



JOIN THE DUBLIN TO HARRISVILLE **COMMUNITY WALK FOR RECOVERY!**

Sunday, October 20, 2019

Walkers meet at The Dublin School

Sign-in - 12:30pm – 1pm, Walk starts at 1pm

Or come directly to the Harrisville Granite Mill Community Room

Learn what Communities can do
to reverse the Opioid Crisis and support
those suffering from Substance Use Disorders
Exhibits open from 1pm to 4pm

What: Walk 3 Miles from Dublin School to Historic Harrisville's Granite Mill (mostly downhill). Gather at the Mill Community Room for information sharing, education and making connections. All of our leading local Recovery and Prevention organizations will be there to discuss what our communities can do to support those in recovery and help them get back into the mainstream.

Please spread the word about the walk! Go to **MonadnockRotary.org** and download, print and post our Walk flyer. You may also download this document at the site.

Sign up to walk: **MonadnockRotary.org**.

Walk Information: Our *Community Walk For Recovery* is an effort to open opportunities up to those in recovery. The Walk is a fundraiser to support organizations in the Recovery and Prevention community who are on the front lines. It is our opportunity to talk openly of the role communities must play to help people in recovery successfully return to mainstream society.

Walkers and exhibit visitors are asked to make a \$10 suggested minimum donation to be part of the walk and the information session, with no suggested minimum donation for children under 12. Walkers may sign up sponsors to contribute to the cause, and bring donations to the event.

All funds gathered from participants in the ***Community Walk For Recovery*** will be distributed to front-line Recovery and Prevention agencies that help people with Substance Use Disorders (SUD) get needed treatment and support.



Why: Substance Use Disorders (SUD, also known as Addiction) are treatable. We need to destigmatize how we talk about SUD to facilitate Recovery. SUD is a major Public Health problem and our Community can be part of the solution.

We must learn to reintegrate people with SUD back into the mainstream of life if we are to reduce the scope of the problem. Non-judgmental support for those in recovery will give a hand as they work to rebuild productive lives. We can offer hope to these people that they are welcome back!

SUD is our problem locally, and our nation's problem all across the country.

- Nationwide, every year 47,000 people die from opioid misuse. That's nearly all the lives lost in all the years spent in Vietnam (53,000), year after year.
- *In New Hampshire: As of 07 December, 2018, there are 330 total confirmed drug overdose deaths and 83 cases pending toxicology for 2018. There is a projection from 420 to 437 drug overdose deaths for 2018.*
- Cheshire County experienced an 88% increase in their suspected drug overdose death rate per capita, from 2.20 to 4.14 deaths per 10,000 population. That's an increase from 22 deaths to 42 deaths!
- Eighty percent of opioid addicts began with prescription opioid prescribed by a doctor.

Recovery from Substance Use Disorder (SUD) must be a community effort. Our communities have the problem, and our communities need to address it, even if some are not directly affected. Addiction is a public health problem that requires treatment and support, not a criminal justice issue that pushes those with problems away and marginalizes their efforts at recovery.

- **Society can celebrate that folks can recover, are in recovery, and do recover.** While pathways in the brain may be interrupted and fundamentally changed, that does not mean people can't recover the ability to make decisions that are in their own best interests.
- **Addicts are people like us:** lawyers, doctors, school teachers, housewives, our friends, our friends' children, people who may not show their addictions at work or in public. We want them to know that their stories matter, and that there are many paths to recovery. There are 27 million people in recovery at this point.

What we misunderstand about recovery: *'It doesn't happen to us' is wrong!* It can happen to anybody, regardless of where you live and what you do. There are many stories of successful recovery. It does happen, and people climb out.

For more information contact:

Harry Wolhandler, Event Chair, Monadnock Rotary Club, 603-852-8026, Harry@Accelara.com

Pegg Monahan, President, Monadnock Rotary Club, 603-852-8166, Pegg@Accelara.com



Messages to the Community from the Recovery Community

Monadnock Rotary Club has been investigating the 'Opioid Crisis' for the past year, looking for something that can be done by those in the community to help reverse the problem.

Last May, an article in The Rotarian magazine offered a glimpse of hope. Our sister clubs on the Seacoast from Portland to Portsmouth are working to change our public conversation around Recovery. You can download it from this link:

[Rotary Members Seek Community Solutions to Opioid Epidemic.](#)

We've asked local leaders in the Recovery movement to define what Communities should know about the Recovery process and how Communities can help those in recovery succeed. Here are things the community should know about Recovery.

About Substance Use Disorder and Community Response

Recovery from SUD must be a community effort. It's the community that has the problem and needs to address it, even if some are not directly affected by it. It's not the community against those with substance use problems.

SUD is a public health issue that responds to treatment and support. SUD is not a criminal justice issue. Reacting to SUD with a purely criminal justice response marginalizes those with problems. Substance Use Disorders call for treatment and support, not incarceration.

Addiction Does Not Respect Social Boundaries

People affected by SUD are like us: lawyers, doctors, school teachers, housewives, our friends, our friends' children, people who may not show their addictions at work or in public. We want them to know that their stories matter, and that there are ways to help them get into recovery.

Eighty percent of people affected by SUD began with prescription opioids prescribed by a doctor.

'It doesn't happen to us' – wrong! It can happen to anybody, regardless of where you live and what you do. Stories of successful people in recovery. It does happen, and people do get out of it.

It's recovery from any kind of addiction – not just opioids, but also alcohol, pills, meth.



Recovery from SUD Requires a Public Health Approach, not a Criminal Justice Approach

SUD is a disease of the mind, body and soul that creates compulsive behavior that circumvents our natural impulses for survival. We should celebrate those working to recover, encourage them as they do their hard work, and offer helping hands to get them back on the path to success.

SUD is not a choice – it is not a moral failing, and it doesn't happen to other people: it happens to us. Addiction is a brain disease. Chemical addiction substances change the brain. It is a misperception that addicts make a deliberate choice to live that life.

Law enforcement knows better than most that the criminal justice system is inadequate to help. Almost 90% of substance use disorders, and 80% of prison population, are driven by mental health issues. There is a lack of services, lack of support for help for this population. We live in a stressful time – society can't take care of everybody, but we must try if we are to grow our way out of our addiction crises.

Recovery is Possible – We Should Celebrate Recovery!

Society should celebrate that folks can recover, are in recovery, and do recover. Pathways in the brain may be interrupted and fundamentally changed, but people can recover the ability to make decisions that are in their own best interests.

Recovery takes time, support and courage to build a new life. It also takes Community to help people find a way back into society. People doing the hard work of Recovery need jobs, places to live, counseling, encouragement and support. Recovery is having a job, having a place to live, and being back in the community.

Recovery is beautiful, positive step. We celebrate people in recovery that have made it this far, and we welcome them back into society.

We Need to De-Stigmatize Talking About Substance Use Disorder

People in recovery should be able to speak out! There are 27 million people in recovery at this point, but few are openly willing to talk about it.



What the Community Can Do

Mainstream members of the community can make it easier and more welcoming for those in Recovery to re-enter the mainstream

Schools can be less restrictive and punitive to substance misusers, more open to delivering non-judgmental supportive assistance.

Businesses can be open to supporting people in recovery, both in their workforce and in hiring potential employees. Staff can educate themselves about strategies that help people in recovery succeed.

Youth & parents, grandparents, uncles, friends can be guardian angels, helping those with problems get help.

Media can help change public perceptions of People With SUD (NOT 'Addicts') and portray people with SUD as in need to help and support, not arrest and jail.

Members of the public can contribute in several ways...

Advocate with your senators and representatives to fund community recovery resources

Celebrate and thank those working to recover and working in the recovery field

Provide non-judgmental support for those in recovery – encouragement and support, not discrimination, marginalization and fear

Create Social Connections for People in Recovery. Social connection is the opposite of addiction – much drug-seeking behavior is part of wanting to be included, to avoid pain.

Thanks to our community friends for your support!

Monadnock Rotary Club thanks all those who are part of this larger regional conversation about ways Communities can help end the Substance Misuse crisis.

For more information contact

Harry Wolhandler, Event Chair, Monadnock Rotary Club
603-852-8026, Harry@Accelara.com

Pegg Monahan, President, Monadnock Rotary Club
603-852-8166, Pegg@Accelara.com