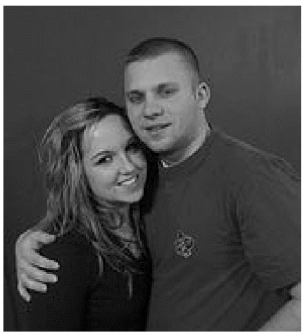
My Recovery Story – Jared Hamre



September 13th 2008 marked 3 years of recovery for me. This means I have not drank alcohol or used any other drugs. I am grateful for my recovery, and that does not mean life struggles have not come my way. Recovery has given me tools to cope with challenges.

For me, residential treatment, as in Phoenix House of Springfield started me on this life learning process. The staff and residents taught me that correct behaviors lead to a productive life. I learned that practicing positive behavior change has helped me become a good, dependable person.

I am still the same person that walked in those doors but I have changed how I act and how I perceive myself. When I was about 6 months into my recovery I decided to start giving back by speaking at my former high school. Helping others, owning my history, and sharing the value of my recovery has taken away the unnecessary shame to this disease

My drug (heroin and cocaine or anything) addiction would have ruined my life. Recovery- in a matter of 3 years has brought me positive friendships, a house, a dog, a loving girlfriend who is not ashamed of my past….. and is rather proud and interested in my recovery

I feel sad that too many of my friends have passed away from using drugs. I could be one of them. I feel grateful that I am alive and living in recovery. I do not take recovery for granted. Phoenix House gave me a positive foundation. Through MOAR, MA Organization for Addiction Recovery, I am learning how to use my voice to make sure that residential treatment like Phoenix House, can expand to help more people live in recovery. Learning how to make positive changes in recovery, has given me skills to be a voice to speak up for positive public policy changes. Voices like mine joined with others in recovery, families, and friends are making a positive difference. Join MOAR!

Join MOAR – Mobilize to Educate The Public about The Value of Recovery
Help Build Recovery Informed Communities Across Massachusetts
MOAR Take Action Opportunities!

Monday, September 29, 6:30 PM, North Suffolk Mental Health Association, 14 Porter Street, East Boston, MA *"CORI Reform – How We Can Make it a Reality"*

Monday, October 6, 6:30 PM- Atrium 2, Faulkner Hospital, Jamaica Plain
"NARCAN – How it Works to Stop Fatal Opiate Overdoses"

Mondays, 7 PM, a Family Focused MOAR Meeting, Ventress Library, Marshfield

Wednesday, October 15, 11:30 AM, PAACA, 360 Coggeshall St., New Bedford
"CORI Reform – How We Can Make it a Reality"

Thursday, October 9, 5:30 PM, Phoenix House, 5 Madison Ave, Springfield
"How does Juvenile Drug Court Work!" with Sue O'Connor

Monday, October 27, 6:30 PM, Learning about SBIRT- *"Screening, Brief Intervention Referral to Treatment- Getting Help Across the Continuum of Care"*
North Suffolk Mental Health Association, 14 Porter Street, East Boston, MA

Tuesday, October 14, 6:15 PM, Thayer Auditorium, Community Health Link, Worcester *"CORI Reform – How We Can Make it a Reality"*

MOAR Annual Membership Meeting and Holiday Celebration
Tuesday, December 9th, Worcester location

What about Our MOAR Friends

Casa Esperanza's *Hope in Action* Celebration - October 23rd	Call (617) 445-1126 x315
Right Turn's John Belushi Celebration –November 1st	Call (781) 646-3800
Edwina Martin House Celebration with Jimmy Tingle - November 10th	Call (508) 583-0493
MAADAC Holiday Breakfast Membership Meeting–December 5th	Call (413) 330-9828