



east bay community action program
THE BRIDGE to SELF-RELIANCE

**EAST BAY COMMUNITY
ACTION PROGRAM**

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DENNIS ROY
PRESIDENT AND CHIEF EXECUTIVE OFFICER

January 2020

Dear Community Member,



Navigating the road to recovery

As our country, state, and local communities face the sharp, dramatic rise in the number of overdoses due to both prescription and illicit opiates, East Bay Community Action Program’s work in behavioral health – specifically in the prevention of, treatment of, and recovery from addiction – is critical. This crisis has touched every community in Rhode Island regardless of social or economic status. It does not discriminate, and it has no boundaries. Many of us know a friend, a colleague, a neighbor, even family members struggling to overcome addiction. Some stories are heartbreaking, but there are also many stories filled with redemption and hope.

East Bay Community Action Program (EBCAP) has played a vital role in empowering individuals, who are contemplating recovery or who are actively in recovery, to improve their lives and embrace the challenge of recovery. Since 2018, EBCAP’s East Bay Recovery Center has provided Peer Recovery Support services to East Bay residents with substance use and mental health disorders, along with their families. From individual Recovery Coach sessions to Relapse Prevention programs to Naloxone trainings, EBCAP’s Recovery Center is connecting individuals to people, support systems, and programs that are making long-term recovery a reality and saving lives. We ask that you join us in this mission and help us continue to provide accessible, high quality patient-centered services and programs to East Bay residents by **donating to our Annual Fund for Hope and Recovery.**

We know that recovery is possible. We see it, we hear it, we are a part of it in every way on any given day. With your support, we can continue to make a difference and help individuals like John, Sarah and Teresa who represent varying constituents and needs for prevention, treatment, and recovery services.

GUIDANCE AND DIRECTION FOR FAMILY MEMBERS

John reached out to the East Bay Recovery Center looking to help a family member struggling with addiction. As he stated, *“I found this fantastic group of counselors who walk the walk; who have been there and done that. I sat listening, asking, laughing and, yes, crying. Leaving I was informed, ready and better equipped mentally to do what I could to help.”*

(over, please)

IMPACT OF PRESCRIPTION DRUGS

Sarah's daughter needed help with her addiction to chronic pain medication. With no insurance and little hope, both mother and daughter met with an EBCAP Community Support advocate, who within 45 minutes helped them obtain health insurance and referred them to a pain management clinic, primary healthcare at EBCAP's health center, as well as a local Narcotics Anonymous support group with a 12-step Fellowship program.

COMPREHENSIVE SUPPORT PLANS

Teresa needed more than just referrals after experiencing five accidental overdoses in one year. As a high-risk patient in critical need of intense, on-going case management, Teresa connected with EBCAP's Community Support Program. Together they worked on an effective treatment plan that not only included recovery services, but also included an array of social services designed to improve Teresa's overall well-being.

It is evident that EBCAP's vibrant Recovery Center and behavioral health services are making a difference in the lives of your friends, neighbors, and fellow citizens of the East Bay. They are assisting them at the beginning of their recovery journey as they find new ways of living through positive relationships, peer-to-peer support, health and wellness activities, employment assistance, community outreach, and recovery-oriented social events. In addition to recovery supports, participants also find help from EBCAP's health and human services staff – with referrals to physicians and assistance with basic human needs. Our health centers are part of the network of support offered throughout the East Bay region. At each of EBCAP's four centers for health and behavioral health, located in East Providence, Barrington, and Newport, people battling addiction find not only medical care, but also social services to gain stability needed to help them begin their recovery journeys.

It is our hope that you will help us help those who inspire us every day with their determination to overcome addiction. By contributing to EBCAP's Annual Fund for Hope and Recovery, you'll be a part of the promise that "Recovery is possible!" Your contribution will also enable us to expand our services, making it possible for us to fully serve all who need us. **Be assured that 100% of your gift will go directly to recovery services at our sites located throughout the East Bay region.**

THANK YOU.

Sincerely,



Dennis Roy
President and Chief Executive Officer



Robert Crossley
Vice President of Behavioral Health