



# LIB NEWS

THE E-NEWSLETTER OF  
LIBERATION PROGRAMS  
FALL 2022

## MESSAGE FROM THE PRESIDENT & CEO

Recent data from the Department of Public Health showed that accidental drug overdoses are the leading cause of unintentional deaths in Connecticut with Black and Hispanic Communities experiencing the most dramatic increases in accidental overdose deaths. The effects of the Pandemic have impacted the rate of overdose deaths but that isn't the only factor. Fentanyl is a leading contributor and was found in 86% of all opioid related deaths in 2021. There is also concern around the increase in Xylazine, a horse tranquilizer, being



detected in overdose deaths. In 2018 there were no deaths involving Xylazine, but by 2021 over 300 people had Xylazine in their system at the time of a fatal overdose. With your support we will continue to provide education, prevention, and harm reduction resources to our community.

I am also proud to share that the quality of our work continues to be recognized as we received a 3-year re-accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF)!

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*Peace, Love and Liberation*

# IOAD and Recovery Month

August 31st is International Overdose Awareness Day (IOAD) which will offer various events throughout the state in which Liberation Programs will be participating.

You can join us at Seaside Park in Bridgeport for the Overdose Awareness Day & Memorial Walk at 11:15am, at the State Capitol for a ceremony at noon, and at Sherman Town Green for the Fairfield Cares Vigil at 7pm.



**National Overdose Awareness Day WALK**  
Wednesday, August 31, 2022  
11:15am to 12:30  
SEA SIDE PARK  
BRIDGEPORT CT  
Park Ave Entrance  
MAIN BEACH WALK AREA  
Due to Dept. of Health Logistics this event will not provide lunch!



**Overdose Awareness Day & Memorial Walk 2022**  
Hosted By:  
Reverend Iris Y Seda, Brenda Starr Moreno and Janet Serrano  
International Overdose Awareness Day  
The world's annual campaign to end overdose, remember without stigma those who have died, and acknowledge the grief of the family and friends left behind  
1. Walk of Awareness  
2. Name Call of Honor  
3. Awareness Speeches  
4. Narcan Dispensing  
COPE  
Caridad Ojeda  
Preventable Epidemic  
Recovery Network  
Robert Velez Jr.  
Saida Baraka  
Brian Merlen  
and Guests Speaker



INTERNATIONAL OVERDOSE AWARENESS DAY  
WE REMEMBER.  
August 31, 2022  
Connecticut State Capitol  
210 Capitol Avenue, Hartford  
12:00 p.m.  
Join us on August 31 for a remembrance ceremony in honor of the lives lost to overdose in Connecticut.  
Contact: Art Mongillo | [Arthur.Mongillo@ct.gov](mailto:Arthur.Mongillo@ct.gov) | (860) 335-7623



31 AUGUST  
INTERNATIONAL OVERDOSE AWARENESS DAY  
TIME TO REMEMBER.  
TIME TO ACT.  
5th annual Fairfield Candlelight Vigil  
in observance of  
International Overdose Awareness Day  
Fairfield Center - Sherman Town Green  
Wednesday, August 31, 2022 - 7:00pm  
#END OVERDOSE  
Fairfield CARES  
hub  
CHANGE the SCRIPT  
pd positive directions  
NEW CANAAN COMMUNITY FOUNDATION



September is National Recovery Month which celebrates the gains made by those in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

We will be kicking off Recovery Month with the 6th Annual New Canaan Addiction Awareness Vigil at 6 South Avenue at 7pm with John Hamilton as emcee.

We hope you will join us for these events and help us celebrate Recovery for Life.



**6th Annual Community Addiction Awareness Vigil**  
HELPING EACH OTHER HEAL  
September 1, 2022  
7:00pm  
6 South Avenue, New Canaan  
Music starts: 6:30pm | Rain date: Sept. 6  
NEW CANAAN COMMUNITY FOUNDATION



**RECOVERY MONTH**  
Every Person. Every Family. Every Community.



# Community Events

We had a blast celebrating Pride with our friends at the Greater Bridgeport Area Prevention Program (GBAPP) for their Pride Celebration at McLevy Green.



On August 4th, our Prevention and Outreach Teams participated in National Night Out with the Stamford and Bridgeport Police Departments. We had a great time being in the community giving out information on prevention and harm reduction, providing water and snacks, and distributing school supplies.



Huge thanks to Family Centers for including us in their Community Health Fair to share Prevention tips with the Greenwich Community.



# COSSAP Takes Chicago



Earlier this month, our Comprehensive Opioid, Stimulant, and Substance Abuse Site-based Program (COSSAP) Outreach Team attended the Police, Treatment, and Community Collaborative 2022 Deflection & Pre-Arrest Diversion Training Summit.

They spent 4 days in Chicago building strength as a new team, learning from various presenters and panelists, and collaborating with like minded providers from around the country. Members of local law enforcement and human services departments were able to attend with our team to assist us all in better serving the community.

Various topics were discussed during the summit including Pathways of Deflection, Racial Equity and Diversity, Helping Veterans, Incorporating Harm Reduction, and so much more. This was a wonderful opportunity to brainstorm and learn best practices as we continue partnering with law enforcement and spending time in the community connecting with those who need us most.





# Spirit of Hope

We were honored to once again host our Spirit of Hope Awards in person on June 14th at The Point at Norwalk Cove. We were fortunate to have perfect weather, 200 tremendous guests, the chance to recognize our honorees, Mort and Ele Lowenthal, and raise critical funds to continue our life saving work.

Debra Hertz, our outgoing Board Chair, and Mort and Ele's daughter, Terri Ann Lowenthal, both spoke of their dedication to Liberation Programs and helping others. From Mort's 12 years as a Board Member to the whole family spending Christmases with our women and children at FIRP, we could have spent all night acknowledging their accomplishments.

We also heard from Henry Webb, a member of the Liberation Programs staff for over 20 years, about his commitment to the work and why he chose to come back to work after a near fatal bout of COVID. He introduced his daughter, Justice, who was born at FIRP and is thriving today, 25 years later. He spoke of the power of Recovery and how a family can break the cycle of substance misuse.

We are grateful to all of our sponsors, donors, and guests who made it a night to remember! We hope to see you next year for Spirit of Hope 2023!





# Celebrating Our Staff

On August 12th we held our Annual Staff and Family BBQ at Sherwood Island Park to show our appreciation for the hard work our staff does every day. We had a blast playing games including our traditional egg toss and relay, enjoying lunch from Jeff's BBQ, giving out raffle prizes, and spending the day together.





# Spotlight on Recovery



## A Gratitude Letter from a Recoveree

I just want to thank you for the start of a new journey that I'm embarking on.

I thank you for allowing me a chance to embrace the world in sober eyes. I thank you for not giving up on me and seeing the potential in me that I can be sober and happy.

**I thank you for giving my son a chance to see a sober mom.**

I just want to thank the whole FIRP (Families in Recovery Program) Family for the many talks when I wanted to give up. Coming here I didn't expect to make friends but I have grown close to the ladies and I am now happy to have them as part of my life. I am thankful that whenever I get an urge I can pick up the phone and call on them for words of encouragement.

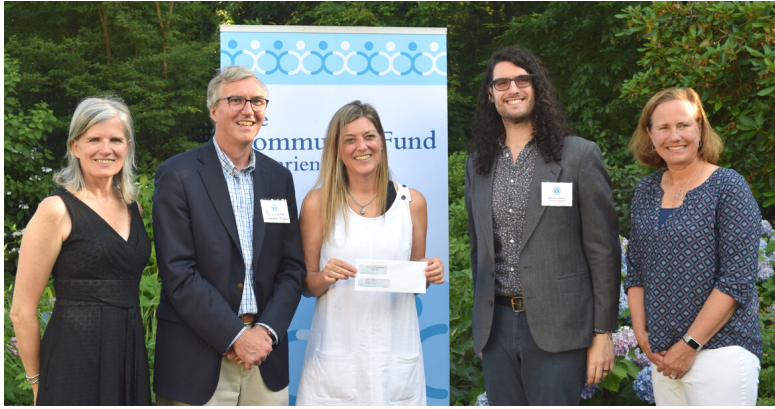
The groups at FIRP have taught me so much about myself and my addiction. I'm ready to take my addiction by storm and not let it beat me, **but I'm going to beat it.**





# Thanking our Supporters

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



The Community Fund of Darien continued their support by granting us \$19,000 for services of our Mobile Wellness Van in the Stamford and Norwalk areas!

Thank you to the New Canaan Community Foundation for your \$10,000 grant for General Operating support and for visiting FIRP!



We are so grateful to Milford High Schoolers from the Youth for the Abolishment of Period Poverty (YAPP) who created and donated feminine hygiene supply kits to the women at FIRP!



## Thank you to our other recent Grant Makers!

Bridgeport, Greenwich & Stamford CDBGs

City of Stamford OPM

Court Support Services Division  
CT Block Grant Recovery Program

Elizabeth Raymond Ambler Trust

George & Grace Long Foundation

Greenwich & Norwalk American  
Rescue Plans

Greenwich DHS

Greenwich United Way

Rotary Clubs of Bridgeport &  
Stamford



# 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

## 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

## NEW: STOP AND SHOP GIVE BACK BAGS

Purchase a Reusable Community Bag at any Stop & Shop and use the Giving Tag attached to send a \$1 donation to us!



## 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)

# Dine Out and Do Good

Several restaurants will donate a portion of proceeds generated on specific days to us. We hope you will participate in one or all of these!



HELP SUPPORT

## Liberation Programs

**JOIN US IN THE CAFE OR ORDER ONLINE.**

**WHERE:** 2320 Black Rock Turnpike, Fairfield, CT 06825

**WHEN:** Thurs, Sep 8th

**FROM:** 4:00pm - 8:00pm

# FUND4U

Use this code during checkout

**USE OUR PROMO CODE AT  
ONLINE CHECKOUT ALL DAY**

- ✓ Online at Panerabread.com
- ✓ In the Panera App
- ✓ At the kiosk in cafe

**20% OF TOTAL NET SALES WILL BE DONATED TO YOUR ORGANIZATION.\***

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter promo code FUND4U at online checkout to ensure your organization gets a portion of the proceeds.

**Support your cause, your way.\*\***

IN-CAFE | DRIVE-THRU | PICK-UP | DELIVERY

**LEARN MORE AT FUNDRAISING.PANERABREAD.COM**

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\*20% of total net sales from your designated fundraising event will be donated to your organization. Gift card and catering orders placed on third party delivery sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>

\*\*Services vary by cafe.

# Bertucci's®

BRICK OVEN PIZZA & PASTA



Enjoy your Bertucci's favorites with  
family & friends while earning funds  
in support of:

**Liberation Programs Substance Misuse  
Programs Fundraiser**

**Thursday, Sep 15th 11:00am - 10:00pm**

**VALID AT ALL BERTUCCI'S LOCATIONS  
VISIT WWW.BERTUCCIS.COM TO FIND YOUR CLOSEST STORE.**

**Bertucci's will donate 15% of the  
proceeds back to the organization**

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below when ordering online:

**958-409-380**

**VALID ON TO-GO, DELIVERY, CATERING & DINE-IN**

Valid on all dine in, to go, catering & delivery purchases tracked via the unique 9 digit code assigned to the organization. Excludes tax & gratuity. Not valid with any other offers, discounts or towards the purchase of gift cards. Flyer valid at participating Bertucci's locations on date listed only. Flyer distribution on-site during event is strictly prohibited.

To learn more about our fundraising program, visit

**BERTUCCIS.COM**

**SCAN TO  
ORDER NOW!**



**CHIPOTLE FUNDRAISER FOR  
LIBERATION PROGRAMS**

33% OF EVENT SALES GET DONATED TO THE CAUSE

**TUESDAY, SEPTEMBER 27TH | 4-8PM**  
275 E MAIN ST, BRIDGEPORT, CT, 06608

ORDER ONLINE FOR PICKUP USING CODE **M68E4VB**  
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.