



Here for Long Island. Here for You.



## The Journey Forward

*FCA Announces the Return of In-Person Addiction Prevention, Treatment & Recovery Services*

While COVID-19 has thrown us a curveball, FCA continues to face these battles with you, together, across our collection of FCA addiction related services and recovery communities.

The pandemic has affected us all in a variety of ways and has had a significant impact on those struggling with mental health and addiction.



In Nassau County, we have seen a 43% increase in fatal drug overdoses this year, while non-fatal overdoses increased 18%; and in Suffolk County a 29% increase in fatal overdoses, and an 11% increase in non-fatal overdoses. At FCA, we have very much felt these harsh realities and we know you have, too.

We welcome all who are facing the battles of addiction and substance misuse to join us as we begin our full return to face-to-face programming. FCA invites you to reach out to continue or to begin your journey towards the life you deserve; towards a promising and meaningful future.

***We are in this together.***

### Opioid Overdose Prevention Program

**Coming  
Soon!**

#### Naloxone Saves Lives



Naloxone is a medication designed to rapidly reverse opioid overdoses.

We are excited to announce that we will soon be offering an *Opioid Overdose Prevention Program*.

FCA will be providing training to community members (lay responders), other para professionals, professionals, clients or patients, and their families on how to recognize, respond and give Naloxone. This new lifesaving program will also be distributing Naloxone.

## Stories of Recovery

Providing strength through motivational & courageous peer accounts.

Meet Jen.

"I am a person in long-term recovery. My recovery from substance use disorder and exposure began in December 2017.

I completed inpatient treatment on January 18, 2019 and was discharged to a sober living house. On January 31, 2018, a THRIVE staff member visited the sober house to inform residents on the program and the free services being provided along with transportation.

I knew a miracle had just occurred in my life. The services spoke so loudly to me that I called right away and asked to be picked up the following day to engage in GYST. I became an active participant in many THRIVE services. After just one week, I met Fran M. who instantly believed in me and made me feel like part of the recovery community.

I applied to become a vetted volunteer and was accepted. I became the front desk "Face of THRIVE", a peer leader, the volunteer-volunteer coordinator, and an outreach worker. I volunteered at THRIVE for eight months where I learned about resources, recovery coaching and Certified Recovery Peer Advocates (CRPA). I soon after applied for a spot in the Recovery Coach Academy hosted by LIRA. Six months into my journey, I was accepted into the RCA training. I fell in love with the entire CRPA peer movement and wanted more.

In October 2018, I was hired by FCA's SHERPA Program. I had legal barriers at that time and thankfully another miracle occurred. FCA kept me on board until those legal matters were overcome with the help of *Breaking Barriers*, another THRIVE resource. After the first nine months of my employment, I was promoted from an entry-level position to a coordinator and eventually management position.

I would like all to know that *recovery works. Second chances are possible.* Thank you FCA!"

We believe that by sharing firsthand stories of recovery, determination, and perseverance like Jen's, that we can continue to help those looking for support and guidance in their fight against substance use and addiction.



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# Welcome Back!

THRIVE is transitioning to increased in-person groups, activities, & services.

Walk-ins available for Recovery Coach sessions but appointments preferred. Schedule today!

**For more information:**  
**Nassau (516)765-7600 • Suffolk (631)822-3396**

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Contact [FCA's Addiction Prevention, Treatment & Recovery Division](#) today!

**Hempstead Family Treatment & Recovery Center (516)486-7200**  
**Hicksville Family Treatment & Recovery Center (516)935-6858**

**Prevention Team (516)486-7200**  
**Sherpa Peer Recovery Coaches for Overdose Survivors (516)592-7385**  
**THRIVE Nassau (516)765-7600 or [THRIVE@FCALI.org](mailto:THRIVE@FCALI.org)**  
**THRIVE Suffolk (631)822-3396 or [THRIVE@FCALI.org](mailto:THRIVE@FCALI.org)**



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