



CCAR

The Connecticut
Community for
Addiction
Recovery

2020
ANNUAL
REPORT

Coaching
A model for recovery
group supervision
Welcome to Day 2



2021 CCAR BOARD OF DIRECTORS

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Maggie Young

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Kevin S. Thompson

IN MEMORIAM

CCAR dedicates this Annual Report to former Department of Mental Health and Addiction Services Commissioner **Thomas Kirk**, and Recovery Coach Professional and friend of CCAR **Art Woodard**.



Thomas Kirk

December 9, 1941- April 9, 2020



Arthur Woodard

August 23, 1950 -October 4, 2020

Special Greetings



Hello Family,

During these unprecedented times I am both humbled and honored to be appointed "Madam President" for CCAR's Board of Directors. It has been a pleasure serving on the board for over five years along with my esteemed colleagues. In my role as Chief Recovery Officer at Liberation Programs, Inc. internally and externally I am afforded the opportunity to frame all my work around "Recovery". I look forward to continue working in close partnership with CCAR's amazing BOD, awesome Staff and committed and motivated Volunteers as we reach for the stars and strive for new heights via Multiple Pathways of Recovery.

With warm regards,

Maggie Young

CCAR Board President—Maggie D. Young, LADC, MSW, CCS

Special Greetings



Welcome,

This latest season for CCAR is unprecedented.

COVID pandemic, opioid epidemic, social justice issues, politics, extreme weather...

Personally, at various times, I've encountered fear, anxiety, grief, sadness and stress. Many situations we face are out of my/our control. Such is life. Yet, through the gift of decades of recovery, I have learned that I don't need to stay mired in negative emotion. Forced to live in a locked down world, I've practiced some strategies that I'll share here.

1. **Schedule time to step out of my self-assembled screen world.** Recently, I had 2 computer monitors, laptop, large screen TV, iPad and iPhone all on at the same time (OMG emoji). I wonder if I've lost touch with reality. Am I Mr. Anderson (Neo) in the Matrix, asleep in my bubble of goo? It helps my serenity to step away frequently.
2. **Block time to be outside.** Whether it's a walk in the woods or fishing on the beach in front of Taylor Swift's house (I have yet to meet her). Having my feet on the ground grounds me.
3. Thanks to the Netflix documentary *The Social Dilemma*, I've chosen to **spend way less time on social media**. I encourage you to watch it and contemplate the intention and manipulative power of the drivers of social media, and how it may influence you. The lesson for me: I like what I like and social media is absolutely and deviously brilliant at funneling and bolstering my preferences. That feeds my desire to be right, narrows my perspective, reinforces my walls and inhibits my ability to learn... and grow. And breeds division.
4. **Avoid major news channels** on television. I no longer trust what they report. This saddens me. I grew up with Walter Cronkite, when the role of the media was to simply report the news, unbiased, unopinionated. Those days? Like a Babe Ruth home run; long gone and hard to find.
5. **Practice being kind.** I've practiced kindness with varying degrees of success for decades. With so much aggressive behavior prevalent, kindness has once again surfaced as a top priority. I've thought of getting "BE KIND" tattooed on my forearm as a daily reminder. I confess it's often easier for me to be kind to strangers than loved ones. Why is that? The exception? Stupid drivers. I rarely offer them kindness. Yesterday, this old Subaru Forester sped along at about 17 mph in a 45 zone. Side note: I've noticed that a person who owns a Subaru is most likely a poor driver (second OMG emoji). So, I roar past the Forester in my magnificent beast of a truck, ready to be righteously Indignant. I glance to my right and espy this old woman, close to 102, wrapped up, against and around the steering wheel clutching it in trepidation. The anger immediately dissipated. THAT voice whispered in my ear, "Be kind". *Damn it.* One other question: how many of us are kinder and gentler with our pets than the people we live with?
6. **Monitor your anger.** See above. I learned early in my recovery that *"If we were to live, we had to be free from anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of the normal men, but for alcoholics these things are poison."* I'm not normal, I'm an alcoholic in recovery. Have I had a lot to get angry about lately? You bet. But for me to live, I can't stay angry. I've learned to let a lot go.

Special Greetings



7. **Look for the good, the true and the beautiful.** If I am constantly on screen, then this becomes difficult. You can find a good meme, video or sentiment on occasion, but how many anger-provoking posts do you have to scroll through? You can find beauty too. But the quest for THE truth is fraught with peril; the trail filled with pitfalls, traps and perilous descents.

The truth is not what I want to believe. Rick P. taught me the 10-finger exercise. On one hand touch each finger and say, "I Know I Am Right". On the other hand, touch each digit and say "But I Might Be Wrong". It keeps me away from intellectual arrogance and superior thinking. Speaking of Rick, he drives an ancient Subaru Forester with more than 873,000 miles on it... but, I cannot accurately assess his driving ability; probably pretty crappy (3rd OMG emoji).

8. **Be grateful.** I have a choice every day, to focus on everything I have and can do OR to focus on what I don't have or can't do. When I enter into the gratitude space, a sensation of richness permeates my being. If I am thankful for everything in my life, I am truly rich; I want for nothing.
9. **Laugh.** How's your sense of humor? Is anything funny anymore? I find there's still a lot to laugh at, particularly things I do. Last week, we had a technology glitch and couldn't figure out how to print an employee's expense check. After spending way too long on it, I gave up. On the way home, it occurred to me that I could have just written one, by hand!
10. **Be of service.** Get out of yourself. Break the isolation. Call someone. Help someone. Volunteer for something. As an example, Sandy and I recently volunteered in a beach cleanup event. On the way home, we discussed that the couple of hours of service rewarded and refreshed us remarkably. Shameless plug – check out the [Ocean Recovery Community Alliance \(ORCA - pages 24 & 25 of this report\)](#).
11. **This too shall pass.** Born in 1959, I've survived many seasons. My experience informs me that we will get through this. It's not permanent. We will use this time to transform. Transformed people transform people.
12. **The best is yet to come.** Recovery ingrained in me that faith and fear cannot coexist. I have my fearful moments, but usually I am faith full. For me, having faith alleviates the fear, anxiety, grief, sadness and stress associated with this time in our history. I know I'm going to be OK, no matter what happens.

As Executive Director, I am super proud of the team here. Through strange times, CCAR soldiered forward offering hope to the hopeless, promoting recovery at every turn. I am acutely aware that I am not alone, that everyone here has had similar struggles with personal fears, doubts and concerns. Yet we have all kept recovery first. For that, too, I am extremely grateful. Well done.

Continue.

Phil Valentine, RCP
CCAR Executive Director
Person in Recovery: Established 1987





OUR STORY

We were founded in 1998 when Executive Director Bob Savage, set out to answer two questions:

- 1) Where are the people in recovery when policy decisions are made?
- 2) Can the recovery community be organized?

Now, thanks in large part to his early vision and dedication, the organized recovery community is at the table (locally and nationally) and our presence is growing.

In the early years, CCAR focused solely on advocacy and because of the influence of the recovery community, evolved into providing recovery support services. We are viewed as pioneers and our consulting services are in high demand.



CCAR

ABOUT CCAR

Our Mission:

The Connecticut Community for Addiction Recovery organizes the recovery community (people in recovery, family members, friends, and allies) to 1) put a face on recovery 2) provide recovery support services and 3) train and educate others about recovery from alcohol and other addictions. By promoting recovery from alcohol and other addiction through advocacy, education and service, CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

Our Values :

CCAR meets people where they are. We don't push any one form of recovery on anyone. Over the years CCAR has developed some foundational principles on which we base our work:

- Recovery First.
- You are in recovery if you say you are.
- There are many pathways of recovery.
- Focus on the recovery potential, not the pathology.
- Err on the side of the recoveree.
- Err on the side of being generous.

Many times people are left to navigate the system on their own. By the time they get to us, they are frustrated, crying, discouraged. We talk with them. We meet them where they are. We offer the hope of a new way of living. We help them.

2021 Bob Savage Recovery Advocate of the Year Award Recipient

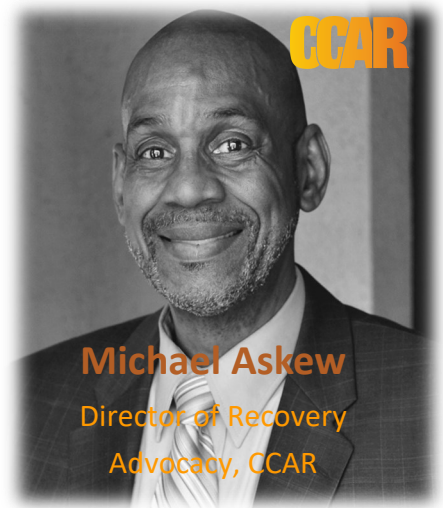
Bob Savage's influence was instrumental to the fundamental founding principles of the CCAR organization. For that reason each year we carefully consider and recognize one individual for their Recovery Advocacy efforts in his honor.

This year The Connecticut Community for Addiction Recovery awards Mr. Michael Askew, CCAR's Director of Recovery Advocacy with *The 2021 Bob Savage Recovery Advocate of the Year Award*".

This honor is awarded to one carefully considered individual and presented to a recipient whose efforts have helped organize, unify and strengthen the recovery community throughout the year. They are considered to be some of the most inspirational, and highest regarded individuals within the recovery community.

Michael Askew has been in recovery since May 28 1989. He believes his position as Director of Recovery Advocacy with CCAR has been an opportunity to "give back what was so freely given to him." Michael has been a recovery advocate since 1995. From 2000 to 2007, he served on the State of Connecticut Department of Mental Health and Addiction Services State Advisory Board supporting the early structuring of their Recovery Oriented System of Care. He has served on several Boards and received a number of awards over the course of his long career; including the 1993 Distinguished Achievement Award from The Community Justice Coalition, a Weed & Seed Community Distinguished Leader Recognition Award from the U.S. Attorney's Office, the 1999 Addiction Services "Volunteer of the Year Award", the 2000 Black History Month "Unsung Heroes Award" from The Center for Substance Abuse Prevention, the 2005 "Distinguished Service Award" from Bridgeport Correctional Center, the 2017 "Gini and Lou Battle Spirit of Hope Award" from Liberation Programs and the 2019 "Community Service Award" from the Bridgeport Consortium to name a few. On top of the distinguished honor of the Bob Savage Advocate of the Year Award from CCAR, Michael rounds out his career with his most recent induction into the Connecticut Hall Of Change, as one of the "Great 8".

Michael has plans to retire in the early Spring of 2021, and relocate south with his wife, Annie Louise Askew. Michael is a true advocacy warrior, that has left his mark on the recovery community forever. His ability to lead, educate and empower members of the recovery community and its allies is second to none, and his courageous efforts and tireless work ethic will be truly missed by everyone that has had the pleasure of working with him. "My hope and mission is that my voice will be heard to make the change that society has been reluctant to hear, but inspire those affected to be excited to hear."



2020

SUPPORT SERVICES

"Building Connecticut's Recovery Capital"

Recovery Community Centers

How can we help with your recovery today?

Our Recovery Community Centers are the heartbeat of our organization! They're strategically positioned around the state of Connecticut and are located at the heart of the communities they serve. We rely heavily on our volunteers to help us maintain a recovery-focused tone and culture and to 'meet recoverees where they're at'. In 2020, we had 238 volunteers put in over 17,900 hours of service. We love our VOLUNTEERS!

CCAR connects recoverees with recovery support services such as:

- ◇ A safe, supportive place to meet with others in recovery.
- ◇ All Recovery Meetings
- ◇ Volunteer Recovery Coaching
- ◇ GED and other educational resources
- ◇ Computer area and assistance for employment searching
- ◇ Telephone Recovery Support Program
- ◇ Volunteer opportunities
- ◇ Various trainings, groups and social events

- Total Number of visits– **14,561**
- Total number of individuals– **5,288**
- **1,257** meetings/groups with **13,456** total attendees
- Over **400** virtual groups (Mar-June 2020) with **223** attendees
- Total of **257** Trainings with **1,100** attendees

MANCHESTER—102 Norman St. Manchester, CT 06040

HARTFORD—
198 Wethersfield Avenue
Hartford, CT 06114

WINDHAM -
713 Main Street
Willimantic, CT 06226

NEW HAVEN—1435 Chapel St. New Haven, CT 06511

BRIDGEPORT -430 State Street Bridgeport, CT, 06604

CCAR

2020

SUPPORT SERVICES

"Building Connecticut's Recovery Capital"

Volunteer Services

CCAR
BRIDGEPORT



CCAR
HARTFORD



CCAR
WINDHAM



CCAR
MANCHESTER



CCAR
NEW HAVEN

BRCC

- 57 Volunteers
- 6484 Hours

HRCC

- 70 Volunteers
- 4641 Hours

WRCC

- 78 Volunteers
- 3334 Hours

MRCC

- 15 Volunteers
- 1599 Hours

NHRCC

- 18 Volunteers
- 1856 Hours

Total Volunteers in 2020- **238** >>> Total Volunteer Hours in 2020- **17,914**

According to the Independent Sector the current estimated national value of each volunteer hour is \$27.20 creating a 2020 total value \$487,260.80

"Being at CCAR has helped me recover from drugs and alcohol, now it's helping me recover from other life issues. Issues like how to better interact with others, profanity and most of all respecting others where they are at. Being at CCAR is helping me with other areas that I am not even aware of yet, those things are still to be determined as long as I'm around CCAR."

- CCAR Volunteer Tyrone Johnson



Bridgeport

2020



In 2020, the Bridgeport Recovery Community Center (BRCC) had a total of 5,088 visits, 1,600 of those were unduplicated. Although we were dealing with a pandemic, we still found a way to provide support both in-person and virtually. We continued all of our Recovery Support Services; All Recovery Meetings, Vocational Support, Telephone Recovery Support, Volunteer Recovery Coaching, the Recovery Training Series and other supports related to addiction recovery. Due to COVID-19 restrictions, we were limited to the number of community events we were able to host, however, the ones we were able to organize and coordinate safely ended up being the biggest successes of this year!

Our biggest highlight of 2020 was our local mini Recovery Walk. We had approximately 20 volunteers and staff participate in the Walk. Second to our Recovery Walk was our Christmas and Three Kings Day event. This was a very challenging year for many, especially financially, so we were happy to have provided over 40 different families (children) with gifts for both Christmas and Three King Day.

Lastly, in 2020, three of our volunteers and CCAR trained recovery coaches were employed in the addiction recovery field. Liz and I are proud of them and of all our volunteers. We are grateful for all their time and efforts in 2020!

BRCC Manager | Carlos Reinoso Jr | Carlos@ccar.us
BRCC Volunteer Mgr. | Elizabeth Torres | Liz@ccar.us
203-332-3303 | 430 State Street | Bridgeport, CT

Hartford

2020

2020 was a challenging year for HRCC, dealing with the COVID pandemic, and the center closure for several months. Needless to say, we "put recovery first" and rose to the occasion and creatively met the needs of our recovering community.

In 2020 we hosted daily All Recovery Meetings, many through the ZOOM, which were well attended. We also continued to offer many specialty meetings such as a Spirituality group, a women's meditation group, Hope and Healing, and when there was interest, we ran open discussion groups covering a wide array of topics.

We continue to provide on site Recovery Coaching and our RC's are eager to assist anyone who walks through our doors in need of one on one support. Offered the RC training modules to volunteers wanting to attend the RCA. Even through our center shut-down TRS continued to provide recovery support to those making and receiving calls. We are making on average 90 calls per week and volunteers are eagerly making recovery connections.

Over the past year we developed closer relationships with our neighbors, partnering with the Hartford Psychological Center, the PERCH team at Yale, the Greater Hartford Reentry Center and Community Partners in Action. In January 2020 we hosted our first Legislative Community Breakfast and it was a huge success and well attended by community partners, state representatives, and our volunteers. A local Recovery Walk was held with over 40 volunteers, staff, and community partners and we hosted a press conference with Governor Lamont and his team to discuss CCAR and COVID response.

HRCC Manager: Virginia Adams | Virginia@ccar.us

**HRCC Volunteer Mgr. Geraldo Rivera | Geraldo@ccar.us
203-332-3303 | 198 Wethersfield Avenue | Hartford CT**



Manchester

2020



**Pathfinders
Association**

CONNECTICUT COMMUNITY
CCAR
FOR ADDICTION RECOVERY

**Recovery
Community
Center**

The Manchester Recovery Community Center (MRCC) opened in the Fall of 2019 in a building that has been operating as a recovery hub since 1947. 102 Norman Street is home to the Pathfinders Association which hosts approximately twenty (20) 12 step recovery meetings per week outside of the CCAR operating hours. CCAR is a welcome addition to the Manchester area and provides expanded support services and recovery pathways to this vibrant community.

In February MRCC hosted an evening Pardon Training that attracted over 35 attendees, several of whom have since submitted their pardon applications with assistance from CCAR.

The MRCC staff and volunteers also worked together to create and assemble a 'Recovery Rockstar' scarecrow that was displayed throughout the month of October on Main Street in Manchester. The scarecrow was recognized by the Downtown Manchester Committee for "Spreading a message of hope and inspiration" and received hundreds of 'Likes' on the Scarecrow Festival Facebook page. Plans are already underway for next year's design!

MRCC Manager: Cathy Bergren | Cathy@ccar.us
MRCC Volunteer Mgr. Michael Serrano | MSerrano@ccar.us
203-332-3303 | 102 Norman Street | Manchester, CT

New Haven

2020



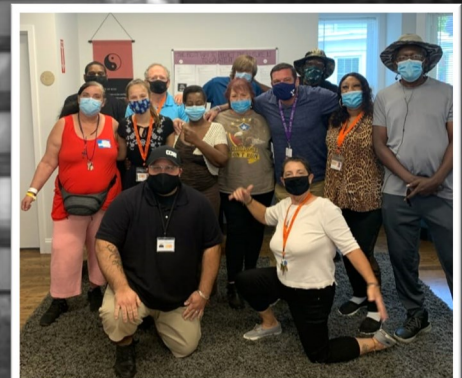
Despite 2020 being a challenging year, the New Haven Recovery Community Center celebrated our 1st year, successfully providing Recovery Support Services to the greater New Haven County. During this time, we have forged strong relationships with our community partners, joining both the New Haven Re-Entry Round Table and Harm Reduction Taskforce Groups.

To respond to the changing needs, we increased our outreach efforts, quickly implementing a virtual Zoom platform offering a variety of meetings. To reach a larger audience, we utilized various social media outlets creating a Facebook Group that grew to include 750 members within a few months, as well as Increasing our volume of Telephone Recovery Support calls (TRS).

NHRCC Manager: Rita Natale | Rita@ccar.us

NHRCC Volunteer Mgr. William Rosa | William@ccar.us

203-332-3303 | 1435 Chapel Street | New Haven, CT



Windham

2020

2020 was a remarkable year in many ways at the Windham Recovery Community Center (WRCC). In February, we hosted our first annual "Sober Bowl" which was a huge success. During the period when our center closed and we went remote, we had the opportunity to get to know our volunteers, TRS folks and community members better than ever. We've learned to adapt and connect in new ways which will propel us forward while maintaining the standards of quality and integrity that we prize.

Our reopening in June saw WRCC combining safety and compassion by maintaining meticulous cleaning and public health protocols while continuing to provide a much-needed point of connection and safety as our service provision shifted to a greater emphasis on system navigation and vocational support. In October, National Recovery month, we saw an outpouring of support from the local community during our mini "recovery walk".

At every turn, with every new development in the ever-changing landscape of the year that was 2020, WRCC volunteers rose to the challenge and did an outstanding job of supporting the community in adapting to and thriving during an unprecedented period. We appreciate all of our Volunteers!

**WRCC Manager: John Schwartz | john@ccar.us
(860) 423-7088 | 713 Main Street | Willimantic, CT**



2020

SUPPORT SERVICES

“Building Connecticut’s Recovery Capital”

Telephone Recovery Support

Telephone Recovery Support (TRS) is an innovative, peer-to-peer support service. Trained volunteers that are, in many cases, in recovery themselves, make weekly calls to “check in” and see how people are managing their recovery.

Recoverees are offered support, encouragement and information about resources that may help them maintain their recovery. TRS helps reduce relapse and enhances the recovery experience not only for the people that are called, but also the volunteers that call them.

Due to the healing nature of the process its often hard to determine who benefits more, the volunteer making the call, or the recoveree receiving the call.



2020

SUPPORT SERVICES

"Building Connecticut's Recovery Capital"

Emergency Department Recovery Coaching

Even through the height of the pandemic The CCAR Emergency Department Recovery Coaching program continued to respond to the Hospital Emergency Rooms to provide recovery support services to those in need.

WHAT:

CONNECTED TO CARE FROM THE EMERGENCY DEPARTMENT:

- ♦ Detox- **2253**
 - ♦ Community Supports- **1387**
 - ♦ Inpatient- **337**
 - ♦ MAT- **127**
 - ♦ IOP- **53**
 - ♦ Outpatient- **94**
- ⇒ **98% Engaged with a Recovery Coach and received Assertive Linkage to Care.** (Total **4251** of **4321** calls)
- ⇒ **71% Connect to Care** from ED **confirmed** by **follow-up phone call**.
- ⇒ ***684** of **4321** calls involved individuals **without** a phone

WHO:

19 Coaches made **4,321** calls to **22 ED's** for **3,303** individuals



Female:
1,152
(27%)



Male:
3,169
(73%)

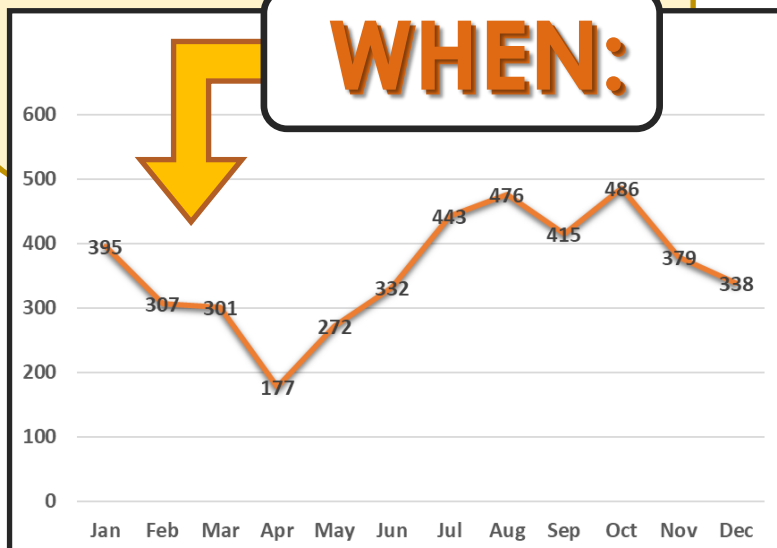
WHERE:

TOTAL NUMBER
OF CALLS
PER HOSPITAL
WE SERVE

Manchester- **188**
Windham- **310**
L&M (New London)- **194**
Backus (Norwich)- **412**
Mid State (Meriden)- **254**
St. Francis (Hartford) - **483**
Danbury- **110**
Day Kimball (Putnam)- **102**
Hartford- **672**

Charlotte Hungerford (Torrington)- **230**
Hospital of Central CT (New Britain)- **313**
Johnson & Memorial (Stafford Springs)- **103**
St. Mary's (Waterbury)- **77**
Plainfield ED- **16**
Stamford- **83**
New Milford- **10**
Norwalk- **45**
Rockville- **106**
Bristol- **140**
Middlesex (Middletown)- **272**
St. Vincent's (Bridgeport)- **184**
Griffin (Derby)- **17**

WHEN:



2020

SUPPORT SERVICES

"Building Connecticut's Recovery Capital"

Department of Correction - Recovery Coaching

In early 2020, CCAR, in conjunction with the Connecticut Department of Correction (DOC), began offering recovery coaching services to returning citizens at 2 DOC facilities. Initial plans were for the Recovery Coaches to meet with individuals in the weeks leading up to their release from incarceration and then to continue to encourage, support, and provide resources upon their return to the community. Unfortunately due to the pandemic, we were unable to go "on site" and had to find ways to connect remotely. This was difficult, but with the help and support from our partners at DOC, we not only found a way to connect, but to continue and strengthen those connections upon release.

CCAR

⇒ **45** Recoverees
Referred

⇒ **1,110** total number
of calls made

⇒ **557** total number
of contacts

⇒ **50% contact rate**

2020 DOC RECOVERY
COACH PROGRAM



2020

SUPPORT SERVICES

“Building Connecticut’s Recovery Capital”

Department of Correction Recovery Coaching

Due to the Covid-19 pandemic and subsequent Department of Correction’s limitations on visits, the Coaches had to pivot and find alternative ways to connect with each individual recoveree. Telephone calls and other forms of communication replaced in-person visits.

Despite these challenges, our coaches were still able to create meaningful relationships and help the returning citizens navigate the barriers and pitfalls for their recoverees upon re-entry to the community.

- Prior to her release from York C.I. she engaged with a CCAR recovery coach.
- After her release, Lisa moved into a sober house, and began attending virtual 12 Step meetings and working with a therapist.
- Was hired in the customer service department at Bob’s Discount Furniture
- House Manager at her current Sober House
- Reestablished relationships with her children and granddaughter.

“It just feels right this time.” - Lisa R



**Lisa Ragsdale,
DOC Recovery Coach Recoveree**



Safety Net Recovery Coaching



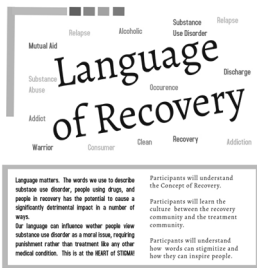
The SafetyNet program pairs a Recovery Coach with a Paramedic to follow up with individuals after they have suffered an overdose in the greater New Haven area. The SafetyNet team has enrolled 15 participants to date despite not being able to be on site in the Emergency rooms, meeting people “where they’re at”. This new initiative has the potential to save lives and provide that “safety net” that many individuals lack when they’re experiencing an Opioid Use Disorder.

2020

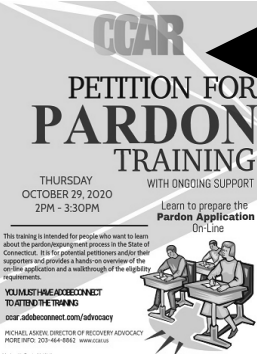
ADVOCACY

"Putting a positive face on recovery"

In 2020, Director of Recovery Advocacy, Michael Askew began hosting Advocacy Community Breakfasts at our Recovery Community Centers, inviting the local community out for an informative, motivating event to discuss CCAR's success and future goals, and to showcase the increased development of strength our recovery support services have had on the community.



WEDNESDAY, SEPT. 16, 2020 2-3:00 PM
On-line at <https://ccar.adobeconnect.com/advocacy>
You must have adobe connect to attend the training.
FOR MORE INFORMATION:
PLEASE CALL 203-464-8662



Date	Breakfast Location	# of PPL
Jan 14	Bridgeport RCC	40
Jan 21	Windham RCC	25
Jan 22	Hartford RCC	25



New Recovery Advocacy Curriculum in 2020:
-Recovery Advocacy, What you need to know
-Advocacy with Anonymity
-How State Government Works

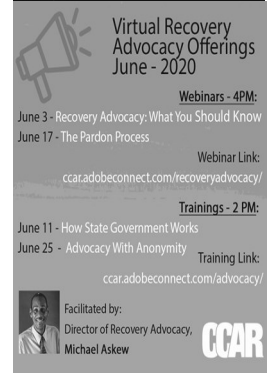
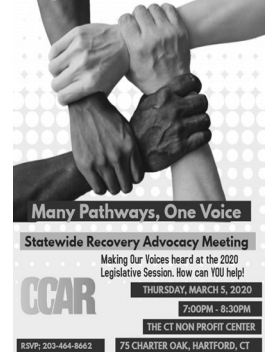
Michael Askew was inducted into The CT Hall of Change, an honor that recognizes formerly incarcerated individuals who have gone on to make substantial contributions to their com-



Statewide Recovery Advocacy Meetings	
January	
February	
March	
May	
August	
September	
November	



Preparing for The 2021 Legislative Session
January 7: Legislative Overview
January 14: Writing Your Testimony
January 21: Writing Your Testimony
January 28: Statewide Recovery Advocacy Meeting
All events are at 2pm
Online at: <https://ccar.adobeconnect.com/advocacy>
You must have adobe connect to attend the training.
FOR MORE INFO, PLEASE CALL:
MICHAEL ASKEW, DIRECTOR OF RECOVERY ADVOCACY
(203) 464-8662
OR EMAIL: michael@ccar.us



2020

ADVOCACY

"Putting a positive face on recovery"

Special Events

One of the many things effected by the Coronavirus Pandemic were our Special Events. Wanting to stay true to the CCAR foundational principal of 'putting a positive face on recovery', we decided to move forward with the events we could safely execute outdoors, and learned how to adapt some to a virtual platform.

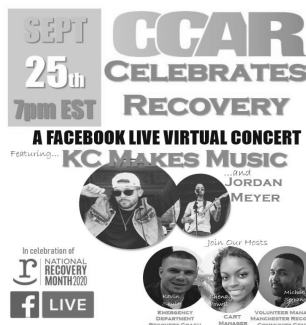
The CCAR Cup | July 24th | Hawks' Landing Country Club

78 Golfers | Over \$10,000 in Sponsorships | 100% COVID-19 Compliant



CCAR Celebrates Recovery - Virtual Concert with KC Makes Music

CCAR's 1st Facebook LIVE Event | Over 200ppl streamed live | US & UK



Governor Lamont hosts conference to highlight CCAR organization

Hartford RCC | Highlighted CCAR's Emergency Department Recovery Coaching Program

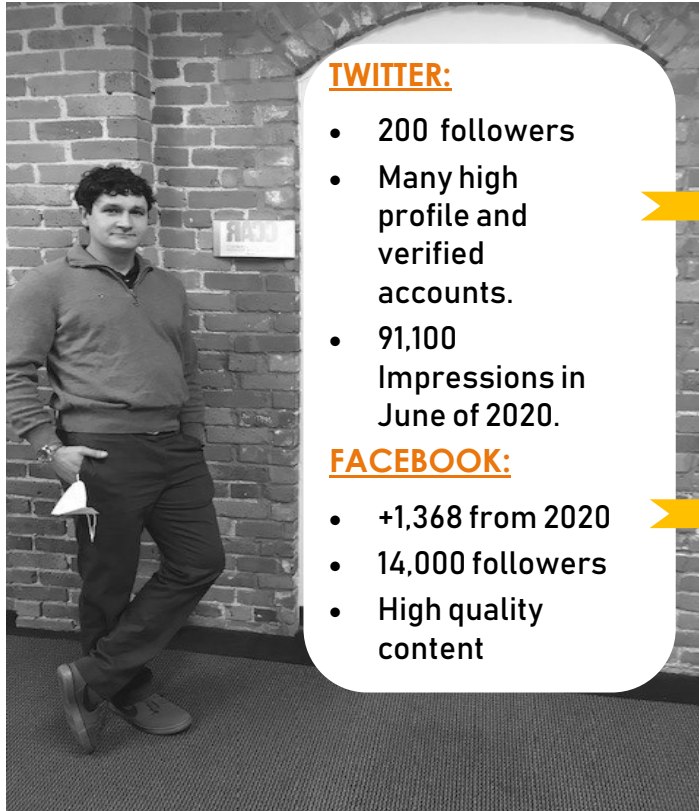


2020

ADVOCACY

"Putting a positive face on recovery"

Social Media Stats

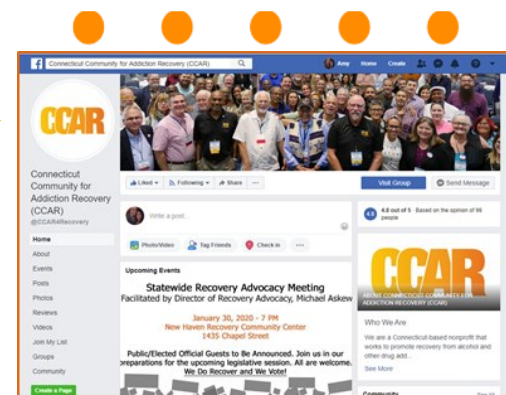


TWITTER:

- 200 followers
- Many high profile and verified accounts.
- 91,100 Impressions in June of 2020.

FACEBOOK:

- +1,368 from 2020
- 14,000 followers
- High quality content

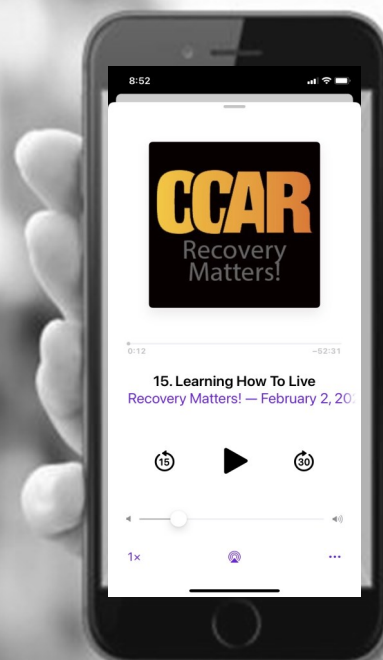


Recovery Matters! Podcast

Where putting recovery first is always the goal"



Hosts CCAR Executive Director , Phil Valentine and wife Sandy host the weekly Recovery Matters! Podcast. With featured stories, interviews, speeches and discussions that cultivate understanding and acceptance and the power hope and healing of recovery.



2020

ADVOCACY

"Putting a positive face on recovery"

Recovery Storytelling

In 2020, CCAR teamed up with Story Coach and Recovery Coach Professional Meghann Perry for an inspiring Recovery Storytelling Video Series. The beautifully filmed series was shot by Enrique Lebron of Retrospective Films and features CCAR staff telling raw, compelling, intimate, motivational, and inspiring stories...all in the name of recovery advocacy. NHRCC Manager Rita Natale was entered into the Four Corners Film Festival and selected as a finalist!

..How to bring your stories to life and heal yourself in the process...



2020

ADVOCACY

"Putting a positive face on recovery"

Ocean Recovery Community Alliance-ORCA

In 2020, CCAR started ORCA, better known as The Ocean Recovery Community Alliance. Its mission focuses on building a community alliance of individuals, organizations, agencies and businesses united by a sense of altruism and the shared, apolitical desire to act as stewards of our world's oceans, beaches and waterways. ORCA strives to exhibit certain organizational values in the process of executing our mission.

We pursue our mission by:

- Exhibiting our organizational values in all our affairs.
- Organizing clean-up events in diverse and varying settings.
- Performing outreach to bring potential, unrelated partners together under the shared mission.
- Providing opportunities for service to individuals from many different backgrounds.
- Collecting data from clean ups to report on amounts of foreign materials collected from our waters.



ORCA STATS

First event: July 25, 2020

**Total pounds collected
from cleanups:** 2,874

Total number of Volunteers: 215

Total number of events: 13

2020

ADVOCACY

"Putting a positive face on recovery"

Ocean Recovery Community Alliance-ORCA

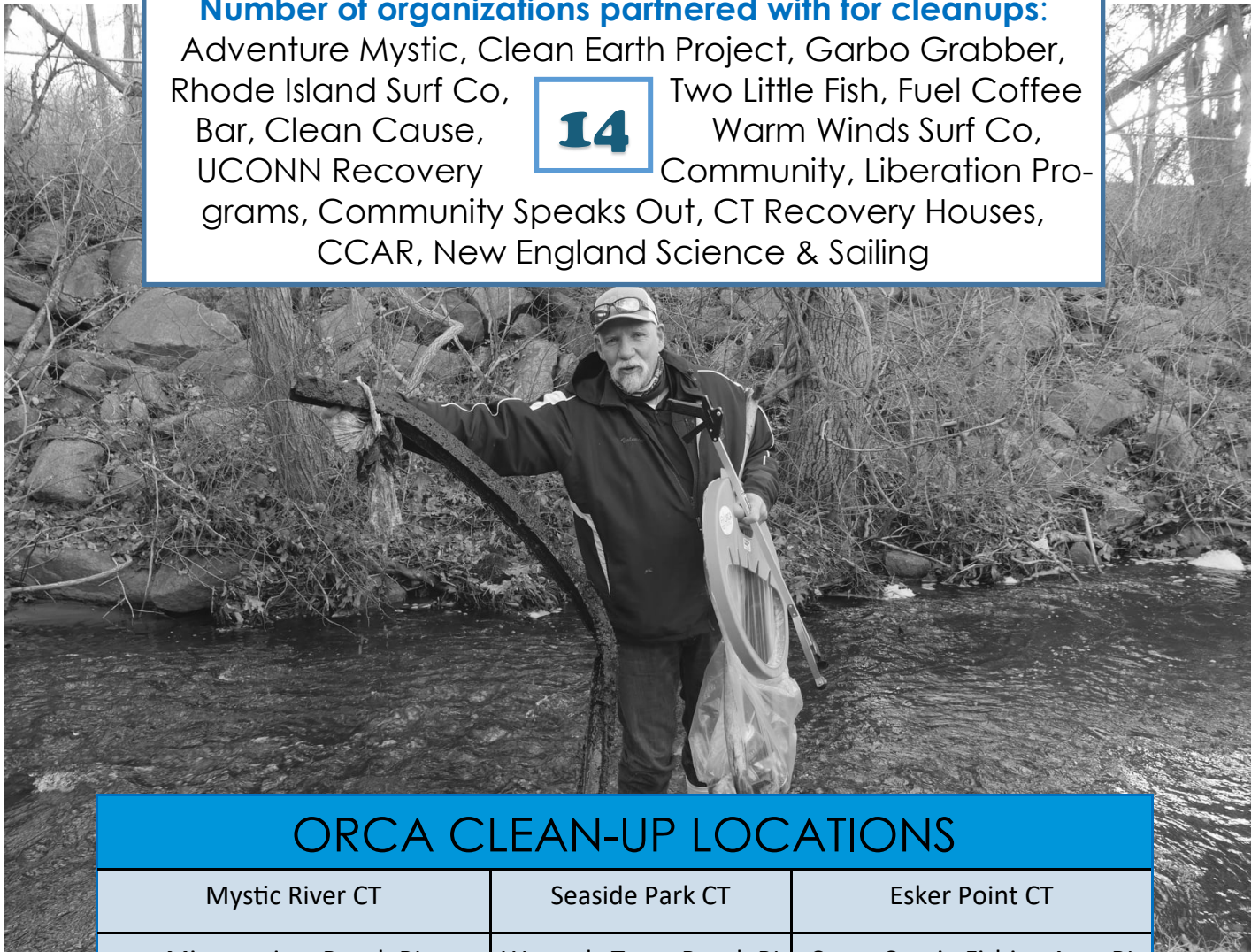


ORCA Organizational Values:

RESPECT | INTEGRITY | GRATITUDE | HONESTY | TRANSPARENCY

Number of organizations partnered with for cleanups:

Adventure Mystic, Clean Earth Project, Garbo Grabber,
Rhode Island Surf Co, **14** Two Little Fish, Fuel Coffee
Bar, Clean Cause, Warm Winds Surf Co,
UCONN Recovery Community, Liberation Pro-
grams, Community Speaks Out, CT Recovery Houses,
CCAR, New England Science & Sailing



ORCA CLEAN-UP LOCATIONS

Mystic River CT	Seaside Park CT	Esker Point CT
Misquamicut Beach RI	Westerly Town Beach RI	Camp Cronin Fishing Area RI
Norwalk Station Community CT	Eastern Point Beach CT	Fort Hale Fishing Pier CT
Long Wharf Beach CT	Ocean Beach Park, CT	Charter Oak Park CT



2020

CCAR TRAINING

"Global Leaders in Recovery Coach Training"

Training in the time of COVID-19

The CCAR Training team had to adapt pretty aggressively, and quickly to the cancellations of all in-person trainings due to COVID-19. They met the challenge, and within six weeks of the original 'Stay Home Order' we were hosting our first virtual RCA, and have been going strong online, ever since!

**2020 Trainings
Held**

800+

Total Number Served

8627

**Total Number
Trained**

55,000+ ppl

- 700 people trained virtually through the Adobe Connects platform, from all over the world!
- Participants from Dubai and the UK attended the trainings now that they have gone virtual

**LAST AND LARGEST
IN-PERSON RCA:
Goodwin College
64 people**



- ◇ Held 75 interviews, awarded **67 RCP designations**
- ◇ Provided over **150,000 hours of CEUs**
- ◇ Curriculum **approved by NAADAC** for use in obtaining their nationally recognized Peer Credentials



NEW PARTNERSHIPS in 2020

- ◆ **In The Rooms:** an "uber-like" coaching service utilizing CCAR's RCP exclusively
- ◆ **Iowa and Massachusetts, & OPTUM Health** employees all received RCA and Ethics Trainings
- ◆ Dedicated trainings for **Cape Cod Community College, Boston Fire Department, Sober Peer** and **New Britain EMS**

Training The Boston Fire Department



2020

CCAR TRAINING

"Global Leaders in Recovery Coach Training"

IARCP Spotlight



- Established the International Association of Recovery Coach Professionals, providing members with opportunities for networking, marketing materials, and access to discounts on a variety of services and products

Online Self-Purchase

CCAR

- All Curriculum converted to an online environment, and are now available for self-purchase by trainers and participants online through amazon.com
- Includes RCA Manual/Kindle Version, Ethics Manual/Kindle Version, Coachervision Manual, Professionalism Manual, Spirituality Manual, and Recovery Coaching in an Emergency Department



Webinar Series

Preparing to Spread Our Wings!

WEBINAR

WEDNESDAY, May 13, 2020 - 4:00 to 5:00 p.m. (EST)
<https://ccar.adobeconnect.com/cocoon5/>

Join Art Woodard for another webinar series designed to support Recovery Coaches through this time of social distancing. This session will look at the reopening of our states and how we can take good care of ourselves and others, as we begin to emerge from the security of our cocoons.

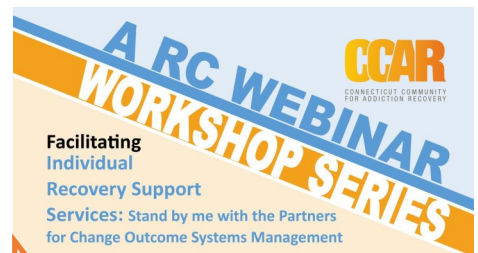


CoronavirusCocoonActiveRenewal



- Coronavirus Cocoon Active Renewal (CCAR) was developed by the late Art Woodard, provided sessions designed to support coaches during the pandemic

- Improving Recovery Coaching Fundamentals by George Braucht, LPS, CPCS & CARES, CMO, Brauchtworks and Co-Founder CARES Academy



August 18, 2020 @ 3:30 p.m. to 5:00 p.m.

Register at <http://addictionrecoverytraining.org/rcfundamentals/>

Peer-oriented, person-directed and outcome-informed services privilege the peer's choice of recovery capital goals and recovery activities. The peer's lived experiences and the quality of your interactions are best informed by the reliable, valid and feasible tools of the Partners for Change Outcome Management System.

Upon completion of this seminar, participants will be able to:

- Briefly introduce yourself and explain your mutually beneficial and supportive peer role and assess your first interactions.
- Introduce the Outcome Rating Scale (ORS), Relationship Rating Scale (RRS) and Group Session Rating Scale (GSRS) and describe their relevance before administering the online, paper or oral forms (betteroutcomesnow.com).
- Continuously map information about the peer's life into the four domains of the ORS and assist the peer with tracking changes using the Self-completed Overview of Recovery Experience Board (SCORE Board) or Better Outcomes Now (betteroutcomesnow.com).
- Participate in performance support that stimulates your immediately experienced and cumulative career growth using the Recovery Check-in Overview and PROBE Form for first interactions



2020

ADMINISTRATION

"A Solid Foundation Supports Vision and Mission"

SERVICES CONTINUED:

Due to COVID-19, CCAR was faced with the difficult decision to shut down mid-march and transition into a virtual work setting. The staff adapted and continued to work diligently in their virtual office settings.



However, CCAR Leadership team members, Director of Administration and Human Resources Yoly Lebron, and Director of Recovery Support Services Rebecca Allen drafted a "Return to Work Plan" with protocols and guidelines to support staff and recoverees- and by MID JUNE we transitioned back to an in-person work setting, and our Recovery Community Centers were re-opened!

Every CCAR Employee knows "THE BIG FIVE"

- * Stay home if you're sick
- * Take your temperature
- * Wear a mask
- * Practice social distancing
- * Sanitize your work space

RETURN TO WORK ACTION PLAN

Connecticut Community for Addiction Recovery, Inc. (CCAR)



2020

ADMINISTRATION

"A Solid Foundation Supports Vision and Mission"

Staff Expansion: ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

While many employers had to lay people off or shut down, we #CONTINUED, and have strengthened the CCAR staff.

- **INTERVIEWS CONDUCTED:** 62
- **TOTAL NUMBER OF PEOPLE HIRED:** 15 new hires/8 staff promotions
- **NEW ROLES CREATED AT CCAR IN 2020:**
 - Senior Program Manager
 - Recovery Coach—DOC
 - Recover Coach-YALE
 - Young Adult and Family Services Manager
 - Human Resource Coordinator
 - Learning Experience Manager
 - Virtual Production Manager
 - Instructional Design Manager
 - Customer Experience Coordinator
 - ORCA Project Coordinator

● ● ● ● ● ● ● ● ● ● Recovery (AND Safety) First :

During the Covid-19 Pandemic the Administrative Team took initiative and provided for the safe spaces at each of the CCAR Recovery Centers as they reopened by providing PPE and touch free sanitation equipment for all centers and the administrative office. We were provided PPE equipment through our collaborative efforts with the State of Connecticut Department of Mental Health and Addiction Services, and Hartford Public Safety, in addition to our vendors in our efforts of balancing costs of supplies and demand for PPE and other emergency supplies during the pandemic.



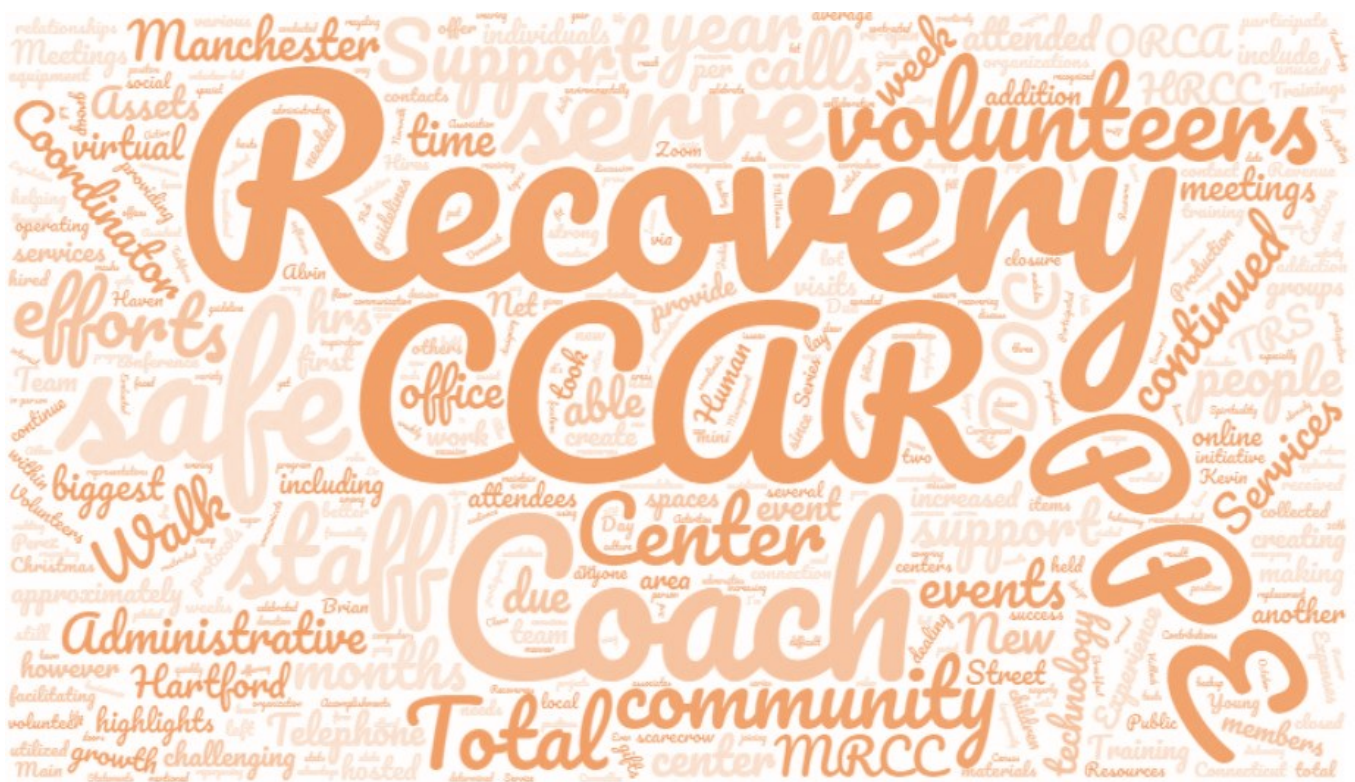
2020

ADMINISTRATION

"A Solid Foundation Supports Vision and Mission"

Technology Update:

- Automated our weekly DMHAS DDAP database uploads
- Implemented online meeting technology including Zoom for facilitating communication during pandemic
- Quickly deployed laptops, headsets and cameras for staff when our centers and offices were temporarily closed
- Supported the growth of our online training curriculum
- Deployed hardware for onsite data backup solution
- Sourced, purchased and deployed all the technologies needed for podcasting at CCAR
- Deployed technology to 15 new hires including laptops, phones, and technology peripherals
- Upgraded from QuickBooks 2015 to 2020
- Evaluated and selected a replacement for our volunteer management and donation tracking software
- Performed ongoing hardware maintenance and upgrade of computers, phones and network gear



2020

ANNUAL FINANCIAL STATEMENT

CCAR is one of the leading recovery organizations in Connecticut. CCAR has reconstructed and expanded to better fit its mission, vision, and the communities it serves. The world was hit hard by Covid-19 creating a worldwide pandemic and left a lot of people and organizations with a lot of uncertainties. This left those that we serve at a disadvantage of using the resources and programs that CCAR provides.

However, through this pandemic CCAR continued to push through all adversities. CCAR was able to secure a PPP loan during the Pandemic to protect payroll and has not had to lay off anyone. CCAR has followed all guidelines during the pandemic and provided adequate accommodations for all staff.

REVENUES AND OTHER SUPPORT	\$2,020	\$2,019	\$2,018	\$2,017	\$2,016
Governmental Grants	\$3,243,844	\$2,026,728	\$1,674,387	\$1,558,591	\$1,214,752
Service Fees, Contracts, and other	\$1,081,553	\$1,352,511	\$808,308	\$759,462	\$624,864
Fundraising	\$177,260	\$70,036	\$83,836	\$48,920	\$57,637
Contributions and other Public Support	\$11,082	\$10,475	\$6,690	\$6,735	\$27,308
TOTALS	\$4,513,739	\$3,459,750	\$2,573,221	\$2,399,318	\$1,941,103



EXPENSES	\$2,020	\$2,019	\$2,018	\$2,017	\$2,016
Program Services, Recovery Activities, Center for Addiction Recovery Training	\$3,913,512	\$3,003,180	\$2,505,644	\$1,938,272	\$1,569,686
Management and General Fundraising	\$548,150	\$429,456	\$259,294	\$255,038	\$232,113
TOTALS	\$4,461,662	\$3,432,636	\$2,764,938	\$2,193,310	\$1,808,283



ASSETS	\$2,020	\$2,019	\$2,018	\$2,017	\$2,016
Change in Net Assets	\$52,077	\$27,114	-\$191,717	\$206,008	\$132,820
Net Assets	\$344,322	\$317,210	\$508,927	\$302,919	\$170,099
NET ASSETS (end of 2019)	\$396,399	\$344,324	\$317,210	\$508,927	\$302,919



CONNECTICUT COMMUNITY
FOR ADDICTION RECOVERY



CCAR

We envision a world
where the power,
hope and healing
of recovery from
alcohol and other
drug addiction is
thoroughly
understood
and embraced.