

Jeremiah's Times

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A Note From the Executive Director...



If you live in New England, you're probably glad that spring has finally sprung! We're happy as well, because around here, it means it's Sober Softball season! This year, our team sponsors are Matherman's Industrial Supply, Tri State Truck Center & the Massachusetts ALF-CIO. We're so grateful to them for their support! We hope you'll come to a game and cheer us on!

Each spring, we hold our Annual Meeting. This year's meeting was held at Clark University. We are grateful to our hosts, the School of Professional Studies, for making this possible. 2017 was a busy and successful year, and we enjoyed sharing our accomplishments with you!

We're also busy working on the goals out-

lined in our strategic plan. We have made great strides in establishing a Sober House and recently submitted an application to secure funding for the project. Our staff is working hard to strengthen and expand our Alumni Program, engaging former program participants in various ways at the Inn. We are laying the groundwork for the last of the projects on our capital "to do" list, which includes repairing and painting the building's exterior, installing back-up generators, and making some upgrades to the kitchen. We want to make sure we're providing a safe, warm and welcoming environment to the men in our residential program and everyone who comes to use the food pantry!

As always, if you have questions or want to stop by for a tour, don't hesitate to contact me at Janelle@jeremiahsinn.com or 508.755.6403.

Janelle Wilson

Resident Story— Meet Alex



Alex had a rough start in life. He was born in Milford, MA, moved to Auburn at the age of 7, then returned to Milford at the age of 14. Alex didn't know his biological father growing up. He was raised by a step-father who – while not physically abusive, was very aggressive. At one time or another, Alex's entire family struggled with substance use and mental health issues, and it was only a matter of time before he, too, began to use substances to cope with life. At the age of 13, Alex began smoking marijuana. By the time he was 17, he had started using cocaine, Percocet, ecstasy, acid and opiates. He struggled in school because his motivation had been sapped by drugs. Like many people with an active addiction, he couldn't see the link between his substance use and his lack of motivation, so he eventually dropped out of school. After continued use, he began to feel sick all the time, and he struggled holding a job. At the age of 17, Alex's girlfriend became pregnant. When his son, Jaiden, was born, Alex felt afraid and overwhelmed. He wanted to be a good father, but he didn't know how. As usual, he used drugs as a way to cope with his feelings. He eventually sought treatment, but each time, would only "dry spin" -- enter detox, get clean, discharge after a few days and go right back to using drugs. Things came to a head in on Christmas Day in 2016, when he had an altercation with his girlfriend. That day, Alex was "dope sick" and waited anxiously for his son to open his Christmas presents. Once that was done, he left to go get high, and was gone for five hours. When he returned, his girlfriend was furious. They argued, she threw him out and called the police, who arrested Alex. Alex was in and out of jails for several months after that due to violations of his pre-trial probation. Afraid of winding up in jail, Alex finally entered detox on September 12, 2017. There, he finally had enough time, free from drugs, to gain some clarity and perspective.

Wish List items

- Cooking Staples (flour, sugar, oil, seasoning, etc.)
- Fresh Produce
- Eggs
- Dish Washing Liquid
- Underwear and Undershirts
- Toiletries
- Twin Bedding
- Towels & Face Cloths
- 30 Gallon totes
- A Step Ladder
- New rolling coolers for NC to store meat and milk
- Step Stool
- Softball Gloves, bats and balls
- Outside games and board games
- Paper towels, toilet paper & cleaning supplies

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Featured Staff



Alyssa Dancause, Case Manager

Alyssa came to Jeremiah's Inn as an intern in 2017. She is a graduate of the Addiction Counselor Education Program, is will be taking the A.C.E. exam this year. Alyssa began her own journey of recovery over 8 years ago and after much trial and error was finally able to stay clean, one day at a time, for over 2 years. She realized when she was in treatment that the stigma of addiction prevents people from getting the treatment they need, and she decided she wanted to be a part of the solution. Alyssa says she is grateful for this experience, and looking forward to learning and growing with a team of such talented and caring individuals here at the Inn. We are grateful to have her on our team!



Brandon MacGillivray, House Manager

Brandon came to Jeremiah's Inn in 2017 as a resident. Once fully engaged in the Social Model of Treatment, he was empowered to overcome the obstacles and

roadblocks of early recovery. Brandon finds reprieve through integrating 12 Step Recovery, and other holistic methods into his daily routine.

His lived experience— both personal and professional— has influenced his passion for helping others struggling with substance abuse and mental health disorders. He has career objectives of specializing in mental, emotional and behavioral disorders; and he is presently pursuing an Alcohol and Drug Counseling Certification (CADAC).

Volunteerism at the Inn

Back in the early 1700's, Benjamin Franklin established the first volunteer fire-fighting company. Since then, many organizations have been founded that rely on volunteers to operate. Events such as the Great Depression led to the creation of soup kitchens and bread lines, which were staffed by volunteers. Where there was need, there were volunteers ready to serve others.

Our country has relied on volunteerism to serve others in need. Today, many organizations -- especially nonprofits -- count on volunteers to support their mission and carry it forward. According to recent data, a volunteer's time is worth close to \$25.00 per hour. Imagine what that would add up to over a lifetime of service!

Here at the Inn, we know our organization would suffer without the service and dedication of the numerous volunteers who help us, cooking meals for the guys, helping to operate the food pantry, col-



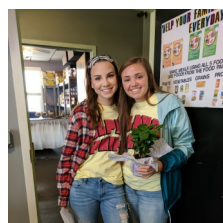
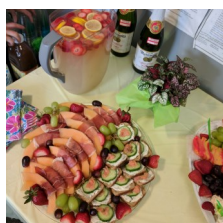
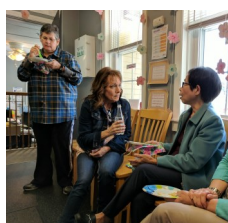
Volunteers of Pam's Porch 5, led by their organizer, Pam Copland, serving a meal to our 29 residents, in memory of Pam's brother, David Lively.

lecting and donating food, clothing and holiday gifts, and make countless other contributions that help us fulfill our mission. We couldn't do it without them!

We do our best to recognize our volunteers in several different ways. Last year, we decided to host our first annual Volunteer Appreciation Soiree, and continued the tradition this past April, to honor those that dedicate their time at the Inn. Raffles, decorations, hors d'oeuvres and desserts are offered as a way to show our gratitude for all they do for us. It's a small gesture on our part to acknowledge the gifts they give others by offering themselves in service.

As we approach another Soiree during Volunteer Appreciation Week, let us be reminded by a quote from Winston Churchill that says it best, "We make a living by what we get, but we make a life by what we give." A big thank you to all our volunteers for your gift of service!

-Tracy Paul, Nutrition Center Coordinator



Guests enjoying themselves at our 2nd Annual Volunteer Appreciation Soiree.

Shout Out To...

WORK'N GEAR



A big thank you to the folks over at the Webster Square Work 'N Gear for the donation of gently used work boots for those in need! We are truly thankful for your generous support!

2017 Golden Friends Award Recipients:

Community Harvest Project

Doherty High School—Food Drive Club

Pam's Porch 5

Rachel's Table

CONGRATULATIONS!

Resident Story (cont.)

He realized that if he was going to get clean and be the father his son needed, he would need to enter a long-term residential program.

Alex came to Jeremiah's Inn in November of 2017. Upon arrival, he knew the program had the potential to change his life, if he allowed it to. Alex says that coming here, he had all of the structure and support he needed -- food, clothing, toiletries, group treatment, individual counseling, and holistic healing -- to turn his life in a positive direction. He says whenever he needed anything, his Jeremiah's Inn brothers or the staff were always available for him. He says the residents and staff helped him tremendously. Alex is now a successful graduate of Jeremiah's Inn. In contrast, the "before and after" of his life, he says it is "incomparable". Prior to coming here, Alex says he was "just existing." Now he has a clear head, morals, and a strong work ethic. He is able to feel all of his feelings and no longer needs

drugs to cope with them. He can enjoy life and face challenges in a healthy way. He has been able to talk to and see his son, and is working to rebuild their relationship. Alex feels hopeful that he can be the father to Jaiden that he didn't have. He has begun rebuilding trust with the rest of his family, as well. His goals for the future are to obtain employment, get his license back, buy a car, and continue working on his relationships with his family and his son. Alex says Jeremiah's Inn gave him the tools and ability to help himself. He says, "Nothing is handed to you here, you have to be willing to come in and do the work." We are very proud of Alex and we look forward to being able to watch his continued growth in our Alumni program!

Get Involved!

Looking for more information about the volunteer programs we have to offer? Contact us at 508.755.6403 or via email at Info@Jeremiahsinn.com

Notes from the Field— The Opioid Crisis

Opiates are killing our citizens, particularly our youth. Between 2000-2014, there was a 210% increase in opioid-involved drug overdose deaths! By 2013, over 6% of the U.S. population over the age of 12 had used opioid pain relievers non-medically. Opioids account for the greatest proportion of the prescription drug problem in the US and Massachusetts ranks 3rd in terms of opioid abuse. As of August, 2017, there were 2,107 confirmed cases of opioid-related overdose deaths in MA for 2016. This is a 19% increase over 2015 and a 46% increase over 2014. Worcester has not escaped this crisis. In 2015, there were 1,023 incidents reported to the Worcester Police Department as overdoses. In 2016, 1,011 Worcester residents died from opiate overdoses. In 2017, there were 1,609 overdose deaths. The average age of those dying is 36. There was a 30% decrease in the number of opioid prescriptions in the last three months of 2017, which shows that doctors are becoming more aware of the problem. But tightening the supply of prescription drugs can drive active users to using heroin, or increasingly, fentanyl, which is a powerful drug which was present in 83% of all overdose deaths in 2017. While the adoption of naloxone (which can reverse an opioid overdose) by Massachusetts first responders has helped reduce the number of deaths, addiction is still a significant problem in the Commonwealth. Here at Jeremiah's Inn, we provide residential treatment to 29 men at a time, working closely with them to address their addiction. We help them build a solid foundation for recovery during their stay with us, ensuring that they secure employment, safe, stable housing, and establish community connections before they graduate from the program. We offer them an active Alumni Program to help them continue their recovery. In the coming year, we hope to open a Sober House so our graduates can live in a recovery-focused environment. We also work with the Worcester Department of Public Health, Common Pathways, the Regional Response to Addiction Partnership and the MA Opioid Abuse Prevention Collaborative to address this problem on a larger scale. We're doing everything we can to address the opioid crisis – and your support makes a world of difference to the men who turn to us for help. -Jeff Busby, Clinical Director; Source: (2018 March) *Opioid Overdose Crisis*. www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis

Board of Directors

A big thank you to our Board of Directors, who work hard to serve Jeremiah's Inn & the community:

Patricia Davidson, President
 Joseph Stiso, Vice President
 Gene Bouchard, Treasurer
 Melinda Hillock, Clerk
 Cassandra Anderson
 Timothy Bibaud
 Elmer Eubanks
 Amy Harrington
 Jack Reardon
 Eugene Santos-Roesler

If you are interested in becoming a board member, let us know!



Upcoming Events!

- June 11-16– Annual Food Drive
- Chopped! 2018 Date to be determined

JEREMIAH'S INN uses a Social Model to provide residents with a safe environment in which to begin recovery. We foster a sense of community & mutual aid through partnerships, volunteerism & our Nutrition Center. Our vision is to help people better their lives in order to better the community

Make sure to 'like' us on Facebook, follow us on Instagram, and sign up for our E-News to stay up to date with the latest goings-on at Jeremiah's Inn!

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Our Kindful Donor Database is now up and running! Visit our donor page at www.Jeremiahsinn.com to check out our latest way to donate!