

Recovery Walks! 2003

4th Annual Walk for Recovery from Alcohol and Other Drug Addiction

Hello friends and family. Thank you all for coming out today and "putting a positive face on recovery." I would like to take this opportunity to extend the arms of welcome to you from myself, and the Connecticut Community for Addiction Recovery's Board of Directors. We are extremely delighted by your presence and participation in our 4th annual "Recovery Walks!". We hope that your day is full of inspiration, information and enlightenment. This is our "healing power of recovery."

Walk on!!!

Dorian Grey Parker
President CCAR Board of Directors

It is with great excitement that I extend to you a warm welcome to CCAR's 4th Annual Recovery Walks! Thank you for your willingness to support recovery from alcohol and other drug addiction. It is our dream that someday this park will be completely filled with citizens of Connecticut bringing the message of hope that recovery brings. Our appearance here today shows that the alcohol and drug recovery movement is alive and well.

Bob Savage,
CCAR Executive Director

Agenda

10:00 - 10:05	Welcome: Dorian "Mickey" Parker President CCAR Board of Directors
10:05 - 10:30	Just Jazz
10:30 - 10:35	Sister Deborah
10:35 - 11:00	Just Us
11:00 - 11:05	Dee Georgette
11:05 - 11:40	Crossroads Choir
11:40 - 11:45	Joey Petrello
11:45 - 12:15	Baba David Coleman
12:15 - 12:20	Victor Feliciano
12:20 - 12:50	Baba David Coleman
12:50 - 1:00	Robert Savage, CCAR Executive Director Thomas Kirk, DMHAS Commissioner
1:00	Lord's Prayer - Arno Groot National Anthem - Amanda Halsted Ribbon Cutting - Walk Begins
1:30 - 1:35	Deb Holloway
1:35 - 2:45	Hardwood

Platinum Sponsors \$5000



Commission for the Office of
Substance Abuse Policy & Prevention
City of New Haven



Silver Sponsors \$1000

ACE Taxi
244-9999



Stonington Institute
Adolescent & Adult Substance Abuse Programs



HARTFORD
Advocate

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Bronze Sponsors \$500

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Copper Sponsors \$100

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New Directions
Norm Holland
Pitney Bowes
SCADD
South Central Behavioral Health Network
Tires Plus Wheels

Acknowledgements

Aero All Gas
Berkshire Mountain
Lyman Orchard
Stew Leonard's

Teams

Wheeler Clinic – Pat Devendorf
Aim for the STARS – Donna Brooks
ADRC – Karen Cables
Rushford – Jennifer Fyke
New Directions – Kathy Keena, Susan Murray
Stepping Stone House – Cheryle Pacapelli
MAAS Squad – Ethel Bethea, Ron Phillips
Yale – Jennifer Frey
Team NAMI – Tracie Zavatsky
Merritt Hall – Chuck Bernstein
Dedicated to Recovery – Louise Clark, Lenda Askew
Charles Gray-Wolf
The Navigators – Albert Kydd
Middletown Miracles – Karen O'Connor, Wendi Clark
Beanie's Babies – Bruce & Karen Gaston

ALSO Cornerstone – Deb Holloway
SATU – Katura Abdulh Salaam
MCCA – Darlene King
Teamworks – David Post
Mercy Housing – Luciane Liguori, Megan Goodhouse
Lebanon Pines – Kui Sykes
CHS Behavioral Health – Pam Sugrue
Women's Alternative Living Center – Julie Hovland
Community Partners in Action – Joanne Barnett
Connecticut Renaissance West – Deborah DeBrizzi
WIN Program – Crystal Wigglesworth
ADRC Coventry House – Nynette Jackson, Jannette Isaac
Substance Abuse Action Council – Nelson Forman
Grant Street Partnership – Gary Sistrunk, Ken Cimino

Announcements:

1. Thank you to our Platinum Sponsors \$5000: *(suggestion, as you read all the sponsors at different times, ask for people to shout, cheer, clap and show their support for each one)*
 - a. Commission for the Office of Substance Abuse Planning & Prevention City of New Haven
 - b. Department of Children & Families (DCF)
 - c. Department of Mental Health and Addiction Services (DMHAS)
2. Read the list of Silver \$1000 Sponsors
 - a. ACE Taxi 244-9999 – information at their car
 - b. Yale Research on the Genetics of Drug and Alcohol Dependence – visit them at their table near the Registration tent
 - c. Stonington Institute
 - d. Laidlaw Bus Company
 - e. Eder Brothers
 - f. Hartford Advocate
3. Read the Bronze \$500 Sponsors (see program)
4. Promote the entertainment lineup. Encourage people to move in closer to the stage.
5. Ask for people that represent different CCAR Chapters to stand and shout, cheer, clap, etc. (promote Chapter spirit)
6. Read the names of different Teams and ask each one to shout, cheer, clap, etc. (promote Team spirit)
7. Encourage people to buy lunch at Black-Eyed Sally's and the ice cream vendor.

8. Everyone needs to register.
9. Ellington Volunteer Ambulance has information regarding bee stings, please see them.
10. Use the portable toilets behind the tents.

Dee Georgette's Speech

This year was the first year that my boyfriend Vin attended the walk with me. We have been together for 3 years now and for three years I have been telling him how wonderful CCAR is. The day of the walk he experienced it first hand.

We were standing near the sound booth, I was waiting to make the speech I had prepared for the day when a young man probably around 23, 24 years old approached me. He asked me if I was Dee Georgette, I told him yes and he said he recognized me from the CCAR video. The young man went on to thank me for sharing the story of my son Tony, his struggle with heroin addiction and his eventual death, and said how moved he was by the story. I chatted with him for a few more minutes, we said our good byes and good lucks and went our own ways. When I turned around to talk to Vin again I saw that he had tears in his eyes. I asked him what was wrong. He told me what a beautiful encounter he just witnessed between the young man and myself and how heartfelt it was. I smiled, and told him.....Vinnie,..... It's the healing power of Recovery.

I am truly blessed to be part of CCAR.

Jim Mattingly's Speech

Its a time and place where anyone can come and be themselves without having to worry about feeling accepted. Everone is accepted and feels very safe just to be who they are. I think in this kind of environment, the very best of people come out - the kindness, compassion, trust, willingness to help.

Most of the day passes me by with very little interaction with people because I'm filming the event, so I don't have any stories. Just this wonderful sense of belonging and being accepted by so many diverse people... The CCAR walk is truely a "humanity" experience, a great force of positive energy, like the Martin Luther King walks. They are both about the liberation of the human spirit, about the dignity of each and every person no matter what condition they are in or who they were chosen to be. I leave the CCAR walks feeling truely uplifted, having shared in an event which brings home the fact that we are all a family.

In fact, I have an idea for this years new video (hmmm) - "Recovery. The Triumph of the Human Spirit". Like "The Return of the King", the third part of the trilogy, the triangle of perfect unity and strength, this 3rd video of the CCAR series will cap the other two and perhaps finish the set of the most remarkable recovery series ever made. Each video we push the human experience and tangibility of recovery another notch. (HMMMMMM again!) When do we start? :-)

Message from the Office of the Commissioner



September 4, 2003

Thomas A. Kirk, Jr., Ph.D.
Commissioner

DARE TO DREAM

September is National Alcohol and Drug Addiction Recovery Month

“It must be borne in mind that the tragedy of life doesn’t lie in not reaching your goal.

The tragedy lies in having no goal to reach.

It isn’t a calamity to die with dreams unfulfilled, but it is a calamity not to dream.

It is not a disaster to be unable to reach your ideal, but it is a disaster to have no ideal to capture.

It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for.

Not failure, but low aim is a sin.”

-- Benjamin E. Mays, former President, Morehouse College

Molly Potter, a young student who is in recovery from a substance use disorder, is bewildered by society’s stereotype of persons who develop such conditions, i.e. abuse or dependence on alcohol or other drugs. She says that she is neither a drunk on the corner, nor a social or academic failure. Rather, with a bright smile on her wholesome face she tells us, “I have dreams for the future.” There are many Molly Potters all around us. They are of all ages, and from all backgrounds and all walks of life. They are good people who happen to be in recovery from a serious healthcare issue, and they have chosen life and a healthier future instead.

September 2003 marks the 14th year of celebrating *National Alcohol and Drug Addiction Recovery Month*. This year’s theme is “*Join the Voices for Recovery: Celebrating Health.*” Our vision within DMHAS is that we are a healthcare agency, that substance use disorders are healthcare conditions, and – as with any serious health problem – one should expect that, while their condition may not be totally curable, effective care can help them to recover... to reach the highest quality of life for which they are capable. These disorders are among the most costly healthcare conditions in Connecticut- the physical, social and economic effects are enormous. At any given time, over 200,000 adults in Connecticut need some type of this healthcare service during their lifetime.

The bright side to this picture is this - effective treatment works and thousands of people, in cities and towns throughout Connecticut, are on the journey of recovery. They work, have homes, pay taxes, vote, and they care for children and grandchildren. They live in your neighborhood, have children in school with your children, attend your place of worship. They are healthier people for their recovery. Your community is healthier also.

It is my dream that recovering people and their families from all walks of life in Connecticut will celebrate National Recovery Month by participating in the 4th annual *Recovery Walks!* to be held in **Bushnell Park** adjacent to the State Capitol in Hartford on **Sunday, September 21, 2003**. Legislators, business men/women, lawyers, mail carriers, doctors, mechanics, engineers, factory workers, teachers, clergy, media professionals, bankers – people in recovery in these and many other fields – celebrate your recovery by walking with thousands of others! Others who support recovery – be there also! This event is hosted by the **Connecticut Community for Addiction Recovery (CCAR)**; email phillip@ccar.us or call Phil Valentine at 1-800-708-9145 for more information. The day is a great celebration...music, food and festivities are a delight for people of all ages. Many families with children attend. Entertainment is from 10 A.M. to 1 P.M. The walk begins at 1 P.M.

Recovery Walks! truly energizes and gives hope to people who have been affected in any way by alcohol or other drug disorders. It brings together people in all stages of recovery, their families and friends and provides an opportunity to help dispel the myth that so bewildered young Molly Potter. See that people in recovery are just like you and me. They have hopes and dreams for the future. I’ve participated for three years now; last year 3,000 people attended. It is so rewarding to see individuals and families smiling, having picnic lunches, and celebrating recovery rather than reinforcing the stigma too often applied to them. Come and see for yourself. And while you are at it, bring some friends and join many others in having a good time!