

R2RCNY ADVOCATE HANDBOOK

From the Founders and Advocates, WELCOME ABOARD!

We hope that this guide will help you find your “fit” within Ready2RecoverCNY. But FIRST, and BEFORE you go any further, please go to our website:

<https://www.r2rcny.org>

To start your journey, click on ABOUT, and from the drop -down menu, click on Our Story:

<https://www.r2rcny.org/our-story>

Next, click on GET INVOLVED: <https://www.r2rcny.org/getinvolved>

And once you’ve absorbed all that’s there, be sure to click

<https://www.r2rcny.org/testimonials> to hear from our alumni about their lifechanging experiences as recipients of help from R2RCNY.

We are confident that the information you learn from the website will inspire you to jump right in to your advocating work!

THREE THINGS THAT ADVOCATES NEED TO KNOW:

1. **The Mission Statement.** This informs and guides *everything* R2RCNY does, and advocates should be thoroughly familiar with it.

Our mission is to identify people with opioid addiction in financial need and help fund long-term treatment to promote lasting recovery, and to support, educate and encourage families of those with opioid addiction.

2. **The Process.** This outlines the steps R2RCNY follows in order to meet our Mission.

We have developed a process to ensure the best possible outcome for our recipients. Our process involves careful candidate selection, immersive, long-term treatment in a well vetted program, family participation, and a requirement to “Pay it Forward”.

For details about our process, click on <https://www.r2rcny.org/get-help>

3. **Action Groups.** These are the areas where R2RCNY needs YOU to help us fulfill our mission.

- *Donor Development*
- *Fundraising Events*
- *Gratitude Events*
- *Fighting Stigma*
- *Alumni Support*
- *Social Media/PR*
- *Family Recovery*
- *Navigator Program (by invitation only)*
- *Candidate Selection Board (by invitation only)*
- *Board of Directors (by invitation only) - Tim Endy, Chair*
- *Oswego County Action Group*

Be sure you have completed the Advocate Form

<https://www.r2rcny.org/advocate-application-form> as well as the Release Form, available from our Advocate Coordinator. Then email her at r2rcnycb@gmail.com to choose the Action Group you want to join, based on your interests and skill set.

HELPFUL RESOURCES

- R2RCNY Website: <https://www.r2rcny.org>
- Sign up for R2RCNY Newsletter: <https://www.r2rcny.org/contact>

TIPS FOR ALL ADVOCATES

1. Be thoroughly familiar with our Mission Statement and our process for carrying out our mission. It is extremely useful when you are advocating for R2RCNY.
2. Always carry R2RCNY business cards (available from the Advocate Coordinator). Brochures are also available from the Coordinator.
3. Attend all Advocate Meetings and Action Group Meetings.
4. For up-to-date information, frequently visit the R2RCNY Facebook page.
5. Read the quarterly Newsletter both to review and preview R2RCNY's activities, announcements, and current R2RCNY needs. Current copies are posted at the bottom of this page. <https://www.r2rcny.org/get-involved>

6. Practice some “talking points” such as;
 - “R2RCNY funds long-term (vs short term, often ineffective) treatment for its recipients
 - “R2RCNY is 100% reliant on donations and 100% on volunteers
 - “Cost per recipient is more than \$23,000 for 6 months of treatment
 - “To date, we have helped 33 people
 - “More than two thirds of R2RCNY alumni remain in recovery
7. Remember that the names of recipients are confidential. Use first name and last initial only.
8. Celebrate successes and share challenges with other advocates. Help each other complete Action Group tasks.

GLOSSARY OF ADDICTION-RELATED TERMS

Addiction: the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma

Detoxification (detox): a period of medical treatment during which a person is helped to overcome a physical and psychological dependence on alcohol or drugs

Heroin: a white, crystalline, narcotic powder derived from morphine, formerly used as an analgesic and sedative, which is highly addictive

Methadone: a synthetic narcotic, similar to morphine but effective orally, used in the relief of pain and as a heroin substitute in the treatment of heroin addiction

Narcan: a narcotic analgesic antagonist used in the reversal of an opioid overdose

Opioids: synthetic compounds having similar effects to natural opium and its derivatives

Overdose: to take a level of drug higher than can support life

Recovery: to abstain from alcohol and drugs

Rehabilitate (rehab): a program or facility for treating persons addicted to drugs or alcohol

Relapse: to fall back into former habits, such as using drugs or alcohol

Twelve Steps: spiritual principles which can help people overcome addiction

Sober: habitually not using alcohol or drugs

Stigma: an attitude of reproach or disgrace towards people who are addicted

Suboxone: a combination of buprenorphine and naloxone which blocks the effects of opioids and prevents withdrawal, used in treating opioid addiction

Sublocade: an injection which lasts a month, used to treat opioid addiction

THE 12 STEPS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.