

REAL TIME RECOVERY

Quarterly Newsletter
Spring 2019



ReConnections

ReConnections is a program specifically for friends or family members who have a loved one struggling from a substance use disorder. This program works with the friend or family member in a one on one setting to teach and help utilize tools that will guide them through their time of need. Working together we will create a wellness plan that involves self-care and education about addiction. Families will learn ways to positively communicate with their loved one. They will learn their roles in their loved one's recovery from pre-contemplation to action. They will gain invaluable knowledge about addiction as well as tools such as linkage to Narcan trainings. We will make connections with other supportive groups in the family's area to ensure a well-rounded support system. This program is open to anyone in the southern 8 counties of Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean, and Salem. The family coordinators will travel to public locations to meet with families from all listed counties to make the program as accessible as possible. ReConnections is free of charge and you are awarded a full year of services. Families can be entered into the program by simply calling or emailing one of our coordinators.



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1st QUARTER EVENTS



Even in recovery, we have a great time!



Share The Love Social

On February 14 Living Proof Recovery Center had a wonderful event for Valentine's Day. Our members and staff all gathered to show each other love and appreciation. We ate snacks and had tea while listening to music and fellowshiping.



Golden Ladle Soup Cook-Off

On February 28 Living Proof Recovery Center had a soup cook off competition. Five staff members made soup, which was served to the community. The community then voted on the best soup. The winner of the Golden Ladle trophy was our brand new AmeriCorps VISTA, Amanda Sizer.

The Woman on the Bike

A Poem Written By: Myisha Scott

The woman on the bike with hope.

The woman on the bike with might.

The woman on the bike with strength.

The woman on the bike with a mission.

The woman on the bike on a journey.

That woman on the bike I think about often and wonder how she is handling her fight. I will feel so much better inside if I just knew she was all right. Maybe one day I will get a chance to hear from her or just to see her sight.

I met that woman before she was given that bike.

I used to watch her pass by with her bags.

I walked the same path she walked one day and didn't understand, how this woman who lived on the streets, could walk that same mile every day with her bags and a couple of extra socks on her feet because her sneakers were too big for her to wear.

That woman was such an inspiration to me. I admired that she was so strong.

I shared special memories with the woman that made me smile.

In the mornings, she would come in and drink her coffee, I always tried to make it right. Or the time when I was serving Wawa and accidentally burnt her pretzel. It was too hard for her to bite.

Sometimes it's hard to watch people you love go as the days go by. So when you find special people that you grow to love, you have to appreciate and cherish the sentimental time.

I wonder how she is doing. I wonder how far she has made it on her journey.

I hope she knows she is in my prayers, and I am rooting for her recovery.

Which is a better life than on the streets.

I hope she travels to Arizona so she can be in a better climate with peace. I love you, and I miss you.

You will always be the woman on the bike with H.O.P.E to me.



Recovery Mentor Spotlight

An Interview By: Jeannine Dumont

This quarter we decided to spotlight Courtney Haslet. Courtney is a very helpful and enthusiastic Peer Recovery Mentor at Living Proof Recovery Center. Courtney facilitates a few of our newest groups here, which our members find fun and interesting. She is super creative and uses that to help others find their inner artist. Her three groups are called “Art Wellness,” “Color Me Relaxed,” and “Written Expression.” We are thankful to have Courtney as part of our team and participate in the following interview.

JD: What inspired you to start your groups at Living Proof Recovery Center?

Courtney: I was inspired by the idea of creativity. I've found in my own recovery that creativity in art and writing have helped me more than anything else. I wanted to share that experience with others.

JD: Let's discuss your most recent group- 'Written Expression.' What inspired you to start this group?

Courtney: I love to write. I've found that when I'm struggling writing is my saving grace. I wanted to give others a chance to experience the same thing.

JD: How long have you been running all three groups?

Courtney: I started Art Wellness and Color Me Relaxed about nine months ago and Written Expression about three months ago.

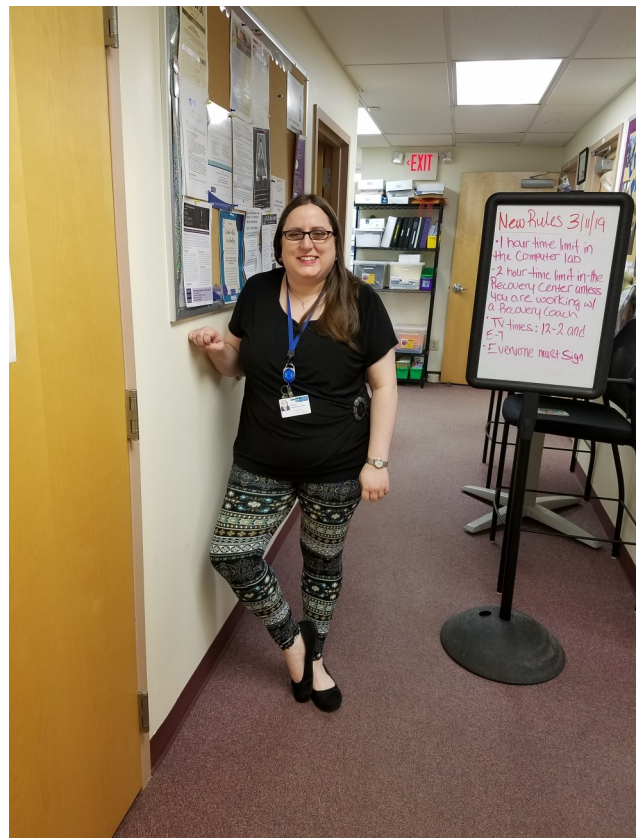
JD: How do you get the ideas for all of your groups?

Courtney: I have a variety of sources. Some ideas I come up with on my own, others are inspired by groups I attend personally outside of work. I use Pinterest to get some of my ideas and then change them a bit so they fit the situation. I also have a book I use for Art Wellness that has proven very

useful.

JD: Do you find it fun facilitating your groups? Which one is your favorite group to facilitate?

Courtney: I love facilitating my groups. It is the highlight of my week to do my groups. I've found my strength is in creativity and sharing that gift makes me happy. They're all so different that it's hard to pick which one is my favorite. Art Wellness and Color Me Relaxed bring out the artist in the members and myself. While Written Expression brings out the writer in us. Different people are helped by each group in different ways and I find that to be the best part.



Recovery is a Journey, Not a Destination

By: Brandy Mullin

My name is Brandy Mullin, and I am a person in long-term recovery. This means I have been abstinent from all mood and mind altering substances for 8 years. My clean date is November 25th, 2010. It was Thanksgiving that year. I wasn't invited to anyone's house. I had burned all bridges during my active addiction. There I sat in a hotel room alone coming down off a mixture of drugs. I was sad, defeated, suicidal and broken. It is a day I will forever be truly grateful for.

I grew up in a middle class family. I am the middle child. My mom was a stay at home mom. My dad worked two jobs, so we lived comfortably. I had tons of friends and got decent grades. I had a bright future.

There would be many defining moments and lousy choices made throughout my life due to active addiction. This was the catalyst that sparked my need to use a substance and not to feel the pain.

At 13, I experienced a traumatic event at the hands of three adolescent males. It just got worse from there. I stopped playing soccer, softball and my grades dropped. Instead of being miss social, I hid in the background. I searched for something to take the pain away and I found alcohol and drugs. I loved that they numbed my feelings of shame and insecurity. I would spend the next 14 years drinking and using drugs.

I eventually went to a hospital to get help. I was naïve and thought they would be able to help me at least detox. I was wrong. I had no insurance. I was discharged with no aftercare plan. Luckily, I ran into a friend that week, who had stopped using drugs. I asked them for help. They were able to point me in the right direction. I ended up in detox the next day. After completing detox, I went into rehab and was released Christmas Eve in 2010.

After I finished treatment, I hit the ground running.

I surrounded myself with people in recovery and attended twelve-step meetings. It's there that I found my people. Misfits who have huge hearts and inspiring life stories. I finally felt part of something and was welcomed with arms wide open. They taught me how to stay clean. They taught me how to laugh and have fun. They taught me how to cope with life without using drugs. I am forever grateful for these people.

When I had 6 years clean, I found out about a position that Center For Family Services. It was a Peer recovery position in a hospital. The program was called Lifeline ED part of the NJ State's Opioid Overdose Recovery Program. I knew first-hand what it felt like to be turned away by a hospital. I knew I would be perfect for the job. I applied and got the job. I enjoyed providing services to people seeking addiction treatment. I also enjoyed working with peers who were also in recovery from addiction.

Center For Family Services posted a position for a brand new program, AmeriCorps RecoveryCorps. I researched AmeriCorps and immediately knew it was meant for me. I can't even describe the level of gratitude I felt when I learned I got the job. Putting the program together has been an amazingly challenging but beautiful journey. I have a lot of help from my co-workers. It's incredible how everyone rallies together to make this program work. It's a fantastic program that has the potential to impact many lives. I'm so grateful I get to be a part of the RecoveryCorps program.



Stories of Hope

My Story

By: Rochelle Albini, Volunteer

It was summer, 27 years ago, when I had my first manic episode. I was 32 years old with two little girls, and I was doing many spiritual things to answer one of my core questions. I got the answer, but in the process, I also got delusions and hallucinations. After 10 days in the hospital, I went home and fell into a deep depression, thinking that my spiritual practices had deceived me. My mind was strong. I decided that by the New Year, three months away, I would be done with depression, and I was. It probably did not hurt that the medicine I was given must have kicked in.

Over the years, during times of severe stress, I would relapse, but those times were few and far between. I got off my medications to get pregnant one more time and then I got back on them, just in case. There was a time when my doctor wanted to switch medications - one time it went well and one time, it did not, as I tried many different things that did not work for me. The time it went well was when I added meditation to my wellness regime. I was able to get off anti-anxiety medication with the help of meditation. Through asking the right questions during meditation and prayer, I have been led to be more open about my mental illness and to inspire others by keeping well myself. I am working towards my certification as a Peer Recovery Support Specialist and do my volunteer hours at the Living Proof Recovery Center. It is my goal to run groups and share meditation as a tool for wellness.

Deep Roots

By: Milton Hobbs, Intern



My story of recovery started close to three years ago. I was incarcerated in 2016 due to an addiction to cocaine and alcohol. I was given a chance to be in the Drug Court program, and I was enrolled into an Intensive Outpatient Program at Center For Family Services called Pathways to Recovery. I was defiant at first, because I was in denial about my addiction. I didn't believe I needed help. As time went on, through the guidance of a good counselor, my attitude towards recovery changed, and I realized I needed to take my self-care more seriously.

After a year and a half of ups and downs, I finally graduated the program. The groups and individual counseling helped me see what I want to do with my life. Inspired by the people at Pathways to Recovery and Living Proof Recovery Center, I enrolled in Camden County College for Addiction Counseling.

I have been doing really well in school, and I'm happy to say that I'm close to a year free from drugs and alcohol. It has been a deep rooted journey for me. My life has made a complete 180, and I am excited about my future now because I have goals to accomplish. I now live to inspire people like me who are struggling and to give them hope that change is possible. If it wasn't for the people at Pathways and Living Proof Recovery Center, I don't think I would be on the path that I am on. Thank you guys, much love!

Living Proof Moments In Time



1st QUARTER EVENTS

Continued...



Joyce's 10 Years Clean Anniversary

Congratulations to our beloved Joyce Gray-Steffen for celebrating 10 years clean and sober. Joyce also received her National Certified Peer Recovery Support Specialist Credential. We are so proud to have you on our team. Thank you for being an outstanding peer and being an inspiration to everyone around you.



Congratulations RecoveryCorps!

Congratulations to the very first AmeriCorps Recovery Corps cohort on completing their CARES Certified Peer Recovery Specialist training (CPRS). They are well on their way to becoming New Jersey State Certified Peer Recovery Specialists if they choose. Kudos to trainer extraordinaire, Rebecca. Great job everyone!

1st QUARTER EVENTS

Continued...

Family Support Meetings

A support and educational group for people with a loved one struggling with substance use.

Meeting Times

Tuesdays
6:00 p.m.—7:00 p.m.

108 Somerdale Road
Voorhees, NJ 08043

2nd and 4th Wednesdays

7:00pm-8:00pm

481 Delsea Drive
Sewell, NJ 08080



Join us to discuss your feelings and concerns about a family member who struggling with addiction.

Listen to others' experiences and learn strategies on how to overcome your concerns and help your loved one.

Supporting each other is our main purpose.

You are not alone.

For more information contact:

Heather Thomas
609-781-6389

reconnections@centerffs.org

Empowerment Workshops



Ammon Foundation Empowerment Workshop Series at Living Proof Recovery Center

January 10, 2019: Time Management 101

February 14, 2019: Going Back to School: Why and How

March 14, 2019: Budgeting 101

April 11, 2019: Time Management 101

May 9, 2019: Going Back to School: Why and How

June 13, 2019: Budgeting 101

All workshops are free and start promptly at 5pm

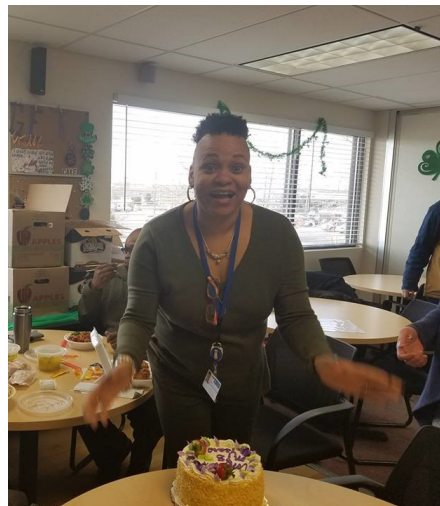
108 Somerdale Rd.
Voorhees NJ 08043
856-216-7134

For more information or to sign up, please contact
Lee Bergin at lee.bergin@centerffs.org 609-238-4079
Living Proof Recovery Center at: 856.216.7134



Check out the new groups and workshop that are being offered at Living Proof Recovery Center!

Spread the word!



Kim's 13 Years Clean Anniversary

Our fearless leader, Kim Govak, celebrated 13 years clean and sober last month. She is an inspiration to all of us. Kim leads by example with integrity, gratitude, and compassion everyday, and we are very blessed to have her as our director and friend.

UPCOMING EVENTS

- Women's Day : The Courage to Change-April 20, 2019
- Living Proof Recovery Center's Quarterly Advisory Board Meeting July 29, 2019

Please visit the Living Proof Recovery Center for more details!



DID YOU KNOW?

^c The Living Proof Recovery Center offers a variety of on site services, such as:

- Emergency Food Assistance
- Support Groups
- Food Bank
- NARCAN Training
- Youth Girl's Group
- Resume Workshop
- Journaling
- GED Preparation
- Recovery Mentors
- Quarterly Outings
- 12-Step Groups
- Job Skills Training



GET INVOLVED!

^c *Now Welcoming...*

- ⇒ Members
- ⇒ Volunteers
- ⇒ Interns
- ⇒ Advisory Board

CONTACT US



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facebook.com/livingproofrc

STAY CONNECTED

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Join our e-mail list to get monthly calendars and new workshop updates emailed directly to you! Just send us an email asking us to add you.



Check us out online! The calendar and special events are always posted to keep you in the loop!



Stop in! We'd love to see you!