

SEPTEMBER 2018 RCNC MONTHLY NEWSLETTER

2018 Rally for Recovery Highlights!

"Many Pathways - One Destination" was the theme of this year's Capital Area Rally for Recovery hosted by RCNC on September 8th. The purpose of the yearly rally is to celebrate National Recovery Month, raise the profile of recovery, increase understanding of the value of - and contributions by - persons in recovery to our family, friends, communities, policy makers and media.

The rally and walk were incredibly exciting and took place at the beautiful Mordecai Historic Park in Raleigh, and included powerful words about the future of support to address substance use disorders, the opioid crisis and mental health concerns from the Deputy Secretary for Behavioral Health & Intellectual and Developmental Disabilities, Mr. Kody Kinsley.



Deputy Secretary for Behavioral Health & Intellectual and Developmental Disabilities, Kody Kingsley, and RCNC Executive Director, Dr. Rita Anita Linger

Three hundred people registered and many others dropped by to participate in the day's activities. Fitness Dancing was provided by a certified instructor, Jacque Allen, a demonstration was offered by Jesse Bennett with the Harm Reduction Coalition on how to administer



Naloxone, and presentations were provided by members of Refuge Recovery, Alcoholics Anonymous, Drug Addicts Anonymous and Narcotics Anonymous, and Scott Luetgenau, of Southlight Healthcare on Medically Assisted Treatment (MAT).

Generation Found, a documentary about one of the most successful recovery high schools in the country, was screened at the visitor's center

at Mordecai. Meditation was facilitated in the Chapel. Good food, good friends, great fellowship and lots of fun was had by all!

We look forward to next year's Rally. Stay tuned for 2019 event details!







RCNC is proud to announce we can now begin our search for a location for our Recovery Café!

The heart and purpose of our Recovery Café will be to provide support and healing for our community. The focus will be on recognizing the power of recovery capital and recognizing ourselves as individuals with important gifts to share.



RCNC believes everyone is of value, and - as our parent Recovery Café in Seattle states - "worthy of love and belonging." We, like our Seattle parent, will launch our Recovery Café to stand in the gap as a lighthouse for individuals who are leaving treatment, cannot access treatment, participating in the criminal justice system, newly in recovery, living with a mental health disorder, experiencing homelessness and/or trauma, and essentially anyone in need of support to recognize and remember their potential. We will serve as a bridge builder, holistically working toward improved quality of life for all our recovery café members.

We know that successful outcomes are dependent on sustained recovery. When there are gaps between recovery supports this represents a risk for return to use. Our café will provide diverse and comprehensive recovery supports in addition to putting members of the recovery community to work while stimulating the local economy. Providing employment opportunities for those who are currently unemployed will be a significant asset for North Carolina. We anticipate opening our doors in mid 2019.

We are looking for investors to help build on the current financial support we've received from our parent Recovery Café in Seattle. Come build our Café with us! Our commitment to RCNCs Recovery Café members is to ensure they are supported in maintaining recovery, positive relationships, employment, housing, and taking care of their mental and physical health through our evidence-based programs. For more information on how you can support us, contact: Dr. Rita Anita Linger, Executive Director at RCNC at: ralinger@rcnc.org



RCNC HOPE SQUAD

Each month, team members of RCNC go out into the Raleigh community with members of law enforcement to reach out to individuals who have experienced an overdose and were bought back to life through the administration of Naloxone. Naloxone is a medication designed to rapidly reverse opioid overdose. It is an opioid antagonist - meaning that it binds to opioid receptors and can reverse and block the effects of other opioids. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing from heroin and/or prescription opioid pain medications.



RCNC's Hope Squad members are introduced to these individuals - who we call survivors - and then we provide outreach to them. The survivor is offered encouragement and given examples of recovery and how it is possible. Recovery supports, such as recovery coaching, care coordination, MAT referrals and



other relevant services, are offered. RCNC's Hope Squad follow up with the survivor within a weeks time of the initial visit to see where he or she is at on their journey to a life of meaning and self-worth in sustained recovery. The purpose of this work is to care for those whose lives were almost lost due to an opioid overdose while helping them to see that life is worth living and that the quality of their lives can be significantly improved through sustained recovery.

Hope Squad Members: Detective John Fox, RPD (Raleigh Police Department)
RCNC team: Dr. Rita Anita Linger, Brandon Swigunski, Troy Mann

THE REAR WINDOW: A SPACE FOR MINDFUL REFLECTION

Freedom from the Prison of Self-Image and Self-Doubt

*A message from Dr. Rita Anita Linger, PhD, CPC, CMBP
RCNC Executive Director*

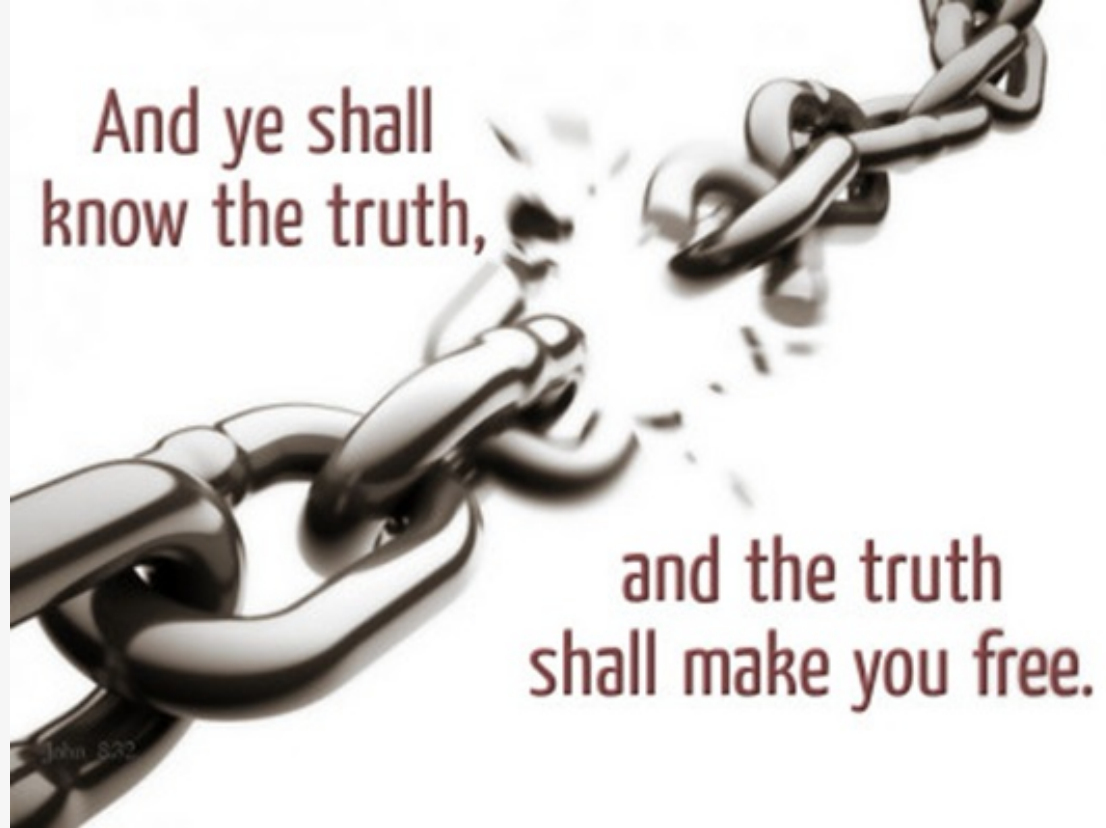
I have always believed that 'self-care is health-care', particularly within our line of work. Compassion fatigue and feelings of being overwhelmed and overworked are common experiences for those of us who care deeply about helping others and offering support to our recovery community members.



As we work, we often criticize ourselves. When we ridicule ourselves and say things like, "I didn't do enough" or "why couldn't I have helped him/her more?" or "I'm not good at what I do. I could have done better", we become locked in a prison of our own negative self-talk and self-image. I would wager all of us have done this at some point in our lives.

As we serve our clients and peers, it's important to remember self-love and self-care, especially in the face of self-loathing and a negative self-image. We are often convinced that what we think we know about ourselves is accurate. We tend to automatically believe our thoughts and opinions without even questioning them. The reality is that these stories are often relative, limited and most definitely flawed...

[READ MORE](#)

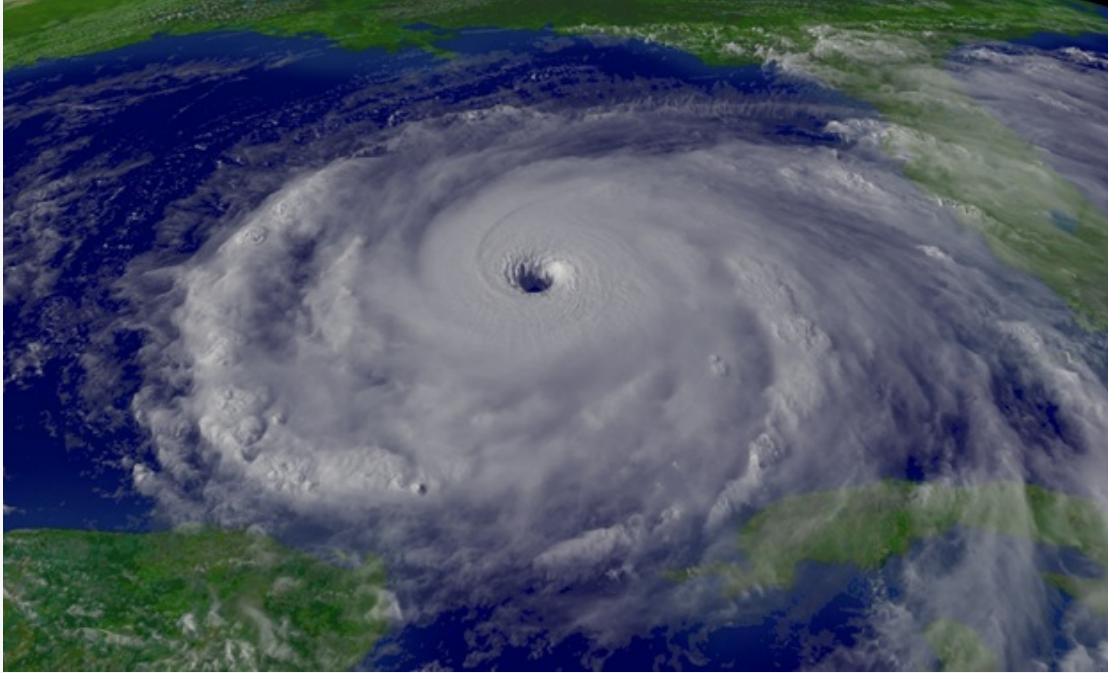


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RCNC's Executive Director on Hurricane Florence

As you know, Hurricane Florence is a major traumatic event in North Carolina. The death, destruction and evisceration of homes and communities is pushing many to the brink of depression and hopelessness, as the well-being, sense of security and stability for many has been compromised. The impact will be felt for years to come. A friend's father who was trying to escape the storm was overcome with fear and stress and subsequently passed away as a result of a heart attack, leaving his elderly wife to pick up the pieces. When people and communities are overwhelmed, that is when they need the most support.

Please reach out to your local recovery centers, community centers and organizations who serve the vulnerable and marginalized and who are also impacted by Florence and share your resources with them, if you can. This is a time for all of us to band together and create a safety net for all North Carolina residents who are going through what is probably one of the most - if not the most- difficult time of their lives. Assessing needs, networking, sharing hope and concrete resources can help those affected to envision a brighter tomorrow. Thank you.



"In My Hometown" Booklet to Be Presented to Governor Roy Cooper!



Your voice is needed and valued!

In honor of National Recovery Month, RCNC is gathering statewide recovery stories to present to Governor Roy Cooper. We would love for you to participate. Here's what the process looks like:

What the booklet is:

- Collection of messages from consumers and various recovery stakeholders
- Messages will be brief and created using this prompt: "Having quality recovery supports in my hometown would make it possible for..."
- Include entries from across the state

Benefits:

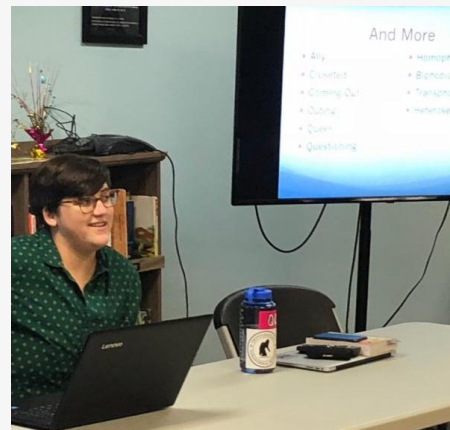
- Awareness: The Governor will have a memoir which speaks to people's experiences in recovery, their families, allies, providers and other stakeholder as it relates to the needs of those with substance use disorders;

- Inspiration: People will feel inspired to continue their local recovery efforts;
- Momentum: This effort would bring attention and momentum to the needs of those in recovery and those who support them and who are planning to open recovery focused organizations.
- Statewide connection: A common complaint we hear is that if people are not in Raleigh, their voices aren't heard. This would be a way for the Governor to connect to people across the state.

What you can do: Let your voice be heard by sharing your experiences about your recovery, a friend, family member or program participant. Change requires "VOICE" to actualize it. Please send your letters via email to ralinger@rcnc.org. Be sure to put in the subject line of your email, '*RECOVERY IN MY HOMETOWN*'. This will ensure your email is not overlooked. We would appreciate receiving your brief essay, or letter by Tuesday, September 26th so that we can deliver the booklet to the Governor shortly after the 26th. Thank you for caring, sharing and using your voice as a beacon of change!

K. Reid Getty, (Pronouns: They/Them), Youth Recovery Coach, Advocate and LGBTQ Trainer

K. Reid Getty provided a comprehensive training on caring for those who are part of the LGBTQ community and are in recovery. The training covered a variety of relevant information, including community terminology, sexual orientation vs. gender, and information on the spectrum of sexuality and gender. RCNC is committed to providing training and information on diverse subject matters for recovery and treatment communities across the state.



OUR NEW WEBSITE IS HERE!

This month we launched our new website and we encourage you to take a look and tell us what you think! We'd love to hear from you.

We have a new logo, too, and an online store called, *Eden's Blue Umbrella*, where you can buy all sorts of goodies to support your physical, mental and emotional health. Our new logo represents the landscape of change, support, and a laser focus on health in recovery.

We recognize the importance of health in sustained recovery and understand how one cannot achieve holistic wellness and ongoing recovery on their own. We need a diverse community of individuals to bring their various strengths, skills and passions to the table to help us create a brighter future.

Those who are in recovery, and their family members, friends and allies, are needed to spread the message of hope, to shift negative language, to reduce stigma, to advocate and to show that recovery is possible. RCNC galvanizes North Carolina's recovery community to this end and we value your commitment and support of our goals.

Don't forget to check out our upcoming trainings and educational opportunities, and please, if you can, support us financially so that we can expand our reach. See our donation link below and on our website.

[VISIT OUR WEBSITE](#)



SAVE THE DATE!

UPCOMING EVENTS & ACTIVITIES

Second Tuesday of each month- Mind Body Skill Building for Stress Reduction and Resilience @ RCNC, Raleigh, NC

Self-care is at the heart of real health and well-being.

Join Dr. Deeanna Burleson and Dr. Rita Anita Linger in a mind- body medicine skills program to discover and learn self-care techniques to improve your health, well-being and resilience. In addition to learning mindfulness techniques, you will also gain an understanding of the physical and mental benefits of these powerful but simple tools for self-care. Ideally, groups are composed of 10-12 people and meet weekly for 2-hour sessions. Other schedule options can be arranged as the need is determined by a group. Day-long and weekend sessions can be planned as requested by your group. For the purposes of this particular training, we will be meeting once a month on the second Tuesday of each month.

September 19th - SOAR Overview (SSI/SSDI Outreach, Access,

and Recovery (SOAR) @ RCNC, Raleigh, NC, 11 AM

The SSI/SSDI Outreach, Access, and Recovery (SOAR) is a program designed to increase access to SSI/SSDI for eligible adults - who are experiencing or at risk of homelessness - and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder.

September 24th - Free Screening of Dying in Vein, the Opioid Generation, @ RCNC, Raleigh, NC, 6-8 PM

Dying in Vein is a deeply personal exploration of opiate and heroin addiction through a cinéma vérité style documentary that drops you directly into the lives of an addict in recovery, a couple trying to get clean, and a family grieving the loss of their son. Through these stories, the film explores the contemporary belief of 'living life pain free', the shame and blame that exists around addiction, co-dependence, and the impact of socioeconomic class on our broken treatment system. *Download the event flier [here](#).*



Email RCNC for more information, if needed: info@rcnc.org

SHARE YOUR STORY

To promote recovery in North Carolina, we want to share your story on our social platforms! Through effective messaging, we can eliminate shame and secrecy, challenge deeply rooted social stigmas, and facilitate a positive conversation about addiction and recovery in our community.



Please help us spread the message of recovery and educate about our vibrant recovery community and movement by filling out the form below. Be sure to keep your message short, sweet and to the point so it takes only a few minutes of your time.

SHARE YOUR STORY

GIVE.

ADVOCATE.

VOLUNTEER.



RCNC VOLUNTEER OPPORTUNITIES:

Recovery Communities of North Carolina (RCNC) is North Carolina's premiere recovery-focused community organization.

RCNC's Recovery Community Center (RCC) is a place free from stigma which offers peer recovery support to North Carolina's Recovery Community. At our RCC, recovery support falls within four categories: emotional, informational, instrumental, and affiliational. This means we have space to provide everything from recovery coaching to peer support groups to job readiness training & education to help accessing social services & transportation to ping pong tournaments & cookouts. These recovery supports are community driven and community run. We can't do this without you!

LEARN MORE

**Only 10% of people needing
addiction treatment get it** and
it is often too brief. For them &
for those with no treatment,
community is the answer.

Please support RCNC now.
Recovery is for everyone.
Recovery is forever.

DONATE FOR RECOVERY

ABOUT RCNC:

Recovery Communities of North Carolina's (RCNC) mission is to promote addiction recovery, wellness and citizenship through advocacy, education and support.

RCNC Recovery Community Center
5245 Capital Blvd.
Raleigh, NC 27616
(919) 231-0248/0249
info@rcnc.org

RCNC.ORG

STAY CONNECTED:

