

OCA Newsletter
1350 W. 5th Ave., Suite
327 Columbus 43212
p. 614.486.2430



Spring 2008
Donna Conley, CEO
Brenda Munden, Editor
www.oca-ohio.org

We are concerned about the cost of addiction to individuals, families, communities and our state.

The real cost is a financial burden, plus the toll on human lives.

We are working to make everyone aware of the problem and steps toward the solution.

THIS ISSUE

Recovery
Voices
Count!

Free Training

Triple Your
Impact

Philadelphia
Conference

Action in
Lucas County

Recovery
Profile

Looking
Ahead

Recovery Voices Count!

*Nationwide initiative to 'get out the vote'
More volunteers needed*



Ohio "Recovery Voices Count!" launched May 8 in Toledo, (l to r) Louise Barkan, Victor Dale, Tom Coderre, Donna Conley, Vici Hill, Jacqueline Martin.

OCA has been selected by Faces and Voices of Recovery (FAVOR) to spearhead "Recovery Voices Count!" in Ohio. The campaign involves voter and candidate education about issues affecting people recovering from alcohol and other drug use disorders, getting more voters registered and getting them out to the polls.

Donna Conley, OCA's chief executive officer, has recently made presentations in Toledo, Cincinnati and Cleveland to explain the Ohio initiative.

"Between now and Election Day in November, we will be working very hard to make the outcomes of this election beneficial to all citizens in recovery from chemical dependency," Conley said. "In turn, this will benefit all families and communities."

Volunteers are needed to man voter registration tables at venues across Ohio urging all eligible voters to register and get-out-the-vote.

"We are looking at county fairs, health fairs, alumni groups, recovery community groups, any kind of event or group where people in recovery come together like Recovery Month activities and events this September."

To educate candidates on issues important to the recovery community and gather data needed to educate voters about the candidates, "Recovery Voices Count!" created five questions for

Triple the impact of your prevention and treatment dollars now!

All AoD professionals are urged to join Ohio Citizen Advocates and watch their \$35 membership fee grow to \$105! Organizations can become contributing members for \$200 which nets OCA \$600 thanks to a 2 for 1 challenge grant from the Health Foundation of Greater Cincinnati. Mail checks to OCA, 1350 W. 5th Ave., Suite 327, Cols. 43212. E-mail advocate@oca-ohio.org for more info.



candidates which ask if they will support an increase in funding for prevention and treatment, agree to emphasize treatment rather than jail, and vote for a bill to end insurance discrimination.

Candidates will also receive a pledge card to determine, in writing, which candidates support prevention, treatment and recovery issues. Results of the candidates' responses will be published in voter information guides.

Armed with information, "Recovery Voices Count!" aims to build recognition of the recovery community as "a constituency of consequence," Conley said.

"Recovery Voices Count!" is a campaign for non-partisan civic engagement making it lawful for government agencies and non-profit organizations to participate. OCA is one of only 10 organizations nationwide selected to receive training and support from FAVOR.

Volunteers should contact OCA by phone, 614-486-2430, toll free 1-888-229-1285, or e-mail advocate@oca-ohio.org. More information is available on the web at www.oca-ohio.org or www.facesandvoicesofrecovery.org/about/campaigns/recovery_voices_count.php.

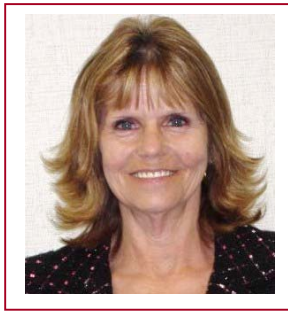
OCA director on FAVOR board

Donna Conley, OCA chief executive officer, was recently elected to represent the Great Lakes Region on the national-level Faces & Voices of Recovery Board of Directors. Other board members are: At-large - Dona Dmitrovic, Steve Gumbley and Ed Jurith; Central East - Steve Glaude; Frontier - Carla George Ayres; and Mountain West - Tonya Wheeler.

The Face of Recovery

Sandy's Story

After living with addiction for 25 years, Sandy has now been in long-term recovery for more than nine years. Her life in recovery is far different than her years of addiction – which was peppered with jail, loss of



her children and multiple physical problems. Looking back Sandy thinks it is amazing that not once during the many times that she was treated for health problems was she ever asked about her substance use.

Following the placement of her children with a relative, Sandy was forced to get help and went to Stepping Stones in Portsmouth. She credits the help she received from them as saving her life. She and her children began counseling and together they all got better as a family. Sandy says that now she is a rock for her children and her recovery has also helped other family members with their own recovery. Since that time Sandy has completed a Master's Degree and is now a counselor at the same treatment program where she was once a patient. She's even considering enrolling in a doctorate program. Sandy sums it all up when she says "What a different life!"

Recovery: An Action Plan

Philadelphia Symposium

Donna Conley, OCA, and Jewel Neely, ODADAS, recently participated in a symposium to discuss how to advance the science of recovery agenda.

The science of addiction which includes brain studies and biology has already provided information about why and how people become substance dependent. Recovery advocates

Looking Ahead

Training June 26

"Realizing the Potential of Volunteers"

Presented by

Ohio Resource Network and Drug-Free Action Alliance
CEUs and RCHs available;

See www.drugfreeactionalliance.org

September is National Alcohol & Drug Addiction Recovery Month

This is the 19th annual observance of a nationally declared month to promote the benefits of "recovery." It is a time to celebrate all the individuals in "recovery," a time to credit treatment providers for their efforts to help people change their lives. People with alcohol and drug use disorder **can** and **do** recover.

Read more at

www.recoverymonth.gov/2008/default.aspx

September 20, 2008 Rally for Recovery The Woods at Parkside and Ohio Citizen

Advocates will co-sponsor a Rally for Recovery Celebration and Jam at Parkside, 349 Olde Ridenour Road, Gahanna. Everyone in the state is invited!

now need research on the science of "recovery" to form effective strategies to promote healthy, satisfying and productive lives for formerly dependent individuals.

"The shift in focus from treatment to the broader concept of recovery will clearly transform every aspect of our system of care as we know it," Conley said. "It is exciting to a part of this process."

All presentations from the symposium are available at www.ireta.org.

Receive FREE Training

Learn How YOU Can Help

"Stop the Silence, Eliminate the Stigma and End the Discrimination"

Ohio Citizen Advocates (OCA) is offering free advocacy training to all Ohio prevention, treatment, and recovery organizations. Learn the answers:

think outside the



What is advocacy?

How does advocacy help reduce stigma?

How can you become an effective advocate in your community and with state and federal legislators?

Without advocacy, the cost of addiction continues to grow; society continues to block funding for many desperately ill people who need treatment; and more money is spent on imprisonment, foster care, and medical care.

Alcohol and other drug abuse cost Americans upwards of half a trillion dollars a year considering the combined medical, economic, criminal and social impact on communities. (ODADAS and the National Institute on Drug Abuse)

OCA's free training can be customized to fit your needs for large and small audiences or time constraints. The standard training lasts 1 to 1 ½ hours.

"Never doubt that a small group of thoughtful, concerned citizens can change the world, indeed, it is the only thing that ever has."

Margaret Mead, cultural anthropologist.

Respond to advocate@oca-ohio.org.



These advocates recently completed a "train the trainer" course to deliver the OCA training. (back l to r) Jay Stahl, Teresa Q. Johnson, Sterling Titus, Pam Bradford, Scott Howard (front) Yvonne Justice, Sandra Delawder, Sharon Bird, Sandra Keyes, Treschelle Kendricks

think outside the

