

QUARTERLY... report



Volume 7, No. 1 Spring 2006

STATE BUDGET PROPOSAL RELEASED TO GENERAL ASSEMBLY

By Deb Beck, MSW
President of DASPOP



On 2/8/06, Governor Rendell released his proposed budget for the state Fiscal Year 2006-07. (The state Fiscal Year begins July 1, 2006 and ends June 30, 2007.) This budget will be reviewed and debated by the Pennsylvania Legislature before the development of the final spending plan for the state.

Throughout February and March, the Pennsylvania Senate and House Appropriations Committees will hold separate, department-by-department budget hearings.

After the hearings, the Pennsylvania Legislature will debate the Governor's proposed spending plan and will begin work to enact the new state budget.

The Governor's proposed budget for state FY06-07 includes:

Department of Health, Bureau of Drug and Alcohol Programs:

- An increase of \$2.727 million for the Bureau of Drug and Alcohol Programs for a total of \$41.373 million. This increase fails to restore FY04-05 cuts by \$174 thousand.

- An increase of \$244 thousand to the Bureau of Drug and Alcohol Programs from the Liquor Control Board for education programs.

- A projected decrease of \$1.932 million from the Federal Drug and Alcohol Block Grant.
- Projected level funding for the Federal DFSC-Special Programs for Student Assistance of \$1.125 million.

Department of Public Welfare:

- Level funding for the Behavioral Health Services Initiative of \$43.981 million.
- Level funding for Act 152 of 1988 of \$18.200 million.
- Level funding for Health Choices – GA MNO/CNO of \$61 million.

Continued on page 7





PRO-A QUARTERLY report

Volume 7, No. 1 Spring 2006

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The PRO-A newsletter is a publication of the Pennsylvania Recovery Organizations Alliance. The newsletter is published four times a year and sent to approximately 3,600 recipients in the Commonwealth of Pennsylvania and surrounding states.

Newsletters are mailed in February, May, August & November.

PRO-ACT Philadelphia Office Opens! Volunteers Needed!

Calling all persons in recovery, family members, or friends and allies who believe in recovery!

PRO-ACT has opened an office in Philadelphia (pictured on page 2) so that we can continue to grow and reach more people. During an open house in November, all friends of recovery were invited to see the office, meet the staff and get a chance to volunteer. The first two "Information Hours" were held in January. These provided opportunities for concerned citizens, volunteers, staff and alumni from various local organizations to learn about PRO-ACT and recovery support and advocacy efforts.

Many exciting and meaningful volunteer opportunities are available and need your support. Below are highlights of ways you can get involved to "give back," fight discrimination, advocate, put a positive face on recovery, or use your organizational and people skills. If you don't see a description that fits you, remember, we are YOUR Southeastern PA advocacy organization; how can we serve *you*?

Members and Chairperson(s) are needed for all committees. Ongoing training and support will be provided for all teams to carry out their missions. For more information, please call 215-279-8694 or e-mail: Volunteer Coordinator Drisana Davis at ddavis@bccadd.org, or Project Coordinator Fred Martin at fmartin@bccadd.org.

Give back to the community: Join our Amends in Action committee!

This group will literally put "amends into action" by participating in 2 volunteer, community-building activities per year. Help us put a positive face on Recovery and reduce stigma by giving back!

Work to End Discrimination through Education: Join our Education Committee!

Members of this group are our Recovery Ambassadors. They will introduce PRO-ACT services, programs and "giving back" opportunities in various venues. Help us bridge the gap and educate the community.

Advocate for important Recovery Issues and Rights: Join our Public Policy Committee!

Get involved and make a difference by working with the legal system. Help us to register more voters, identify Recovery Issues and organize a Legislators Breakfast.

Support our Annual Recovery Events: Join our Celebration/Recreation Committee!

Help us bring together the Recovery Community for the Recovery Walk in Philadelphia and SAMHSA's National Night Out's Baseball Initiative. We need your help with planning, research and organization.

Utilize your organization and people skills: Volunteer Receptionist Needed!

This person will answer phones and provide general clerical support. Hours are flexible.

PRO-ACT PHILADELPHIA OFFICE:

**444 NORTH 3RD STREET, SUITE 307, PHILADELPHIA, PA 19123 PHONE
215-279-8694 • FAX 215-279-9177**

Pictured: Information Hour attendees learn about Pro-Act advocacy efforts, recovery promotion and support services, and volunteer opportunities.

FEATURES

STATE BUDGET PROPOSAL RELEASED TO GENERAL ASSEMBLY	1
PRO-ACT PHILADELPHIA OFFICE OPENS	2
NATIONAL RECOVERY MONTH HELPS REDUCE STIGMA OF ADDICTION	4
NEWS FROM MESSAGE CARRIERS	6
CALENDAR OF EVENTS	9
SUBSTANCE ABUSE: THE HURT AND THE HOPE	10
FEDERAL STUDENT AID BAN AMENDED	11

ADVERTISERS

GAUDENZIA	5
LIBERTAE	5
LABAN	5
WHITE DEER RUN	11
EAGLEVILLE	11
CBHNP	11



AID TO STUDENTS WITH DRUG CONVICTIONS RESTORED!

By Faces & Voices of Recovery, www.facesandvoicesofrecovery.org

Washington, DC – Thousands of students with drug convictions, many of whom are in recovery from addiction to alcohol and other drugs, will be eligible for federal financial aid to students. A provision in the budget bill signed into law by President Bush will help people with drug convictions regain eligibility for federal student financial aid, which has been denied since 1998.

“We applaud this important first step in making educational financial aid available to all Americans. It will increase opportunities for thousands of people, many of whom are in recovery from addiction to alcohol and other drugs,” said Merlyn Karst, chair of Faces & Voices of Recovery. “Most Americans supported changing the law and viewed the ban on student aid as discriminatory against people who want a chance to make a positive change in their lives.”

AID TO STUDENTS WITH DRUG CONVICTIONS RESTORED!

Under the new law, people can receive aid unless they are convicted of a drug felony or misdemeanor while in school. Students convicted while receiving federal aid will remain ineligible – for one year for a first possession offense, two years for a second and indefinitely for a third, with harsher penalties for selling. Repeal of the ban on federal financial aid to students with drug convictions is one element of Faces & Voices of Recovery’s Right to Addiction Recovery platform.

Faces & Voices of Recovery is releasing a flyer, “Exercise Your Rights.” It will be distributed through recovery community organizations around the country. It informs likely students of their restored right to federal financial aid to attend community college, technical school and college.

Faces & Voices of Recovery is working to mobilize, organize and rally the families, friends and allies of the millions of Americans in recovery from addiction in a campaign to: end discrimination; broaden social understanding; and achieve a just response to addiction as a public health crisis. For more information, please visit: www.facesandvoicesofrecovery.org.

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The PRO•A newsletter is a publication of the PENNSYLVANIA RECOVERY ORGANIZATIONS ALLIANCE. The newsletter is published four times a year and mailed to approximately 3,600 recipients in the Commonwealth of Pennsylvania. Advertising is welcomed, however, limited to business, institutions, etc. directly related to the chemical abuse field.

NATIONAL RECOVERY MONTH

Helps Reduce **STIGMA** of Addiction

Imagine a nation in which a deadly but treatable disease is taking its toll on more than five percent of the population. This disease is wrecking havoc with the lives of millions of men, women and children, but only 20 percent of the people who need treatment are receiving it.

That's the situation that prevails in the United States today. The disease is alcohol and drug addiction.

To bring attention to this national problem and to help improve access to addiction treatment, the Substance Abuse and Mental Health Services Administration (SAMHSA), an arm of the Department of Health and Human Services, sponsors National Alcohol and Drug Addiction Recovery Month each year in September.

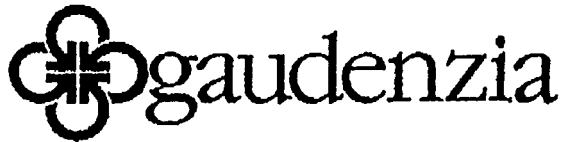
Many factors contribute to a tremendous cost to society — an estimated \$294 billion annually. What can be done to improve the climate for addressing addiction in this country? SAMSHA's Center for Substance Abuse Treatment two years ago convened a national panel of experts who developed a report called "Changing the Conversation: The National Treatment Plan Initiative to Improve Substance Abuse Treatment." The plan offered a range of guidelines for positive action, from increasing treatment capacity to urging insurers to provide coverage of addiction that is on par with coverage for other medical conditions. The most important recommendation of the plan is the need to "change attitudes" about addiction. The premise of the "Changing the Conversation" report is to create "a society in which people with a history of alcohol or drug problems, people in recovery, and people at risk for these problems are valued and treated with dignity, and where stigma, accompanying attitudes, discrimination, and other barriers to recovery are eliminated."

Like the plan, Recovery Month encourages people in recovery, addiction professionals, and those who know that treatment works to help reduce stigma. "If we are to make real headway in treating addiction, then we must begin by recognizing that alcohol and drug dependence are not moral failings or a lack of willpower," said William C. Moyers, a recovering alcoholic and addict and vice president of External Affairs at Hazelden. "Addiction is a medical condition that requires effective treatment, just like any other chronic disease. And treatment for addiction is just as effective as treatment for other chronic diseases such as diabetes and high blood pressure."

A huge way to dispel stigma is to put a face on recovery. The recovering community is invisible, largely because of this stigma, said Moyers. "It is time for people in recovery to help change the way society views addiction," said Moyers. "The millions of people in recovery, who quietly work at improving their lives and communities, can open dialogue with neighbors, legislators and their workplaces to share their wellness. And they can reach out to people — let them know that addiction is a disease and that treatment works — without compromising the principles of Alcoholics Anonymous or other Twelve Step groups."

Source: http://www.hazelden.org/servlet/hazelden/cms/ptt/hazl_alive_and_free.html?sf=t&sh=t&page_id=25406

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Cognitive-Behavioral Treatment of Cocaine Addiction	6 hours	\$50
The Methadone Controversy	4 hours	\$30

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NEWS FROM MESSAGE CARRIERS

February 2006, Message Carriers found light to move forward in implementing advocacy services throughout Allegheny County. We have found new hope, we are seeking new partnerships, and we have a new location. Our new address is 5907 Penn Avenue Suite 215, Pittsburgh, PA 15206. We will give more information upon completion of our move. Some of the events we have maintained and will be doing in the near future are:

Message Carriers Voices of Recovery Choir has been seen on Pittsburgh Community Television twice a week during the month of February. Their singing debut started in May 2005, performing for the Allegheny County Coalition for

Recovery Festival Fair. In September, the choir made history by being the first known recovery choir to sing at any major league sporting event. We are proud to utilize Message Carriers Voices of Recovery Choir as one of our outreach component.

In addition, the choir has been singing at different churches, conferences, and community gatherings. The choir has been asked to perform their first concert in April 2006, in McKeesport, PA. Members of the choir are comprised of people who are in recovery, family members and people who are in support of recovery. This is one way to fight stigma and discrimination.

Message Carriers will celebrate Freedom Friday on April 7, 2006. We will have volunteers give presentations to treatment and prevention facilities on the importance of asking people to abstain from drinking or abusing drugs on this day. April is National Alcohol Awareness Month; will you abstain too and celebrate this day with us?

Message Carriers will honor the volunteers at a volunteer recognition dinner being held on March 30, 2006 at 6:00pm at the Nuin Center.



PRO•A

Quarterly Leadership Training

PRO•A IS HOSTING A QUARTERLY LEADERSHIP TRAINING

DATE: MARCH 11TH, 2006

LOCATION: ST. MARKS EVANGELICAL CHURCH,
4200 LONDONDERRY ROAD, HARRISBURG

TIME: 10AM TO 1PM

TOPIC: **ADVOCATING FOR THE RECOVERY COMMUNITY**

SPEAKER: **SHARON SMITH**

THE TRAINING IS FREE. FOOD/BEVERAGES WILL BE PROVIDED.

PLEASE RSVP BY 3/3/06 PA RECOVERY ORGANIZATION ALLIANCE

900 S. ARLINGTON AVE. SUITE 119 HARRISBURG, PA 17109
717.545.8929 PHONE 717.545.9163 FAX

STATE BUDGET PROPOSAL RELEASED TO GENERAL ASSEMBLY

Continued from page 1

- Level funding of \$12 million for the state share of the Intergovernmental Transfer Program. This line item is usually negotiated between the state and the County Commissioners after passage of the state budget. It is unlikely that the counties will be able to provide county revenues for drug and alcohol this year.

PA Commission on Crime and Delinquency:

- Level funding for the Intermediate Punishment Drug and Alcohol Treatment program of \$15.825 million.

State and Federal Funding for Drug and Alcohol

In summary, the Governor's proposed budget **partially restores cuts** made to the Bureau of Drug and Alcohol Programs in State FY05-06 and projects a reduction in funding from the Federal Alcohol and Drug Block Grant of \$1.932 million for a total reduction in funding of over \$2 million to the Department of Health.

In addition, the phasing out of the Federal Intergovernmental Transfer Program reduced funding by \$5 million last year and is likely to further reduce support for addiction treatment services by an additional \$4.197 million in the new state fiscal year.

PENNSYLVANIA BUDGET HEARINGS SENATE BUDGET HEARINGS - PUBLIC WELCOME

PA Commission on Crime & Delinquency	February 27, 2006	2:45 p.m.
Insurance Department	March 1, 2006	10:30 a.m.
Department of Health	March 2, 2006	1:15 p.m.
Department of Corrections	March 7, 2006	2:45 p.m.
Department of Public Welfare	March 9, 2006	9:00 a.m.

All Senate Appropriations hearings are held in the Senate Majority Caucus Room, Main Capitol Building, Room 156.

HOUSE BUDGET HEARINGS - PUBLIC WELCOME

*Presentation by House Members February 15, 2006 9:30 a.m.

Representative Gene DiGirolamo will present his request for \$10 million for addiction treatment

Department of Corrections	February 23, 2006	3:00 p.m.
Office of Attorney General	March 1, 2006	9:00 a.m.
Department of Health	March 1, 2006	1:00 p.m.
PA Commission on Crime & Delinquency	March 2, 2006	9:00 a.m.
Department of Public Welfare	March 3, 2006	2:00 p.m.
Insurance Department	March 9, 2006	9:00 a.m.

All House Appropriations hearings are held in the House Majority Caucus Room, Main Capitol Building, Room 140.

events MARK YOUR calendar

PRO•A

PENNSYLVANIA RECOVERY ORGANIZATIONS ALLIANCE
AND REGIONAL AFFILIATES

PRO•A

Quarterly Leadership Trainings

March 11, 2006 – Advocating for the Recovery Community

June 10, 2006 - More Information to Come

September 2006 – *The Power of Your Story* (at PRO.A Conference)

November 4, 2006 - More Information to Come

Location:

Dauphin County Commission on Drugs, Alcohol, and Tobacco 1100 South Cameron Street Harrisburg, PA 17104

Note:

The March 11th meeting will be held at: St. Marks Evangelical Church 4200 Londonderry Road, Harrisburg, PA 17109

Annual PRO-A Conference

September 12th & 13th, 2006 at the Holiday Inn East —Harrisburg

Recovery Breakfast

September 2006 - *Details Coming Soon!*

For more information on PRO•A events, please contact the PRO•A office – 800-858-6040 or 717-545-8929

MESSAGE CARRIERS

For information on meetings and events for Message Carriers, please contact Robin Spencer at 412-260-6170.

RASE PROJECT

For more information on meetings and events for the RASE Project, please contact Denise Francis at 717-545-9407.

PRO-ACT

NASD Screener Trainings — Bucks: Evening Mon. 3/27; Morning Wed. 3/29; Chester: Evening Wed. 3/29; Afternoon Fri. 3/31
Philadelphia: Evening Thurs. 3/30; Morning Sat. 4/1 — Call for specifics... Application will be made for PCB Education hours.

April 6	National Alcohol Screening Day (NASD) Call for info 1-800-221-6333	Various locations throughout Bucks and Chester Counties and Philadelphia!
April 22	Pathways to Recovery Conference: Medication Mgt/Methadone & Buprenorphine	9:30AM-3:30PM PRO-ACT Office, 444 N 3rd St, Ste 307, Philadelphia, PA 19123
May 2	2nd Annual Clergy Conference Co-sponsored by PRO-ACT & Caron Fdtn	8:30AM-3:30PM The Episcopal Church of the Redeemer Pennswood & New Gulph Rds Bryn Mawr, PA 19010
June 2006	Legislator Breakfast	Details coming soon!

PRO-ACT

(continued)

Monthly Meetings and Programs

Every Wednesday Evening	Life Skills for Recovering Women Open to all; for info call 215-489-6120 x3	6:30-8:30 PM The Women's Community Recovery Center 25 Beulah Rd, New Britain, PA 18901 NEW PROGRAM!!
March 13 April 10 May 8	Advisory Board Mtg PRO-ACT Bucks County New attendees welcome, open to all	7 PM Old Del Haas High School SAP/TASC/BEACON Ofc 1200 New Rogers Rd, Ste A-1, Bristol, PA 19007 NEW LOCATION!!
March 16 April 20 May 18	Chapter Mtg PRO-ACT Chester County New attendees welcome, open to all	12:30 PM Government Services Bldg 601 Westtown Rd, West Chester, PA 19380 NEW TIME!!
March 8 April 12 May 10	Chapter Mtg PRO-ACT Delaware County New attendees welcome, open to all	7 PM Call** for location
March 23 April 27 May 25	Chapter Mtg PRO-ACT Montgomery County New attendees welcome, open to all	7:30 PM Trinity Evangelical Lutheran Church, 1000 W Main St, (Rear) Rm 125-127, Lansdale, PA 19446 NEW WEEKNIGHT & LOCATION!!
March 14 April 11 May 9	Chapter Mtg PRO-ACT Philadelphia New attendees welcome, open to all Call 215-279-8694	12 Noon-1 PM PRO-ACT Philadelphia Office 444 N 3rd St, Ste 307, Philadelphia, PA 19123 NEW TIME & LOCATION!!
March 7 April 4 May 2	Committee Mtg—ACT 106 New members welcome, please call **	7 PM Upper Dublin Lutheran Church 411 Susquehanna Rd, Ambler, PA 19002
March 27 April 24 May 22	Committee Mtg—Educating the Community New members welcome, please call **	7 PM <i>Call for location</i>
March 29 April 26 May 31	Committee Mtg—Mentor+ <i>To learn more or get involved, call Maura Farrell, Vol Coord, 215-489-6120 x3</i>	6 PM Council Ofc, Bailiwick Unit #33 252 W Swamp Rd, Doylestown, PA 18901
March 28 April 25 May 23	Committee Mtg—Public Policy <i>To learn more or get involved, call Drisana Davis, Vol Coord, 215-279-8694</i>	7 PM PRO-ACT Ofc 444 N. 3rd St, Ste 307, Philadelphia, PA 19123 NEW COMMITTEE!!
March 2, 9, 16 April 6, 13, 20 May 4, 11, 18	Family Education Pgm – Bucks County Call 1-800-221-6333 to register	*NEW LOCATION!! March: 7-9 PM Frankford Hospital, Langhorne, PA *April-June: 7-9 PM Good Shepard Lutheran Church, Church St & Churchville Rd, Enter Plumb St, Southampton
March 15, 22, 29 April 1 May 3, 10, 17	Family Education Pgm - Chester County Call 1-800-221-6333 to register	7-9 PM Wednesday Sessions 10 AM – 4 PM Saturday Session includes lunch YMCA, 295 Hurley Rd, Coatesville, PA 19320
March 14, 21, 28 April 11, 18, 25 May 16, 23, 30	Family Education Pgm – Delaware County Call 1-800-221-6333 to register	7-9 PM Media Fellowship House 302 S Jackson St, Media, PA 19063
March 2, 9, 16 April 6, 15, 20 May 4, 11, 18	Family Education Pgm – Montgomery County Call 1-800-221-6333 to register	7-9 PM Trinity Evangelical Lutheran Church 1000 W Main St, (Rear) Rm 125-127, Lansdale, PA 19446 NEW LOCATION!!



SUBSTANCE ABUSE: THE HURT AND THE *hope*

Commentary by Dale Wolery

Substance abuse hurts people. It hurts the person who uses, and it hurts everyone who is touched by the person's addiction. The pain and power of substance abuse remain a destructive presence in every segment of our culture. Clearly we are losing the war on illegal drugs. All the efforts to reduce the supply have led to cheaper prices and higher-quality drugs. And we are losing the war on legal drugs as well. Limitations on alcohol advertising, increased education, and organizations like Mothers Against Drunk Driving (MADD) are important efforts, but the damage done by the abuse of legal drugs continues to be staggering.

Marriages continue to disintegrate, teens continue to die, and auto accidents continue to maim and kill because of the addictive power of substance abuse. Even those who would legalize the consumption of addictive drugs decry their obvious destructive power. It destroys the lives of those we love. Dysfunctional development and loss of relationships are also the heritage passed on by addicts to spouses and children. Chemical dependency hurts everyone it touches for generations.

Unfortunately, the recovery journey in both society and the church has been misunderstood and even maligned. Historically, health care professionals and clergy alike have been in the dark about how to help addicts. As a result, many addicts and their families have suffered in silence and shame. Unfortunately, those of us who have been in a position to help have often made the problem worse rather than better.

In the early years of my pastoral ministry I was hindered by gross ignorance of the addictive process. My knowledge and instincts about how to help addicts and their families were not just unhelpful; they were counterproductive. I unwittingly and sincerely dispensed pseudo insight, pat answers and untenable solutions. Instead of helping, I hurt families who wrestled with substance abuse.

Even though I had not even read the Twelve Steps, I communicated skepticism about whether Twelve Step programs were sufficiently biblical. I increased the shame of the addict with my easy answers, judgmental attitude and ignorance. I even encouraged family members to engage in enabling behaviors that could only serve to fuel the addictive process. I was trying. I had good intentions. But my efforts in all the wrong directions did not produce meaningful recovery.

My inexperience and ignorance during those years continues, unfortunately, to be replicated today by many other pastors. Our churches, and people in our culture as a whole, still offer faulty guidance to addicts and their families.

Substance abuse hurts everyone it touches. But there is a corollary truth as well: Recovery from substance abuse helps everyone it touches. There are reasons for hope. Genuine progress and real recovery are possible. We no longer need to be ignorant about substance abuse, the addiction/recovery process or the wisest course of action for addicts and their family members. Most importantly, those among us who have experienced the recovery process have lots to share now about addiction, about life and about hope.

What are we learning? We're learning that it is important to focus on the basics: for example, on the foundational spiritual truths contained in the Twelve Steps. And we're learning something about God. At the lowest points of life our Higher Power will not abandon us. God will be there empowering us even when, perhaps especially when, we are powerless.

We are also learning that working a program works—that consistency and one-day-at-a-time courage can build a lifetime of sobriety. An old-timer in a Twelve Step group once asked me, "You know what happens to people like you who keep coming to meetings like this?" Taken aback, I stammered, "No," to which he replied, "They get better."

As people in recovery, we are also learning the value of a community of peers. In this impersonal, adrenaline-addicted society, those in recovery are stopping long enough to talk and to listen. To be sure, the talk in recovery groups is also teaching us something important about honesty and the importance of attentiveness to our internal longings and feelings. This way of relating is straightforward and goes much deeper than the rushed greetings to which we are accustomed in today's "normal" world. It is the truth-telling, liberating talk of the New Testament church. The redemptive stories that emerge from people in chemical-addiction recovery can teach us hope. Instead of shaking our heads and wondering if anything can be done, our heads are being turned by one substantial change after another. Although not every recovery group nor every addict is a success story, we have reasons for hope.

The truths that people recovering from chemical addiction are learning and sharing are transferable. The basic spiritual disciplines that are so helpful to them can be profoundly helpful to anyone. Anyone. Addicts of all stripes can recover with hope because recovering addicts such as the founders of AA have forged new breakthroughs in addiction recovery. If you are chemically addicted, or if you are the family member of an addict, or if you are someone who cares about helping people, this information is for you. Even if substance abuse is not one of your personal issues, you will find much to learn. Read and grow in your capacity for hope.

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We wish PRO. A much success as they continue to partner with others in recovery!

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save the date

September 12th & 13th

Location: Holiday Inn — Harrisburg East

More details to come!! Please continue to check our new website for updated information!

www.pro-a.org

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