



A Message from the CEO & Board Chair

Dear Friends,

As we reflect on the last year and look forward to the year ahead, we have much to celebrate and much more to accomplish. Every milestone we have achieved, every hurdle we have cleared and every life we have saved is because of your support. Simply put, our work would not be possible without you. We invite you to take a look back at an extraordinary year and hope you will join us for an inspiring year ahead.

We had the rare and exciting opportunity to re-announce ourselves to the world with the construction and Grand Opening of our Pelletier Wellness Center in Bridgeport. It was an incredible feat in collaboration with so many that we were able to move from groundbreaking to completion to opening to the public in under one year. This has allowed us to serve 50% more Recoverees weekly and we look forward to expanding our capabilities and changing more lives in Bridgeport through the center.

Through our commitment to meeting people where they are, we launched our Mobile Wellness Van which provides Medication-Assisted Recovery to individuals throughout Fairfield County. With both a Prescriber and Recovery Coach on board, we are able to provide treatment, resources and support on-site throughout our community. In order to better support Recoverees and families, we started our Trauma and Gender (TAG) Initiative to provide trauma-informed and gender-responsive care and treatment. All of these accomplishments were further celebrated in our three-year Accreditation renewal from the Commission on Accreditation of Rehabilitation Facilities (CARF) – their highest recognition.

It was our pleasure to have many of you join us for these and other activities throughout the year. With your support, our Annual Spirit of Hope Gala saw a record number of attendees. With your support,

we were able to provide winter coats and accessories to Recoverees who otherwise would have gone without. With your support, we celebrated the holidays in our programs with a sense of family, peace and hope.

While we look back on the past year with pride, we know that our work is not finished and we have much still to do. But we know that anything is possible with your support and with the determination of our community, our staff and our Recoverees.

Please consider supporting Liberation Programs with a gift today using the enclosed envelope to save more lives and provide hope and healing to those who need it most.

We look forward to seeing you during the coming year and thank you for helping us provide Peace, Love and Liberation.

Gratefully,



John Hamilton
President & CEO



Wayne Cafran
Board Chair



Our Services

OUTPATIENT PROGRAMS

SUCCESS RATE 85% OF RECOVEREES REDUCED THEIR SUBSTANCE USE

Liberation's outpatient programs in Bridgeport, Stamford, and Greenwich include services such as medication-assisted treatment, group therapy, and individual counseling. All programs are offered with the goal of achieving recovery for life.

INPATIENT PROGRAMS

SUCCESS RATE 74% OF RECOVEREES COMPLETED THEIR PROGRAM

Liberation's inpatient programs—the Families in Recovery Program in Norwalk and Liberation House in Stamford—offer 24/7 care for Recoverees. Recoverees in the program engage and participate in structured daily treatment tailored to their needs.

INTENSIVE OUTPATIENT PROGRAMS

Liberation's intensive outpatient (IOP) programs in Bridgeport and Stamford are a three-hour, three times per week program for those needing a higher level of care. Holistic techniques include mindfulness, meditation, relapse prevention, art and music.

EDUCATION & PREVENTION

Liberation's education and prevention efforts, based out of Greenwich High School and Staples High School in Westport, deliver informational lectures, in-school presentations, and educational materials to all of lower Fairfield County, with topics tailored to each audience. These efforts reached 4,714 students with a 97% satisfaction rate reported.

MOBILE WELLNESS VAN

Liberation's Mobile Wellness Van provides outreach services to adults 18 years and older with substance and alcohol misuse. The Wellness Van travels throughout Lower Fairfield County Monday through Thursday offering engagement and recovery supports. Treatment referrals, prescriptions for Buprenorphine/Suboxone, Narcan (overdose reversal), harm reduction syringe exchange and educational resources are available. Insurance and appointments not needed.

2018–19 In Retrospect

We've made strides to ensure access to our services for every Recoveree who needs them.

Liberation welcomed **John Hamilton, LMFT, LADC** as CEO, **Bonni Hopkins, PhD** as Chief Operating and Innovation Officer, **Joanne Montgomery, LCSW, LADC** as Chief Clinical Officer and **Maggie Young, MSW, LADC** as Chief Recovery Officer after over 25 years at Liberation. They join CFO **Omar Garro, MBA** who has been with Liberation for over 10 years.



Liberation's 2019 **Spirit of Hope** honored Gary Mendell, Maggie Young, and The Lighthouse accepted by Trey Laird. The event grossed the highest revenue ever with partial support for Liberation's **Recovery Coach Initiative**.

With your support and our dedicated staff, Liberation served **2,267 Recoverees** and held **98,078 clinical sessions** in FY 18-19.



The **Pelletier Wellness Center** opened its doors to clients in March and had its grand opening in September. The Center offers integrated primary medical and dental care through a partnership with Southwest Community Health Center.



Continuing its **commitment to the community and its Recoverees** agency-wide, Liberation earned a three-year re-accreditation from CARF and launched the Mobile Wellness Van in order to meet Recoverees and families where they are.

Liberation started the **Trauma and Gender (TAG) Initiative** to promote gender-responsive and trauma-informed services. Additionally, Liberation was the sponsor of the 2019 International Covington Conference.





Mark's Story

Mark's recovery is a journey of hard work, mending and creating lifelong relationships through Liberation Programs.

In college, drug and alcohol use were my priority. I engaged in heavy crack and heroin use for 10 years to full blown addiction. After years of living in sober houses, gaining everything back and losing it, I continued the cycle. I was arrested numerous times, was locked up and then arrested again. At sentencing, the judge told me there was a bed at Liberation House but if I failed the program I was facing another sentence. I was under zero tolerance and began inpatient treatment.

"What's gonna be different?" I was asked. I didn't know but knew things had to change to stay out of jail. I was tired but happy to be away from my old stomping grounds.

Lib House was intense but was the structure I needed. My counselor Don was approachable and easy to talk to. He told me "it wasn't the drugs" it was me that had the problem. That was the first time anyone said that. I looked forward to sitting with Don because I always

learned something about myself and my situation. He always asked what I needed to do differently and we talked about plans for exiting treatment. Interactions with my peers were always good and helped me focus on myself, not what others were doing. I got to look for work and, my first day, I got hired as a busboy. I was proud to share the news with Don.

After treatment, I lived in the sober house while working. I was promoted three times and worked at the restaurant until it closed six years later. After Lib House, I completed the outpatient program including relapse prevention and individual counseling, and I got my own place.

I'm living differently since I got sober. I have mended my family relationships, am a sponsor to people and stick with my meeting routine. This is my miracle, sitting here telling you about my life. People can change their lives and I am an example of that.

Joy's Story

A mother, her children, their struggle, and recovery together through Liberation's Families in Recovery Program.

Addiction was not familiar to me. I never realized there were people whose lives revolved around the need, desire and drive to use drugs, until I found myself in that world. It consumed me until my boyfriend was shot and was lying in the street. The reality hit me: my boyfriend was dead because of crack. Who had I become that the only thing that mattered was smoking crack?

I entered treatment and was referred to the Families in Recovery Program (FIRP). I was pregnant and with my two children aged 5 and 7. My addiction hit hard and fast. I went from being an independent single mother, working two jobs, and taking college courses to being homeless, alone, ashamed, empty and lost. Desperation brought me to treatment. I did not know what to do. Addiction was like a tornado that I never saw coming. I was terrified it would hit me again. I had failed at the one thing that I strived to be – a good mother.

A new life for me began at FIRP. My mentor always preached, “feel, deal, heal.” Feel your feelings, deal with your feelings and you can heal from your feelings. Residential treatment provided me a safe and supportive environment to heal and learn a new way of life. After FIRP, I participated in aftercare, which provided ongoing support and guidance for up to two years as I rebuilt my life.

My recovery journey has allowed me to make amends to my children and be there to support and love them. I returned to college and became a substance abuse counselor. I worked at FIRP for over 20 years. I incorporate all I learned at FIRP working in the field of substance abuse. I am grateful to witness others as they experience the freedom that recovery provides.

I am drug free for 24 years of uninterrupted sobriety!



JOY AND HER DAUGHTERS



A SPECIAL THANK YOU TO OUR DONORS

July 1, 2018 – June 30, 2019

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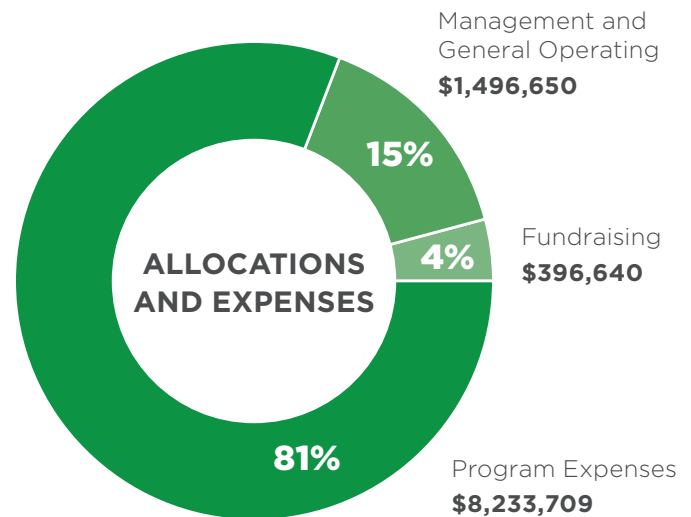
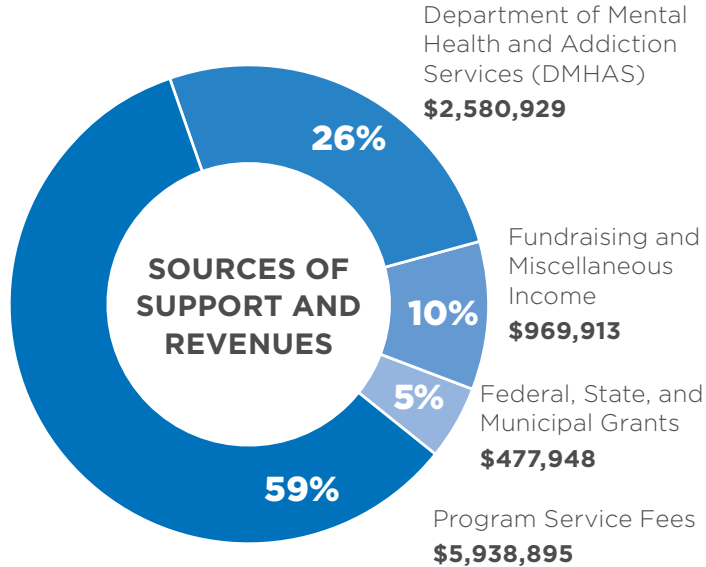
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Space limitations do not allow us to list all gifts; however, Liberation is deeply grateful to all contributors.

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Fiscal Year Ending June 30, 2019



LEAVE YOUR LIBERATION LEGACY

Here are a few ways you can join us in saving more lives together.

PELLETIER HEALTH & WELLNESS CENTER NAMING OPPORTUNITIES



DONATIONS

Donations can be made by returning the **enclosed remittance envelope**, visiting our website or calling our office. Cash, check, credit card, wire, money order or stock gifts are accepted. Please consider including Liberation Programs in your estate planning.

OTHER WAYS TO SUPPORT

In-Kind Donations: we accept donations for a variety of our programs including new clothing, bedding, groceries, decorations and more.

Amazon Smile: shop via AmazonSmile and choose Liberation Programs, Inc as your charity of choice. We will receive 0.5% back from your purchase.

VOLUNTEER OPPORTUNITIES

Donations of time are a valuable gift to our programs and those we serve. Opportunities include spending time with Recoverees, administrative support, donation drives and more.

To learn more about ways to support Liberation Programs, please contact Director of Development & Communications

Fiona Wilkes by phone at **203.354.6918** or send an email about your request to development@liberationprograms.org.

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