

Recovering &
Empowering
Communities thru
Outreach &
Vision to
Encourage
Resilience

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Organization
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RECOVERY NEWS

FALL 2014

Being Out About Recovery



Anthony Bourdain: Parts Unknown

Massachusetts (airdate TBA) In a departure for the series, Bourdain takes a trip to the Provincetown haunts of his post high school youth (The Atlantic House, The Lobster Pot) that marked the start of his culinary career, and he candidly discusses his descent into heroin addiction (and later recovery). He then heads to the western part of the state to throw light on the unexpected and exploding heroin problem in small town New England – discussing with residents exactly how this happened – and how they are learning to deal with it as a community.

SPECIAL THANKS

To all of the volunteers and staff who have made possible, the creation and publication of this newsletter.

GOOD NEWS AT THE RECOVER PROJECT!!



Monday 9am-7pm
Tue, Wed, Thurs 9am-6pm
Friday 9am-10pm
Saturday 9am-6pm

Current & Upcoming Events

- ❖ **People's Herbal Medicine Clinic**
Mondays 1-4pm (RPX)
Oct 13th, Oct 27th, Nov 10th, Dec 1st
- ❖ **Greenfield Annual Word Festival**
Saturday October 24TH 7-9:30PM in the RPX
- ❖ **Halloween Dance!**
Saturday October 25th 8-10:30PM in the RPX
- ❖ **Fun Family Dance**
A collaboration with the Salasin Project,
the 4th Thursday of every month from 3:30-6P
in the RPX
- ❖ **Collaboration Gratitude Potluck**
Friday November 28th 12-3PM (RPX)
- ❖ **NARCAN Trainings**
In collaboration with Tapestry Health, the 1st
Monday of every other month at 1:30P in the
RPX- next training 12/8/14

Greetings from the Opioid Task Force! (The first article in a new series) by Marisa Hebble

The Opioid Task Force came together in September of last year to respond to the growing heroin and prescription painkiller crisis in our region. The Task Force has grown quickly and has many projects underway and in development. There are five committees within the Task Force: Healthcare Solutions, Treatment and Recovery, Law Enforcement and Justice, Housing and Workforce Development, and Education and Awareness. The primary goals of the Task Force are to reduce the rate of opioid misuse and abuse, reduce the incidence of opioid overdose, and increase the number of people who achieve long-term recovery from opioid addiction. We are delighted to have The RECOVER Project as a primary and important partner in our efforts. The voice of recovery at our table is essential. Just a few of the accomplishments of the Task Force so far:

- The Treatment and Recovery Committee did an assessment of what treatment services we have and what we need here in Franklin County. This proved to be an important piece of our advocacy for detox and clinical stabilization services. The Department of Public Health subsequently announced that detox and clinical stabilization services should be in place by the end of this year. Of course this doesn't fill all of the gaps for treatment and recovery services in our region, but it's a start. This committee also developed a quick-start guide to treatment resources in Franklin County and the North Quabbin Region. This guide is meant to be used as a quick reference for anyone seeking treatment in our area.
- There are almost 80 healthcare providers signed onto the Safe Prescriber Pledge, which was developed by the Healthcare Solutions Committee. Providers who sign the pledge promise to use specific practices that reduce the risk of addiction and the misuse and diversion of prescription painkillers. Dr. Ruth Potee, the co-chair of the Healthcare Solutions Committee, has also trained more than 550 prescribers in our region and beyond, on the safe prescribing of opioid prescriptions.

Stay tuned for the announcement of our next full Task Force meeting. In the meantime, find us on Facebook and Twitter! On Facebook we are at www.facebook.com/OpioidTaskForce and on Twitter @OpioidTaskForce. "Like" and follow us for news and updates. Our website is currently in development... more news on that to come.

Do you have thoughts or suggestions for the Task Force?
Send them to Marisa Hebble, the Task Force Coordinator, at opioidtaskforce@gmail.com.

The RECOVER Project is a community open to all concerned with alcohol and drug addiction.
We exist to foster recovery and empower individuals, families and the community of Franklin County.



A program of The Consortium, funded in part by the MA Department of Public Health, Bureau of Substance Abuse Services
Safety, Respect, Acceptance, Compassion

New position at the RP- Peer Coordinators



Hi, my name is Peggy Arce. I've been a member and volunteer since 2008. I just recently got hired for a part-time position as a Peer Coordinator. My job is to uphold the Code of Ethics, maintain a safe space, and help volunteers and members with anything that I can. I will be supportive of others remain positive to the best of my ability, and offer support. I'm happy to be of help to others, I also find my job very rewarding, and I think the position fits me well. Thank You ~Peggy



After volunteering at the RECOVER Project for approximately two years, I began a paid position as a Peer Coordinator. I have had an ongoing struggle with boundaries shifting from a peer to staff. The Peer Coordinator job function is to help maintain a safe space while having appropriate boundaries. One of the functions is being able to meet peers "where they are at." Also, it is important to be able to refer people to the necessary resources. Being trauma-informed is important, so I can do my best to keep the RP a safe place for all.

I am really happy being trusted to work in this environment. The lessons I have learned are beyond what I thought would happen. I am also able to get out of myself and listen to people. I appreciate all the support I get from other staff.

Lydia Gillespie

Miracles Given By Nature by Julie Sheperd

Not even a year ago, I was in a very different place of my life. My world was filled with endless pain, headaches, anxiety, insomnia, and severe PTSD symptoms. Looking back, it was as if I was sitting in the passenger seat of my own life, watching as my health slowly declined, and not doing anything about it. I finally woke up one morning and decided I'd had enough! I was sick of being in pain every minute of every day and feeling so sick all the time. So, I went in search of answers.

My first step was going to see my doctor, the practical thing to do when something isn't right with our health. She was overwhelmed by the list of symptoms I was experiencing, and completely baffled as to the cause of my troubles. Why would a young female have such severe health issues, with no apparent origin? As a former addict and mother of two very small children, I was unwilling to take the heavy prescriptions that medical professionals tend to throw at you when they are unable to find answers. I had seemed to hit a dead end in the world of modern medicine.

Then, earlier this year, a very dear friend of mine gave me a book: The New Age Herbalist: How To Use Herbs For Healing, Nutrition, Body Care, and Relaxation by Richard Mabey, Michael McIntyre, Pamela Michael, Gail Duff, John Stevens, Jane Reynolds, and Nigel Hawtin. At first I was skeptical I would even read it, as I'd never indulged in herbal practices before. I knew nothing of the gifts God had surrounded us with, provided to us by Mother Nature. That very night, I read through the entire book, post-it noting my interests and marking a commitment to myself. I had come to a stand-still at that point, and promised myself I would experiment with herbal medicine to try and find some relief and peace in my life.

I immediately planted a small herb garden at my home, and began studying herbal medicine with an intensity I hadn't seen come alive since being in college. I wanted to soak up as much knowledge as I could about herbs themselves, the medicinal qualities of the plants, and how to incorporate them in my daily routines.

During this, my friend (mentioned previously) introduced me to the Recovery Learning Center, specifically the acupuncture session they offer every Monday from 12pm to 1pm. I remember my first time meeting Emma, the acupuncturist, like it was yesterday. She was so gentle and understanding about my anxieties of having needles put into my head and ears. By insisting I close my eyes and relax, she was done quickly, and I didn't even feel a thing! After the session, and for the rest of the day, I felt as if I were floating on clouds. My body and mind remained calm and focused, my daily headache had vanished. I was so grateful, and have gone to see her on as many Mondays as possible ever since! It was there I learned of the Herbal Health Clinic coming to the RLC and RECOVER Project.

Continued on page 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Open Hours	OPEN 9AM-7PM	OPEN 9AM-6PM	OPEN 9AM-6PM	OPEN 9AM-6PM	OPEN 9AM-10PM	OPEN 9AM-6PM
YOU CAN DO IT!	<p>1:30P Social Committee</p> <p>*1:4PM Monthly “Herbal Clinic” See “Upcoming Events” for specific dates</p> <p>5:30PM Freedom Yoga</p>	<p>10AM Dual Recovery</p> <p>11AM CORI Support</p> <p>2PM 1st & 3rd Orientation</p> <p>2PM 2nd Facilitation</p> <p>2PM 4th Reception</p> <p>3PM Eddie’s Group</p>	<p>9:30A (RPX) Gentle Yoga</p> <p>11AM 2ND & 4TH VPLT Meeting</p> 	<p>10AM Dual Recovery</p> <p>11AM Newsletter</p> <p>1PM 1ST & 3RD Family Advocate</p> <p>1:30PM 1ST & 3RD Community Meeting</p> <p>2ND & 4TH Eagles Meeting</p> <p>3PM Vet to Vet</p>	<p>1:30P Koffee Klatch</p> <p>7-9:30PM 3RD Friday KARAOKE</p>	<p>GOT IDEAS?</p> <p>Come to Community meeting and tell us about them!</p> <p>Sober Social EVENT one Saturday a month 8-10:30PM (TBD)</p>
4PM S-Anon		<p>5PM(RPX) Journey Dance</p> <p>6PM Debtors’ Anonymous</p>	<p>6PM Men’s AA Big Book</p> <p>6:30PM (RPX) Gamblers’ Anonymous</p>	<p>7PM Al-Anon</p> <p>7PM NA (RPX)</p>		<p>10A NA (RPX)</p> <p>6P AA Daily Reflections</p>

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Youth Build Handyman Co-Op by Don Wright

For many of us who work in the nonprofit world, our drive and ambition comes from our resolve and commitment to our mission. The “Handyman Co-Op” mission is to offer every young person a chance to work on community service projects. We envision building a productive relationship with the community and enriching and deepening young people’s lives by giving every young person this chance. Our vision is to give young people the chance to work out the many challenges that hold them from reaching their goals. Our goal is to lay out the path, so that they are able to see what they need to do in order for their lives to change. No matter how many times a young person seems unable to understand what they have to do to change, we must always give hope to anyone that is looking and seeking support we a handyman co-op know that the day of change could happen at any time. The successful work at the RECOVER project, particularly here in the Franklin County region is evidence of how a blend of hands on volunteering and financial generosity provides the foundation upon which the three disciplines of “a heart for people, a mind for business, and a respect for community” are balanced. The main goal is to always start with youth at risk, who may not even have the skills, but with the mentor leadership part of handyman co-op the young people will learn the trades as we build. We at “Handyman Co-Op” will hold any young person’s hand on the path of change by showing them the bigger part of one’s life- being part of a community.

Without the support of your donations and volunteering we could not be successful. With limited resources and unlimited needs, I am constantly pondering how we leverage the generosity of our mentors and donors? How do we avoid donor exhaustion in a region where so many of the same people and organizations are constantly relied upon for support? In our minds, the answer is collaboration and presence. In order to survive amidst the continual needs of the youth, single mothers, impoverished families and seniors in our community we must not allow the burden to continue to fall on a select few, nor can we expect it to be successful if we operate in isolation. Likewise, our success as a nonprofit organization is predicated upon demonstrating involvement. The plan would start with the grassroots movement of asking the community to donate used tools or a fundraiser for tools, even using the internet as a means of outreach. This will help reach out to the supporters. We encourage our donors and community partners to be present in our work as we kick off the year of what promises growth, generosity, and positive impact in our community.

For more information about the “Handyman Co-Op Community Service Project” contact Don Wright at: Wrightdon96@gmail.com.

Firebird Thanks by Devon de Korver

The Firebird 5K committee would like to take this opportunity to thank our many sponsors and the Greenfield community for its generous support in helping to make the first Firebird 5K on June 7th the success that it was. We ran, we raised money, and we raised awareness.

Specifically, we would like to thank Baystate Franklin Medical Center, a corporate sponsor, and Amy Swisher, also from Baystate. Amy heard about the Firebird through the Heroin and Opiate Awareness Taskforce and lent her considerable skill and experience with promotion and organization to our volunteer staff.

A big thank you to Valley Medical Group, also a corporate sponsor, and Ruth Potee, MD. We would also like to thank Chris Curtis from The Recorder for running a piece, and Jay Fidanza of 98.3 FM WHAI for the radio interview, which helped us, spread the word. The community response was amazing. Thank you again Greenfield.

And finally, thank you to all the runners. From those who never ran a 5K before, to seasoned veterans, we could not have done it without your participation. We had over 145 registered runners! We hope to see you next year.

Although raising money was part of the goal, the hope that the community would become more aware of the issue of addiction was the real intent. The opportunity for people in recovery, their family members, and people working in the field to do something together and share the burden and the hope for just one day was key to this vision.

And for this opportunity, we thank you.



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Successful Use of Narcan by Melissa O’Malley

Having been trained to use Narcan, I carry it in my purse “just in case”. I was called to help a neighbor who had no idea their child was using, because of a conversation they thought of me and Narcan was administered and the young Man today is still with us, I can recall at least 3 times in the past 4-6 months having to use this on others. I am grateful for Narcan for it gives people a second chance. I am happy to report each person in know that had to use Narcan is now on a better path. Narcan is not a cure for heroin addiction, but I am happy that it is available, as it has given a second chance to many.

RESULTS AND CONSEQUENCE

by Matt T

Coming from a confused and immature mind,
Confused and immature acts put me in a bind,
With GOD and the AA steps I start to find,
These past acts are my guide to progress,
I try not to regret and I start to see
and feel success,
I see my needs are met
and I realize I need less,
Excess worry is becoming needless.
Depending on GOD is the right thing to do,
The more I do, the more I get through.
I'm reaping positive RESULTS
Theses RESULTS bring positive
CONSEQUENCES.
CONSEQUENTLY, I AM SOBER,
USEFUL AND INFINITELY HAPPIER
THAN I THOUGHT POSSIBLE!
God is doing for me what I can't do for myself.



Where Is Mom?

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Miracles Given By Nature (continued from pg 2)

My interest piqued, I immediately contacted Bonnie Bloom to schedule a consultation with her and Leslie Chaison. I was thrilled to find out they had a slot open the very next week! I was nervous about attending the appointment, as I always get anxious in new situations.

Upon meeting Bonnie and Leslie for the first time, they were unbelievably warm and welcoming. The pair was extremely thorough during our consultation, asking many questions about my normal daily routines and symptoms I was experiencing.

I was amazed at the amount of advice and guidance they provided within that one hour of time. They presented me with their professional opinions about my situation, with which we were able to set goals for me to strive towards over the coming weeks. I was also provided with a combination of herbs to get started, a couple of recipes, and an energy tonic that was very affordable.

By the time my follow-up appointment came around, I felt like an entirely different person. I had more energy each day that went by, I didn't need to take medications for anxiety or to sleep, and my headaches weren't a daily occurrence anymore. I was so grateful to Bonnie and Leslie for the guidance and motivation they provided, and to other community resources that helped along the way, without which I wouldn't have come so far.

I am now proud to say that the Herbal Health Clinics will be available to many more members of the community due to the efforts of all volunteers involved with the clinic itself, as well as the staff of the Recovery and Learning Center and RECOVER Project. Aristotle said, "In everything of nature there is something of the marvelous." I encourage anyone healing from trauma or in recovery to contact these amazing women, and learn more about the miracles Mother Nature has to offer us all.

If you would like to take advantage of this amazing opportunity that's come to our community, or would like more information about attending the Herbal Health Clinic, please contact Julie Sheperd via email, peoplesmedicineclinic@gmail.com or call/text (413) 512-0153.



Sharing Reiki at the RP by RP Reiki student & practitioner

Hello reader! Many years ago my sister started to learn and practice Reiki and got me curious about it. For a long time I had health problems that seemed to be alleviated by the non-traditional treatment practices. I started receiving free Reiki at the RLC a couple of years ago. I found that Reiki can help much of the symptoms of my illness. Several months ago I decided to attend the free Reiki first-degree training offered by Celina and Mary Kate. In order to receive the free training the prospective candidates had to commit to a few dozen hours of giving Reiki back to the community. This training and practice commitment was and still is worth it for me. For a long time I have been curious about this, PSI phenomena mostly accepted by the scientific community, and because I like helping others.

GRACE GIVEN AND NOW GRACE EARNED!

by Matt T.

Demonized by obsessions, I was crumpled by despair
Life and its Lessons, made me think life was unfair.
God came freely to me, I sought him very little,
Was so unhappy, i felt belittled and brittle.
I was broken and felt degraded,
God made me free, I am elated.
GRACE was given, now GRACE must be earned
Life is a lesson, I don't feel burned.
I am useful, I do the work,
if I don't... back to the land of the berserk!
I am doing the steps, how grateful I should be
GOD'S will works, it's working for me.
I'm in a state of GRACE, starting to live happily,
Please join me, I welcome you all,
I stand amongst you and we can stand tall.

This summer, RP Director Linda Sarage and Peer Coordinator Celina Borgos successfully facilitated the RP's first "Recovery Coach Academy", a pilot presentation of the intensive 30-hour training in the CCAR curriculum. Celina shares her thoughts here:

"My experience with the recovery coaching was nothing that I imagined. I thought I was going to be trained to teach people how to be a recovery coach. Oh was I mistaken! I learned more about myself, to trust the process, how what I have is enough, and how I don't want to be the elephant in the room. I reflected on my journey in life past, present and future. I believe for me I worked on my process of going through step three of the 12 steps and how I still need to let go of the letting go process. Would I do this again? Yes, yes, and yes! I would tell people that are looking to take this training you have to experience it to understand it."



RECOVER Project 11th Annual Recovery Jam Donors

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Your support means so much to our community!

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