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The Greatest Gift

I've been given a gift
 One that could lift a
 person like me
 Into the 4th dimension,
 A gift that was free,
 The life of recovery!
 Broken and bare my soul,
 so full of loss and despair,
 a new life was there if
 I choose to repair,
 now I can wake up and
 put my feet to
 the ground, walk tall with
 my head held high,
 because I have found
 the most precious
 gift in life,
 I found me only
 because I accepted
 Recovery!!!

Peer Empowerment Effects Recovery Services

Project PEERS will result in the development of a state-accepted credential for Peer Recovery Specialist, training of 150 Peer Recovery Coaches, and infrastructure development activities for 30 Recovery Community Organizations to increase their use of Peer Recovery Support Services. The Goals of Project Peers is to develop a more culturally and linguistically competent addictions recovery workforce, increase the number of Peer Recovery Coaches active and in good standing with the state, and develop a statewide collective approach to promote addiction PRSS. In addition, Project Peers goal is to increase the number of Indiana RCO's with the infrastructure to support addiction PRSS and promote the use of peer recovery support services PRSS in integrated primary care and behavioral health settings throughout the state.

Welcome Madeline

Indiana Addiction Issues Coalition would like to give a big warm welcome and introduction to Madeline Zielinski.

Most if my focus was on theatre in high school. was I part of the international thespians society, as well as having worked with Young Actors Theatre. I studied at Ivy Tech with focus on psychology and philosophy. I spend my free time volunteering at the Kurt Vonnegut Memorial Library, building my collection of Pearl Jam memorabilia, and eating a lot of eggs benedict. Joined Youth MOVE as a way to put knowledge and experience to work helping the next generation of Hoosiers feel empowered and build the skills they will need to cope with the challenges presented to them through their life-time.



Welcome Michelle

Indiana Addiction Issues Coalition would like to give a warm welcome and introduction to the new Peer Coordinator Michelle Steel.

I was born in Massachusetts, I have a Bachelor's of Science in Sociology from Worcester State College. I am currently finishing my Masters in Mental Health Counseling with Walden University. I am married to John Steel, and have two boys, Camden age 13 and Evan age 9. We have 4 dogs and 2 guinea pigs. I began my career in law enforcement as a deputy sheriff in 1999 and have worked in law enforcement, community corrections and substance abuse counseling. I began to focus more on counseling especially addictions due to family history with addictions. In my free time which is not much. I enjoy spending time with my family, our 4 dogs and crocheting, baking and making homemade candles.



Resources

Faces & Voices of Recovery - Dedicated to organizing and mobilizing the more than 23 million Americans in recovery from addiction to alcohol and other drugs

<http://www.facesandvoicesofrecovery.org/who>

Recovery Messaging Training - Our Stories Have Power Young People

<http://www.facesandvoicesofrecovery.org/resources/our-stories-have-power-young-people-recovery-messaging-training>

Hope Academy The Only Recovery High School in Indiana

<http://www.hopeacademyrh.org/about-us>

Substance Abuse and Mental Health Services

Administration
National Recovery Month Website

<http://www.recoverymonth.gov/Voices-for-Recovery.aspx>

Peer Recovery Coach

What is a Recovery Coach?

- Recovery Coaches are specially trained, non-clinical volunteer staff.
- They promote recovery by empowering the peer to remove the barriers and obstacles associated with recovery. Recovery Coaches help support others in recovery by sharing their experience, strength, & hope.
- Coaches assist peers in finding ways to stop using and reduce harm associated with addictive behaviors.

Components of Training

- You will be trained in a 30 hours training session focusing on skill domains including advocacy, mentoring, education, recovery and wellness support, as well as ethical responsibilities.
- Peer Recovery Coaches interested in furthering their training are given the option to apply for the Certified Addiction Peer Recovery Coach (CAPRC) Certification offered through the Indiana Counselors Association on Alcohol and Benefits of Recovery Coaches
- Recovery Coaches support positive change by helping peers create an individualized recovery plan built on their strengths and not their weaknesses.
- They can extend the reach of treatment beyond clinical settings and assist those who cannot or are unable to enter treatment for a number of reasons. Recovery Coaches can also identify and reduce risks associated with relapse. Recovery Coaches provide strength-based support because it allows those in recovery to make self-guided decisions about their own recovery.

Recovery Coach Training Registration

<https://www.eventbrite.com/e/project-peersrecovery-coach-training-tickets->

Working Together Works

Working Together Works (WTW) will develop and implement cross-training for 200 behavioral health consumers (including veterans) and families of children with severe emotional disturbances to promote understanding and appreciation of the strengths inherent in and challenges faced by each population.

Directors of RCSP-SN, SCN, and SFN initiatives will then seek the expertise of these consumers and peers as they develop a strategic plan, *One Voice for Recovery*, for Indiana. Working Together Works will promote a grassroots effort to advance a behavioral health system in Indiana that is well-coordinated, peer-driven, youth-guided, strength-based, community-based, integrated and coordinate, culturally competent, and outcomes-based.

Please stay tuned for more information in the next edition!

REAL TALK

As a man in life i see how we stuck in our ways.....and watch life n time flip to a whole nutha page, death has a time set for everything so enjoy yaself n get prepared, cuz ik my day is guaranteed to cum so i will never be scared.....us as ppl dont realize that our thought process is messed up even if we don't think so....forget drugs liquor reality is wat we should fiend fo.....give yaself a cushion to relax ya mind ease ya thoughts n pain.....don't let da consequences of da darkness take away the light frm ya brain.....cherish every moment u breathe the gifts u recieve n the family u havecuz one day it will cum to where all of it will just b the past...

By: TYWON

Recovery Network Alliance

Please Join Us

The Recovery Network Alliance (RNA) is an informal association that is comprised of a wide range of organizations and individuals who are involved in substance abuse recovery support services and advocacy in Central Indiana. Membership is open to any person or organization interested in networking, advocating and providing services within the recovery community. We are particularly interested in providing a forum whereby those in the recovery community and all interested parties become aware of the availability of recovery residences (housing) and other support services in central Indiana and the surrounding areas.

This organization has existed for at least 15 years and has seen several changes thought that time. It has long been considered a valuable but somewhat low profile resource by those attending. In the spring of 2013 several long term members agreed to attempt to increase the organizations profile and even give it a name; the Recovery Network Alliance.

We meet on the last Wednesday of every month (a significant change from the recent past) at noon and produce and publish a current contact information document of all active members and services provided. The meeting location varies from month to month with "member" organizations volunteering the use of their facility for the subsequent month. Generally lunch is provided by the host organization. Attendance at the meetings varies from 5-20 organizations. The meeting generally has an introduction component followed by discussion of a topic related to the recovery milieu.

For the last several months, Jimmy T. and Maria S. have diligently maintained and updated a roster of organizations and recovery services and this document serves as a wonderful resource for those seeking this type of information.

The RNA welcomes all those within the recovery community to join us. We particularly welcome recovery residences (half way houses), probation departments, advocacy groups, counseling and mental health providers. As in all facets of recovery WE do together what no of us can do alone!

Our next meeting is Wednesday 1/28/2015, 12:00 p.m. at Dove Recovery House for Women, located at 14 N. Highland Avenue, Indianapolis, IN 46202

Yours in service,

Bill Kuster, LAC, CADACII

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Maria S. 636.3328; www.marieastrader@hotmail.com

Brand New Beginnings

Hello, my name is Ashley and I am a truly grateful recovering addict.

It was April 19th of 2011 and I sat alone in an empty motel room wishing for a miracle or death. I felt truly at my end. I took my loaded syringe, and pressed it against my skin for one last time and then there was a knock at the door and it was my miracle. Of course at the time as much as I wanted it, I didn't feel that way. The police said they had a complaint out on me and wanted to talk. I obviously was not myself and they quickly noticed as the blood dripped from my open wound. I was on probation at the time and wasn't fully committed until this moment. That night I was yet again, taken into custody. I told myself this was it! I have had enough. Now let me say that just cause I said I was done, had not meant that I had surrendered. There was a minimum of six months locked up time before I was to be seen by any judge.

Court came, I was sent to Rockville corrections for probation and had only received one plea of ten years. I begged for drug diversion but was told I didn't qualify. About eight months later, just days before my trial, I received word I had been accepted to Marion County Drug Diversion. I felt so relieved because at that point I knew I couldn't fight this alone. It was then, that I completely surrendered. Once I was released to DTC (Drug Treatment Court) I started to realize even more how complex my disease really was. I was ordered to do drug screens, mandatory classes and then eventually a women's recovery home, in which I stayed almost eight months and most on free will. I eventually graduated drug court, had a baby and got my record sealed. The hardest part of my journey into recovery, was learning to feel again, without stuffing myself and my emotions in a box. In most of my childhood and "adult" life, I had never known what it was like to feel. There were so many things that I had to learn how to change. I had to learn how to set healthy boundaries, how to say no to going to certain areas, stop talking completely to people who used to consume me in and out of my disease. One of the things I struggled with was opening up and learning how to trust and to not lose my temper. Through all this change I have become, what I like to call spiritually fit. Today, I can look in the mirror and say that I am worth it and I mean everything to someone but most importantly myself. I now try to teach what has been taught to me through the many rooms, conversations and classes, to other men and women who struggle. I want to share my experience, strength and hope. I have realized that by doing so, I not only get to see the transformation in others but get to continue to see it in myself. On a daily basis I am in contact with many different people. Some are still sick, some recovering and some who struggle with loved ones. These things help my recovery grow every day. It keeps me on my toes if you will. Knowing where I have come from, where I am

now and striving on what I'll become has been a process. No one ever said it would be easy, but it sure is worth it!! This is a continued, brand new beginning. My name is Ashley and I am a grateful recovering addict.

"I may not be where I want to be, but thank God, I'm not where I used to be."

-Joyce Meyers



If you would like to submit your personal story of recovery and have it published in the next issue, please

send to Kim Manlove at 317-638-3501 x 1231, email: kmanlove@mhai.net

or visit the website

<http://recoveryindiana.org/>

Thank You!

Your support means Recovery Forward.

"Despite the fact that the American Society of Addiction Medicine and the National Institute on Drug Abuse defines addiction as a "chronic, relapsing brain disease," the public and popular media still represent addiction as a moral failing."