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• **Vivitrol (IM Naltrexone) injections once monthly as part of a treatment plan can successfully treat opioid or alcohol dependency.**

There is rigorous and compelling evidence that **Medication Assisted Treatment (MAT)** is highly effective and can significantly reduce the burden that addiction causes. Numerous studies demonstrate that MAT is associated with the reduction in relapses and overdose deaths — as much as a **50% reduction in relapse and 59% reduction in overdose deaths.**

MAT also reduces infectious diseases. For example, among IV drug users, MAT is associated with a **61% reduction in Hepatitis C infection and a 50% reduction in HIV infection.** Likewise, MAT has been shown to reduce spending on other costly healthcare services such as ER visits and hospitalizations, producing immense value to patients and society at large.

The opioid crisis has inspired renewed efforts across UB and WNY to pursue an interdisciplinary holistic approach in combating Substance Use Disorder and other types of addiction. Our region has begun a clinical **"Hub and Spoke" model** of care, proven successful in Vermont, where a **Hub** offers a higher level of treatment, and a **Spoke** provides care for those more stable in their recovery. This model was

developed to create a safety net for those in need. I am personally grateful to be a member of the University of Buffalo Primary Care Champion Project that has begun to implement this approach.

It is our hope that Embrace Recovery Buffalo can help to create a **parallel community-based "Hub and Spoke" model.** People that are willing, will have an opportunity to be part of the **"community care team"**. For example, our current recovery coaches have now become a valuable part of the treatment plan of care. To help achieve this holistic approach, Embrace Recovery Buffalo has held 14 educational topical seminars to date. Including relevant topics such as: depression and suicide prevention, treatment for opioid use disorder, vaping, the truth about marijuana, narcan training, recovery coach training, etc. Healthcare professionals, students and members of the community have attended. Our team has a goal to **EDUCATE, EQUIP AND ENGAGE** people **ready to help!**

One of my very favorite Bible stories is The Good Samaritan (Luke 10:25-37). The Good Samaritan was merciful and compassionate and stopped to make a difference in the life of a person at the time of their greatest need. Would you consider being part of someone's **Good Samaritan Story?**

## Embrace Making a Difference... Don's Story

"My life was in a vicious cycle of: find drugs (Oxy), take way faster than I meant to, run out of drugs, start with wicked withdrawal symptoms, go out and look for more drugs, run out of drugs, more withdrawal. Doing this all while going through a divorce, working full-time, and taking care of two children (ages 9 & 12). I was DONE!

While at a primary care doctor visit – getting help was recommended, within a few weeks I was getting the help I needed badly...people were stepping up to help where a lot of others couldn't be bothered or were afraid of the stereotype of a typical drug addict.

There wasn't one moment where I felt judged, it was the opposite of judged, I felt accepted even though I didn't feel worthy of this acceptance. The doctor and staff made me feel they were with me, to fight the battle...it was the pharmacists or doctors that need to change their perception on who the drug addict was/is... Do you

know how it feels to let someone like a doctor or pharmacist know you're in a war with opiates and they give you that look of scorn and condemnation – you're less than a human now?

It matches how you feel in your heart...and helps perpetuate the problems...and keeps you from reaching out for help. It made me go into hiding, silent suffering and on the streets instead of to a medical office. ALL THAT CHANGED.




A full team of people tell you a positive message or uplift you when your spirit is down, or offer companionship in the form of a coffee hang-out. To this point, I have been sober a year and a half, I even quit drinking. The doctor and staff helped save my life and my family and kids are very thankful that there are people like this that are there for well... ANYONE in need. Thank you for all that you have done for me!!!"

**Don**

Please prayerfully consider giving to ERB so we can continue to help those in need.

**Embrace RECOVERY**  
BUFFALO

### CONTACT US

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### ERB CO-DIRECTORS

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a ministry of  **Christian Medical & Dental Associations®**  
Changing Hearts in Healthcare

### YOUR GIFT

#### Credit Card:

- [cmdaofwny.org](http://cmdaofwny.org)
- Click **Give Now**
- Click **Embrace Recovery Buffalo**

#### Check:

Make payable to:  
**EMBRACE RECOVERY BUFFALO**  
**Please include Ministry #42485 in memo section of check**

#### Mail checks to:

**CHRISTIAN MEDICAL & DENTAL ASSOC.**  
PO BOX 7500  
BRISTOL, TN 37621-9920

Embrace Recovery Buffalo is a CMDA of WNY ministry that is a 501(c)(3) nonprofit organization and is tax deductible.

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**Thank you  
for your  
generous  
support!**

OFFICIAL NEWSLETTER OF  
**Embrace RECOVERY**  
BUFFALO

2019



So if the Son sets you free, You shall be free indeed John 8:36

a ministry of  **Christian Medical & Dental Associations®**  
Changing Hearts in Healthcare

### MISSION:

Help those struggling with addiction or life controlling problems find compassion, hope, healing, and life long recovery through a collaborative effort that includes a Biblical faith-based approach...

## Embrace Recovery Buffalo

By Corey Nieman

**Embrace Recovery Buffalo (ERB)** is one of the many ministries affiliated with CMDA. Addiction to alcohol and other substances with associated mental health disorders are the most pressing needs of our time and in WNY in particular. As Jesus always met a need before He presented truth, we are striving to be His "hands and feet." We also realize that no one wants to spend their beer money on getting sober, so we believe that providing help and training for FREE, removes that stumbling block.

We see this effort as **local mission work** and just like any other mission operation, there is much support that is needed in prayer, service, time, talent, and money. Our goal is to continue to train **recovery coaches** as part of our **team**. Recovery coaching is a form of strength-based support for people in or seeking recovery from alcohol, drugs, and other addictions. We also hope to continue offering 12 step services, educational seminars, and resources. Up to date, we have been able to provide approximately **\$5,000 worth of FREE Life Recovery Bibles, 365-Day Daily Journals, and Bible Promise Books** to people and families in need. We believe this "team effort" helps to stave off the epidemic and bring people to wholeness in Christ. That is why

we are working collaboratively at the state and local levels to be a part of the solution.

Our ERB seminars are held 3 times per year. Pictured on page 3 you will see a some of the presenters including: Dr. Gale Burstein, Dr. John Notaro, John Bennett, and Lex Luger. **Also, collaboration with Save the Michaels of the World, Horizon Health Services, and Best Self.**

It is imperative that we work **together** with regional churches and other non-profit organizations and also support the efforts of the Opioid Epidemic Task Force. Yet in order to do this, we need financial support like never before for example, some NYS Connecticut Community for Addiction Recovery (CCAR) recovery coach training courses can cost up to \$700 per student for 30 hours of training. Our **ERB approach is different**, the course of training is FREE to those interested in becoming recovery coaches. We raise support to pay the trainer(s) a set fee to teach no matter the size of the class. Thus far we have trained **25** recovery coaches. Please consider making an impact in our community by generously financially supporting ERB so that **YOU** can help make a difference in lives.



### EXPLORE WHAT'S NEW:

- ♦ **Embrace Recovery**
- ♦ **Recovery Coaches**
- ♦ **Re:Generation**
- ♦ **A New Home?**
- ♦ **A Time to Embrace**

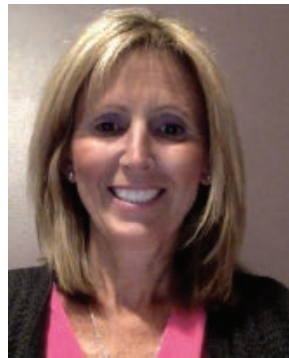


## Coaches on Our Team...

Individuals working towards recovery are in need of support, which can come via a variety of means. However, it is the church that has the potential to reach great numbers of these individuals, and the results could indeed impact the world.

Let's take a close look at the healing components of recovery, and see how the church has a tremendous role:

- **Body:** Detoxification, physical healing and brain healing are steps that require the assistance of our medical community, which can offer physical explanations as well as medical solutions.
- **Mind/emotion:** This component requires a sense of hopefulness and balance, and the healthy management of emotions through professional counseling.
- **Social:** Counseling, and the church, can take a tremendous role in re-enforcing the importance of reintegration into society and the healing of damaged relationships.
- **Spiritual:** Through the church, meaningful connection and a sense of belonging and acceptance can be rediscovered. The church can provide a real community connection that can have a lasting impact in the lives of people in all stages of recovery.



**Monica Farrar**  
LMHC, CASAC, CRC  
(Certified Recovery Coach),  
LPC & CSAC - Co-Director of  
Embrace Recovery Buffalo

## RE:GENERATION

Churches typically have 12 step groups including AA and NA. God tells us that we are to be new creations putting off with the old and on with the new. Traditional AA does not endorse this idea as it says once an alcoholic, the best you can achieve is dry drunk status, but we know that God asks us to take off the old man and put on the new. He promises transformation, not behavior modification. In October 2019, Eastern Hills Church and Watermark Wesleyan have begun running the first Regeneration (RE:GEN) 12 step programs in our region. What we are finding is that this curriculum is truly about discipleship through brokenness. It encourages us to take our current suffering and leverage it toward growth by offering our pain up to Jesus.

The first 6 weeks we go over the Foundations, which anyone can attend and check out, but after that, a 9 month deep dive into discipleship begins. In this way the sharing and caring goes deeper. During this season, participants are asked to journey together through 7 books. Each step takes them deeper and deeper into discipleship. Obviously, recovery is an objective, but apart from folks growing closer to Christ it can become a short-term gain for a long-term loss. At that point we are just adapting, not transforming. Can you put a price on transformation?

## A New Home?

**CMDA needs a home base**, preferably within walking distance of the new University of Buffalo Medical Campus. The space we have an eye on in downtown Buffalo is one that can serve multiple purposes. One goal is to fulfill our commitment to have a **"heart for the healers"**. A new CMDA home would give us an opportunity to provide free counseling to UB students and faculty, fellowship, prayer, mentoring, devotions and Bible studies. Our caregivers, the one's who pour into patients lives, can get easily depleted if they are not replenished. Healthcare providers would be able to find rest and restoration here. We envision this space to be a shared home, for ANY of the CMDA ministries.

A city location is ideal for educational training and networking events. Healthcare providers could be **trained** and **educated** on a holistic biblical faith-based approach to management of conditions such as: substance abuse, alcohol disorder, codependency, anxiety, depression, suicidal thoughts, workaholism, social media, video gaming, etc. and classes to train life recovery coaches as part of the care team. Your giving of yearly, monthly, or a one time gift to Embrace Recovery Buffalo could help make this vision a reality...



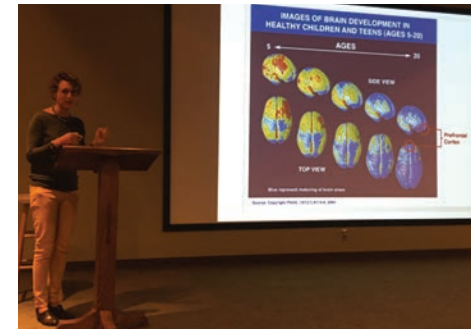
CMDA Team looking for a home



## A Time to Embrace

By Darren Caparaso, MD, Co-Director of Embrace Recovery Buffalo

I love family and love being a Family Doctor. Over the years I have unfortunately witnessed firsthand the ongoing heartbreaking suffering that people and their families endure from the devastating consequences of addiction and associated life-controlling problems.



Dr. Gale Burstein, Erie County Health Commissioner, shares about Substance Abuse & Addiction on School Campuses

We as Buffalonians, the **"City of Good Neighbors"**, have consistently demonstrated that we truly care about each other and are willing to become involved to help struggling people turn their lives around. Alcohol and substance abuse with coexisting mental health problems, such as **anxiety and depression**, are a crisis with enormous harm to the health of individuals and families. Efforts to find a remedy is causing tremendous strain and significant challenges to the healthcare and the criminal justice systems.

### DID YOU KNOW?

- In 2017, the US Commission on Combating Drug Addiction and the Opioid Crisis, reported to President Trump - **"with approximately 142 Americans dying every day...America is enduring a death toll equal to September 11th every three weeks"**
- As a result, President Trump declared the opioid crisis a **"National Emergency"**
- The U.S. Surgeon General, Dr. Jerome Adams, stated in April 2018, "We have a person dying every **12.5** minutes from an opioid overdose"
- CDC reported in September 2019, the opioid epidemic is linked to more than **430,000 deaths in the USA since 2000**
- The United States consumes **80% of the world opioid supply** and drug overdose is the leading cause of unintentional deaths in the US
- The Centers For Disease Control and Prevention (CDC) reported that



Medical director of BMG, Dr. John Notaro, speaks on Depression and Suicide Prevention

- Historically, among people with known opioid use disorder,

fewer than **20%** receive any treatment

- A new analysis from the White House Council of Economic Advisors estimates that the opioid abuse crisis cost the US economy
  - **696 BILLION** dollars in 2018 and
  - **Over 2.5 TRILLION** dollars from 2015 to 2018.
- Approximately **15 million** Americans are diagnosed with **Alcohol Use Disorder per year**
- An estimated 88,000 people (62,000 men & 26,000 women), die from alcohol related causes annually
- Roughly **20% of college students** meet the criteria for Alcohol Use Disorder
- Individuals with alcohol and substance use disorders are six times more likely to commit suicide
- **Suicide is the second leading cause of death amongst people ages 10 to 34 and most prevalent between 18 and 25 years old**
- **Depression** is very treatable however only **1 in 5** people receive treatment consistent with current practice guidelines



Wrestling Champ and Recovery Coach Lex Luger shares his testimony

### NOW THE GOOD NEWS !

- The nationally recognized **Erie County Opiate Epidemic Task Force** efforts are making significant strides with a collaborative approach that is producing results
- The City of Buffalo implemented the **Nation's first opioid intervention court**
- The **University of Buffalo (UB)** is fighting addiction through Research Education and clinical care
- The **UB's Clinical and Research Institute on Addictions (CRIA)** is a long standing national leader in the study of alcohol and substance abuse
- For nearly **50 years**, CRIA has conducted ground breaking research on significant addiction issues
- UB has more than **150 faculty and scientists** investigating addiction
- **UB is educating** tomorrows health specialists...more than **900 students** from all of UB's health sciences disciplines (medicine, nursing, social work, pharmacy, dentistry, public health) participate in exercises to learn how to recognize and address addiction in a variety of settings
- Conditions such as **anxiety and depression** can be successfully treated with options including medication, counseling and community support groups



John Bennett from Kids Escaping Drugs presents on Vaping