

# Nebraska Recovery Network

# Recovery Road

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## State Roads: Recipe for Recovery Jam

Of all the many activities the Nebraska Recovery Network is involved in, the monthly Recovery Jams at Hope Auditorium in Lincoln are a great example of grassroots organizing and low-cost recovery activities. Here is the way we make Jam!

**1. Get a few recovering musicians 2. Find a place 3. Print fliers 4. Buy snacks... 5. Plug in and play. 6. Heat slowly 7. Enjoy!**

The Recovery Network provides the sound system, graphic art and printing for fliers, and pays for the snacks. Rent for the hall comes from donations. For 14 continuous months the Recovery Jams have grown from 4-5 musicians and 30 attendees, to 12 or more musicians and singers, with 100 attendees. Folk, Rock, R&B, Country, Blues and Gospel can be heard during a Jam night. Like many things that work well, the concept and structure is simple. **Can we help you begin Jamming in your area?**

### Philosophy

AA is a synthesis of all the philosophy I've ever read, all of the positive, good philosophy all of it based on love.

I have seen that there is only one law, the law of love, and there are only two sins;

The first is to interfere with the growth of another human being, and the second is to interfere with one's own growth.

I stood off and took a long look at life and the values I found in it.

I saw a paradox, that he who loses his life does indeed find it.

The more you give, the more you get.

Bill Wilson



5 jammers on stage, top middle. Clockwise from right, Kristin, Adam, Jeff, Roger and Rand.

Photos by Greg.

**Advocate for Recovery!**

# National Roads:

## News from a Recovering World



*-The U.S. Congress did not take action on the Paul Wellstone Mental Health and Addiction Equity Act before it adjourned. Lawmakers return to Washington in*

*late January. Give your representatives a call and encourage their support for this important legislation.*

*-Are you eligible to vote? Have you registered to vote? Advocating for your recovery can also mean taking your rights as a citizen to heart and voting your conscience during elections. Educate yourself on the issues and the candidates, see which ones reflect your views as a recovering person and VOTE.*

*-You will read on pg. 3 a plea and questions for recovery advocacy. The National Center on Addiction and Substance Abuse at Columbia University has created a brief online survey for people with*

*5 or more years of recovery. CASA would like to gain insight into the personal experiences of individuals 18 years and older in long-term recovery from addiction to alcohol and other drugs.*

*The survey is part of a larger study examining substance abuse treatment in the U.S. and strategies to improve access, availability and quality of treatment.*

*The survey is very brief and can be completed in a matter of minutes. All responses will be anonymous. Your experiences will shed light on the factors that recovering persons consider most important in achieving and sustaining recovery. We would encourage all those within the guidelines to participate.*

**The survey is available online at:**  
**[www.surveymonkey.com/CASA5](http://www.surveymonkey.com/CASA5)**

**“MAKE HELPING OTHERS  
 A WAY OF LIFE.”**

The Nebraska Recovery Network was established to encourage grassroots advocacy for substance abuse and addiction recovery in Nebraska. Through funding assistance from the Nebraska HHS Office of Mental Health, Substance Abuse and Addiction Services, our primary aim is to connect people in recovery, their families and friends of the recovery community with individual and community advocacy opportunities.

**Send More Information. I want to be on the mailing list. Mail to:**

**Nebraska Recovery Network 2501 South St. Lincoln NE 68502**

Yes, I want to help people with addiction to alcohol and other drugs by advocating for recovery issues. I am willing to: (Check all that apply)

- Add my name to those supporting recovery in my area
- Receive e-mail alerts and information about recovery advocacy activities
- Write letters to, call, or visit my elected officials on recovery issues
- Attend local advocacy events
- I want to help with special projects at the local level, like working with others in local recovery programs.
- Please accept this tax deductible donation of \$ \_\_\_\_\_ to help.

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| _____   |       |     |
| address |       |     |
| _____   |       |     |
| City    | State | Zip |
| _____   |       |     |
| Phone   |       |     |

## STATE ROADS: Making Your Voice Heard

**Advocate:** *n. 1. one that pleads the case for another. specif: one that pleads the case for another before a tribunal or judicial court. 2. one that defends or maintains a cause or proposal. v. to plead in favor of.*

The Nebraska Recovery Network works as an advocacy group to let the decision makers in the state of Nebraska, at the national level and the community at large become aware of the issues important to recovering people, their families and friends here in Nebraska. As we begin a new calendar year and look ahead into 2008, we would ask you to let us know what issues are of concern to you.

### STIGMA.

Stigma remains a huge obstacle for many of us in recovery. Though strides are being made, it continues to be a giant problem. From the stigma of having the disease of addiction to alcohol or other drugs. To needing treatment for that addiction. To the stigma of functioning as a recovering addict or alcoholic in the "normal" community. When we add the additional stigma of a felony charge and jail or prison time to persons in recovery leaving our correctional facilities, the stigma of addiction continues to plague the recovery movement.

[How has stigma affected your recovery? Or the recovery of someone close to you?](#)

### TREATMENT.

Let's start with the well-documented fact that treatment for addiction to alcohol and other drugs is effective. All studies show that treatment programs can and do: identify those with addiction problems, implement a form of treatment to establish recovery from addiction and help with

planning for relapse prevention and continuing recovery through self-help and 12 Step programs.

Because those who continue in their recovery no longer use the services of treatment programs as clients, there is no way to substantially count the successes of treatment programs. We only accurately count those who get treatment, including those who go through treatment several or many times.

Anecdotally, we know that treatment is working by the size and number of active 12 step meetings in our communities and by small group studies conducted by behavioral scientists around the world. So, treatment works and we also know those in active recovery commit fewer crimes against people and property. Those in active recovery usually work, pay taxes and are assets to the community. We know that treatment works and is cost-effective for the community in that we have fewer people breaking laws because of their addiction. The question becomes: [how can we insure that people needing treatment from addiction get the help they need?](#)

The answer lies in the beginning of this page: by becoming an advocate for recovery.

[What is your experience with treatment programs? Has a treatment program helped you in your recovery? Helped the recovery of ones close to you?](#)

### ADVOCACY & ANONYMITY.

We are advised in our 12 Step programs that anonymity in the media and press is essential. No one should identify themselves as representing a particular 12 Step organization. We are also advised that we

should never break another's anonymity without their permission. There are many who forsake their anonymity, not by representing themselves as members of a particular 12 Step group, but by being open to others about their personal recovery from addiction to alcohol and other drugs. They are willing to carry the message of hope and recovery to the community at large and the decision makers. They help carry the experiences, strengths and hopes of all of us to the greater world so that the suffering will find the solutions we have found.

They do need the ammunition to fight the battles ahead. This comes in the form of information about the needs of recovering people. It comes in the form of participation in recovery activities and in the form of monetary aid to continue the work of advocacy for recovery from addiction.

[Are you involved in advocating for recovery in your area? Can you help organize a recovery advocacy group in your area? Would you like a workshop on these topics and more in your area?](#)

We would love to hear your answers to the above questions. We also would like to hear from you on any aspect of recovery.

Please contact us at:

[nebraskarecoverynetwork.org](http://nebraskarecoverynetwork.org)

Or

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*Give Recovery  
a Voice!*

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## NEBRASKA RECOVERY NETWORK

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*All Roads Lead to  
Recovery!*

Non-Profit  
Organization  
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## The Super highway—Upcoming Events

# Recovery Workshop in Lincoln

COMING IN FEBRUARY!  
WATCH FOR DETAILS!

recovery jam!

6-11 p.m. Hope Auditorium, Lincoln  
January 19th, 2008  
February 23rd, 2008  
March 29th, 2008

# Recovery Rendezvous IV

COMING IN MAY '08

*“a celebration of the Arts  
in Recovery!”*

**Get your visual and  
performing arts ready!**

*Funding provided in part by grants from the Nebraska Department of Health & Human Services, Office of Behavioral Health Services and by your donation.*