Dear friends:

Changing leaves, the World Series and ubiquitous political signs signal our annual fall traditions - including the important call to the ballot boxes. We are all aware of how polarized our current political climate is and I can certainly understand the desire to avoid it all together. It can feel pretty overwhelming and I'm sure each of you have quite a few things in your own life that require your attention. This month’s focus is on

Addiction and blame can often come as one uncomfortable package. In our quest to understand and process this complex disease, we look for the cause of it, and this can sometimes result in ascribing blame or fault. Often for those of us in a relationship with those struggling, we wonder about our role in the cause – and the solution.

You may think that you are somehow at fault for their drinking and/or substance use. You think, maybe if I had been a better, spouse, friend, family member, child, then maybe just maybe, they would drink or use less. You have probably tried, for a long time, to change that person, and no matter how hard you try, it doesn’t work. The truth is, we can’t control other people and we can’t stop them from doing many things, using substances is one of them.

So, what can you do? First, start by looking at and responding to your own needs while still being caring and considerate of the other persons needs. Be responsible to them, but not responsible for them. Seek out help for yourself.

At McCall we offer numerous programs for the friends and family of people wrestling with addiction. Our SMART Recovery for Family & Friends program focuses on science-based, SMART (self-management and recovery training) recovery tools and strategies while offering support from others in similar situations. You can learn more about this program at www.smartrecovery.org

Also available is the Recovering Together Group, led by a trained counselor
what we have control over - and what we must surrender to and accept as beyond our control. When sorting that out, the serenity prayer is still my favorite go to:

God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference

Today I’m going to work hard on that middle piece - the courage to change the things I can. Voting gives us the opportunity to have a real say in the direction of our world. To choose leaders who reflect our values, who will advocate for the policies that will affect our lives and the lives of those we care about, who will shape the direction of resources toward the programs that save lives.

I implore you to stay engaged. Read everything you can about the candidates and issues, talk with and write to them, know where they stand on what’s important to you. I’m guessing if you’re reading this - mental health and addiction are a priority. Specifically - Is health care something they have a plan to address? Is access to high quality treatment something they have a plan to direct resources toward? Is prevention valued? Most candidates want to hear from their constituents about what we care passionately about.

Make a difference in someone's life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need-regardless of their ability to pay. Click here to donate today!

Both of these grant funded programs are offered at no cost to participants. If you’d like to learn more, please call our main desk at (860)496-2100 or visit our website at www.mccallcenterct.org

who teaches participants about the science of addiction along with stages of change and family roles. Participants find support by sharing their own personal experiences with peers and learn about how their loved one’s addiction has affected them. In addition to education and peer support, the group also teaches skills that participants can use to handle issues and cope with the challenges specific to this disease.

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about. Let’s tell them!
We have an extraordinary opportunity
to make our voices heard and change the things we can. It matters - now more than ever.

Vote!

All my best to you,
Maria