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Recovery In Action

What is Recovery Advocacy?
Recovery advocacy is a process of exerting influence to advance public policies and programs that help initiate and sustain recovery from addiction. By speaking out, members of the recovery community can make a profound difference in public understanding of addiction and recovery, breaking down the wall of shame and stigma that creates discrimination against people in recovery. Your Voice Counts No More Silence

President Barack Obama, second from right, announced new initiatives and thanked the efforts of Operation UNITE during a panel discussion at the 2016 National Rx Drug Abuse & Heroin Summit in Atlanta March 29, 2016. Panelists were, from left, Dr. Leana Wen, Baltimore City Health Commissioner; Crystal Oertle, a mother in recovery from rural Ohio; and Justin Riley, President/CEO of Young People In Recovery. Moderating the panel, far right, was Dr. Sanjay Gupta, Chief Medical Correspondent for CNN.

About the Summit
The National Rx Drug Abuse & Heroin Summit is the largest national collaboration of professionals from local, state and federal agencies, business, academia, clinicians, treatment providers, counselors, educators, state and national leaders, and advocates impacted by Rx drug abuse and heroin use. Through this type of collaboration, your work can be more impactful in bringing solutions to this issue that the Centers for Disease Control and Prevention (CDC) declared a public health crisis in 2012. Nearly a half million people have died from drug overdoses in the United States from 2000 to 2014. Americans die every day from an opioid overdose.—Including prescription opioids and heroin. 249 million prescriptions were written in 2013—enough for every adult American to have a bottle of pills. Kim Manlove, Director of the Indiana Addictions Issues Coalition, attended the 2016 RX Drug Abuse and Heroin Summit in Atlanta and was invited to make the first ever presentation on Recovery Messaging and Advocacy at the event.
PROGRESS HOUSE

Since 1961, Progress House has been serving chronically addicted individuals from all over the United States. A residential program that serves a wide range of individuals, Progress House provides those in early recovery a stable living environment while they get back on their feet. Progress House began as a 12 bed halfway house in Indianapolis and has grown into three separate facilities with a total capacity of 123 beds. The length of services has also expanded over the years. The main facility for Progress House is located at 201 South Shelby Street, which is just east of Downtown Indianapolis. The Next Step Program, formerly the Beacon House, is composed of two apartment complexes for individuals with a minimum of six months clean and sober. This provides a level of accountability and support for those that have struggled to maintain their sobriety long term. Although Progress House has a dedicated staff, it is truly the community that makes Progress House one of the most respected programs in Indiana. We believe that the therapeutic value of one addict or alcoholic helping another is without parallel."

PROGRESS HOUSE NEXT STEPS

Next Step was started in Progress House in four rooms, room 102, 104, 106 and 108 on July 12, 2012. They were single rooms for Progress House men who had a minimum of nine months sobriety. On January 1, 2014 Next Step started at 2456 North Bolton. Five men from Progress House came over and 17 Beacon House residents stayed for a total of 22 residents. Four of them were women and the last woman moved out on 8/30/2014. We currently still house four of those residents.

Progress House Next Step is designed for men who have completed at least six months at Progress House and who desire to transition to a more independent yet fully accountable apartment style recovery residence. Men have their own bedroom and share the unit with one additional roommate in recovery. Cost is $125 per week and includes all utilities. Each unit has a full kitchen and comfortable furnished living room. At nine months clean, residents can graduate to Next Step and move into Permanent Housing. There is no time limit in Permanent Housing. The rent is $500.00 per month in a shared apartment and options for single apartments at $750.00 per month. Permanent Housing residents in single apartments can apply for their spouses or children moving in with them. The average length of stay at Next Step is one year and eight months and the average sobriety per resident is over two and a half years!

Next Step Program Manager—Jimmy T.
Recovering addict, Jesse McIntosh, 23, Indianapolis, stands outside Hope To Others ministries in his hometown of Austin, Ind. McIntosh leads "Hope Over Dope," a Recovery Support Group. Austin now has support and recovery programs, run by local people and people from elsewhere. Every Friday, Project P.E.E.R.S. (Peer Empowerment Effects Recovery Services) Recovery Coaches from Mental Health America of Indiana, drive from Indianapolis to assist with a recovery support group at a local church.

“It’s really just about bringing hope, serenity and peace and letting them know that there’s people out here who care for them, and that recovery is possible” said Michelle Steel, Project PEERS Coordinator.

Although McIntosh is not a recovery coach, he drives each Friday to bring hope to his hometown. He now works as a salesman (his boss, too, is in recovery), is engaged to be married and plans to earn his GED. Some weeks he sees former friends at the recovery meetings, some are doing well, while others he steers clear of, because they still use drugs. “The more time passes, the more support I feel like is going to be down there, and the more I feel recovery is going to be part of their daily life,” he said.

"Get Healthy Scott County" Takes the Lead in Gathering the Community as they Plan Together in Austin for a Recovery Oriented System of Care in Scott County.

Thanks again to Get Healthy Scott County Coalition and Hope 2 Others Church and Billy Snowden for hosting the Scott County Recovery Oriented System of Care Summit this past week. Many community members, like Prosecuting Attorney Jason Mount, are saying, "I am glad I went".

We spent the day identifying gaps and obstacles for recovery in Scott County, then collaborated on ways we might close those gaps and remove the obstacles. It was especially enlightening to hear from the attendees who are in recovery, along with their family members. We appreciated them sharing their stories. We learned a great deal from their perspectives.

We look forward to continuing to collaborate to identify the best practices for Scott County!
Austin Community Outreach Event—April 16, 2016

Becky Thomas with Food4RSouls and Billy Snowden with H2O Ministry—both are dedicated to helping their community recover (pictured to the left.)

Food Giveaway, Clothing Giveaway, Hamburgers & Hotdogs, and Bouncy House too!

Anthony Pastrick (pictured to the right), of Indianapolis, comes back to his hometown of Austin, Indiana to volunteer in the community at a time of need.

Every Friday Join Us at Hope Over Dope Recovery Support Group
H2O
485 Mann Ave.
Austin, IN. 47102
6:30—8:00 pm
Project PEERS Recovery Coach Trainings

Future Fort Wayne Recovery Coaches

PEER Recovery Coach training on January 25th-29th, 2016 in Fort Wayne was a beautiful experience had by all. Over 20 of us came together from all different backgrounds and walks of life, to get busy learning how to be a piece to the puzzle in creating opportunities, removing barriers, and helping people find and sustain long-term recovery. Some of us were in recovery, some had a clinical background, some were parents of a child or family member with a Substance Use Disorder, and others were not. We all had different ideas and experiences, and were able share openly, challenge often, respect always, connect deeply and be brought into the fold towards a movement that is necessary and remarkable. Recovery is more than possible, and together, we see how our piece of the puzzle - as Recovery Coaches - is ridiculously important in this mission of providing limitless opportunities for people to find their way into a recovery that works for them, sustain it, and give some pretty cool stuff to the world. We shall lead out loud in advocacy and opportunity - shifting the cultural landscape through grassroots goodness of how we think about, talk about and deliver services to people with SUDs. We are grateful for this remarkable opportunity, and appreciate the incredible training from Nate and Stan all week!

Future Recovery Coaches of Indianapolis Training
**MHAI Yellow Rose Building**

1441 North Delaware Street

Indianapolis, Indiana 46202

When: May 5-6, 2016

Time: 8:30 AM Registration

9:00 - 5:9 Training

Cost: $95 (ICAADA Member Price)

$150 (Non-Member Price)

Trainer: Stan DeKemper, ICAADA Executive Director

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**Progress House Poker Fund Raiser**

No Limit Texas Hold’em

*When: Saturday May 28th*

Noon check-in, 1:00 PM deal

*Where: Progress House Next Step Community room 34th and Bolton Ave*

Need 50.00 buy-in by May 21st

$50.00 rebuy option first 2 hours

½ to prize pool and ½ to Progress House for a scholarship

Contact Jimmy T - 317-517-4827 for details

Can pay cash, check, CC or pay pal, payable to Progress House. Please note on receipts for May 28th poker

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**Progress House Next Step and PHPMH Memorial Day Celebration!**

2456 North Bolton Street

COOKOUT and SPEAKER

Sunday May 29th

Fun starts at 4:00 PM

Fellowship, foodstuffs & more at 4:00 PM

Cookout at 5:00 PM - 6:30 PM

Speaker Jimmy W at 7:00 PM

Movie

50/50 Raffle - cash prize!!!

Bring a chair or blanket to our Memorial Day festivities. "Make a day of it & celebrate recovery!"

Donations would be greatly appreciated for our path to recovery outreach.

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**Save The Date**

**Annual Community Health/Certified Recovery Specialist Spring Conference 2016**

Friday May 20, 2016

8:30 am—3:45 pm

Marten House Hotel and Lilly Conference Center

1801 W. 86th Street

Indianapolis, IN 46240

http://www.chwcrs.org/annual-conference

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**MHAI & PEERS SYMPOSIUM**

June 1 & 2, 2016

Union Station

More Information to be Revealed.

You Will Not Want to Miss This Opportunity

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**ICJA CENTRAL REGIONAL CONFERENCE**

Co-Host by Indiana Department of Correction

TUESDAY, June 21, 2016

Indiana Government Center South Auditorium

Indianapolis, Indiana

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**Recovery Ride & Rally/Picnic**

September 11, 2016

Ride Begins at Southside Harley Davidson

10:00 am

Picnic at Riverside Park

12:00 pm

Watch for more information