

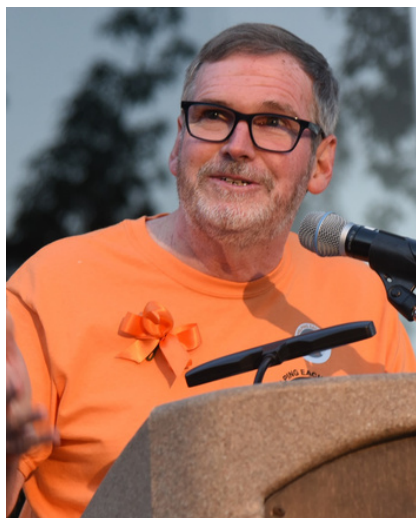


LIB NEWS

THE E-NEWSLETTER OF
LIBERATION PROGRAMS
FALL 2021

MESSAGE FROM THE PRESIDENT & CEO

One of my favorite quotes is from Johann Hari who said, "The opposite of addiction isn't sobriety. It's connection." During these uncertain times with the pandemic, connection has been more important than ever, especially for those in Recovery. We have worked hard to help Recoverees maintain connection with family, groups, providers, and supports. Through the use of telehealth, virtual visits, and groups, we have created a new normal to keep connection available in all of our programs.



We have also been fortunate to connect with the greater Recovery community through various activities, especially during Recovery Month. We are all in this together and are grateful for everyone who has included us in recent Vigils, Recovery Fairs, meetings, conferences, and other community events. I hope the highlights in this Newsletter make you all feel connected to us and Recovery for Life.

My best,



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Peace, Love and Liberation

Recovery Month

National Recovery Month is a national observance held every September 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.

(Source: SAMHSA)

We kicked off Recovery Month by participating in the 5th Annual New Canaan Parent Support Group Community Addiction Awareness Vigil. Over 200 individuals gathered together outside, led by emcee John Hamilton, to hear inspirational stories of Recovery, enjoy motivational music, pledge to support others, and participate in a Candlelight Vigil. The Mobile Wellness Van was present and distributed 14 Overdose Reversal Kits.

We will be ending the month with the 8th Annual Recovery Celebration being held at Sacred Heart's Community Theatre in Fairfield on **September 29th**. We invite you all to join us in person (COVID vaccination and masks required) or virtually.



Wednesday, Sept 29th
7-8 pm
SHU Community Theater
1420 Post Road, Fairfield CT



8th Annual Recovery Celebration

**Celebrating Recovery Together:
Every Person, Every Family,
Every Community!**

Bring your family!
Enjoy an hour of FREE celebration and music!
RSVP to attend in person or watch via live stream (see below)

Opening Remarks
Fairfield First Selectwoman Brenda Kupchick

Keynote Speaker
Craig Melvin
Cohost of NBC's "Today" Show
Author of "Pops: Learning To Be a Son and a Father"

"Celebrating Recovery Together" Honorees
Person: Hope Payson LCSW, Producer of the documentary "Uprooting Addiction"
Family: Tony Morrissey, Catalyst for Brian Cody's Law
Community: Karen Alter Reid PhD, Linda Rost LCSW, and Michael Crouch LCSW, Co-founders of Fairfield County Response Team Inc.



To RSVP for FREE in-person attendance*, click [HERE](#).
To watch the live stream event online, go to <https://youtu.be/RWb7rguFS4E>
*As per CDC guidelines, masks will be required.

Recovery Celebration Planning Partners and Sponsors



Community Outreach

Collaborating with Stamford Police Department

We have begun a successful collaboration with the Stamford Police Department Outreach Team to educate them on our work and harm reduction. Members of the team have been joining our Outreach Team on Thursdays to provide support and connections to care along with other community providers in a new initiative called "Shoulder-to-Shoulder."



One Bridgeport

In collaboration with the Bridgeport Police Department, City Council, and community partners, we have hosted a series of Community BBQs in the City of Bridgeport in the past few months. These have offered us the opportunity to connect with our sister organizations, provide resources to the community, and connect with each other. Thanks to everyone who supported this initiative and came out to see us!

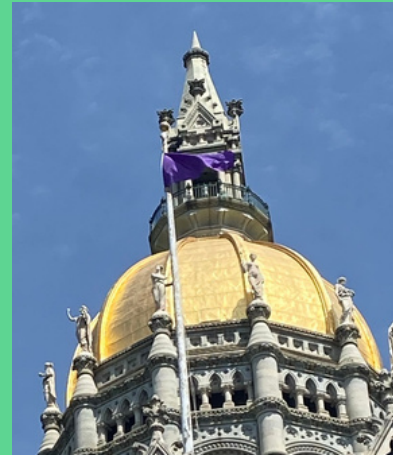


Raising Awareness

International Overdose Awareness Day



International Overdose Awareness Day (August 31st) is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. (Source: *International Overdose Awareness Day*). We were honored to recognize this day at vigils at the State Capitol in Hartford and with the community in Fairfield.



Suicide Prevention Month



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. (Source: *Suicide Prevention Hotline*)



LEARN MORE ABOUT SUICIDE PREVENTION

Visit <https://www.liberationprograms.org/suicide-prevention/> to learn about Suicide Prevention and Question, Persuade, Refer (QPR) training.

Staff Celebration

In August we were finally able to get together for our Annual Staff and Board BBQ after a long year apart. We enjoyed great food, fun games, awesome raffles, and a memorable time together!



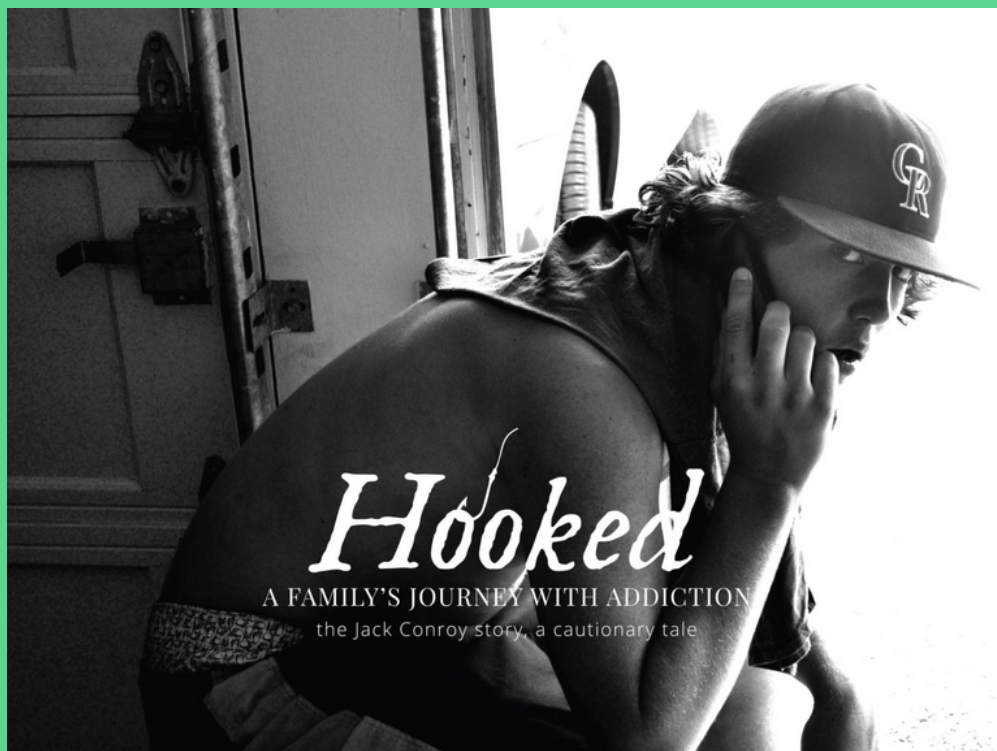
Hooked Fundraiser

Hooked: A Family's Journey with Addiction is a documentary which tells a dramatic and provocative story and delivers essential information which can help save lives.

It shares the story of Jackson Scott Conroy's battle with addiction, the family's struggle to help him, and ultimately his untimely death at 21 years old, the aftermath of his passing and the family's journey through their grief.

Due to COVID safety protocols, the screening of this film has gone virtual. Thanks to our friends at Progressive Institute, **50% of the proceeds from the screening of this film will go to Liberation Programs!**

For a minimum \$5 contribution, you will receive access to watch this important documentary - and support us in the process. Register here: <https://progressive-institute.com/hooked/liberationprograms/>



Spotlight on Recovery

Gratitude from a Recoveree

I wanted to express my gratitude for the staff, for you, and for the program here at FIRP. As I get ready to move on to the next chapter of my journey I can't help but be emotional about leaving everything that FIRP is behind, the girls, my amazing counselor Megan, you, and anyone else that has made this journey possible. Without FIRP and this program having and getting [my son] back would never have been possible without the constant dedication, guidance and love from the staff...

*Thank you for believing in me when I couldn't believe in myself. **I will forever be grateful for this place.** Thank you helping me get my family back, for helping me grow and learn throughout my time here... It is truly gonna be a very hard goodbye for me.*

From the bottom of my heart thank you so much for everything. [My family] will forever be grateful for everything.

It's not goodbye, it's see you later.

Thanking our Supporters

Thanks to the support of the Greenwich Department of Human Services (DHS), Greenwich United Way, and the Greenwich Community Development Block Grant (CDBG), we are able to offer the services of our Mobile Wellness Van to the Greenwich Community every Tuesday.



Thank you to the Community Fund of Darien for your grant to support the services of our Advanced Practice Registered Nurse (APRN).

Thank you to our recent Grant Makers!

Bridgeport Community Development Block Grant
Community Fund of Darien
Fairfield County's Community Foundation
George and Grace Long Foundation

Grateful

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