



**FOR IMMEDIATE RELEASE**

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**The Multiple Pathways of Recovery Conference Travels to Iowa**

**DES MOINES, IA** – Iowa Health and Human Services, Recovery Iowa, and the Connecticut Community for Addiction Recovery (CCAR) have partnered to bring The Multiple Pathways of Recovery Conference: THE National Recovery Conference to Des Moines, IA August 21<sup>st</sup> – 23<sup>rd</sup> at the Embassy Suites Hotel. The organizations are gathering recovery leaders and advocates from across the country to educate and share various methods, practices, rituals, programs, and belief systems recoverees can use to enhance their recovery journey and sustain long-term recovery from drugs, alcohol and other addictions.

THE National Recovery Conference features informational keynotes, educational workshops, invigorating self-care activities, instructional meetings, and the opportunity to build connections and network with some of the greatest recovery leaders and advocates in the country. This conference is nationally revered and has been held at multiple locations throughout the country, including Punta Gorda, FL, Colorado Springs, CO and Mystic, CT.

"Hosting this national conference is a big win for Iowa," shared Monica Wilke-Brown, Opioid Response Grants Director at the Iowa department of Health and Human Services. "It's an excellent opportunity to connect and learn from national recovery leaders, Iowans in recovery from substance use, and recovery professionals across the state. We are excited to expand Iowa's recovery network and to increase awareness of recovery in our state."

"Iowa has made great strides to expand its recovery infrastructure beyond clinical treatment services, including creating Iowa's first Recovery Community Centers and recovery-iowa.org, a website that provides easy access to the resources people need to support sustained recovery. This is a great time to shine a light on the progress happening in our state," explained Cass Dorius, associate professor at Iowa State University and Director of the Public Science Collaborative. "We look forward to sharing our work and learning from others at the conference."

"The concept of multiple pathways to recovery is a foundational principle of the CCAR organization" says CCAR Executive Director, Philip Valentine. "We created this conference to share as many pathways to recovery with as many people as possible and to create connection among the recovery community. We're inspired by the growth of the recovery movement happening in the Midwest and excited to bring them the message of multiple pathways. We're extremely grateful for the partnership and collaborative efforts from Recovery Iowa and the Iowa Department of Health and Human Services to make it all happen".

Individuals in recovery, recovery allies, or those curious to learn more are encouraged to attend. Up to 13.5 continuing education credits will be awarded to those who qualify, courtesy of CCAR. For additional information regarding tickets, promotional considerations, and a wide-array of sponsorship opportunities to help support Iowa's recovery community, visit <https://www.ccarconference.org/>.

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