

JANUARY 2019

News from Liberation Programs



Medication-Assisted Treatment and Its Life-Saving Benefits

A Message from John Hamilton, LMFT, LADC

Last month I talked about the importance of **increasing access** to treatment and doing whatever we can to save lives. In order to do so, we must provide people with all evidence-based treatment options available, including **medication-assisted treatment (MAT)**.

Although medications have been used to treat opioid withdrawal and addiction for decades, there is resistance among the treatment community and patients. According to the **American Society of Addiction Medicine**, only 30% of treatment programs nationwide offer MAT and fewer than half of eligible patients receive medication in treatment programs.

I believe we have an obligation to offer MAT to our recoverees because it's the best option for sustained recovery. In fact, **studies show that 90% of people in recovery for opioid addiction will relapse within the first year without one of the approved MAT medications**. It's important to note—medication assists treatment—it is not a cure. Recovery is an active process that requires psychosocial and recovery supports. In addition to medication, individuals must learn skills to cope with life and regulate themselves and their moods without substances in order to succeed in recovery.

READ MORE: [What is MAT and what are the benefits?](#)

Save the Date: Spirit of Hope Benefit

June 6, 2019
Woodway Country Club, Darien, CT

To become a sponsor or volunteer,
please contact James Deadwyler, Chief Development Officer.

Volunteer Spotlight

We thank all of the volunteers who took time to spread holiday cheer to our recoverees and families this holiday season!



Mitchell's of Westport provided gifts for all the children and parents at Gini's House.



Board Member, Mort Lowenthal, and his family cooked Christmas morning breakfast for the women and children at the Families in Recovery Program.



Families in Recovery women, side by side with Community Fund of Darien staff, created festive wreaths.



Volunteer, Rachel Franco, runs a happiness class every week for the women at FIRP. Rachel and her husband, Chris, provided a luncheon to celebrate the holidays!

Trauma and Gender Initiative

You may remember Liberation Programs was one of only four programs from across Connecticut chosen to participate in the prestigious Trauma & Gender Agencies Project (TAG Initiative) of The Connecticut Women's Consortium. We began this project in June 2018 in our Families in Recovery Program (FIRP).

Liberation takes pride in meeting recoverees where they are. TAG promotes this philosophy by ensuring our programs pay close attention to the impacts of trauma and its frequent intersection with substance misuse. It will help us create environments and adopt language and policies that acknowledge and demonstrate value for the lives of women and men and seek to address their distinct strengths and challenges.

As our CEO, John Hamilton says, "This work is so important in ensuring that we continue providing the best possible care to our clients. Dr. Gabor Mate, a Canadian physician and author of *In The Realm Of Hungry Ghosts*, believes all addiction is rooted in trauma. Far too many trauma survivors suffer in silence and self-medicate. The TAG initiative sheds light on the roles trauma and gender play in the recovery process."

Since launching last year, we have assembled a Steering Committee, co-chaired by Rosemary Filgueiras, Chris Cholko, and Maggie Young. Stay tuned for updates in future e-newsletters.

Community Events

John Hamilton, LMFT, LADC, will be speaking at three community events in February. Download the flyers for all the details.

Substance Abuse & Mental Health in Older Adults

Tuesday February 5th 5:30 p.m.

at St. Mark's Episcopal Church
Morrill Hall
111 Oenoke Ridge
New Canaan

John Hamilton
CEO/President
Liberation Programs

Dr. K. Tait Michael
Medical Director,
Community Health
Western Connecticut
Health Network

RSVP to 203.594.5416
development@waveny.org

Mental health conditions and substance use affect up to 20% of older adults, and remain under-recognized and underdiagnosed. Come learn about this important topic and local solutions available in our community.

ALERA GROUP
Event Sponsor

Waveny LifeCare Network
Leading Fuller Lives

Substance Abuse & Mental Health in Older Adults

February 5, 2019
5:30 pm

St. Mark's Episcopal Church
New Canaan

PLEASE JOIN US FOR
A BROWN BAG LUNCH

**Local Teens,
Local Challenges**

John Hamilton, CEO at Liberation Programs will address the results from the Greenwich student survey and more.

Meet & Collaborate with other area professionals working with our teens and become a part of an ongoing discussion.

WED. FEBRUARY 6TH
11:45AM - 1:00PM
12:00PM SHARP START

@ Arch Street Teen Center
100 Arch Street Greenwich, CT 06830
Please RSVP at info@archstreet.org

Bring Your Lunch
Drinks & Dessert Will be Provided

Liberation Programs
RECOVERY FOR LIFE

ARCH STREET

Local Teens, Local Challenges

February 6, 2019
11:45 am - 1 pm

Arch Street Teen Center
Greenwich

The Human Journey Colloquia Series presents

How Does Addiction Affect Family and Friends?

FREE AND OPEN TO THE PUBLIC

GUEST SPEAKER: JOHN HAMILTON, LMFT, LADC
President and CEO of Liberation Programs

Wednesday, February 27, at 3:30 p.m.
University Commons Auditorium

As those who have been impacted by another's misuse of drugs and alcohol know, the many negative behaviors and consequences can cause great suffering and sometimes tragic effects on friends and families. John Hamilton will discuss how addiction affects family and friends and what can be done for those impacted by this disease.

SACRED HEART UNIVERSITY

How Does Addiction Affect Family & Friends?

February 27, 2019
3:30 pm

Sacred Heart University
Fairfield

We would like to thank everyone who donated to Liberation Programs in 2018! Your support helps us provide quality treatment for our recoverees.

[Donate Now](#)

Liberation Programs
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