAA Contact: Amy Helburn, 617-279-2265, ahelburn@tmfnet.org

Planting the Promise for Recovery Ceremony

South Boston, June 13

From left: Maureen Harvey, South Boston Family Resource Center; Maryanne Frangules, MOAR; Marion Diamond, MOAR Marshfield; The Honorable Robert Ziemian; Representative Brian Wallace; Senator Jack Hart; and Theresa Finnegan. Not pictured is Kay Walsh, a strong recovery advocate.



Is Your Child Addicted to Alcohol and/or Other Drugs? Get Help from Other Parents

The Learn to Cope Support Group, A Parent's Pathway to Recovery

by Joanne Peterson

A parent's worst nightmare is either the death of a child from an accident or a terminal illness. Another nightmare is when your child becomes addicted to heroin, OxyContin, or other drugs, including alcohol.

Unfortunately this is not a rare thing these days. Not long after my son's 19th birthday our family faced this nightmare.

He had it all: good looks, a promising future, many friends, and a family who loves him very much. For reasons I will never understand he tried snorting heroin. We watched in horror as the drug took him away and turned him into someone else. My son ended up in jail for a crime he never would have committed if it weren't for this drug. It's a long and painful process trying to help your child and yourself through this. I needed to be with other parents who are learning to cope. I started a parent support group.

In May of last year, Norfolk County DA Bill Keating invited me to share my story in a community forum. After that I agreed to interview for a local newspaper and advertised my support group and gave it a name.

Today, Learn to Cope parent support group is going well with over 120 members.

Parent Support Groups of Western MA

by Diane Kurtz

Through MOAR, the facilitators of the Parent Support Groups of Western Massachusetts present *How to do a Parent Support Group*. We provide support based on our experience as parents with children of all ages. Our support is genuinely parents helping parents, peer to peer, and not as professionals.

We help each other cope by learning new behaviors that help us to feel strong and serene. Our dialogue connects us with a new ability to understand substance use disorder on a spiritual, physical, and emotional level. MOAR has helped us learn how to be advocates. We are able to tell parents first-hand how our voice was heard when a youth treatment facility closed in our area and we advocated for a new one. We learned how to organize the community, and, as a result Western MA regained adolescent residential treatment. We are there to help other parents experience the strength we have today. We are thrilled to help parents who feel defeated heal and realize there is hope.

	NAME	CONTACT	PHONE	LOCATION
Peer to Peer Parent Support Groups	Parent Support Groups of Western MA	Diane Kurtz	413-547-0239	Holyoke
	Whatever It Takes Parent Support Group	Deb Sadowy	413-442-0935	Pittsfield
	Learn to Cope Parent Support Group	Joanne Peterson	508-823-1978	Stoughton
	South Boston Family Resource Center	Maureen Harvey	617-268-3033	South Boston
	The Parents' Forum	Eve Sullivan	617-253-7182	Cambridge
	Families Anonymous	Stephanie Almeida	617-828-9184	Somerville
	Families Against Drugs	Mark O'Brien	857-363-0130	Everett

GET HELP FOR YOUR CHILD

If you perceive symptoms of what could be alcohol or drug use problems with a youth in school or at home, you can make a direct referral to an approved adolescent outpatient provider for a full substance use assessment.

The Massachusetts Substance Abuse Information and Education Helpline (1-800-327-5050) can provide information on approved adolescent outpatient programs and answer questions about the referral process.

If a substance use assessment indicates a need for residential treatment, the completed assessment is faxed to the Central Intake Coordinator (CIC). The CIC reviews all assessments from MA BSAS-approved youth outpatient providers for admission to the appropriate residential program. If it is appropriate to refer the candidate to an alternative program, the CIC will offer referrals.

Maggie Giles is the CIC at the Institute for Health and Recovery,
349 Broadway, Cambridge, MA 02139.

Telephone (617) 661-3991

Toll free (866) 705-2807

E-mail maggiegiles@healthrecovery.org

The CIC will coordinate all referrals to Youth Residential Substance Abuse Treatment including referrals from DSS, DYS, and the juvenile courts.

BSAS Youth Residential Programs for ages 13-17

Cushing House	Male and soon Female	South Boston
Project Rebound	Male	North Quincy
Pegasus Youth	Female	Lawrence
Phoenix Academy	Male	Springfield
Highland Grace House	Female	Worcester
CAB Youth Residential	Male	Danvers

MOAR Berkshires Learns How to Cope and Change the CORI

JUNE 3, 2005

Tony Winsor and Fran Fajana, Massachusetts Law Reform Institute, our facilitators, are renowned for spreading this “How to Cope Series” because having a felony conviction challenges job, education, and housing applications. In recovery, with lives changed for the better, we are open to learning how to cope, and how to change the CORI Laws.

THE LESSON

C-O-R-I stands for **Criminal Offender Record Information**

A criminal record (CORI) is created for a person from the moment he or she is arrested by the police to the time he or she is arraigned and processed through various criminal justice agencies

- By law, various public and private agencies, social services agencies, employers, and housing providers have or can get access to CORI.

HOW TO COPE WITH A CORI

- Obtain a copy of your criminal record
- Determine if your record can be sealed
 - You might be eligible for sealing if there are not guilty findings, dismissals, or lack of probable cause entries on your criminal record.
 - You may also be eligible to have very old convictions sealed.

How to Create a helpful CORI Package of Supportive Letters from

- Social workers, employers, probation officers, parole officers, landlords, and clergy attesting to the good character or evidence of rehabilitation

Each letter should:

- Briefly explain the most serious convictions on the criminal record
- Explain what you have done in recent times to show rehabilitation
- Highlight your strengths and skills
- Explain why the record should not pose a barrier

Next

- Provide prospective employer or housing provider with CORI Package
- Be proactive and persistent

Want Legal Help at No Charge to You?

Call the CORI Project at Mass. Law Reform Institute
@ 617-357-0700; Western MA Legal Services 413-664-4531

Want to Support Positive Changes to the CORI Laws?

Get involved in The Massachusetts Alliance to Reform CORI
call: **617-989-8078**

RELATED RECOVERY SUPPORT SERVICES

SPAN, Inc.

SPAN, Inc., located in Boston, is a private, non-profit agency established in 1976 by Lyn Levy, Executive Director. SPAN offers services to the incarcerated and recently incarcerated population. Through program involvement, counseling, classes, rehabilitative programs, and support services we empower the ex-offender to achieve long-lasting recovery and health.

SPAN, Inc. provides services to offenders making the difficult transition from prison to community living (“spanning” the bridge). To date we have served well over 9,000 people who have been in prison or jail. We specialize in attending to the unique issues and needs of people who have been incarcerated and are looking to build healthy lives free of criminal behavior, substance abuse, and incarceration. Interested? Call: 617-423-0750.

The Father Friendly Initiative

The Father Friendly Initiative is a Boston Public Health Commission project. It supports men, many in recovery and re-entering society after prison. The men learn communication skills, gain information, and get an opportunity to access health care, education, and jobs. They can learn parenting skills. Men separated from their children can learn how to prepare for visitation and custody rights. Interested? Call: 617-534 9525.

Stanley Jones Clean Slate Project

The Stanley Jones Clean Slate Project focuses on capacity building, training, and technical assistance to agencies that want to provide services to people with criminal backgrounds.

Contact
Heywood Fennell
617-238-2460
cleanslateproject.org (website)



Smiling SPAN Inc. Faces
Recovery Month 2004

Coalitions Help Communities Heal!

Boston Public Health Commission NODrug Coalition

Neighborhood Organizing Against Drugs Coalition Update

by Andy Epstein

We've had over a year's experience since the establishment of the NODrug Coalitions (Neighborhoods Organizing against Drugs). The initial seven community coalitions established by Mayor Menino are: Grove Hall, Allston-Brighton, South Boston, East Boston, South End, Charlestown, and Casa Esperanza. Created to address the epidemic of OxyContin and heroin addiction in our neighborhoods, many groups have also branched out into understanding other drugs such as alcohol and marijuana, especially among youth.

Much has been accomplished and much remains to do. The successes include well-attended neighborhood forums and community surveys such as the household survey distributed in Charlestown to establish the extent of the problem and how it is perceived in the neighborhood; innumerable media pieces alerting citizens and agencies to the crisis, creating linkages between the recovery community and the general community, such as East Boston and Centro Cardinal in the South End; and impressive coalition development involving drug court judges, social agency personnel, mothers, and others directly affected by addiction, including local youth and substance abuse professionals. Other examples include Allston-Brighton's prevention out reach to over 1000 children. South Boston hosted a Walk for Recovery around Castle Island.

These coalitions have been able to leverage additional dollars from the Massachusetts Department of Public Health's Bureau of Substance Abuse Services. Three coalitions have hired coordinators, which has been a great asset. Some groups have also received federal funding to further their coalition efforts.

The Boston Public Health Commission has worked closely with Boston's Emergency Medical Services (EMS) to obtain real time data on drug overdoses. Neighborhood data has been collected and represents the first time that the data is used by coalitions to shape their work.

In addition, the BPHC, together with MOAR and the Regional Centers for Health Communities, conducted successful substance abuse training. This event was launched by Mayor Menino and John Auerbach, Director of the BPHC, and was attended by over 80 people

including coalition members, Northeastern University nursing students, youth from Roxbury and South End groups, and people in recovery. Through small group discussions, how to do prevention and treatment advocacy was shared

As a result of data collection that includes EMS overdose numbers, MDPH data on drug treatment admissions, and information from drug courts and community agencies, we have increased the number of coalitions.

As the works of the coalitions continue, we learn that we all have an opportunity to do something about the problem. It is inexcusable that young people continue to have easy access to OxyContin and, soon after, heroin. There is a real limit on the availability of appropriate treatment that families and communities suffer, both individually and collectively. We must be advocates if change is to occur. MOAR is excited about this movement and looks forward to collaborating with the addition of seven more neighborhood groups! Grassroots is where it is at!

Coalitions Across Massachusetts

A Massachusetts Bureau of Substance Abuse Services Grantee, Chelsea Champion Youth Coalition, facilitated by Amy Harris of Chelsea ASAP, has collaborated to develop and distribute a pamphlet for patients receiving prescription opiates. It instructs them never to crush the medication or take it with alcohol, and to keep it away from other household members. The pamphlet also urges doctors to ask patients a series of questions regarding their history of addiction to alcohol or drugs, including whether they have ever been treated for substance abuse. Besides Chelsea, BSAS coalitions include: Boston (Allston-Brighton, South Boston, Charlestown), Concord, Everett, Fall River, Gloucester, Greenfield, Lynn, Malden, Melrose, New Bedford, Somerville, Stoughton, Watertown, Westford, Weymouth, and Winchester. Other strong coalitions are in Revere, Saugus, and the Berkshires. There may be even MOAR!



Recovery Month 2004

Boston Public Health Commission NODrug Coalition (BPHC) award recipients. From left: Karen McCune (East Boston), Beth Goldberg (Charlestown), Andy Ward, Bryan Van Dorpe (South Boston), Diego Martinucci (South End), Deidre Houtmeyers, and Kristin Langone (Allston-Brighton). Grove Hall (Roxbury) and Casa Esperanza were also awarded.

Recovery High Schools Will Be A Reality

Thank You for Leading the Way, Will Ostiguy

The Commonwealth of Massachusetts Substance Abuse Strategic Plan calls for the creation of “recovery high schools.” Alcohol, OxyContin, heroin, and other drugs are infiltrating our communities and, thus, our schools. Imagine if the peer pressure to use alcohol and other drugs turned into peer pressure for recovery? Lieutenant Will Ostiguy, Boston Fire Department Employee Assistance Program Director, heard the concerns from parents whose children return from treatment and relapse. Returning to familiar environments with too many triggers to resume alcohol and other drug use is a major relapse factor. His goal was to find a way to support an environment that inspired recovery and education. He did much research and learned recovery high schools meet that criteria. He brought the need for these schools to the attention of the Boston City Council, BSAS, Representatives Martin Walsh and Brian Wallace, Senators John Hart and Steven Tolman, the recovery community, and Lieutenant Governor Kerry Healy. Thank you, Will Ostiguy!

The first proposed recovery high will be based in Boston, the next in Springfield. If all goes well, there are likely to be others.

Recovery High School Facts

- The first recovery high school was founded in Minnesota in 1989
- There are 10 recovery high schools in Minnesota and 16 in other states
- Staff and students are dedicated to supporting all students in their recovery
- Every student is expected to follow a recovery plan
- All students are required to be alcohol and drug free
- The relapse rate is much lower for students who attend recovery schools
- Most recovery schools give students a second chance if they relapse
- Recovery schools are quite small, ranging up to 60 students
- Most graduates go onto college

Want MOAR Info?

Go to: Recovery High School Association
www.recoveryschools.org

RECOVERY STORY



Congratulations Grandma!

Ruth earns a master's degree while celebrating 31 years in recovery.

Healing and Celebration

by Ruth Kelley

August 25, 2004 is an evening I will never forget. It was my class graduation dinner at Brandeis University, Heller School of Social Policy and Management. As I sat at the dinner table at the Faculty Lounge with my 89 year-old mother and my husband by my side, my heart was full of gratitude for the incredible life that I have been given. Over 30 years ago, I came face to face with the disease of alcoholism. For 17 years alcohol slowly took from me everything I held near and dear. In the end I was an empty shell, sick, confused and hopeless. My new life began on October 20, 1973. Today the damage of the past has been repaired in every area of my life and my journey continues to amaze me—the gifts of recovery are miracles. Every day is a new beginning full of hope and promise. Challenges are opportunities, and I am living a full life. My professional accomplishments, which include my RN nursing degree and my work in the addiction field, give me great satisfaction every day of my life. My husband and my two sons and their wives and my four grandchildren are my joy. My wealth of friends both old and new has been by my side through the hills and valleys of life and they all celebrated with me recently on the occasion of my masters degree. My life has been blessed beyond my wildest dreams. I thank God each morning for this wonderful gift of recovery.

Recovery Community Services Programs in Massachusetts

What is a Recovery Community Service Program (RCSP)?

An RCSP is largely designed and delivered by individuals and families in recovery to support individuals and families (peer-to-peer) in the recovery process.

MOAR Does AREAS

AREAS stands for Addiction Recovery Education Access Services.

History

MOAR is an affiliate of NEAAR, New England Alliance for Addiction Recovery, a six-state addiction recovery consortium, working together to reduce the stigma of addiction. Due to the support of the New England Institute of Addiction Studies, NEAAR was a former recipient of a CSAT (Center for Substance Abuse Treatment) RCSP grant.

We continue the project, under the AdCare Educational Institute.

Why AREAS as an RCSP?

“Before we can educate the public about the value of recovery, we need to heal from our experienced stigma. We don’t know how to get legal, medical, treatment, and healthcare services, and we fear asking for help,” came the message from MOAR participants. MOAR developed supportive curriculum and resource guides. Dialogue that allows openness, and builds an action plan, appears to be key to the project’s success.

How Does AREAS Work?

Dana Moulton, MOAR Project Assistant, facilitates weekly, one-hour sessions from a curriculum that addresses topics such as CORI, hepatitis C, and sober housing. Groups are held in Worcester and East Boston. We have added Relapse Prevention for Recovery Advocates, Clarifying Our Values. Tony Winsor and Fran Fajana, Massachusetts Law Reform Institute, our facilitators, are renowned for spreading this “How to Cope Series” because having a felony challenges job, education, and housing applications. Participants have been mostly from Worcester’s Aurora Project, Faith House, and East Boston’s Meridian House. Connections through these presentations put a face to the issues and provide the resources needed to address them. These groups help to build relationships that appear to strengthen recovery and reduce stigma.

How About a Parent or Family Support Group Education Service?

Diane Kurtz, Parent Support Groups of Western MA facilitator, does presentations on “How to do a Peer-to-Peer Parent Support Group.” Diane has many years of experience and is recognized for her skills. The goal is to help parents or family members who want to learn how to set up peer-to-peer parent or family support groups. Participants walk away feeling hopeful, enthused, and prepared to help other parents.

Interested? Call Maryanne Frangules, MOAR Project, 617-423-6627

The Franklin County RECOVER Project

The RECOVER (Recovering and Empowering Communities through Outreach & Vision to Encourage Resilience) Project is a program of the Western Mass. Training Consortium (WMTC), an agency with a 30-year history of supporting people with disabilities, trauma, and addiction. In 2003, WMTC received a federal grant through the Substance Abuse and Mental Health Services Administration (SAMHSA)/The Center for Substance Abuse Treatment (CSAT) to develop a “Recovery Community Services Program” (RCSP). This grant is designed to help people in recovery and/or their family members and significant others begin and/or maintain recovery from alcohol and drug addiction and related problems and consequences by providing social support.

The RECOVER Project

55 Federal St., Suite 125, Greenfield MA 01301

Contact: Project Manager Laurie Kamansky, 413-774-5489

TRANSCOM

“Transcom” is the short title for “Transformation Committee,” a diverse group of people who are committed to transforming the state’s mental health system by strengthening consumer-run programs and activities that focus on recovery. MOAR is participating in this exciting project. MOAR was asked to participate because often people in the mental health recovery process need support for addiction recovery. This is an opportunity for MOAR to collaborate with mental health consumer groups.

Transcom supports M-POWER, represented by Deb Delman, to bring together a growing network of consumer-run and recovery-oriented programs and develop a statewide consumer-run “Transformation Center” with regional Recovery Learning Centers. The Transformation Center will bring together resources to help you, the person or family in the recovery process, to locate community and peer services, integrate peer leadership skills, and advocate for systems change.

Regional Recovery Learning Centers will coordinate peer support, education, advocacy, and local activities. Transcom meets because the Department of Mental Health and Office of Medicaid, via UMass Medical School Center for Health Policy and Research, applied for and received a federal Real Choice Systems Grant. The Massachusetts Behavioral Health Partnership has joined forces to strengthen the scope of the project.

Questions: Call the Transformation Center 617-442-4111 or 877-769-7693 Toll Free

MBHP Partnering for Recovery Conference: Building Bridges

by June Gross, Massachusetts Behavioral Health Partnership

Dana Moulton, MOAR Project Assistant, with Maryanne Frangules facilitated a workshop on **Values and Recovery** for peer facilitators. Diane Kurtz and Alan Wartenberg, M.D. facilitated a dialogue on Families and Doctor’s Building Communication. Both presentations were given at the Massachusetts Behavioral Health Partnership (MBHP). *Partnering for Recovery Conference: Building Bridges* was a great success, with over 800 consumers, providers, families, and special guests in attendance. Keynote speaker and nationally recognized mental health advocate Jacki McKinney, MSW, and presenters from Boston University’s Center for Psychiatric Rehabilitation made impressive and moving presentations. Participants attended 12 workshops throughout the day ranging from exploring the connection between rehabilitation and treatment to peer support.

During the “Partnering for Recovery Acknowledgement and Awards” ceremony, six recipients were recognized for their significant contributions to the Massachusetts recovery community: Diane Kurtz of MOAR, Joseph Higgins of Massachusetts Clubhouse Coalition, Chris Busby of NAMI-Mass, Christopher Lineman of the Peer Educators Project, Kaleem Clarkson of Parent/Professional Advocacy League, and Jonathan Dosick of M-POWER. The hard work of many MBHP employees contributed to the success of the conference, including Clara Carr, June Gross, Greg Chalmers, Wade Sanders, Ginny Kula, Ken Krivit, Amy Considine, Michael Chow, and Ted O’Connell.

MOARNOTES and Recovery Month Celebrations

SAVE THESE DATES

TUESDAY, SEPTEMBER 13

5:15 P.M.

Annual MOAR Meeting and Celebration

with MA DPH Associate Commissioner, Substance Abuse Services, Michael Botticelli and Senator Harriet Chandler. Learn about Peer Recovery Support Services. Thayer Auditorium, Community Healthlink 72 Jacques Ave, Worcester

SUNDAY, SEPTEMBER 18

1:00 P.M.

Motorcycle Ride for Recovery and Family Picnic

with entertainment by James Montgomery and Friends Franklin Park, Boston

TUESDAY, SEPTEMBER 20

9:00 A.M.

15th Annual Recovery Month Celebration!

from City Hall Plaza to The State House, Boston

OTHER RECOVERY MONTH EVENTS BY LOCATION

SEPTEMBER 17	Worcester
SEPTEMBER 17	New Bedford
SEPTEMBER 22	East Boston
SEPTEMBER 23	Springfield
SEPTEMBER 24	Fall River
SEPTEMBER 24	Greenfield
SEPTEMBER 24	Allston-Brighton
SEPTEMBER 26	Everett

MOAR Info: <http://www.recoverymonth.gov/2005>

TUESDAY-THURSDAY, SEPTEMBER 6-8

2005 Summit: Washington, DC

Faces and Voices of Recovery – FAVOR – the national organization for recovery, invites you to attend the Faces & Voices of Recovery 2005 Rising! Recovery in Action Summit on September 6-8 in Washington, DC. Raise your voice in the nation's capital and experience being part of building our national movement. Call: 202-737-0690

www.facesandvoicesofrecovery.org/summit2005

THURSDAY-FRIDAY, SEPTEMBER 15-16

New England Association of Drug Court Professionals 5th Annual Conference

UMass, Boston. INFO: NEADCP@AdvocatesInc.org



Recovery Month National Sponsorship by:

The United States Department of Health and Human Services, Substance Abuse Mental Health Services Administration, The Center of Substance Abuse Treatment

Massachusetts Bureau of Substance Abuse Services Consumer Advisory Board

Invites people in recovery and their families to join the BSAS CAB and advise the state about continuum of care policies.

CALL Karen Pressman, 617-624-5132

Interested in Sober Housing?

Contact **SHARELoan Coordinator, Barbara Garnis**
at the **Institute for Health and Recovery**

CALL 617-661-3991

MOAR UPDATES

MOAR thanks the Massachusetts Nurse's Association, the Improbable Players, the Boston Public Health Commission, and CASA—Community Association Serving Alcoholics for noted recognition received since October 2004.

MOAR/AdCare Hospital Cruise on August 6th was great! Thanks to everyone.

MOAR meets in Boston, East Boston, Springfield, Pittsfield, Marshfield, Worcester, and New Bedford. If interested, call 617-423-6627 for times.

CONTRIBUTIONS TO THE NEWSLETTER

Please send recovery stories, pictures, and thoughts for our Special Recovery Month Newsletter to Maryanne Frangules at MOARfran@aol.com.



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