

Liberation Programs Newsletter

August / September 2018

September is Recovery Month

A message from Liberation Programs'

Interim CEO, Cary Ostrow

September is National Recovery Month, when the country purposefully sets time aside to celebrate stories of recovery from the disease of addiction. It also gives us time to review the proven methods developed over many decades that have helped millions of Americans improve their lives. Liberation Programs will be hosting a number of events ourselves and are proud to be part of this national movement to recognize that recovery can, and does, happen.

But there's always some trepidation as we approach September. [Click here to continue reading...](#)

The Health & Wellness Center



July 19, 2018



August 2, 2018



Fall/Winter 2018

Progress continues on the construction of Liberation's new Health & Wellness Center. This state-of-the-art treatment facility will provide more services to more people to help them live productive lives free from addiction.

The Center for Disease Control predicts that the nation-wide number of deaths due to overdose for 2017 will increase 6% over 2016 (final figures will be released in the near future).

We see an even more dramatic increase took place in Connecticut from 2015 to 2016, when the number of overdose deaths rose from 800 to 971 - an increase of 21%.

It's clear that we need to be ready to save more lives.

When the Health & Wellness Center opens, Liberation will continue to do just that - as it has been doing for nearly 50 years - with an approach to treatment that focuses on each individual who comes to us as a whole person in need of healing.

The Trauma & Gender Agencies Project



Liberation is proud that its Families in Recovery Program (FIRP) is one of only four programs from across Connecticut chosen to participate in the prestigious Trauma & Gender Agencies Project of The Connecticut Women's Consortium and the hope & grace initiative, a project of New Venture Fund. This important initiative will help FIRP further ensure that its work is responsive to the unique needs of women and girls in treatment and that we fully infuse the program with practices that address the impact of trauma in our clients' lives.

Below is a photo of staff and clients at the recent kick-off meeting. Thank you to the **CT Women's Consortium** and the **CT Dept. of Mental Health & Addiction Services!**

Back to School with Mitchell's of Westport



Lisa Coppotelli from **Mitchell's of Westport** was greeted by smiles and excitement from children at Gini's House when she delivered backpacks filled with school supplies. Since opening in 2014, Gini's House kids have been the happy recipients of what Lisa calls "a labor of love."

Gini's House is Liberation's permanent, affordable housing complex in Norwalk - one of the few supportive housing solutions for families in Connecticut.

Liberation Programs and all the parents at Gini's House thank Mitchell's for their thoughtfulness and generosity!

Be Part of This Year's Impact Vine

Help welcome men to new lives in recovery at Liberation House

When you contribute to Liberation Programs' project on **The Impact Vine**, you provide each man who arrives at Liberation House with a welcome kit. Kits will include some of the essentials he'll need as he works to become addiction free and learn how to thrive in recovery - including a GED Study Guide.

[Click here to learn more about Liberation's Impact Vine project and how you can provide welcome kits for men working through addiction.](#)

2018 Staff Picnic at Sherwood Island



Liberation Programs held its annual Staff Picnic at **Sherwood Island State Park in Westport**. After enjoying barbeque from **Chef Jeff**, 30 lucky staffers won gift cards and the “grand prize” was an iPad – all generously donated by members of our board. The picnic was a rare opportunity for nearly 100 staff to get together from across our four program sites and celebrate each others life-saving work.

Thanks, Liberation staff for all that you do!

[See Photos from the Staff Picnic](#)

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