

PEACE, LOVE & LIBERATION  
Liberation Programs  
Wellness Resources

# LIB NEWS

THE E-NEWSLETTER OF  
LIBERATION PROGRAMS  
3RD QUARTER 2020

## MESSAGE FROM THE PRESIDENT & CEO

As we look to the start of Fall, I continue to be proud and impressed with the adaptability and resilience of our Recoverees and staff. While COVID precautions have become the "new normal", we are continuing to provide top notch programs in addition to growing and expanding. We have begun using telemedicine for many of our programs which we are excited to continue utilizing for the foreseeable future.



We are committed to dignity and respect for all and are proud to be involved in local conversations around social justice and community policing. The safety of our Recoverees, staff and community remain paramount and we are working tirelessly to provide necessary PPE and social distancing measures at all locations and when we are out in the community. We look forward to connecting with you all in person when it is safe to do so. Until then, thank you for your continued support.

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*Peace, Love and Liberation*

# A Call to Action

We had the privilege of being part of Bridgeport's Black Lives Matter Call to Action on July 23rd. We met with Community members to share what services we provide in the city. We came together in support of Black Lives Matter and encouraging residents to complete the census and register to vote.

Our voices matter and deserve to be heard. Please use and share the helpful links below to make sure your voice is heard.



**Connecticut**  
**Counts2020**  
UNITED STATES CENSUS



Visit <https://my2020census.gov/> to complete the 2020 Census Today!

Visit <https://vote.gov> to register to vote today!



# Coronavirus News

A new study from the Stanford University School of Medicine found that teens and young adults who **vape** are at a higher risk of contracting COVID-19 than those who do not vape.

The damage done to lungs by vaping increases this risk. For those who vape and use traditional nicotine products, the risks are even higher.

For information on the risks of vaping, and how to talk to your child or teen about vaping, please reach out to us.



New research from the Overdose Detection Mapping Application Program (ODMAP) at the University of Baltimore found that drug overdoses in the United States spiked nearly 18% during the first months of the Coronavirus Pandemic.

As stay at home orders took effect in mid-March, the increase in overdoses nationwide also showed a shift in overdoses from centralized, urban areas to the surrounding suburban and rural areas.

We know that the effects of Coronavirus, including isolation, anxiety and loss can be triggers for someone with a Substance Use Disorder or Mental Health struggle. As always, we remain open for our Recoverees and continue to adapt and grow to provide Recovery for All.

5-7x

higher chance of being infected with COVID-19 for those who vape than those who do not

62%

of participating counties had an increase in overdoses from mid-March to mid-May

# What's New at Liberation

## Telehealth /Telephone Services at Liberation



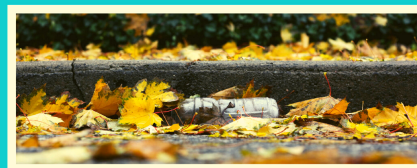
Due to the Coronavirus Pandemic, we have implemented new telehealth and telephone therapy options in lieu of in person clinical sessions for Outpatient Programs which we hope to continue once we are able to resume in-person sessions. It is critical that all Recoverees continue to receive the therapeutic supports they need and safely remain connected with their counselors.

## Recovery Clean Up Initiative

Thanks to a grant from Keep America Beautiful, staff from Liberation will be joined by Connecticut Community for Addiction Recovery (CCAR) and Ocean Recovery Community Alliance (ORCA) on October 1st for a day of beautification in Norwalk. We will be collecting litter and trimming plants along Martin Luther King Boulevard.

Stay tuned to our Social Media for updates on our progress!

## THE MLK RECOVERY CLEANUP INITIATIVE



HELP YOUR COMMUNITY!  
FOOD, DRINK, AND PPE PROVIDED

STARTING AT THE SONO TRAIN STATION  
PARKING LOT THROUGH ROODNER COURT  
THURSDAY, OCTOBER 1 FROM 10AM-1PM



SCAN THIS QR  
CODE TO RSVP!



# 891%

the increase in calls to SAMHSA's  
Disaster Distress Hotline in March  
2020 compared to March 2019

# 28%

of 16 - to 24-year-olds neither  
enrolled in school or nor  
working in June 2020



# Expanding Our Partnerships

## Mobile Wellness Van Partners with Bridgeport Police Department

In the first 6 months of 2020, overdose deaths have **increased** in Connecticut. Seeing a need for more engagement, support and harm reduction, we have formed a partnership with the Bridgeport Police Department to save lives.

Based on calls to the Police Department and trends impacting the community, the LPI Mobile Wellness team provides resources and support in hotspots for substance misuse through its Mobile Wellness Van. With funding from the CT Department of Mental Health and Addiction Services (DMHAS), the van offers treatment referrals, prescriptions for Buprenorphine/Suboxone, Narcan to reverse overdose, harm reduction syringe exchange and educational resources for those struggling with opiates and other substances.

This partnership is vital in keeping those with Substance Use Disorders out of the criminal justice system and providing the necessary resources to begin a pathway to recovery. In the first week, 26 individuals approached the van and requested supplies and information for care.




**Tia Reid, LPI Regional Director of Outpatient & Outreach Services**

“ We know that when we offer resources to people that are in need, be it drug addiction or mental health matters, we are able to help impact change in our community. So we are excited to be partnering with Liberation Programs. ”

**-Acting Police Chief, Rebeca Garcia**

# Spotlight on Recovery


## A Gratitude Letter from an Inpatient Recoveree



This was supposed to be a paper about how and why my impulses get the best of me. But I wanted it to be more than just that because I've worked very hard on not only managing them but controlling other aspects of my recovery as well.

During my time here and working with [counselor], I've learned a lot about myself and my addiction. I'm ready to begin my life. I wasn't living before and I wasn't just hurting me... leaving my son without his mother. Being here has shown me who I really am. I've learned that my brain can be rewired and that I don't need to depend on chemicals. I don't think I would have had the same outcome had I went to a different rehabilitation center.

Finally, I want to say thank you to each and every one of you for helping me throughout this part of my journey. I will cherish the memories I made here forever!





# Raising Awareness

## September is Recovery Month!

National Recovery Month (Recovery Month) educates Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. It celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions. Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

The 2020 Recovery Month observance will work to inspire people across the country to recognize the strength and resilience of individuals living in recovery as well as to support those with substance use disorders or co-occurring disorders to consider seeking treatment. We are proud to celebrate this strength and resiliency every day.



## Suicide Prevention Week: September 6 - September 12

World Suicide Prevention Day was September 10th. Whether it is evidence-based trainings, facts about suicide or support for loved ones, we are here to provide Suicide Prevention Services.

Contact us today to learn how to #BeThe1To Stop Suicide.

Learn more about Prevention at  
[www.liberationprograms.org/prevention](http://www.liberationprograms.org/prevention)



# Keeping Each Other Safe

Our friends and partners at Southwest Community Health Center had a free, pop-up COVID testing center at the Pelletier Wellness Center in July.

Over 100 staff, Recoverees and community members came by for a test with no appointments and no insurance needed.



LPI President & CEO John Hamilton,  
Southwest President Mollie Melbourne and  
LPI Chief Clinical & Outreach Officer Joanne  
Montgomery



Southwest COVID Testing Registration and  
Social Distancing lines for safety check in and  
testing

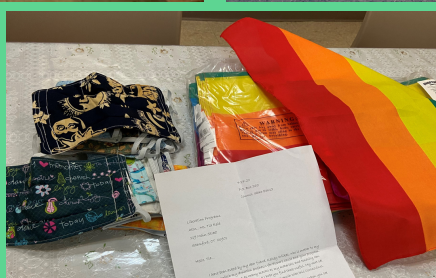
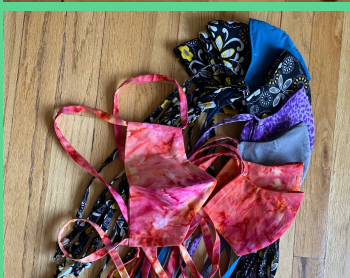




# Adapting in a Pandemic

We are wearing masks, keeping our distance and using low fives instead of shaking hands.

We are so grateful to all of those who have donated PPE to us. If you would like to make a PPE donation, please reach out to [development@liberationprograms.org](mailto:development@liberationprograms.org).





# Welcoming New Board Members

The start of our Fiscal Year on July 1, 2020 brought the appointment of a new Chair of the Board of Directors, two new Board Members. Joining the Board are Debra Hertz, Maria B. Hancock, and Kirk S. Santos. These appointments bring the total number of Board members to 14.



**Debra W. Hertz** is returning as Board Chair having departed the Board in 2015. Hertz is a management consultant and founder of The Strategy Group, LLC with over 25 years advising nonprofit and philanthropic sectors. She holds a PhD. and Master of Social Work from Fordham University where she also teaches leadership courses in the Graduate School of Social Service. A Darien resident, Hertz is on the Board of Directors of Achievement First – Bridgeport.



**Maria B. Hancock** is an international executive and entrepreneur with extensive experience in investing and mentoring start-ups and advising on climate risk. Hancock has a PhD. in Theoretical Nuclear Physics from Johann Wolfgang Goethe Universität which she utilizes in product innovation, operational leadership and risk assessment.



**Kirk S. Santos** is Chief Learning Officer at Pitney Bowes, previously holding various positions at many Fortune 500 companies. He has extensive experience in Human Resource Strategy including retention, compensation, diversity, talent management and succession planning. He holds a Master Strategic Management/Human Resources from Long Island University and is a member of the National Society of Hispanic MBAs, Society of Human Resource Management and Sigma Beta Delta.



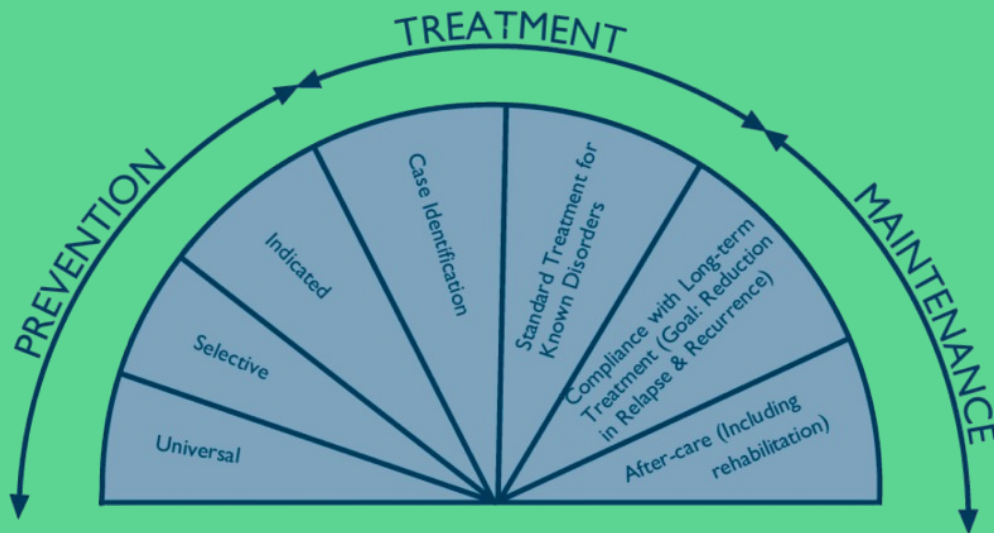
# Enhanced Prevention Programs

**Prevention** is an integral part of Liberation's Mission and we are excited to introduce our new Director of Prevention, Ingrid Gillespie, who will be enhancing prevention at Liberation.

## What is Prevention?

According to SAMHSA, Prevention is creating conditions that promote good health. It is achieved by reducing those factors that are known to cause illness and problem behaviors (risk factors) and encouraging those factors that buffer individuals and promote good health (protective factors).

Prevention is part of a continuum.



## How will we enhance Prevention at Liberation Programs?

By ensuring that substance misuse education and awareness are consistently integrated as a component of services to all clients who have a role as a parent or guardian. For example, awareness of youth drug trends, risk and protective factors and their impact as parents. Some risk and protective factors are shared by parents and youth, some are unique, and some arise from interactions between parents and their children. We will also strengthen our community role as partners to educate and advocate for changes that promote healthy communities.



**To Learn More About Prevention at Liberation Programs,  
contact Ingrid Gillespie:**

[Ingrid.Gillespie@LiberationPrograms.org](mailto:Ingrid.Gillespie@LiberationPrograms.org)

802-578-6176

# Supporting Liberation

## MAKE A DONATION

Monetary contributions can be made online or by calling our office. Cash, check, credit card, wire, money order and stocks are accepted

## PLANNED GIVING

Consider a bequest or gift through your estate or name Liberation Programs as a beneficiary of a retirement plan or life insurance

## IN KIND GIFTS

We accept donations of items including new clothing and bedding, electronics, home decor, groceries, books and more

## BECOME A VOLUNTEER

Volunteers can spend time with Recoverees, assist with Administrative tasks, host donation drives and more

## SHOP WITH AMAZON SMILE

When you shop on Amazon, use AmazonSmile and choose Liberation Programs as your charity of choice - we will receive 0.5% back from your purchase



## @LIBERATIONPROGRAMS

Follow us on Facebook, Instagram, Twitter and LinkedIn - like our pages, share our posts and even consider starting a Facebook fundraiser for us



To learn more about supporting Liberation, please contact our Development Department at [development@liberationprograms.org](mailto:development@liberationprograms.org)

# Thanking our Supporters

So many individuals, corporations and foundations have provided continued support to Liberation Programs and we thank you all!



The Cleaning Authority held a food drive to fill the cupboards of residents of Gini's House.



The Community Fund of Darien awarded a \$20,000 grant to support our APRN in Stamford.

## New Funders:

- The George and Grace Long Foundation awarded a \$2,000 grant for FIRP
- The William Caspar Graustein Memorial Fund awarded a \$5,000 grant to expand telehealth services



The Darien Police Department donated 400 surgical masks to our staff.