BUILDING COMMUNITY

JUNE 7-9, 2019

The Graduate, Eugene, OR

Building Community
Welcome Summiteers!

Thank you for attending the inaugural, statewide Recovery Community Summit! The theme for this event is “Building Community” and we believe we have designed three days of panels, workshops, and plenary sessions which will allow you to return home feeling a part of a recovery community that is on the move.

In eighteen short months, Oregon Recovers has made significant progress in advancing our mission of transforming the existing fractured and incomplete addiction recovery system into a recovery-based, continuum of care which recognizes addiction as a chronic disease requiring at least 60 months of recovery support. We’ve passed multiple pieces of legislation, we’ve secured the appointment of four Oregon Recovers supporters to the Alcohol & Drug Policy Commission (ADPC), we worked with Governor Brown to secure an Executive Order declaring addiction a public health crisis in Oregon, and we have been the driving force behind the ADPC’s current effort to draft a comprehensive addiction prevention and recovery strategic plan.

All of that pales in comparison, however, to Oregon Recovers’ success in building an identifiable “recovery community” which includes people in recovery, the people who love them, and the people who take care of them. If Oregon Recovers is to truly create sustained, meaningful, and transformational change—and end Oregon’s untreated addiction crisis—we must all unite as one, powerful force. This weekend is part of that effort.

This is Oregon Recovers’ first Recovery Community Summit and the staff and volunteers have worked hard to organize a terrific weekend for you. Please, if you can, make a point of thanking them for their hard work. We also hope you will make a point of making new friends from outside your current recovery community as well as provide us with constructive feedback at the end of the weekend on how we might improve next year’s summit.

Welcome!

Se-ah-dom Edmo  
CO-CHAIR

Tony Vezina  
CO-CHAIR

Mike Marshall  
EXECUTIVE DIRECTOR

Thank You to Our Planning Committee!

Annetta Forrer  
Aziza Balle  
Bill Ward

Bonnie Windham  
David Colton  
Jonathan Vasquez

Melinda Hicks  
Monica Morton  
Sarah Frank

Teri Morgan  
Viktoria Schulz

AND TO ALL OUR LOVELY VOLUNTEERS HELPING YOU THIS WEEKEND!
**FRIDAY, JUNE 7**

2:00-3:30  Registration Opens

3:30-5:00  Workshop: Kicking Ass: Building Recovery Community Power (Part One)
*Location: Bloch*
*Facilitators: Andrew Swanson & Rayleen McMillan*

Workshop: Not Your Grandfather's Recovery: MAT and Harm Reduction
*Location: Wilder/Hansberry*
*Facilitators: Haven Wheelock, & Teri Morgan*

Panel: We Won't Be Marginalized! Racism, Sexism, Homophobia, Privilege and Recovery
*Location: Sousa*
*Facilitators: LaKeesha Dumas, Mark Harris, River McKenzie, & Se-ah-dom Edmo*

Recovery Meeting: Secular Sobriety
*Location: Joplin*
*Facilitator: David Colton*

5:00-5:15  Meet Our Vendors!

5:15-6:45  Workshop: All's Fair in Love and Recovery: Healthy Relationships in Recovery
*Location: Wilder/Hansberry*
*Facilitators: Ashlei Fraser, Lisa Osland, & Shala Rodriguez*

Workshop: For the Love of Art! Recovery Through Creative Expression (Part One)
*Location: Joplin*
*Facilitators: Aziza Balle & David Colton*

Workshop: Rock to Recovery
*Location: Sousa*
*Facilitators: Constance Scharff & Jeremy “Jermz” Bixler*

Recovery Meeting: Celebrate Recovery
*Location: Bloch*
*Facilitators: Sarah Frank*

6:45-7:00  Meet Our Vendors!

7:00-8:00  BBQ on the Patio

8:00-9:30  Welcome:
*Se Ah Dom Edmo, Executive Director of MRG Foundation & Co-Chair of Oregon Recovers*
*Nicole Corbin, Oregon Health Authority*

Panel: Building a Recovery Movement: What the Hell Does That Mean?
*Location: Williams/Hellman*
*Panelists: Se Ah Dom Edmo, Tony Vezina & Mike Marshall*

9:30  Get to know your Recovery Community!
SATURDAY, JUNE 8

7:00-8:00  Recovery Meeting: Alcoholics Anonymous  
Location: Wilder/Hansberry
Recovery Meeting: Narcotics Anonymous  
Location: Sousa
Recovery Meeting: Recovery Yoga  
Location: Bloch  
Facilitator: Rayleen McMillan

8:00-9:00  Breakfast  
Location: Williams/Hellman

9:00-10:30  Plenary:  
Tony Vezina, 4th Dimension Recovery Center & Co-Chair, Oregon Recovers  
Greeting from Mayor Vinis of Eugene  
Greeting from Senator Wyden (via video)  
Keynote: Andy Mendenhall, Chief Medical Officer of Central City Concern  
Location: Williams/Hellman

10:30-10:45  Meet Our Vendors!

10:45-12:15  Workshop: Alcohol & Drug Policy Commission Strategic Planning Process  
Location: Sousa  
Facilitators: Laurie Sutter & Dr. Reginald Richardson
Panel: Got a Recovery Center? The Why and How-To of Building a Recovery Center  
Location: Wilder/Hansberry  
Moderators: Jeff Blackburn & Tony Vezina
Workshop: Our Movement, Our History: Building an Addiction Recovery Timeline  
Location: Seeger  
Facilitator: Se-ah-dom Edmo

12:15-12:30  Meet Our Vendors!

12:30-1:30  Lunch with Unloaded Comedy  
Location: Williams/Hellman

1:30-1:45  Meet Our Vendors!

1:45-2:45  Workshop: For the Love of Art! Recovery Through Creative Expression (Part Two)  
Location: Joplin  
Facilitator: Aziza Balle
Panel: From the Ground Up: Building a New Intervention System  
Location: Bloch  
Moderator: Mike Marshall  
Panelists: Alison Mann & Devarshi Bajpai
Panel: Poly Recovery! Practicing Multiple Forms of Recovery Panel  
Location: Wilder/Hansberry  
Moderator: David Colton  
Panelists: Anna Keene, Jason “Biggie” Umtuch, & Kitty Martz

2:45-3:00  Meet Our Vendors!

3:00-4:00  Workshop: Is Medication Assisted Treatment Recovery?  
Location: Sousa  
Facilitator: Eric Martin
Panel: Movement Building: What Can We Learn from the Marriage Equality and HIV/AIDS Campaigns?  
Location: Wilder/Hansberry  
Moderator: Rayleen McMillan  
Panelists: Bob Skinner, Julie Davis, Mike Marshall
Location: Bloch  
Moderator: Stephanie Edwards  
Panelists: Alison Grace, Cordelia Kraus, MarDee Hansen & Samantha Gardner

4:00-4:15  Meet Our Vendors!
4:15-5:15  Recovery Meeting: Refuge Recovery  
  Location: Bloch  
  Facilitators: Stacy Bierma  

Recovery Meeting: SMART Recovery  
Family and Friends  
Location: Sousa  
Facilitators: Cordelia Kraus  

Recovery Meeting: Wellbriety (Part One)  
Location: Wilder/Hansberry  
Facilitators: Jason “Biggie” Umtuch  

5:15-5:30  Meet Our Vendors!  

5:30-6:30  Recovery Meeting: Recovery Yoga  
  Location: Bloch  
  Facilitator: Rayleen McMillan  

Recovery Meeting: SMART Recovery  
Location: Sousa  
Facilitators: Kitty Martz  

Recovery Meeting: Wellbriety (Part Two)  
Location: Wilder/Hansberry  
Facilitator: Jason “Biggie” Umtuch  

6:30-7:00  Meet Our Vendors!  

7:00-8:30  Dinner Plenary  
  Introduction: Andrew Rowe, CEO of AllMed Inc.  
  Keynote: J. Carlos Rivera, Executive Director of White Bison, Inc.  

8:30-10:00  Film & Discussion: Anonymous People  
  Location: Williams/Hellman  

SUNDAY, JUNE 9  

7:00 - 8:00  Recovery Meeting: Alcoholics Anonymous  
  Location: Wilder/Hansberry  

Recovery Meeting: Narcotics Anonymous  
Location: Sousa  

Recovery Meeting: Recovery Yoga  
Location: Bloch  
Facilitator: Rayleen McMillan  

8:00-9:00  Breakfast  
  Williams/Hellman  

9:00-10:30  Plenary  
  Location: Williams/Hellman  

10:30-10:45  Meet Our Vendors!  

10:45-12:15  Panel: Food, Glorious Food! Diet and Exercise in Recovery  
  Location: Sousa  
  Panelists: Gabriel Rucker & Patrick Fleming  

Panel: Just Got Out: Navigating Post-Incarceration Recovery  
Location: Wilder/Hansberry  
Moderator: Nick Crasper  
Panelists: Brett Bray, Brian Rogers, Kendra Wright, & Ryan Nguyen  

Workshop: Kicking Ass: Building Recovery Community Power (Part Two)  
Location: Bloch  
Facilitators: Abigail Wells & Ellen Velez  

12:15-12:30  Meet Our Vendors!  

12:30-1:30  Plenary Lunch: Mike Marshall, Oregon Recovers  

1:30-2:00  Adjourn
Alcohol & Drug Policy Commission
Strategic Alcohol & Drug Policy Commission Strategic Planning Process
Saturday, 10:45 AM to 12:15 PM, Sousa

Laurie Barger Sutter, JBS International
Dr. Reginald Richardson, Alcohol and Drug Policy Commission

Nearly 1 in 10 Oregonians ages 12 and older are estimated to have a substance use disorder (SUD), which is the fourth highest rate in the nation. In 2018, Governor Kate Brown declared addiction and substance misuse a public health crisis in Oregon. The Oregon Alcohol and Drug Policy Commission (ADPC) has been charged with developing a statewide strategic plan by December 2019 to:

- Reduce SUDs and promote recovery
- Prevent alcohol and other drug (AOD) related deaths and injuries
- Prevent social problems related to misuse of alcohol and other drugs

The strategic planning process is being implemented in partnership with Oregon state agencies, tribal nations, and communities to develop seamless and effective systems of substance misuse prevention and intervention and SUD treatment and recovery at all levels. Please join us to learn more about this important effort and provide your insights on what is working well and where we can work together to improve services and coordination across sectors.

All’s Fair in Love and Recovery: Healthy Relationships in Recovery
Friday, 5:15 to 6:45 PM, Wilder/Hansberry

Ashlei Fraser, Emergence
Lisa Osland, Emergence
Shala Rodriguez, Emergence

Values. Needs. Boundaries. Healthy Expression. Exploring your own values and needs is the foundational step in any relationship. What is discovered can lead to setting and maintaining boundaries. Once boundaries are established, safety is created and healthy expression can exist. Join us for this interactive workshop and discover what love has to do with it.

From the Ground Up: Building a New Intervention System
Saturday, 1:45 to 2:45 PM, Bloch

Mike Marshall, Oregon Recovers
Alison Mann, Family Advocate
Devarshi Bajpai, CareOregon

As Oregon and other states continue the push to decriminalize drug related offenses and recognize addiction as a public health issue, we must recognize the vacuum created by eliminating those intervention points. Join us as we explore how we can create new intervention and engagement opportunities, and where those interactions are most appropriate.

Food, Glorious Food! Diet and Exercise in Recovery
Sunday, 10:45 AM to 12:15 PM, Sousa

Gabriel Rucker, Le Pigeon, Little Bird Bistro, & Canard
Patrick Fleming, Boke Bowl

Our relationship with food can be complex, emotional, and ever-changing, even before you throw recovery into the mix. Join celebrity chefs and Patrick as we sit down for an open and honest conversation on where food, fitness, and sobriety meet.
For the Love of Art! Recovery Through Creative Expression

Part One: Friday, 5:15 to 6:45 PM, Joplin
Part Two: Saturday, 1:45 to 2:45 PM, Joplin

Aziza Balle, Creative Arts Facilitator
David Colton, Counselor

Through creativity, recovery can be supported in a unique way, allowing participants to tell their stories using the language of image, colors and shapes rather than the intellect alone. When we use a different language, we tell a different story. And when we tell a different story, we gain new insight and understanding which offers us clarity and genuine change. This workshop will provide time for observing, expressing, and reflecting. Join us quickly, as space is limited!

Got a Recovery Center? The Why and How-To of Building a Recovery Center

Saturday, 10:45 AM to 12:15 PM, Wilder/Hansberry

Jeff Blackford, C.H.A.N.C.E. Recovery
Tony Vezina, 4th Dimension Recovery Center

This workshop will focus on developing recovery support services, establishing a recovery-oriented system of care with community partnerships, alternative pathways to recovery, collaborating with local recovery communities, peer-service delivery, leadership development, leveraging little to no money, civic engagement, and more. It will also a brief overview of the 4th Dimension Recovery Center, a non-profit providing recovery support services to young adults in Multnomah County, and will include several community members from 4D’s groups.

Just Got Out! Navigating Post-Incarceration Recovery

Sunday, 10:45 AM to 12:15 PM, Wilder/Hansberry

Nick Crapser, Sponsors Inc., Moderator
Brett Bray, Sponsors Inc.
Brian Rogers
Kendra Wright
Ryan Nguyen

The panelists will discuss their personal experiences releasing from incarceration and reintegrating back into society as productive, law-abiding citizens. In addition, they will offer helpful suggestions and advice for those coming out of the justice system and/or the friends and family members of those releasing from jails and prison.

Kicking Ass: Building Recovery Community Power

Part One: Friday, 3:30 to 5 PM, Bloch
Part One: Sunday, 10:45 AM to 12:15 PM, Bloch

Abigail Wells, Vibrant Future Coalition
Andrew Swanson, Oregon Recovers
Ellen Velez, Transition Projects
Rayleen McMillan, Oregon Recovers

Building a movement requires two things from us: community building and political activation. Join us for an overview of what Oregon Recovers is doing to build an activist constituency and a non-stigmatized community within the statewide addiction recovery community. Plus, get a sneak peek at the first draft of Oregon Recovers & Vibrant Futures Coalition advocacy toolkit, and help shape the next version of it!

Movement Building: What Can We Learn from the Marriage Equality and HIV/AIDS Campaigns?

Saturday, 3 to 4 PM, Wilder/Hansberry

Rayleen McMillan, Oregon Recovers
Bob Skinner, Valley AIDS Information Network, Inc.
Julie Davis, Marriage Equality Movement Leader
Mike Marshall, Oregon Recovers

As we work to build political power and activate our community, addiction recovery advocates can learn a lot from the LGBTQ+ rights movement. These movement leaders had to get creative in pursuit of their policy goals while also battling deep stigmatization of their communities – just like recovery advocates are doing now. Join us to hear from three movement leaders as they offer a ‘lessons learned’ perspective and offer some advice for the work ahead of us.
Not Your Grandfather’s Recovery: MAT and Harm Reduction

Friday, 3:30 to 5 PM, Wilder/Hansberry

Haven Wheelock, Outside In
Teri Morgan, Springfield Treatment

This workshop will discuss the merits of harm reduction, dispel myths, and open up conversations to show how vital harm reduction is to the community and how it can be a part of a united front in the treatment and recovery continuum. Topics of discussion will include:

• Harm reduction versus abstinence-based models
• Defining and discovering all the roads to recovery and how they interconnect
• How support in the community via harm reduction helps people find recovery
• Discuss relapse and the importance of withdrawal management and long term support
• Wrap around care and treatment collaboration in the community
• How having a safe place to begin the discussion about drug addiction and change is vital to finding recovery

Our Movement, Our History: Building an Addiction Recovery Timeline

Saturday, 10:45 to 12:15 PM, Seeger

Se-ah-dom Edmo, MRG Foundation

To understand addiction recovery today, we must first discover how we got to this point. Please join us as we piece together unique, diverse, and often painful events to create a timeline of Oregon’s history with addiction recovery.

Rock to Recovery

Friday, 5:15 PM to 6:45 PM, Sousa

Constance Scharff, Rock to Recovery
Jeremy Bixler, Rock to Recovery

One of the challenges facing addiction treatment professionals is getting people to stay in treatment for sufficient time for the treatment to have an impact. Rock to Recovery is a music program that has proven results motivating individuals to stay in treatment and engage in their recovery process more fully. How? Rock to Recovery harnesses the power of playing music and singing. By engaging in group process writing a song, performing it, and uploading it to the web as a touchstone and reminder of a positive experience, Rock to Recovery participants, mostly non-musicians, are able to reap the neurological benefits of playing music. This is an interactive session, in which participants will have the opportunity to participate in the rock star songwriting process.

Poly Recovery! Practicing Multiple Forms of Recovery

Saturday, 1:45 to 2:45 PM, Wilder/Hansberry

David Colton, Counselor, Moderator
Anna Keene, De Paul Treatment Centers
Jason “Biggie” Umtuch, Wellbriety Facilitator
Kitty Martz, Voices of Problem Gambling & SMART Recovery Facilitator

There may be as many recoveries as there are people in recovery. Options for recovery support are varied and eclectic and as unique as the people who seek relief from the bonds of addiction. This panel will give an overview of programs beyond AA and the 12 Step Model using audience participation and input to explore what’s working and why AA is not the only option for recovery support.

We Won’t Be Marginalized! Racism, Sexism, Homophobia, Privilege and Recovery

Friday, 3:30 to 5 PM, Sousa

LaKeesha Dumas, Multnomah County
Mark Harris, Lane County Community College
River McKenzie, Trans’Ponder
Se-ah-dom Edmo, MRG Foundation

This panel will explore how addiction and the lack of access to the full spectrum of recovery services exacerbates and amplifies racism, sexism, heterosexism and classism, and how recovery is a tool for liberation. Bring all-of-who-you-are and join us for this tough but rewarding conversation.
**What Now? Building Family Support Groups**

*Saturday, 3 to 4 PM, Bloch*

*Stephanie Edwards, Serenity Lane, Moderator*
*Alison Grace, SMART Recovery Family and Friends Facilitator*
*Cordelia Kraus, SMART Recovery Facilitator*
*MarDee Hansen, The Compassionate Friends*
*Samantha Gardner*

Family members are often desperate to find relief from the disease of addiction not only for their loved ones, but also for themselves. Come listen to a panel of parents, loved ones, those in recovery and professionals about the variety of resources available to those who love someone battling addiction.

Looking for your workshop? Check the map or ask a volunteer!
J. Carlos Rivera

Saturday Evening Keynote Speaker

Carlos is the Executive Director at White Bison, Inc. located in Colorado Springs, CO. He is an enrolled tribal member with the Sherwood Valley Band of Pomo Indians. Carlos, CADC-II, received his degree in Chemical Dependency Studies at the American River College. He served as a substance abuse treatment provider for 10-years for Indian Health Services providing services to adult men and women on parole, juvenile offenders and other referrals from the Department of Corrections. He continues to make a difference in Native Tribal communities serving as the Executive Director for White Bison, Inc. Carlos is a former committee member for the Juvenile Justice & Delinquency State Committee for California, appointed by Governor Jerry Brown.

Andy Mendenhall

Saturday Morning Keynote Speaker

Andy is Central City Concern’s Chief Medical Officer. He is Board Certified in Addiction Medicine and Family Medicine. Andy graduated from the University of Portland, trained as a medical student and family physician at OHSU, and worked at Providence Health Systems for five years. Previously, he served as the regional medical director at the CleanSlate Center. Before that, he co-founded HealthWorks NW, an innovative outpatient integrated treatment program. He is passionate and experienced with clinical system transformation including rapid growth, best-practice alignment, and resolving service-access gaps across clinical networks.
Join us as we mobilize the recovery community across Oregon during National Recovery Month!

Walk in solidarity this September with people in recovery, our friends and family, and the people working on the front lines of the addiction crisis as we fight to eradicate stigma and build community.

This year Oregon Recovers is organizing four Walk for Recovery events across the state:

- **Central Oregon Walk for Recovery in Bend** • Saturday, September 7, 10am
- **Southern Oregon Walk for Recovery in Medford** • Friday, September 13, 6pm
- **Lane County Walk for Recovery in Eugene** • Saturday, September 14, 10am
- **Walk for Recovery PDX in Portland** • Saturday, September 28, 10am

Fighting to ensure that ALL Oregonians impacted by the disease of addiction have access to safe, effective and immediate treatment and recovery support.

[www.oregonrecovers.org](http://www.oregonrecovers.org)