

## Major Themes of CCAR

### Putting a Face on Recovery

The vast majority of people struggling with an alcohol or drug problem do not get treatment for their addiction. One of the major reasons for this is stigma. Stigma prevents people from seeking help. By speaking publicly about the reality of recovery, CCAR members put a face on recovery. CCAR members put a public face on recovery by testifying before the legislature and state commissions, as well as through well-attended public events like Recovery Walks!

### Building Recovery Capital

Most treatment programs deal only with the front-end of the problem: usually a brief stay and you're done. Other kinds of support, such as transportation, housing, job training, simply don't exist in most communities. There's rarely someone who is going to help you find a place to live or help you put your life back in working order. This is where CCAR comes in; helping to bridge the gap between treatment and rebuilt productive lives.

### Organizing the Recovery

#### Community's Ability to Care

There are literally thousands of people in recovery in Connecticut. Most of them have a desire to "give back" and they are contributing positively to their local community. CCAR is establishing Recovery Community Centers that offer programs and initiatives to provide an avenue for recovering people to get involved in meaningful ways.

#### **Connecticut Community for Addiction Recovery**

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#### **Bridgeport Recovery Community Center** **"Recovery on the Sound"**

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#### **Hartford Recovery Community Center** **"Capitol Voices of Recovery"**

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#### **New London Recovery Community Center** **"Seaport of Recovery"**

83 Boston Post Road  
Waterford, CT 06385  
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#### **Windham Recovery Community Center** **"Home of Positive Faces"**

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Connecticut's First Recovering  
Community Organization Since 1997



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## R e c o v e r y   C o m m u n i t y   C e n t e r s



Spanning the gap between the detached worlds of recovery and treatment, a Recovery Community Center (RCC) is a recovery-oriented anchor in the heart of a community, a place for the local recovery community to call its own and a hope-filled nurturing environment where recovery thrives. An RCC is a place where an array of innovative peer-to-peer recovery support services are designed and delivered. It is a place where recovering people can find another way to "give back" through a formal volunteer program. Struggling families can find education and support. Presently, a Recovery Community Center is open in Willimantic, New London, Bridgeport, and Hartford.

## T e l e p h o n e   R e c o v e r y   S u p p o r t



One example of an innovative peer-to-peer recovery support service is Telephone Recovery Support (TRS). In collaboration with DMHAS, CCAR is offering weekly telephone recovery support service to people in recovery for a period of 16 weeks just to "check in" and see how they are doing. TRS helps reduce relapse and enhances the recovery not only of the recoverees, but of the volunteers as well. TRS is offered at all Recovery Community Centers. Contact the following people for more information: Hartford: Kevin (860) 218-9531 [Kevin@ccar.us](mailto:Kevin@ccar.us) Windham: Caroline (860) 967-0492 [Caroline@ccar.us](mailto:Caroline@ccar.us) New London: Linda (860) 910-4812 [Linda@ccar.us](mailto:Linda@ccar.us) Bridgeport: Jaime (203) 583-4702 [Jaime@ccar.us](mailto:Jaime@ccar.us) Providers interested in this service call Cheryle Pacapelli at 860-244-2227 [Cheryle@ccar.us](mailto:Cheryle@ccar.us).

## R e c o v e r y   R e s o u r c e   B a n k



CCAR is building a comprehensive, cutting edge, web-based Recovery Resource Bank that will list a wide variety of recovery support services. For example, the Recovery Housing Database for privately owned houses throughout Connecticut comes complete with a "Google" search function, up to the minute bed availability, an "eBay" format and a recovery friendly rating. Staff at all Recovery Community Centers will be trained to access this incredible, much needed resource.

## R e c o v e r y   W a l k s !



In 2000, we envisioned recruiting 50 people to walk near our state capitol to "put a face on recovery". Amazingly, 700 people showed. The purpose of the walk had struck a chord that resonated with the heart of the recovering community. Then in 2001 on a picture perfect Sunday only five days after 9/11, Recovery Walks! drew over 2000 people, not only to proclaim their support for recovery but to stand firm as Americans. In 2004 close to 4000 individuals showed up to publicly declare their support for recovery from alcohol and other drug addiction. Each consecutive year Recovery Walks! has painted the recovering community in the light of respect using broad strokes of courage, healing, hope and love. CCAR is holding the 9th Annual Recovery Walks! On Saturday, September 20th, 2008 at Bushnell Park in Hartford.

## R e c o v e r y   T r a i n i n g   S e r i e s



CCAR is "building recovery capital" through its highly acclaimed Recovery Training Series. Topics include: "Pardons 1"; "Becoming a CCAR Ambassador"; "Understanding Addiction and Recovery" and "Family Night". The Recovery Housing training: "So...You Want to Open a Recovery House" Contact CCAR office at 860-244-2227 for a training brochure.