

LIB NEWS

THE E-NEWSLETTER OF
LIBERATION PROGRAMS
SPRING 2022

MESSAGE FROM THE PRESIDENT & CEO

The CDC recently released provisional data showing that overdose deaths in the United States continued to increase in 2021, with a nearly 15% increase over 2020. In addition to the negative effects of the continuing COVID19 Pandemic, we saw how Fentanyl, synthetic opioid, continued to be deadly as it was involved in 66% of last year's overdose deaths. A recent study also showed an increase in the number of overdose deaths among teens aged 14-18 in the first half of 2021, mostly due to Fentanyl.



As we continue to see Fentanyl being involved in both fatal and non-fatal overdoses, we remain committed to prevention and harm reduction efforts. We are grateful to the schools, community organizations, and businesses who support this effort and allow us to bring harm reduction supplies, resources and knowledge to our community. Please reach out to us if you are interested in learning more or scheduling a free Narcan training. We can't do it without you.

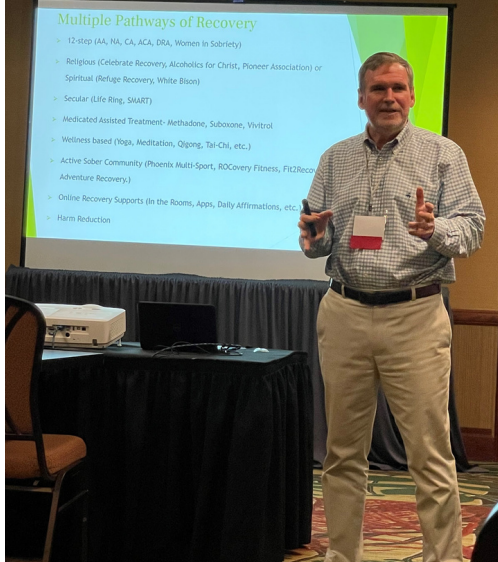
WHAT'S IN THIS ISSUE?

Focusing on Harm Reduction - 2
Federal and Local Support - 3
Raising Awareness - 4
See Our Programs - 5
Spirit of Hope 2022 - 6
In Memoriam - 7
Spotlight on Recovery - 8
Thanking Our Supporters - 9
Supporting Liberation - 10

Peace, Love and Liberation

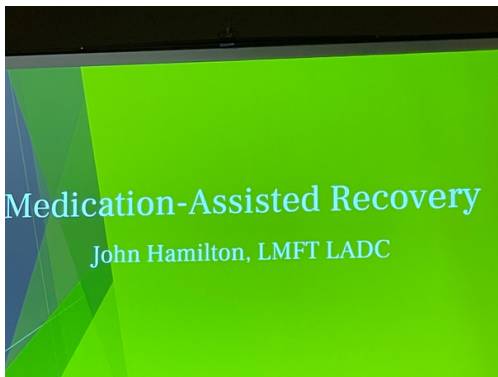
Focusing on Harm Reduction

On May 20th, a state-wide Harm Reduction Conference will bring experts in the field of addiction and substance use to discuss approaches to reduce risk for those who struggle with an opioid use disorder. Our Senior Director of Harm Reduction, Liz Evans, will present on her experience opening the first safe injection site in North America and the lessons learned. Learn more and register at: <https://bit.ly/3LXgMLP>



We were excited to attend The Connecticut Community for Addiction Recovery (CCAR) Multiple Pathways of Recovery Conference earlier this month.

John Hamilton served as one of the presenters at the conference speaking on Harm Reduction as a Pathway to Recovery. Now is the time to utilize innovative strategies to save more lives and Harm Reduction strategies will help keep people alive in 2022 and offer hope and help for when they are willing to start a recovery process.



This presentation shared best practices in evidence-based treatment and pathways in recovery as well as recognized how harm reduction strategies and practices are opportunities for innovative engagement in starting a recovery process for individuals in the community and meeting people where they are.



1,528

Unintentional drug overdose deaths in Connecticut in 2021

11.6%

increase in CT drug overdose deaths in 2021 over 2020

Federal and Local Support

In March 2022, the Senate passed a Fiscal Year 2022 omnibus spending bill that included Congressionally Directed Spending items. We are excited to announce that 2 projects Liberation Programs applied for was included in that bill. President Biden signed the bill into law on Friday, March 11th. We appreciate Senator Richard Blumenthal for pushing our projects through and championing our life saving work. In total, \$153,000 was awarded to expand our physical space as well as create 2 new Family Recovery Coach positions to support Recoverees and their families.



We are grateful to Governor Ned Lamont who took time out of his busy schedule to visit our Families in Recovery Program (FIRP). The Governor received a tour of FIRP and had a chance to meet and speak with the women and children. The Recoverees had the opportunity to share their stories and recovery journeys.



Raising Awareness

Alcohol Awareness Month

April is Alcohol Awareness Month to raise “awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues. The campaign also aimed to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed; offering help and advice for families as well as direct engagement with those afflicted with alcohol addiction”. Approximately 15 million US adults have Alcohol Use Disorder and alcohol is one of the leading preventable causes of death in our country.

Connecticut's Social Host Law makes it illegal for "anyone who owns or controls private property, including a dwelling unit, from knowingly, recklessly, or with criminal negligence, to permit anyone under age 21 to illegally possess alcohol in the unit or on the property." Violation of this law can result in fines and/or imprisonment. Lots of information is available on alcohol use, safety, and risks for adults and for young people. Our prevention team works with youth and families who need help with alcohol misuse.



Medication Take Back Day



April 30th was the DEA's 22nd Annual National Prescription Drug Take Back Day. We partnered with the Stamford Police Department to collect 313.2lbs of unwanted medications in Stamford.

Prescription drug misuse has led to increased emergency room visits, overdose deaths associated with prescription drugs, and treatment admissions for prescription drug use disorders. One of the best ways to curb prescription drug misuse is to safely dispose of unused, unwanted, and expired drugs.

Find a location to dispose of medications at:
<https://www.dea.gov/takebackday#collection-locator>



See Our Programs

We are excited to share with you virtual tours of our programs.
Click the images below to watch the tours.



Families in Recovery Program (FIRP)



Lib Clinic



Lib House



Pelletier Wellness Center

If you are interested in visiting any of our programs in person, we'd love to have you! Email fiona.wilkes@liberationprograms.org to schedule a tour.



Our Administrative Offices have relocated!

New address:

339 West Avenue, Bridgeport, CT 06604

Spirit of Hope

Spirit of Hope 2022

Celebrating Our Recovery Heroes

JUNE 14, 2022

6:30 - 8:30 PM

THE POINT AT NORWALK COVE

We are excited to invite you to our first in-person Spirit of Hope since 2019! Join us to celebrate all that went into meeting people where they are and maintaining Recovery for All during the Pandemic.

Things will be a bit different this year as we strive to be together safely. We will be gathering outside to take in the beauty of the shoreline, enjoy appetizers, desserts, and drinks, and spend time together. You will hear from some incredible Recovery Rockstars, be inspired by our essential heroes, and help us raise critical funds to continue our work.

We are humbled to be honoring Mort & Eleanor Lowenthal and their family for their decades of support for Liberation Programs and our Recoverees.

Mort & Ele have been a part of the fabric of Liberation Programs for as long as anyone. Mort spent 12 years on our Board, he, Ele and their family have spent many Christmas' at FIRP bringing food and gifts to our residents, and so much more.

Learn more, buy tickets, and show your support at www.liberationprograms.org/soh22.



In Memoriam

On May 3, 2022 we lost Pat Rapillo, RN, our Nursing Supervisor. Pat was a dedicated nurse and committed to Liberation Programs having joined us in 1997 in the detox unit. She worked in the detox unit for many years before moving into a nursing role in medicated assisted treatment. Pat was loved by all who had the honor and privilege of knowing her, and she helped shape the lives of thousands of Recoverees during her time with our agency.

When Covid-19 hit our agency, Pat stepped up and shined as usual on the frontlines without hesitation. She knew a job had to be done and she was going to do whatever it took to make sure our Recoverees' needs were met. Based on Pat's years of service, knowledge, ability to lead and commitment to those we serve she was promoted in 2020 to Nursing Supervisor and she continued to inspire us all.

We are lucky to have known Pat and learned from her throughout the years. Pat was a fixture of our nursing team and will be missed by Staff and Recoverees alike.



Spotlight on Recovery



A Gratitude Letter from a Recoveree

I am so grateful for Families in Recovery (FIRP). This program truly not only my life, but also my unborn daughter's life. I learned so many skills to prevent me from having a future relapse... During my time there was a few times I wanted to act on impulse and leave treatment, but working with my counselor and doing my coping skills I was able to get through the cravings. In the past I would automatically give into the urge. Now that I know I can work through cravings I will continue to work through them after treatment.

I am also grateful for Tiffany (case manager), she did awesome with getting things done for me which eliminated a lot of stress. My counselor Megan was awesome too she has been the only counselor I ever had that was able to get me to open up about my traumas. She also made sure that she didn't work harder than me. She also was willing to help me with doing extra worksheets to also help me.

I am leaving this program knowing that I will still have the staff at FIRP just a phone call a way... I am just truly thankful for this program. The Director, Rosemary, always had her door open, she never acted as if she was too busy to listen to any of the Recoverees or myself. She was and is very helpful and always there to lend a hug or give advice. I'm just really grateful for this program, without FIRP staff and the tools I learned and the after-care plan they set up for me I would probably not of made it or set myself up for failure.

Most importantly I learned to love myself...



Thanking our Supporters

So many individuals and groups continue to show us unwavering support.



After Philip "PK" Ingram, a former cook at Lib House, was killed in 2020, his family chose to honor his memory by supporting local organizations that PK cared about. In February PK's family created and delivered dozens of care packages for the men at Lib House.

- Thank you to Bob's Discount Furniture Charitable Foundation
- for providing us with gift cards to purchase brand new desks for the women and children at FIRP!



We are so grateful to Melindy Ciulla, M.D. and OBGYN residents from Stamford Health who assembled and donated bags for the women at FIRP containing much appreciated toiletries like wash cloths and person hygiene supplies!

Thank you to our recent Grant Makers!

4imprint One by One

Christ Church Greenwich

Leon Lowenstein Foundation

Near & Far Aid

United Church of Rowayton

Thank you

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