Message from Maria

"The Opposite of Addiction is Connection"

Dear friends;

September gives us the opportunity to celebrate recovery...to truly lift up our friends and family members who are doing the deeply messy and beautiful work that makes the journey possible. While a unique and individual path, I've found that no one achieves it in a vacuum. I'm going to depart from my usual format this month to celebrate some of the special and new developments at McCall that are in progress that help to build a connected apparatus for folks on that journey.

*A newly renovated outpatient clinic made possible through state bonding and two generous grants from the Draper Foundation Fund of the Northwest Connecticut Community Foundation including a new medical

Each September, Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month, an effort to increase awareness and understanding around behavioral health disorders and to celebrate those in recovery. 2019 marks the thirtieth annual celebration of Recovery Month, and so it serves as a vantage point from which to observe the evolution of substance use and behavioral health treatment over the last few decades.

The story of behavioral health treatment in the last thirty years is a story tinted with both tragedy and triumph. Now more than ever, providers are able to offer a depth of evidence-based treatment modalities and crucial recovery supports. Never before have we had such a deep understanding of behavioral health disorders, nor have we had as many tools with which to address them.

Sadly, however, treatment providers have developed these tools against the backdrop of an unprecedented public health epidemic. The scourge of addiction has crossed barriers of geography, gender, race, age, and wealth, and over the last thirty years its shadow has darkened communities and families throughout the United States. It has claimed countless lives, and it continues to imperil so many of our loved ones and our friends.

While unquestionably cause for concern, the behavioral health landscape of today is not cause for despair. The decades have begun to erode the stigma around addiction and mental health disorders, and our society's understanding and empathy have grown by leaps and bounds. What was once so often confined to private shame is ever more present in the public discourse, and we encounter and address those who suffer with ever more compassion.

Johann Hari is fond of saying that "the opposite of addiction is connection". When we feel understood, loved, and supported, we can summon the strength to overcome our illness, and when we offer to others our understanding, love, and support, we can build the bonds that help them heal. If the opposite of addiction is connection, then, writ large, the opposite of a behavioral health epidemic is a robust recovery and treatment community.

On the third Thursday of each month, McCall hosts the Litchfield County Opiate Task Force. At these meetings, one cannot help but be taken aback by the dedication and warmth of our partners from all walks of life and in all lines of work. Recovery Month is an occasion to celebrate our combined efforts and to reflect on how far our community has come together. To struggle with addiction or mental illness, to support a loved one in their struggle, or to provide treatment to those who struggle—these are no longer experiences that we need encounter alone. Instead, we can turn to one another for guidance and support, and that is cause for celebration.
examination room where primary care is being provided to our clients, was unveiled at our open house on September 24th. This critically important project represents the culmination of more than two and a half years of planning, fundraising and building. Visitors are now greeted with a beautiful front desk and waiting room area, gorgeous spacious outpatient offices and a fully functioning medical examination room. We communicate a message to people who come to this space to heal and recover – that they are worthy of every thoughtful detail on their journey towards wellness.

"I had the opportunity to travel to Washington, DC with the National Council on Behavioral Health to lend my voice to the chorus of advocates from across our state and nation. We carried a message of the importance of ready access to high quality behavioral health care – without the stigma and discrimination in policies for the population we serve, too often accepted in our health care system. Our meetings with members of our federal delegation went very well and there is positive momentum for change.

"McCall was once again named as a Top Workplace by Hearst Media. This is an exceptionally valued honor as it is based solely on staff input. Staff complete an anonymous survey through Energage, the research partner for Hearst Connecticut newspapers. The survey gathers responses on issues relating to workplace
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!