

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT NEWSLETTER



SEPTEMBER IS NATIONAL RECOVERY MONTH



recoverymonth.gov



The [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) celebrates the 30th anniversary of National Recovery Month with the theme, *Join the Voices for Recovery: Together We Are Stronger*. This theme "emphasizes the need to share resources and build networks across the country to support the many paths to recovery. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution... during the 30th anniversary of Recovery Month, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives."

The [Recovery Month Toolkit](#) provides tips and resources for planning recovery month events to help individuals and organizations increase awareness of the power of recovery.

RECOVERY MONTH RESOURCES

[**Faces and Voices of Recovery**](#) Serves as a leading national addiction recovery advocacy organization promoting policies that are grounded in science, compassion, and health.

[**MOAR \(Massachusetts Organization for Addiction Recovery\)**](#) Mission is to organize recovering individuals, families, and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.

[**Voices of Recovery YouTube Stories**](#) Connect with people in recovery by reviewing the personal stories of people recovering from mental and/or substance use disorders.

[**The Addiction Recovery Guide's Mobile App Listing**](#) Provides descriptions and links to mobile apps that support recovery, including self-evaluation, recovery programs, online treatment, and chat rooms.

[**The Massachusetts Substance Use Helpline**](#) The only statewide, public resource for finding licensed and approved substance use treatment and recovery services. (800) 327-5050

[**Bureau of Substance Addiction Services**](#) BSAS oversees the statewide system of prevention, intervention, treatment, and recovery support services for individuals, families, and communities affected by gambling and substance addiction.

BUILDING RECOVERY CAPITAL

Recovery capital is each person's strengths, both inside and outside of themselves, which help them attain and maintain their recovery.

Having "money in the bank" is a phrase used in some recovery communities which similarly refers to having personal strengths, past successes, access to resources, and a support system, that one can turn to when encountering triggers or challenges in recovery. Each time a trigger or challenge is encountered, a person works through that issue with the help of their individual strengths or external supports. This process increases "recovery capital" or "money in the bank" by proving to them that they are capable of overcoming these moments of hardship or weakness. When looking back on their journey, and with more confidence each time, a person in recovery learns that they are capable of surviving, thriving and growing through whatever good or bad life may bring.

- *Sophia Terry, LCSW,
Program Specialist and
Parent/Child Clinician*

BASECAMP!

[Basecamp](#) is the FIRST Steps Together project home base for cross site communication and resource sharing. Message boards, past newsletters, recorded webinars, and more all in a centralized location.

[Take it to Basecamp!](#)

SUCCESS SPOTLIGHT: BAY STATE COMMUNITY SERVICES



*Betty Doherty, Meridith Hallisey,
Jennifer Seaberg and Kristin Moore*

The FIRST Steps Together site at Bay State Community Services (BSCS) in Quincy has had success partnering with other recovery focused service providers in their area to offer multiple opportunities for their clients to participate in a supportive group setting. Groups currently in place are:

Sober Parenting Journey group at the [Plymouth Recovery Center](#)

Active Parenting group for families and caregivers of children up to 5 years old as well as a playgroup called *Little Steps for Babies 0-12* at the [Quincy Family Resource Center at BSCS](#)

Nurturing Families Through Recovery group at [A New Way Peer Recovery Center](#)

Groups provide child care and a meal or snacks for the participants. Key to the success in this area has been offering groups that meet at various times of day, in different locations and utilizing multiple curriculums. Participation is boosted through Family Recovery Support Specialists helping to match clients with a group that would be a good fit for them.

Additionally, BSCS is partnering with other stakeholders in their geographic area who are committed to addressing the needs of families in recovery. Program Director Jennifer Seaberg has invited representatives from WIC, Parent Aide, Quincy Family Resource Center, Drug Endangered Children's Initiative, Weymouth Public Schools, Healthy Families, Manet Community Health Center, South Shore Hospital, Recovering Moms Helping Moms, and Wellspring Multiservice and others to join the newly formed *South Shore Families in Recovery Collaborative*.

FIRST STEPS TOGETHER CELEBRATES RECOVERY MONTH



Square One held a Celebration Recovery Pot Luck lunch with participants sharing food related to their culture and a Mom in Recovery Baby Shower. Staff and clients will be participating in the [Rise Up Against Addiction 5K](#) in Boston.



Cape Cod Children's Place had a Family Recovery Support Specialist participate in the annual motorcycle *Ride for Opioid Addiction Recovery (ROAR)* and they hosted a table at the event. They are also holding a community Narcan training.

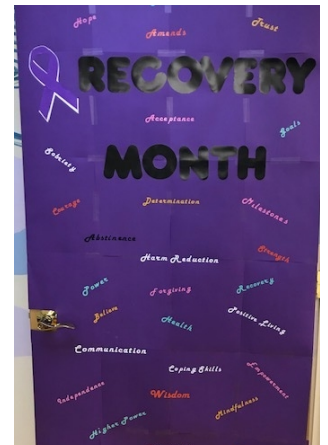
Jewish Family and Children's Services

Family Recovery Support Specialists shared their paths to recovery and how it informs their work at an agency wide breakfast about Recovery Month.



CHD-Pittsfield

decorated their front door purple and had a booth at a local celebration of Recovery Month, where they did face painting and children's activities.



JOURNEY RECOVERY PROJECT



Check out the updated [Journey Recovery Project](#) website. "Wherever you are on your recovery or parenting journey, this website is for you. Here you will find advice, information, and resources to help you take care of yourself and your family."

For more information:

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Caring for Generations
JF&CS
Jewish Family & Children's Service

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UPCOMING TRAININGS

9/23, [Breastfeeding in the Bay State 2019](#), Waltham, Massachusetts Breastfeeding Coalition

10/9, [Sex Trafficking in Franklin County and the North Quabbin Region](#), Greenfield, [The Opioid Task Force of Franklin County and the North Quabbin Region](#)

10/10, [Stigma and Access to Treatment: Harvard University and University of Michigan Summit on the Opioid Crisis](#), Boston, [The François-Xavier Bagnoud Center for Health and Human Rights at Harvard University](#)

10/22, [Hepatitis C and the Opioid Crisis: A Berkshire County-Focused Public Health Seminar](#), Pittsfield, [Berkshire Opioid Addiction Prevention Collaborative](#)

11/4, [27th Annual A View from All Sides Conference](#), Framingham, [Children's Trust](#)

The [Bureau of Substance Addiction Services](#) and [AdCare](#) have multiple trainings coming up this fall that may be of interest. Please find their calendar [here](#).