

Liberation Programs Newsletter

October / November 2018

Co-occurring Disorders

A message from Liberation Programs'

Chief Operating Officer, Cary Ostrow



At community forums, a popular topic of conversation is how to help individuals with “co-occurring disorders.” Broadly defined, a co-occurring disorder is when someone has a psychiatric diagnosis, such as depression, and also a substance misuse disorder. The National Institute of Health estimates that more than 8 million Americans are afflicted with both of these difficult diseases at the same time. The conversation inevitably and understandably ends up at a key issue – does an individual misuse a substance to help alleviate the symptoms of the psychiatric issue or is the psychiatric issue caused or made worse by the substance misuse? The answer, quite simply, is “yes.”

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Celebrating Recovery Every Day



Liberation Programs celebrates the courage of our recoverees every day. During National Recovery Awareness Month in September, we participated in some very special events, both in our own programs and out in the community.

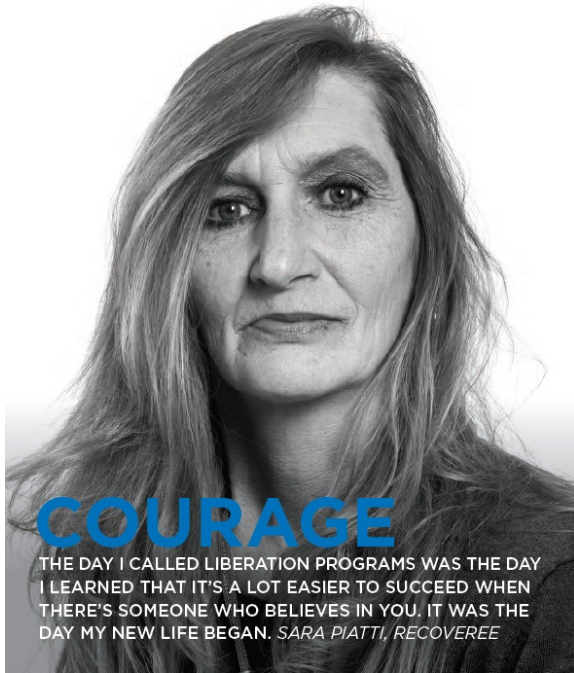
Just a few of the highlights included a four-part series of activities at our Inpatient Treatment Program in Stamford that included a Monologues and Art Presentation, pictured above. Women and children from the Families in Recovery Program, and men staying at Liberation House joined in the annual Recovery Walk in Hartford, see photo below.

If you have a special flair for the arts and are interested in volunteering to share your inspiration, please contact Elaine Osowski at 203.604.1144 or email elaine.osowski@liberationprograms.org



The Faces of Liberation Programs

We are pleased to share our **2017 Impact Report** with you. This piece looks back at a year when deaths



from opioid overdoses continued to rise for the 39th consecutive year in the U.S. In Connecticut alone, 1,038 people died from overdose in 2017 and Fairfield County accounted for 144 of those deaths.

At Liberation, we believe that that is not only unacceptable – it is also 100 percent preventable. Your support makes that possible.

Our treatment works and it saves lives. We hope that you may consider a new investment in Liberation in 2018.

[Read more...](#)

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Creating a Healthy Community



Increasing access to addiction treatment in our communities is the vital link to saving lives. The first step is letting people know what resources exist.

Liberation Programs was among 21 organizations offering information and resources at Housatonic Community College's Health Fair. Health Educator Charlene Lee responded to students who asked for help on behalf of a family member who reported they were currently active in their addiction.

We'd love to be invited to share our knowledge. Reach out to us by email: info@liberationprograms.org or call 203.851.2077.

In Case You Missed It...
Liberation Welcomes
John Hamilton as Our New CEO



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