

## IN THIS ISSUE:

The Day The Silence Ended	pg. 1
A Goodbye Letter	pg. 2
Spotlight on Community	pg. 3
Upcoming Events	pg. 4
Unite to Face Addiction	
The Price We Pay For Relief	pg. 5
Story of Multiple Personalities	pg. 6

### Community Health Worker Program Training Dates

- **CHW/CRS –**  
8/31/15 – 9/4/15
- **CHW Only –**  
10/12 /15– 10/14/15
- **CHW/CRS –**  
11/16/15 – 11/20/15
- **CHW/CRS –**  
3/7/16– 3/11/16

Please visit our website for more information at [www.chwcrs.org](http://www.chwcrs.org)

### 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**



# 10.04.15 UNITE to Face Addiction

**Indiana Addiction Issues Coalition** will be joining forces and chartering a bus to attend **UNITE TO FACE ADDICTION on October 4, 2015 in Washington, D.C..**

The time has come to face addiction and stand up for recovery. **You are needed** to rally in Washington, DC on **October 4, 2015** to ignite a growing movement that will demand solutions to the addiction crisis. Join us for a transformative event that will ignite and build a movement to address one of the most pressing health issues of our time.

#### Why Now?

Long-term recovery from addiction to alcohol and other drugs is a reality for over 23 million Americans, but it's been one of our nation's best-kept secrets. Regardless of the paths people have chosen to achieve recovery, their lives and the lives of their families, friends, neighbors, co-workers and communities are vastly improved as a result. They are the living proof that there are real solutions to the devastation of addiction. While recovery from addiction is a reality, approximately 120 Americans die from overdoses each day – nearly 44,000 people each year – more than who die from either homicides or traffic crashes. Another 22 million Americans are still suffering from addiction to alcohol and other drugs. Where is the national outrage about this needless loss of life, the costs to families and the economy, and more importantly, the demand for solutions? We know that addiction is preventable, treatable, and people can and do get well. Too many of those affected have been incarcerated. They and others are afraid to speak up about the failed policies and poor care due to the long-standing stigma and discriminatory public policies. They are yet to be recognized as a political force because politicians assume they don't vote and, indeed, many have had their voting rights revoked. And, for too long, a great majority of people connected to addiction have remained silent. **The time is now to break that silence.**

#### Why 2015 and Why Washington, D.C.?

- A grassroots constituency that has developed over the last 15 years is organized and speaking out
- To build on greater acceptance of treating alcohol and other drug problems as health issues across the political spectrum, understanding that current rates of incarceration, including for alcohol and other drug related offenses, can't be sustained
- A growing recognition of the impact of discrimination towards people with substance use disorders and the importance of dismantling legal and societal manifestations of discrimination
- A sense of urgency over the current opiate overdose crisis and the recognition that although harm reduction strategies and services save lives and provide a bridge to treatment and recovery for many, most Americans do not have access to them
- Recognition that despite the fact that recovery from a substance use disorder is possible through many means and includes many pathways, too many Americans lack access to the individualized treatment and other recovery support services they need to get their lives on track
- Need for effective implementation and enforcement of the Mental Health Parity and, Addiction Equity Act and Affordable Care Act to insure access to care for people seeking addiction prevention, treatment, and recovery support services
- A man in long-term recovery is the Director of the White House Office of National Drug Control Policy (ONDCP)
- The success of The Anonymous People film, fostering an expanding interest in advocacy
- Introduction of the bi-partisan Comprehensive Addiction and Recovery Act in Congress and other public policy initiatives to address addiction
- A new era and interest for collaboration at the local, state and national levels. UNITE to FACE ADDICTION is a grassroots advocacy effort and will partner with local, state and national participating organizations and many Federal and State Agencies. It is 100% privately funded from non-governmental sources. UNITE to FACE ADDICTION will not accept money from corporate interests with a real or perceived conflict of interest related to addiction solutions.

**For more information, contact:**

**Kim Manlove**, Director of Indiana Addiction Issues Coalition, (317) 638-3501 or [kmanlove@mhai.net](mailto:kmanlove@mhai.net)

Thanks to Our Partners



# GOODBYE ADDICTION

Dear Addiction,

You have been in my life for far too long. I have been surrounded by forms of your presence since upon my arrival on this earth. Yet I did not know you, I was still intrigued on how you seduced my loved ones and were able to clutch them so tightly even though I did not understand you. Even having acknowledgement of you, I still could not prepare myself for the life that we were going to have together and how strong our love was going to grow.

It wasn't until my 14<sup>th</sup> birthday that you snuck into my life and stole my heart away, like you have so many before me. I was intoxicated by the way you swooped me off my feet from day one. For so long I had been alone, I was so lost and confused when I met you, but you assured me that everything would be okay from that moment forward. I embraced you with joy and happiness for I had never before received the affection and ecstasy that you filled my life with.

I began thinking of you and before long, I could not get you off of my mind. As time passed I found myself spending more and more time with you. For the first time in my life, I actually felt loved and thought that someone actually cared for me. Little did I know that you were only an illusion and were slowly pulling me away from reality and allowing me to fall deeper and deeper into a fantasy.

It wasn't until I was 17 when you revealed your true fact to me, you had tricked me. I was so misguided and misled by you. But at the same time, you were the only person that had ever showed me any type of life. Even with your true colors revealed, I clenched onto your love even tighter than ever before. As I fell deeper and deeper into your trance, the more you slowly pulled me downward, the more I wanted you. You soon filled my life with darkness and continued to feed off my soul. But my soul wasn't enough for you. You wanted to take my body from me and make it your own. At first I wasn't willing, but again, you assured me everything will be okay. And once again, I trusted you.

I was willing to do anything and everything that you asked of me. But the more and more that I stole, cheated, lied and betrayed pole to quench your thirst, the more pain and agony you brought me. Day by day you lead me farther into the depths of hell! As you continued to get in trouble and not only destroy my life but my family's life as well, I continued to defend you and stick up for you. It was finally one day that the happiness and joy that I received from you was no longer there. No longer seduced by your evil, I can finally see the misery that your love brought me.

You had stolen all my hopes of happiness from me and replaced it with only death and misery. You have caused me to do many things and be many things against my own will. But there is one thing that you have never let me is MYSELF! I am so sick and tired of having to fulfill your needs and craves that I want you no more! For once in my life I deserved to make my own decisions. I want my life to be lived by me and for me

As I write to you now, I can still feel the toxins from your venom running through my body, and the intensity of your fangs bite into my flesh, and penetrate my soul from the core. The rush of your love still arouses me and I will never be able to forget you. The love that I share for you is indescribable and no one other than me, you, and all the other victims that you manipulated, will actually understand how evil and compassionate you can be at the same time. As much as I wanted you, I will no longer give into your temptations, for I have found a new love and it is through this love of the Fellowship that I will defeat you and take back what is properly mine.

Though I know that it will not be easy, I as determined to replace you with this fellowship.... Well, enough said. "Goodbye Jeremy." My name is Jeremy and I will not give into your desires or let your words control my new body and my refurbished soul.

Oh, Yeah, I almost forgot, Go F@!# Yourself!!!!

By Jeremy C.



## Spot Light

On Community  
Programs

## Lucille Raines

It's difficult to explain to the guest who pass through here exactly what has been going on in the building for over 38 years. Lucille Raines, solely owned and operated by United Methodist Women, is a three-quarter recovery house for addicts and alcoholics.

The residence houses 49 men and women. Each has a separate room and bath: the residents are responsible for their own meals. They share two common kitchens. Every room has a small refrigerator, and many bring their own microwaves.

Lucille Raines is about "a hand-up," not "a hand-out." It is a little known fact that the residents are paying \$110 a week rent, about 50% of the Raines budget.

A few of the benefits of living at Lucille Raines include:

- It is an opportunity for recovering people to live in a drug and alcohol free, family oriented environment. Whereas most recovery houses are home to the newly-recovering person for about 90 days.
- Our dining room is available for special events, cook out and holiday events as well.
- A good portion of the staff is in recovery as well, so there is always someone to talk to at the 24 hour, staffed, front desk.
- United Methodist Women from two different districts join together to see that each of the residents have two Christmas packages.
- Residents are allowed to have their children overnight. Lucille Raines may be the only recovery house in the area to allow this privilege.
- We have recovery meeting (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Heroin Anonymous and Adult Children of Alcoholics) just to name a few, and the public is welcome to attend the meetings which are open meetings.

In order to be a Resident, one must have completed a substance abuse program and committed to rebuilding their life. The Recoveries must have 30 days of sobriety to be put on the waiting list, they must be in a 12 step program, attending meetings, working with a Sponsor, employment or be employable, and/or have income.

Contact Mariea Strader, Program Coordinator, for more information at Lucille Raines Residence at (317) 636-3328

**WTW**

Trauma, Culture  
& Recovery  
in Evansville  
**July 1, 2015**  
Ivy Tech  
RM 348  
3501 N First Ave.  
Evansville, IN  
47710 Register at:

[https://  
www.eventbrite.com/e/  
wtw-trauma-culture-  
recovery-evansville-in-  
tickets-17258332136](https://www.eventbrite.com/e/wtw-trauma-culture-recovery-evansville-in-tickets-17258332136)

**July Events****WTW**

Trauma, Culture  
& Recovery  
**July 7, 2015**

Bliss House-Jeffersonville  
211 E. Maple St.  
Jeffersonville, IN 47130

Topics Include:  
Identifying strategic plan for  
developing one voice in recovery  
Steps to advocating on Local, State  
and National level  
Register at:

[https://www.eventbrite.com/e/wtw-  
trauma-culture-recovery-jeffersonville-  
tickets-1735924797](https://www.eventbrite.com/e/wtw-trauma-culture-recovery-jeffersonville-tickets-1735924797)

**safeTalk**

is a program that  
teaches people how to  
talk to someone that is  
suicidal and what you  
can do to help. Training  
is only 3 hours and just  
**\$10! SIGN UP TODAY  
AND SAVE A LIFE**  
**July 14, 2015 @ 1:00**

Contact Lisa Davis  
@317-430-5000

**Recovery Network  
Alliance ISP Retreat  
Experience and  
Monthly Meeting**

**Wednesday,  
July 15, 2015  
8:30 AM – 4:30 PM**  
**Renew, Refresh and  
Rejoice!**  
**RSVP to Sister Connie  
Kramer at  
812.239.4309 or  
ckramer@spsmw.org**

**RECOVERY  
COACH**

**Credentialing  
STUDY GROUP  
July 18, 2015**

**Lucille Rains  
947 N.  
Pennsylvania Ave  
10:00 am till ??  
For More Info  
Contact  
Regina Lee  
(317)270-0710**

**August Events**

**WTW  
Developing  
Collaboration Skills  
Gary, Indiana  
August 6, 2014**

Register at:  
[https://  
www.eventbrite.com/e/wtw-  
developing-collaboration-  
skills-gary-in-tickets-  
17374057273](https://www.eventbrite.com/e/wtw-developing-collaboration-skills-gary-in-tickets-17374057273)  
Or Contact  
Kimberly Miller @  
317-638-3501x1134

**HIV/AIDS Training  
Education & Risk  
Reduction Training  
For Addiction  
Professionals  
August 14, 2015  
The Yellow Rose,  
1441 N. Delaware St.,  
Indianapolis IN 46202**

Register at: [https://mhai.net/  
events/event-registration](https://mhai.net/events/event-registration)

**Indiana Adolescent  
Addictions  
Symposium**

**July 24, 2015  
8:00am-4:30pm  
The Ritz Charles  
12156 Meridian St.  
Carmel, IN46032  
\$60.00  
Register at: [http://www.in.gov/  
activecalendar/EventList.aspx?](http://www.in.gov/activecalendar/EventList.aspx?)**

**IN ARMS  
Indiana Annual  
Recovery  
Month  
Symposium  
Sept. 1 -2, 2015  
IUPUI Campus  
Center  
420 University Blvd  
Indianapolis, IN  
46202  
[www.inarms.org](http://www.inarms.org)**

**National Recovery Month Events**

**11th Annual Recovery  
Fest- 6th Annual BBQ  
State Championship  
September 12, 2015 -**

Come out and enjoy an amazing  
Recovery Month award winning  
event!! This family friendly event  
will have live music, guest speakers,  
vendors, non-profit vendors and  
addiction service providers, food,  
and a The Kansas City Barbeque  
Society State Championship!! Last  
year's event had over 5,000 in  
attendance throughout the day and  
we would love even more this  
year.

**2015 National  
Recovery Month  
Annual Recovery  
Ride & Picnic  
September 13, 2015  
Southside  
Harley Davidson &  
Indiana Addiction  
Issues Coalition**

More Details to come  
"Like" IAIC Facebook for  
Updates

**The 24 Group  
9th Annual Hawk Walk  
September 26, 2015  
Fort Benjamin Harrison  
State Park.  
Proceeds from this event  
will be used to fund grants  
to addiction treatment  
facilities in central Indiana  
for adolescents and young  
adults.**

More Details to Come Soon on  
[www.the24group.org](http://www.the24group.org)

## The Price We Pay For Relief

On a chilly evening in late March, Dan McClain was getting ready for dinner when his cell phone rang: Indiana Governor Mike Pence wanted to talk.

Over the previous two months a fast-spreading outbreak of HIV had torn through Scott County, a poor, rural pocket 20 miles from the Kentucky border where McClain has been sheriff since 2011. What began as eight new HIV cases in January had ballooned to 81 by March, quickly becoming the worst HIV outbreak in Indiana's history. Pence, a Republican and stalwart social conservative, wanted to know how to stop it.

McClain, 52, a squared-away former Navy SEAL whose politics tend to align with the governor's, had an answer, but it wasn't the one Pence wanted to hear. The Centers for Disease Control and Prevention (CDC) had traced the HIV outbreak to Scott County residents who were dissolving and then injecting a powerful prescription pill called Opana that is meant to treat long-term, around-the-clock pain. Their addiction was so severe that abusers were shooting up as often as 20 times a day, repeatedly sharing the same dirty needles. The CDC even found a family that regularly passed one syringe among three generations.

"We need a needle exchange to get clean needles to these people so they're not spreading anymore," McClain told Pence. The governor has consistently opposed needle exchanges, but in this case Pence made an exception. Two days after his call with McClain, Pence issued an emergency order overruling a state law and allowing a syringe swapping program in the region.

This is not a story about dark alleys and drug dealers. It starts in doctors' offices with everyday people seeking relief from pain and suffering. Around the nation, doctors so frequently prescribe the drugs known as opioids for chronic pain from conditions like arthritis, migraines and lower-back injuries that there are enough pills prescribed every year to keep every American adult medicated around the clock for a month. The longer patients stay on the drugs, which are chemically related to heroin and trigger a similar biological response, including euphoria, the higher the chances users will become addicted. When doctors, regulators and law-enforcement officials try to curb access, addicted patients buy the pills on the black market, where they are plentiful. And when those supplies run short, people who would never have dreamed of shooting up, like suburban moms and middle-class professionals, seek respite from the pain of withdrawal with the more potent method of dissolving and injecting the pills' contents, or going straight to heroin.

The result is a national epidemic. The CDC has linked outbreaks of the potentially deadly hepatitis C virus in Kentucky, Tennessee, Virginia and West Virginia to prescription-painkiller injections. The agency has warned every health care provider in the country to be on the lookout for a rise in HIV. Of the 9.4 million Americans who take opioids for long-term pain, 2.1 million are estimated by the National Institutes of Health to be hooked and are in danger of turning to the black market. Now 4 of 5 heroin addicts say they came to the drug from prescription painkillers. An average of 46 Americans die every day from prescription-opioid overdoses, and heroin deaths have more than doubled, to 8,000 a year, since 2010. For middle-aged Americans, who are most at risk, a prescription-opioid overdose is a more likely cause of death than an auto accident or a violent crime. It took a tragic combination of good intentions, criminal deception and reckless oversight to turn America's desire to relieve its pain into such widespread suffering. Most everyone has played a role. Weak research opened the door to overuse of opioids. The Food and Drug Administration (FDA) approved ever more powerful drugs for long-term use based only on evidence of their short-term safety and efficacy. Two pharmaceutical companies pleaded guilty to criminal charges that they misleadingly marketed the drugs as safe. Too many doctors embraced the easy solution of treating pain by writing a prescription. In Scott County, however, officials have learned that national attention doesn't always mean things get better.

Two years ago, the FDA noted in a letter to the maker of Opana, Endo Pharmaceuticals, that its new, supposedly "abuse deterrent" version of the drug appeared to be driving addicts to inject it intravenously rather than snort it. Now local law-enforcement, health care and social-welfare officials are scrambling to contain the HIV outbreak that has since overwhelmed the county. Brittany Combs, a public health nurse who runs the new needle-exchange program, says Opana's grip on those who become dependent is strong. As she hands out bags full of clean needles from the back of her white SUV, she explains that most addicts run through at least 60 syringes per week. "They don't use it to get high," she says. "They have to inject that many times a day just to get up and do something, just to function."

**(TIME MAGAZINE Jun 15, 2015 Vol 185 No 22) <http://time.com/3908648/why-america-cant-kick-its-painkiller-problem/>**

## My Story of Multiple Personalities To Certified Recovery Specialist

**I wrote on a note on Facebook on February 24, 2010 titling the note "The mind of peace after the storm."**

How do I share what it had been like for me? I saw myself explaining how busy and noisy it had been in my head. The nosiness could be compared to having a room full of people with everyone talking at once. The volume increasing and increasing until I shouted, "Shut UP!" My head would hurt to the point it felt like a vice wrapped around it and that vice was about to break open. Now, today as I write this note and observe after the storm, the curtain comes down on the scene, a hushness, a quiet. Praise the LORD for a quiet mind. Then just two months later as I walked on my lunch break from my employment office as a paralegal I wrote another note on April 29, 2010 and titled it "Reflection on my life and where I am today."

It is so great to be able to walk at lunch time. I just realized yesterday that just a few short months ago I was not able to appreciate the color of the trees, leaves, sky and anything around me. I could not smell the beauty in the air. I could not watch the expressions on the people's faces so absorbed in my own problems and missing the joy of living day to day.....and in a few months, years down the road from now, I will be able to look back on this day and say, "That was where I used to be and I have come so far with God and the tools and people he has sent to me and provided for me." In those later years from now, my goal of reaching others through my purpose and destiny will be a reality and not just a dream that I am shown now!

Wow. When I read over my notes or journey entries I can see how far I really have come. I have always been a goal setter. I made plans for the future and took small steps towards those goals. I wanted more than welfare and wanted to break out of that mold in my family and go to college starting to plan these steps from the age of 12.

Many negative remarks to me even from my own mother that going to college would be too hard for me and I would fail didn't stop me from pursuing this goal. My high school counselor told me to just get accepted and then we would find the money somewhere to pay for college. He had seen three of my older siblings drop out of high school and he wanted just one of us to walk into our dreams. I wanted a career though that would allow me to have a job anywhere I lived. I felt nursing would give me this chance. I didn't go to school to "help people" as most answer to be coming a nurse. No, I became a nurse for financial reasons and job opportunities.

It wasn't the college course work that would cause me to fail my first year but discovering my fear of men. Where did this fear come from? I had no memories then of the childhood sexual and emotional abuse I survived at ages 9 and 10 by creating other parts to handle the abuse. I had no memories from before 6<sup>th</sup> grade. I had to leave nursing school and return to home with my mom who had said I would fail. This caused such a desperate feeling and I went into my first deep depression and was suicidal. I began my first mental health counseling at age 19.

Taking off two years and working at a nursing home facing my fears of men by taking care of the male patients when I could was successful. There was this giant fear inside that I did not understand. I had to hide it as I did patient care. But inside, my heart was beating so fast.

I did overcome my fears and returned to nursing school having a greater rapport with the male patients than with female patients. I could joke with the men now. Years later this was useful in that I worked at the male prison in Kentucky on the hospital unit. There would be up to 16 men, a guard, and a locked elevator. I didn't know their crime. I saw them as born innocent babies but they took the wrong path or made wrong choices. We were able to laugh together and I gave them the same care I would in a regular hospital unit. I didn't see their deficits or the crimes they had committed.

In the same way today, I believe I and others are not our diagnosis and therefore I do not have our groups start with announcing our diagnosis. We were innocent babies and then life happened. We are able to walk into mental health recovery. We may always have this diagnosis but we can be who we are as a whole person and walking into wellness.

I have had mental health counseling since age 19 but I had not started recovery until 2008, when I adopted two Siamese kittens as babies. I had responsibility now and had a reason to live. They are part of my recovery story. I also took dialectic behavioral therapy, a year-long program in 2009 that helped the borderline diagnosed part of me. It helped me learn new coping skills while I graduated from paralegal studies and started my employment as a paralegal.

Today my dreams and visions as seen in 2010 is a reality. I am now walking with my peers giving hope through support. This is my greatest achievement, becoming a certified recovery specialist. I founded Dove Support Ministry Inc. in 2012, a 501c3 public charity through grant funding from Division of Mental Health and Addictions and we are serving those with mental health and addiction diagnosis in Southern Indiana counties mostly Floyd and Clark right now.

An education support program was developed through grant funding this year called Pathways to HOPE. We now have grant funding to start by August to begin a Peer Run Recovery Center. The Location will be 1421 East Elm Street, New Albany, IN 47150.

Nancy Garner