

# ALUMNI IN RECOVERY

(AinR™)



**SPEAKING ABOUT ADDICTION.  
CONNECTING WITH COMMUNITIES.  
MAKING A DIFFERENCE.**



# AinR™ is a 3-tier program

## Recovery Members

YOUNG, LOCAL PEOPLE IN SUBSTANCE  
ABUSE/ADDICTION RECOVERY



## Parent Members

LOCAL PARENTS WHO HAVE LOST THEIR CHILDREN  
TO OVERDOSE/ADDICTION RELATED DEATHS



## Community Programs

PROGRAMS AND EVENTS TO GET YOUR  
COMMUNITY INTO ACTION

*We host great programs on our Social Media platform.*



## BOARD MEMBERS



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FROM LEFT TO RIGHT:

Nancy Labov, Christie Rossig, Tom Canavan, Rich Hallahan, Kathy O'Leary, Dave Santalla

**Alumni in Recovery (AinR™)** is a 501c3 organization that gives local recovering and grieving people a platform for speaking about addiction in schools and community events.



*Paterson chapter members & Founder Nancy Labov*

## OUR MISSION

To heighten awareness around Substance Use Disorder, to end the stigma surrounding addiction, provide hope, and resources.

## OUR GOAL

By speaking openly about issues that affect youth and families of all walks of life, we create bridges through hosting addiction-related events and school presentations. Together, through community action, we can address the ongoing opioid epidemic and mental health crisis we are currently facing.





# AinR™ Recovery Members

## YOUNG, LOCAL PEOPLE IN SUBSTANCE ABUSE/ADDICTION RECOVERY

**Our recovery members are abstinent** from all mind-altering drugs, including alcohol. **They are responsible local young adults living in the community, building their lives, and actively living a life of recovery.**

They volunteer their time to speak openly about their feelings and issues during developmental preteen and teen years.

They share about **their struggles with addiction** and **how they overcame them**. They also speak about the importance of **asking for help** and **opting for better choices**.

## Volunteerism is a work of heart.

Service is a cornerstone within the 12-step recovery community.  
Giving back through sharing our stories not only helps us but helps others.



## Interested in becoming an AinR™ Recovery Member?

Our members are vetted through AinR™ Coordinating Staff and our **AinR™ Speaker Guidelines** (see page 8).

Contact our Operations Manager  
**Morgan Kennedy**

**morganain@gmail.com**



# AinR™ Parent Members

**LOCAL PARENTS WHO HAVE  
LOST THEIR CHILDREN TO  
OVERDOSE/ADDICTION  
RELATED DEATHS**



Our organization is two-fold in speaking to the public. **Parents and family members who have lost loved ones to addiction-related deaths are vital to the organization's mission in talking openly about addiction.**

**Real-life local voices** sharing their stories and experiences help to **change the perception** of substance abuse and addiction.

**Hearing both sides of addiction;** the recovery side and the family's side... we use a **peer-to-peer approach** to help plant a seed and promote prevention.

## **Volunteerism is a work of heart.**

**Interested in becoming an AinR™ Parent Member?**

Our members are vetted through AinR™ Coordinating Staff and our **AinR™ Speaker Guidelines** (see page 5).



*Interested in becoming a Parent Member?*  
Contact our Director of Parent Programs,  
**Tom Canavan.**

**[tome@alumniinrecovery.org](mailto:tome@alumniinrecovery.org)**

# PARENT SPEAKER GUIDELINES

Prospective presenters should attend an appropriate number of Parent presentations before first speaking so as to become familiar with our presentation styles for parents and how these guidelines are incorporated.

Prospective presenters will meet with the Director of Parent Programs or designated other person to review their speaking outline and timing before first presentation.

Parent Presentations should last for approximately 15 minutes. Time yourself in advance and don't go longer than 15 minutes unless the format provides for it and it's prearranged.



**Remember:** This is an opportunity for you to educate others.

Have some photos of your child to personalize the message. (on USB stick for laptop). For Zoom events, please check with Morgan about PowerPoint- [morganain@gmail.com](mailto:morganain@gmail.com)

Have notes or an outline to help guide you.

## Share your experience regarding the following:

- Family structure (traditional; divorce/blended; etc.; environment)
- Childhood - what kind of student was your child like while growing up? School environment; sports/activities. Place your child in context of how their school years went.
- The progression and what happened -The "defining moments": What signs did you specifically see that your child had changed? How did you find out? Was drug paraphernalia present? What was the interaction and your relationship like?
- The active addiction behaviors exhibited: e.g. pathological lying; car accidents; new "friends"; disappearance; etc. What to look for.
- Explain what you have learned about the disease.
- Share how it affected you and your family.
- What steps did you take to intervene? What resources did you use and what was the result? What were the most successful, if any, and least?
- What happened to your child?
- What is like now for you and your family?
- Where do you go for help if you suspect or know of a problem?
- Resource List (i.e. Nar-Anon, Al-Anon, etc.)
- Why you speak publicly?
- Our hope is to continue to increase awareness in our community, especially amongst other parents, of the reality of addiction deaths. End the stigma regarding disease of addiction
- Questions

RISK	PROTECTIVE
Poor academic performance	Academic competence
Lack of parental supervision	Parental monitoring/involvement
Access to drugs and alcohol	Awareness (adherence) with current laws.
Social issues in school or life	Connection in community (church, sports...)

# AinR™ Social Media & Publicity

## POLICIES

- FACEBOOK Videos/photographs are permitted to be posted on the official ALUMNI IN RECOVERY FACEBOOK ONLY. Receive verbal permission first from school staff and members. NO STUDENTS ARE TO BE PHOTOGRAPHED OR VIDEOTAPED (as per confidentiality laws). Ask for permission from members, as well.
- All members must refrain from publicizing student events, photos or videos on personal social media. Members can share public community-based events/announcements as created on ALUMNI IN RECOVERY social media pages (Facebook, Instagram). Refrain from any personal/professional publicity at the press level. Community-based presentations are hosted by town organizations and we should regard to their publicizing preferences.
- As ALUMNI IN RECOVERY becomes more well known, we are exposed to more coverage in newspapers, social media, radio and even local television news. This publicity is core to our mission of raising awareness and sharing our stories. However, we realize that each of our Members and Parent Program Members has a deeply personal story that is theirs alone to determine how it should or should not be disseminated.
- It is important for all of us to realize that ALUMNI IN RECOVERY cannot control the coverage of events, especially, large community-based events. With this in mind, each ALUMNI IN RECOVERY speaker should carefully prepare their presentation prior to their speaking event. You should assume that anything that you share will make it into news or other coverage of the event, and you should include only what you are comfortable in disclosing.
- Your stories are immensely powerful and moving, and we have all seen how your bravery in sharing them has made ALUMNI IN RECOVERY grow into the success that it is today. But your ability to continue to share your journey relies on respect for your privacy and it is critical to all of us that you feel comfortable to set whatever boundaries you feel appropriate.



@alumniinrecovery



@alumniinrecoverynj



@ainrnj



@alumni in recovery

# AinR™ Recovery Speaker Guidelines

The guidelines are the framework for our members speaking at school – and community- based events. **They provide for clear and consistent messaging at presentations for our hosts to rely upon.** Must be reviewed with a seasoned member prior to speaking.

**INTRODUCE YOURSELF.** Start with your name, age, and the school you attended, our mission, and why participating is important to you. A good place to start? Ask the audience if they're aware of the **GOOD SAMARITAN LAW**.

#### **GOOD SAMARITAN LAW**

*In regard to alcohol and drug overdoses, this law offers legal protection to people who give reasonable assistance to those who are, or who they believe to be, injured, ill, in peril, or otherwise incapacitated. The protection is intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or wrongful death.*

**KEEP IT SHORT.** Speak for no longer than 15 minutes. If you are one of three presenters, the first presenter can "lead" and do the introduction. Always use age relatable content, which will keep your audience engaged throughout.

**MAKE IT PERSONAL.** Discuss where you were at their age; include feelings, behavior, activities – even your school performance, prior to substance use. Be specific about how you felt, so they can relate to you better.

**SHARE** how and when the path of drug/alcohol abuse started. Emphasize age-related moments.

**AVOID** glorifying drug/alcohol use, detailed illegal activities, long stories/tangents, and talking about the "love of the drug" (remember this is a prevention-based presentation).



#### **STAY ON TOPIC:**

**JOURNEY FROM YOUTH -> ADDICTION -> RECOVERY!**

**INFORM** your audience about withdrawal and detoxification (if it pertains to your story).

**DEFINE TERMS** such as Detox, Rehab, Abstinence, Recovery, Stigma, and Withdrawal. Explain symptoms of withdrawal, beginning with alcohol, opiates and/or benzodiazepines (i.e. Xanax). Avoid slang terms/ words (i.e. Roxy).

**ASK QUESTIONS** – students may not be familiar with words/terms. **WHAT DOES ABSTINENCE MEAN?** Define the word abstinence, and how/why you live a life free of drugs and alcohol as part of recovery and the lifestyle choices that you get to make because of being clean and sober, etc.

**ENCOURAGE STUDENTS** to opt for positive choices. Provide healthy alternatives, the importance of supportive friends that value smart and healthy choices.

**REFERENCE NAMES** of school administrators and/or law enforcement, only in regard to positive experiences.

**QUESTIONS?** Leave adequate time for students to ask questions at the end of your presentation.

**7**

**REMEMBER!** We are guests at the places we are speaking at and should adhere to responsible sharing through the guidelines outlined here.



# WHAT NOT TO DO!

**NO PROFANITY.** Please be responsible for the words you use — they matter!

**DON'T ASSUME** they know the terms/words you are using. Ask questions and engage students.

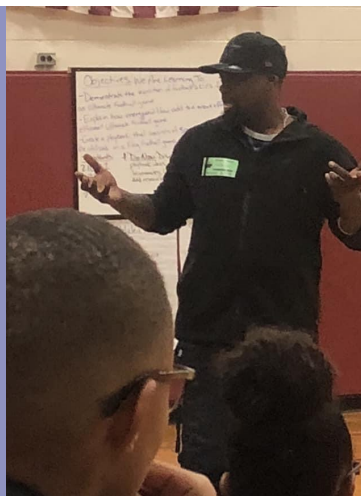
**DON'T LABEL** any of the students as alcoholics or addicts, or that they will become one — just that substance use is the potential path). Keep it generalized, and do not go off topic of addiction to make points. Stay in the scope of addiction and personal journey.

**ALUMNI IN RECOVERY DOES NOT SPEAK OF OUTSIDE ISSUES** (i.e. religious, political, causes), or anything beyond the scope of these guidelines as it pertains to your own experience and the general facts of addiction.

**ALUMNI IN RECOVERY MEMBERS SHALL NOT PROMOTE OTHER ORGANIZATIONS, OR ENGAGE IN SELF PROMOTION,** when speaking in schools, to the media and to the general public.

These include AA, NA and professional services.

We are there as **ALUMNI IN RECOVERY** members.



## 12-STEP PROGRAM REFERENCES:

**LIMIT SHARING ANY AA/NA EXPERIENCES** since we are speaking as people in recovery. **ALUMNI IN RECOVERY** is not affiliated with 12-step programs. Be clear that you are a Member In Recovery and not there to speak on behalf of any organization other than **ALUMNI IN RECOVERY**. If you must, refer to **AA/NA** as "12-step programs". Offer to discuss with anyone wanting more info after speaking. For reference:

**AA:** (800) 245-1377 or [www.aa.org](http://www.aa.org)

**NA:** (908) 687-8566 or [www.na.org](http://www.na.org)

**RESPECT ANONYMITY** outside the fellowships. Do not refer to other Members during presentations as part of any AA or NA program.

## SHARING INFORMATION

**NEVER GIVE YOUR PERSONAL PHONE NUMBER TO STUDENTS.** You may provide staff with our contact email – [contact@alumniinrecovery.org](mailto:contact@alumniinrecovery.org). They are minors and we are guests of the staff. You may give the contact staff or school personnel your info if they wish to reach you in regard to connecting with a particular student. You can also refer them to an **ALUMNI IN RECOVERY COORDINATOR**.

**SHARING RESOURCE INFORMATION.** If you are ever asked to provide a list of treatment resources, refer them to your local **ALUMNI IN RECOVERY COORDINATOR**.

# SCHOOL COMMUNITY OPPORTUNITIES

**COMMUNITY SERVICE OPPORTUNITIES AVAILABLE FOR TEENS!**

SPEAKING OPENLY ABOUT ADDICTION MAKES A DIFFERENCE.

## KINDNESS ROCK PROJECT



Rocks are painted by local communities with inspiration to be put on our event tables.

PEOPLE ARE ABLE TO GRAB THEM AS A POSITIVE MESSAGE TO HOLD ONTO. THE ROCKS ARE MADE WITH LOVE BY KIDS WHO CARE, IN LOVING MEMORY OF LIVES LOST TO ADDICTION.



**A perfect volunteer opportunity for confirmation hours, college applications, certain scout badges, resumes, and lots more...**

## WE NEED YOUR HELP!

## THE BLACK POSTER PROJECT

Help us set up the impactful visual display of hundreds of lives lost to addiction.



**BECOME A JUNIOR VOLUNTEER!**

## PIZZA POSITIVITY PROJECT

Our police and school communities working together to provide support and hope to those in early recovery!



SEE PAGE 16

# OUR PARTNER

## The Black Poster Project

*For Community Events (see page 12)*

THE  
BLACK  
POSTER  
PROJECT



*Dee Gillen & Nancy Labov*



**The Black Poster Project (501c3 organization)** is a project created by one of our parent members, **Dee Gillen**. What started off as a parent presentation with images of 20 or so lives lost to overdose/addiction related deaths, has now turned into a project filled with hundreds of posters. As the TBPP continues to be recognized, it has consistently grown, as addiction is something that most people are familiar with... either in their own lives or someone they love.

To learn more visit [theblackposterproject.com](http://theblackposterproject.com) or email [dee.theblackposterproject@aol.com](mailto:dee.theblackposterproject@aol.com).

*The Black Poster Project is available for school/community events. Dates are limited!*



# COMMUNITY PROGRAMS

We all can lend a hand and destigmatize the disease of addiction!

**WE CAN SAVE LIVES TOGETHER NOW!**

PROGRAMS AND EVENTS TO GET YOUR COMMUNITY INTO ACTION

**"Connectedness counters  
addictive behaviors. It is the key."**

**Dr. Bruce D Perry, Neuropsychiatrist**



**GET INVOLVED!**

**& collaborate with valuable resources!**



*Pictured from left to right: Ellen Elias (TCADR), Alex Roth (NJ Re-Entry), Mark Musella (Bergen County Prosecutor), Nancy Labov (AinR Founder), James McGreevey (Chairman of NJ Re-Entry), and Mike Paoletto (BNBMC)*

**Volunteerism is a work of heart.**

**AinR™ gives people tools and a means of which people can get into action to address a disease that typically leaves one feeling powerless.**

**INTERESTED IN HOSTING AN EVENT IN YOUR TOWN OR VIRTUALLY?  
See flyer on page 12 for more info.**

*Interested in becoming a Community Member?*  
Contact our Director of Community Programs,  
**Stacy Stein.**





# AinR Programs

## COMMUNITY EVENTS



### THINKING ABOUT OPTION 2? HOW TO MAKE YOUR EVENT A SUCCESS...

- Invite and publicize the event well in advance.
- Get your PTO involved!
- Get your sports teams and clubs involved to volunteer.
- Invite local substance abuse and mental health resources to have an information table.
- Food for attendees (it works!) - donations from local vendors/restaurants to highlight in your advertising.

Once you schedule, we will continue to assist in ways to promote your school event.

### THE BLACK POSTER PROJECT

Display in honor of those lives lost to overdose deaths  
*(Learn more at [theblackposterproject.com](http://theblackposterproject.com))*



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### YOUNG PERSON IN SUBSTANCE ABUSE RECOVERY

Speaker: AinR Recovery Member  
*(Learn more and see our speaker guidelines at [www.alumniinrecovery.org](http://www.alumniinrecovery.org))*



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### PARENT WHO HAS LOST THEIR CHILD TO ADDICTION

Speaker: AinR Parent Member



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### ANY OTHER SPEAKERS THE COMMUNITY MAY INCLUDE:

LEAD officers, town leaders, police, ambulance  
(Any first responders)

**\$1,500 program fee**

### THE BLACK POSTER PROJECT

RAISING AWARENESS  
THROUGH  
LIVES LOST TO  
ADDICTION

PLEASE EMAIL  
**CONTACT@ALUMNIINRECOVERY.ORG**

We can help you plan a program suitable to your needs!  
*Hybrid or virtual options are always available!*

# SCHOOL PROGRAMS

**GET INVOLVED THROUGH THE  
FOLLOWING OPPORTUNITIES...**

- **SCHOOL PRESENTATIONS TO STUDENTS**
- **EVENING PRESENTATIONS FOR PARENTS/SCHOOL COMMUNITY**  
*In-person, hybrid/virtual options available.*
- **JUNIOR VOLUNTEER PROGRAM/COMMUNITY SERVICE**
- **PAINTING KINDNESS ROCKS**
- **PIZZA POSITIVITY IN CONJUNCTION WITH YOUR LOCAL POLICE FORCE**
- **UTILIZE OUR VIDEO LIBRARY**

**See flyer on page 14 for more info.**

**NO FEES, ALTHOUGH DONATIONS ACCEPTED**

*Interested in having a School Program in your town/community?*  
Contact our Operations Manager,  
**Morgan Kennedy.**



# AinR Program Options

## SCHOOL EVENTS

### OPTION 1

#### SPEAKER ONLY PROGRAMS

(Day and evening available.)

- **YOUNG PEOPLE IN SUBSTANCE ABUSE RECOVERY**  
(AinR Recovery Member)

- **PARENTS THAT HAVE LOST THEIR CHILDREN TO OVERDOSE DEATHS**  
(AinR Parent Member) (Optional)

**A peer-to-peer approach in person at the school.**  
(Learn more and see our speaker guidelines at [www.alumniinrecovery.org](http://www.alumniinrecovery.org))

**Our Video Library is always available.**  
(Contact us at [contact@alumniinrecovery.org](mailto:contact@alumniinrecovery.org) if interested)



#### THINKING ABOUT OPTION 2? HOW TO MAKE YOUR EVENT A SUCCESS...

- Invite and publicize the event well in advance.
- Get your PTO involved!
- Food for attendees (it works!) - offer refreshments.
- Invite your local alliance and Stigma Free committees to attend
- Get your sports teams and clubs involved to volunteer.
- Include LEAD officers, town leaders, police, ambulance (any first responders) as guest speakers

**Once you schedule, we will continue to assist in ways to promote your school event.**

**(LIVE OR VIRTUAL)**

**No fee, but we welcome your donation**

### OPTION 2

#### DAYTIME AND EVENING SPEAKING PROGRAMS WITH THE BLACK POSTER PROJECT

#### EVENING PROGRAM FOR PARENTS

Includes a presentation by a recovery member, parent member, and a school or town affiliate.

*Held in the evening after the students have the experience during school hours.*

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#### THE BLACK POSTER PROJECT

(Both for day and evening programs)

Display in honor of lives lost to overdose deaths  
(Learn more at [www.theblackposterproject.com](http://www.theblackposterproject.com))

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#### OPTION 1

**DAYTIME SPEAKER PROGRAM FOR STUDENTS  
WITH YOUNG PEOPLE IN SUBSTANCE ABUSE RECOVERY**  
(AinR Recovery Member)



**\$1,500 program fee**

**THE  
BLACK  
POSTER  
PROJECT**

RAISING AWARENESS  
THROUGH  
LIVES LOST TO  
ADDICTION



PLEASE EMAIL  
[CONTACT@ALUMNINRECOVERY.ORG](mailto:CONTACT@ALUMNINRECOVERY.ORG)

We can help you plan a program suitable to your needs!  
*Hybrid or virtual options are always available!*

# We connect with **LAW ENFORCEMENT**

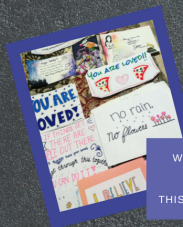
**pizza**

**positivity**

Our police and school communities working together to provide support and hope to those in early recovery!

**get your school involved!**

email [contact@alumniinrecovery.org](mailto:contact@alumniinrecovery.org) if you are interested in getting your school involved!



**what it is:**

WRITTEN MESSAGES OF POSITIVITY AND ENCOURAGEMENT SOMETIMES ALONG WITH UPLIFTING ARTWORK AND PIZZA ARE BROUGHT TO BERGEN NEW BRIDGE MEDICAL CENTER REHAB UNITS BY LOCAL POLICE ON A WEEKLY BASIS.

THIS IS IN HOPES TO BRING AWARENESS, COMPASSION, AND GREATER UNDERSTANDING ABOUT THE DISEASE OF ADDICTION.

[www.alumniinrecovery.org](http://www.alumniinrecovery.org)



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*We Care A Lot*

**people**

**Addiction**

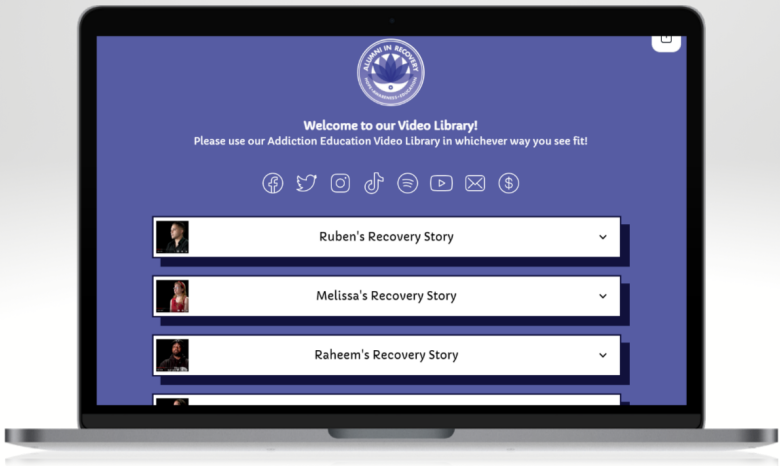


**Recovery**



# UTILIZE OUR VIDEO LIBRARY!

**High-quality, 15-20 minute videos of our Members sharing their stories of addiction, loss, and mental health.**



**Our Video Library can be utilized as a restorative practice, homework to watch with family, to encourage discussions, and also in lieu of detention.**

CONTACT US AT  
**CONTACT@ALUMNINRECOVERY.ORG**  
FOR THE DIRECT LINK.

**NO FEES, ALTHOUGH DONATIONS ACCEPTED**



**DONATE** to our  
**non-profit organization**  
by mailing a check  
*(or donate online at [AlumniInRecovery.org](http://AlumniInRecovery.org)).*

All support is appreciated.

Checks can be mailed to:

**ALUMNI IN RECOVERY**  
**P.O. Box 22,**  
**Westwood, NJ 07675**



**Find us on social media!**



@alumniinrecovery



@alumniinrecoverynj



@ainrnj



@alumni in recovery