



# Newsletter

A publication of Greater  
Macomb Project Vox  
Issue 12  
December 2009

## Happy Holidays From Vox!!

This time of the year, recovery related publications print articles on relapse prevention. While I am sure it is helpful to some of our readers, I also find it a little inconsistent with a true message of recovery advocacy.

In my humble opinion, there is a message that is just as important this time of year. All over the world families who have been torn apart at the seams by addiction, are reuniting for the holidays. Amazingly talented and brilliant people, who perhaps a few short years ago would not have been allowed at the table for family dinners are being invited to say the blessing over the holiday meals. Parents who have been absent due to the effect their addiction had on their lives, will be opening up Santa's gifts with their children. There are many stories of gratitude and Holiday Wonder in the recovering community.

Yes, this is a time to be aware of the things that we in the recovering community must do to keep ourselves safe, but is also a time of magic! As chair of Greater Macomb Project Vox, I see our organization continuing to work diligently to see that the tools

required to bring that level of healing are provided and where possible, improved upon.

As the year draws to a close, it is with pride and a great sense of accomplishment I look back on this year's activities. A heartfelt thanks to Vox members for helping make them possible! Project Vox members were part of the National Celebrate Recovery March and Rally. On September 12, events were staged all over the country that brought an estimated 70,000 people together to join in supporting the recovery community.

For the first time, the September events surrounding Celebrate Recovery included using art as activism with theater productions and poetry readings. This was possible because Project Vox was at the table as part of the planning committee.

Our first Sober Cruise was a success. Over a hundred people attended a wonderful August evening cruise on the Detroit Princess.

Vox members were quoted in national publications, speaking out and helping to put a face on recovery.

Vox members facilitated several groups that provided educational and support services to members of the recovering community.

Through letter writing campaigns, the local recovery advocacy community was a large part of helping move parity legislation through it's steps to becoming law.

Project Vox led the way in obtaining the most signatures, of any county in Michigan on petitions addressed to Michigan Association of Community Mental Health Boards. The purpose of the petitions was to let policy makers know that treatment funding should be a priority as they consider budget cuts.

I leave you with wishes for a warm, safe, happy, and if need be, healing holidays. Remember that sometimes the most precious gift you can give is the one of truly being present. Engage, be grateful, love much, and see you next year!

*Deborah Garrett*  
Editor and  
Chair of Greater Macomb Project  
Vox

**“ Advocacy is about turning personal stories into social action and presenting an alternative perception that helps effect change.”**

**From Faces and Voices of Recovery Web Site**

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**Greater Macomb Project Vox is a grass roots effort organized to educate all segments of the community that recovery is not only possible but a reality for many people, and to advocate for change to policies that negatively affect the availability of treatment and resources for the recovering community**

## “DARE TO BELIEVE” -An Interview with LaNetia Norris

LaNetia Norris is a very strong supporter of Recovery Advocacy efforts, and the recovery community. We asked Lanetia a few questions and she graciously shared her insight as follows:

DG: Can you share some of your "recovery" experience with us?

LN: Going from an addiction to recovery has been a long and tedious journey but for the most part, I must say it has been an awesome spiritual experience. There have been lots of highs and lows; however I have been able to overcome most of the barriers that attempted to block my road to success. My walk with God has been truly a big part of my recovery experience; because it is GOD who keeps me in perfect peace when the storms of life are raging! The highs were my marriage of 24 years, raising my 5 children and celebrating their accomplishments personally and academically, along with going back to school and obtaining my Masters De-

gree in Social Work and working in the field of substance abuse. It is a blessing to be able to give back what has been graciously given to me, and to be able to motivate individuals to change their lives. The lows were the death of my brother and the life struggles of my son.

DG: What has being in recovery brought to your life?

LN: Being in recovery has afforded me the ability to live a life full of promise and hope. It has allowed me to give back to people in recovery and to the community on a personal and professional level. Being able to inspire people to believe in themselves and believe that change is possible is an awesome privilege that I take a lot of pride in.

DG: If you had some face time with policy makers right now, with so many

decisions being made about funding, etc. what would you want to say to them?

LN: If I had some free time with policy makers, I would want them to know that family is the fundamental piece of the community and when you have parents who have an addiction it impacts the entire community. There is a lot of money being funneled into prevention. However, if that addicted parent is not afforded an opportunity to change his/her life than the child still suffers, and ultimately the entire community pays for the ills of that dysfunctional family. Revenues that are earmarked to address the entire family unit would be more cost effective versus teasing the funds out to address certain populations.

DG: I know you are a treatment professional; can you share with me some information about your practice, what you do, and how folks can reach you?

LN: I have been working in the human service field since 1988. I have provided individual, group, marriage and family therapy in the private and





**parenting**  
**UNPLUGGED**

2010 Parent Conference  
MACOMB COUNTY'S  
15TH ANNUAL PARENTING CONFERENCE  
**Saturday, March 6, 2010**  
8:00 AM - 3:30 PM  
MISD Conference Center

**Pre-Registration Is Required!**

To register, fill in the information below, detach and mail with payment to the following address. **Do not send cash.** Please make checks/money orders payable to CARE.

CONFERENCE FEE: \$35 PER PERSON.

Send Registration To:  
CARE  
Attn: Parenting Conference  
31900 Utica Road  
Fraser, MI 48026  
FAX: (586) 541-0034

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_  
School District \_\_\_\_\_  
Email: \_\_\_\_\_  
Total \$ Enclosed \_\_\_\_\_  
Credit Card # \_\_\_\_\_  
Expiration Date \_\_\_\_\_

Please complete one registration form per person. Copies are accepted.  
Limited tickets are available.  
SB-CEU credits pending.

Registration accepted until  
Feb. 24, 2010 or while tickets last.  
(Refunds will not be made after deadline)

Yes, I would like to sponsor tickets for parents in need.

Amount: \$ \_\_\_\_\_


TICKETS AVAILABLE ON DECEMBER 1ST.  
SEATING IS LIMITED.

**Bob Howe presents:**  
**“YES IS A TWO-LETTER WORD”**  
**THE POWER OF SAYING NO.**

**In a fast-paced, high-tech, instant-gratification world, how can parents build self-motivation, confidence, & responsibility?**

- ★ Great speakers on 15 different parenting topics.
- ★ Learn about local parenting resources.
- ★ Continental breakfast and lunch included.

Visit [www.careofmacomb.com](http://www.careofmacomb.com)  
or call **586.541.0033** for more information.



CARE (Community Assessment, Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state and local funding has been provided through Macomb County Mental Health Office of Substance Abuse to support project costs. Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, Fraser, MI 48026. (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30964, Lansing, MI 48909.

## COMMUNITY UPDATES

### The Macomb Miracles

Newsletter of the Macomb County Area of NA is accepting submissions of poems, stories, and thoughts that express your experience hope and strength. Please contact [macombarea@michigan-na.org](mailto:macombarea@michigan-na.org) for further details.

### WOMEN FOR SOBRIETY-New Meeting

DATE: Every Tuesday

LOCATION: CARE 31900 Utica Rd. Fraser

TIME: 5:30-6:30 PM

Contact Renee Palmer at

[Shortpalmer@gmail.com](mailto:Shortpalmer@gmail.com) for further details

### Red Wings raise money for Project Vox.

Tickets for designated games, including January 26, 2010, are available for \$25 (or \$30 includes a hot dog, soda and hockey puck!). To order tickets ask for Nichole Loftin at 313 396 7589. Call CARE for more information at 586 541 0033.

**Project Focus-** A free support program for parents, caring adults and youth ages 6-15 will begin in February at Christ United Methodist Church. This program includes dinner and is sponsored by CARE. Call 586.341.033 or visit [www.careofmacomb.com](http://www.careofmacomb.com) for more information

# THE 4 R'S OF RECOVERY ADVOCACY

*The following is a reworking of an article published in Connections. The newsletter of MI Association of Community Mental Health Boards. Credit to the original Author follows the article.*

Advocacy has always been an important tool for change to those of involved in mental health issues and substance use disorders, but in these economic times, knowing how to effectively make our point with elected officials is essential. We cannot bring change or secure adequate funding without powerfully persuading policy makers and fiscal decision makers with the important facts about mental health issues.

My past experience as a State Representative allowed me first hand knowledge of many kinds of advocacy efforts, not all of which were effective. For example, receiving 300 carbon copy postcards that only needed a signature, was not effective! It is my hope that THE FOUR "R's" of ADVOCACY, will be a simple way to help you confidentially and effectively succeed in your advocacy efforts. THE FOUR "R's": Relevancy, Research, Relationship, & Repetition, make up a blueprint for you to follow. As you establish RELEVANCY using RESEARCH, you will influence RELATIONSHIPS. This, reinforced by REPETITION, will bring success. Let's look at each of these "R's" individually to put the blueprint together.

**RELEVANCY**-Ask yourself, "If I were the elected official, why would this matter to me?" It is vital to make your case based on how it affects their constituents back home. When the people who voted them into office care about an issue, THEY care about it. How many will be affected, and how? Give them real life examples from back home. Invite them to visit and see first hand when they are back in the district.

**RESEARCH**-Increasingly, government policy makers and funders are requiring

solid research and valid outcomes which support your issue. Have your research ready in a short handout you can leave with the office after your visit. Show them, for example, the economic return on investment of mental health parity. Whatever your concern, show them in black and white why it makes sense morally, fiscally, and legislatively.

You have now established RELEVANCY, or why it matters, and provided RESEARCH which backs up your issue. RELATIONSHIP comes next in the building of our advocacy case.

**RELATIONSHIP**-Relationship affects all the others, and in my opinion is THE most important! You will have a much better opportunity to really be HEARD if you have established a trusting relationship before you need to advocate about an issue. They should already know who you are, who you represent, and if you are from an organization, what that is. This is accomplished by going to their office or scheduling a time to meet with them during their district hours. Make scheduling a "meet and greet" session a priority if you do not have an ongoing relationship with your Senator and Representative. Always respect their time, be brief and respectful. Address them as Representative or Senator even if you know them. If you don't know who they are, you can find out at [www.michigan.gov](http://www.michigan.gov). In real estate they say, "location, location, location." In advocacy, I say, "relationship, relationship, relationship!"

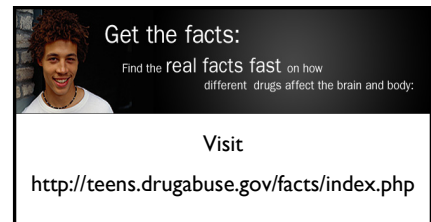
**REPETITION**-Repetition completes our construction of a solid advocacy effort.

You must tell your story; make your point—over and over and over. Meeting with your official often maintains not only the important relationship,

but allows you to keep your issue fresh in his/her mind. For your visits, always prepare a "leave behind" fact sheet containing your relevancy and research, along with a repeat of what you are asking them to do. Follow up your visits with a thank you note that again repeats the purpose of your visit. You can e-mail or call the office to check on progress of an issue as new developments occur. Remember it takes seven repetitions for an issue to "stick".

Advocacy can be a little intimidating, but I believe that if you follow the blueprint of THE FOUR R's: Relevancy, Research, Relationship, and Repetition, you will find it rewarding and successful. Individuals with mental illness, developmental disabilities, or substance use disorders deserve more success in the legislative arena!

*Barbara Vander Veen is a three term legislator from the Michigan House of Representatives. During her tenure she worked closely with her local community mental health board championing their issues, both at the local and State level. After being termed out in 2006, Barbara was asked to join the local Ottawa County Community Mental Health Board, where she currently serves as Vice Chair. She serves on the MACMHB Legislative Committee. These experiences combined with her RN nursing background, give her a unique perspective on advocacy.*



Get the facts:  
Find the real facts fast on how  
different drugs affect the brain and body.

Visit  
<http://teens.drugabuse.gov/facts/index.php>



## Long-Time Detroit Treatment Provider Comes To Macomb County

Since 1969, Self-Help Addiction Rehabilitation (SHAR) has provided services for those with Substance Use Disorders in the Detroit area. A non-profit 501(C)3, SHAR has primarily provided those services through their 140 bed facility for men and their 30-bed women and children's specialty program. They also deliver on-site services at Jackson Correctional facility, and the Women's Huron Valley facility in Ypsilanti.

They have recently expanded their scope of services to include a new location in Macomb County that can serve 80 residents. The new men's program is located at 6902 Chicago Road in Warren.

SHAR's philosophy of treatment is based on the Therapeutic Community model. They are one of three in the state that use this model. The philosophy uses a mixture of self-help, motivation

for change, tough love, empathy, and other principles that promote personal growth and responsibility. With a positive peer culture, the community is the major agent for change.

Staff consists of Psychiatrists, Social Workers, psychologist, addiction counselors, and case managers. The facility is supervised 24/7 by a trained staff.

Dwight Vaughter, SHAR's Director, says their organization is prepared to continue the legacy of helping their community and respond to the many challenges now facing treatment providers. Visit [www.sharinc.org](http://www.sharinc.org) for more info.

## LaNetia Norris: Continued from Page 2

public sectors. However, my love is motivational speaking. Having personally been knocked down by life's circumstances and having the courage and ability to get up has been my crowning achievement because it inspires others to believe that change is possible, if only they dare to believe.

I was recently the keynote speaker for NCADD-GD 8th Annual Recovery March and

Rally. I have also been featured on 105.9 KISS FM addressing the correlation between depression and the economic state of the nation. I am the Clinical Manager of SHAR INC. a 120 bed residential treatment facility for adult males who have a history of substance abuse and/or mental illness. Concurrently, I provide Relapse Prevention Workshops for Women Only at the Detroit Health Department, Herman Kiefer Complex; 1151 Tay-

lor every Thursday evening from 6pm – 8pm in the basement auditorium. I am also available to come out to your agency to provide recovery workshops and motivational speaking. The workshops I cover but not limited to are as follows:

- Spirituality in Recovery
- Anger Management
- Pathological Gambling
- Life Skills
- Relapse Prevention

- Domestic Violence
- Forgiveness
- Relationships
- Grief and Loss

Ms. Norris is available for speaking engagements and facilitating workshops by contacting 313-520-0554, visiting either [www.lanetianorris.com](http://www.lanetianorris.com) or [www.eclecticounselingservices.com](http://www.eclecticounselingservices.com), and by email at [lnorrismsw@yahoo.com](mailto:lnorrismsw@yahoo.com).

### OUR MESSAGE

- Many people who suffer the effects of addiction can and do get better and lead meaningful and productive lives.
- The ways they achieve this are as many and varied as the people AOD problems affect.
- Shaming and stigmatizing those with AOD problems shows not only a lack of understanding of the problem, but prevents people from seeking help.
- Removing environmental barriers to recovery, which include the promotion of laws and social policies that reduce AOD problems saves money in medical, criminal justice, social services, and productivity costs.
- It is vitally important to promote services that support a recovery lifestyle.

# Web Sites We Like!

**FACES &  
VOICES**  
OF RECOVERY



organizing the  
recovery community

Faces and Voices is a national recovery organization located in Washington D.C.. They are the pulse of the recovery advocacy movement in the U.S. Their goals are: 1). To celebrate and honor recovery in all its diversity 2). To foster advocacy skills in the tradition of American advocacy movements. 3). To produce principles, language, strategy and leadership to carry the movement forward.

<http://www.facesandvoicesofrecovery.org/>



**the second road**  
where life intersects with recovery

Mission Statement: Find supporters and community you can relate to, share stories, thoughts and feelings, reach life-changing goals- large and tiny, one minute or one year at a time- 24 hours a day, 7 days a week.

TheSecondRoad.org is a Charlottesville, VA based not-for-profit to help those in recovery (and the families of those affected by addiction) learn to live with the challenges presented by every day life and continue on a fulfilling road of recovery. TheSecondRoad.org realizes that for those trying to stay clean and sober, the often inadequate treatment "after-care"; the daily struggle of living in trigger-filled environments; the lack of connections to individuals with the same cultural or experiential backgrounds; and the fear, shame and/or inability to reach supporters when feeling most hopeless often makes the recovery process daunting and the notion of staying in recovery unattainable.

By offering a community of trust and understanding; 24 hour access; inspiring stories from people of diverse cultures and backgrounds; the knowledge of many experts in the addiction treatment field; and the tools to resist relapse, all in a secure, non-threatening environment, TheSecondRoad.org offers a revolutionary way to communicate, interact, learn, and live.

[www.thesecondroad.org](http://www.thesecondroad.org)



**JOIN TOGETHER**

FROM THE NATIONAL CENTER ON ADDICTION AND  
SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY

Our mission is expressed in our name. Join Together helps community leaders understand and use the most current scientifically valid prevention and treatment approaches. Our surveys have shown that communities with written strategies that are broadly supported by key leaders and institutions are the most likely to be successful in reducing and preventing alcohol and drug problems.;

<http://www.jointogether.org>



**IN THE ROOMS**<sup>®</sup>  
A GLOBAL RECOVERY COMMUNITY

In The Rooms connects the recovery community to a wide variety of online social networking tools to facilitate meetings among like minded people and assist in their recovery. You can upload pictures and videos, chat online, attend virtual meetings with people from all over the world, create journal entries, create blogs, and forums. Very cool tecno-savvy ways to share your experience, strength, and hope!

[www.intherooms.org](http://www.intherooms.org)



**ONDCP**  
Office of National Drug Control Policy

The principal purpose of ONDCP is to establish policies, priorities, and objectives for the Nation's drug control program. The goals of the program are to reduce illicit drug use, manufacturing, and trafficking, drug-related crime and violence, and drug-related health consequences.

(<http://ondcp.gov/index.html>)

# How To Get Involved!

Legislative and Community Activists: We have a contingent that writes letters and voices their response to legislation that affects the quality and delivery of care to those suffering from addiction, and their families. It is imperative that the stigma associated with addiction be removed. Examples would be Letters to the Editor, letters to legislatures, etc. Please contact us if you'd like to be added to our email list and receive notice of how you can support Vox's efforts in this area.

Event Planning Committee  
Project Vox strives to be actively involved in the recovery community and organizes several events a year. We participate in National Recovery Month events in September, and host other dinners and events throughout the year.

2009 Accomplishments included  
Participation in the 9th Annual Celebrate Recovery event, which included a walk and rally downtown, Sober dinner cruise, Petition drive, and much more.

Speakers Bureau: We are training a wonderful group of individuals who will be going to treatment agencies and other public forums to discuss what it is like to live a life in recovery, why it important to speak out and how others can get involved. Help us put a face on recovery by speaking out!

Newsletter: Contributions are gladly accepted for this newsletter. We hope to keep it chocked full of news about current events and issues facing those living a life in recovery. It's purpose is to share what fellow advocates all over the country are doing, and some valuable resources for how to "put a face on recovery."  
Web Site and Message Board Project

Vox's web site is always being updated with links and meeting information. Web address is: <http://www.projectvox.com>. Please join us!!

**The Community Can not support what it can not See!**

Meetings on Third Thurs of every month  
5:45 p.m.  
Please call to confirm future meeting dates

Offices of CARE  
31900 Utica Rd  
Fraser MI 48026  
(586) 541-0033

