Throughout September, Phoenix Houses of New York and Long Island celebrated the 30th Annual Recovery Month!

Our facilities across Long Island, Queens, and Brooklyn hosted speakers and forums, played games, enjoyed BBQs, and honored those in recovery and the loved ones lost to substance use disorders.

This newsletter is dedicated to our friends and family, past and present who are all on their own journeys to recovery and rediscovering their strength.

Phoenix House President & CEO joins in the Recovery Month discussion with an Op-Ed on "Recognizing and Responding to Addiction."

It's often said, but worth repeating during National Recovery Month: addiction does not discriminate. Drugs can hook anyone, anytime, anywhere—and it's more of a problem now than it's ever been. In New York, for instance, there were more opioid-related overdose deaths in 2017 than there were in the first six years of the 2000s combined.

Today, the types of drugs available are also terrifyingly effective at creating addicts. Fentanyl and other synthetic drugs are perhaps the worst among them. They are 50-times stronger than heroin and 100-times stronger than morphine. They are also cheap and fairly easy to find in New York. And, they flooded in so fast that we are only now fully realizing the seriousness of this public health issue.

Read more at the GothamGazette
Journeys to Recovery

Kareem's Story

My name is Kareem. I just turned 18 a couple months ago on May 14th. To know a little about me... I just graduated high school two days before coming to Phoenix House. I am polite, well mannered, outgoing, and intelligent for my age. I am very bright; curious. I am someone you can get to know by just a conversation.

I've been at Phoenix House for 48 days now. I'm almost at the 2-month mark. My time here is everything to me. I've learned so much about myself while being here. Since I'm in a controlled environment, it is crucial that I learn how to have structure and responsibility in my life. This program had taught me lessons every day on how to stay sober and use positivity in my life. God put me here for a reason. I look at everything that way because I believe in my higher power. I am grateful for being put here in the Phoenix House. During my time, I use every day to learn something and to use the reformed staff as proof. I've learned it doesn't matter how many times you fall, it's how you get up that counts.

This experience has given me a chance to learn from peers my age that life isn't a game. Everyone here has been in my shoes before and their life experience is proof of how fast you can screw up your life if you don't learn that the past ways must change for you to survive. I've learned that addiction is a serious mental disease. But there is hope because there is a cure if you have the determination and will power to want change in your life. This experience has taught me to love myself in every way so that I don't need drugs to mask my problems in life. I am blessed to be in a sober environment where I can think smart and clearly about what my purpose in life is and which steps I can choose to get where ever I want in the world — Drug Free!

Read more of Kareem's Story!

All About Recovery!

Phoenix Houses of NY|LI celebrates Recovery Month!

Phoenix House staff, residents, friends, and family all participated in various events happening throughout the NY area and beyond in a celebration of those on their journey to recovery and to honor those who are no longer with us. This year marked the 30th Annual Recovery Month and we were honored to host and participate in so many wonderful event and celebrations.
Adam Maslowski, Phoenix Houses Outpatient Clinical Coordinator (pictured far right), participated in a round table discussion on vaping hosted by the Brooklyn Borough President’s Office.

“I appreciated the opportunity to participate in an important multi-disciplinary and perspective round table event to provide Phoenix House’s insight and clinical expertise regarding the impact of vaping and nicotine dependence among our young people and in our community. The willingness and dedication of The Brooklyn Borough President and his office to remain proactive in the development and implementation of policy aimed at the health of our wider community is an important resource in addressing nicotine and wider substance dependence in NYC. This proactive approach to community health and desired improvements is congruent to the value system and efforts of Phoenix Houses of New York & Long Island.”

Brooklyn Borough President, Eric Adams (pictured 3rd from right) and his administration care deeply for the health and welfare of the community. Health care has been at the top of Adams’ agenda throughout his first year in office. Borough Hall allocated capital funds to support expanded health care facilities at hospitals across the borough as well as investments that support treatment and recovery centers. (https://www.brooklyn-usa.org/health/). We were grateful to participate in the round table discussion as a thought leader and join Adams in his efforts.

Ann-Marie Foster, Phoenix House CEO, Phoenix House staff, and friends were honored to join others in the Odyssey House Run For Your Life of which Phoenix House sponsored this year.

Congratulations to all who ran! We can’t wait to join you again next year.
Phoenix Houses NY|LI President and CEO Ann-Marie Foster was joined by senior staff of Phoenix House at this year's ASAPNYS Conference and met with OASAS Commissioner Arlene González-Sánchez, who was honored with the Outstanding Leadership Award from the Latino Social Work Coalition and Scholarship Fund.

The Alcoholism and Substance Abuse Providers of New York State (ASAP) is committed to working together to support organizations, groups and individuals that prevent and alleviate the profound personal, social and economic consequences of alcoholism and substance abuse in New York State.

(Pictured L-R: Leann McCabe, Regional Director of Patient Access, Ann-Marie Foster, President & CEO, OASAS Commissioner Arlene González-Sánchez, Shaun Willis, Director of Outpatient Services, Dan Boylan, Director Wainscott Residential, Jeremy King, Director of Residential Services)

All across the region, Phoenix House facilities hosted bbqs and intimate talks and gatherings where residents and friends could talk about their recovery journeys and celebrate their efforts to live healthy, sober lives.
To celebrate recovery month the Edward D. Miller Center at Lake Ronkonkoma welcomed guest speaker Steve Chassman, Executive Director of the Long Island Council on Alcoholism & Drug Dependence. Steve spoke to residents about the stigma of substance use disorders and the 28 million Americans in long term recovery. Residents participated by sharing stories and poems about their recovery journeys.

Our Hauppauge facility paid tribute to loved ones lost on their journey to recovery with a tea light ceremony. Residents and staff decorated paper bags and arranged them in a heart to honor those who are no longer with us.

It was a night of remembrance and an opportunity for residents to lean on one another and find strength from their shared experiences as they continue along their own journey to recovery.
Our Long Island City Outpatient facility did their part to celebrate clients on their recovery journey with a series of recovery themed games like Jeopardy and Hang Man complete with inspirational prize bags.

Brooklyn Recovery Center

Our Phoenix House Brooklyn Recovery Center, led by Program Director Patricia Wooldridge, participated in two forums last month; the New York State OASAS Kingsbrook Medical Center Recovery Conference and the Brooklyn Recovery Conference.

Both events showcased expert speakers in the field of recovery, addiction, and substance use disorders all in an effort to educate the public, share best practices among thought leaders, and help change the stigma surrounding addiction and recovery.
We've Moved!
Phoenix Houses of New York & Long Island has a new home in Long Island City and we are thrilled to join this vibrant, energetic community.

Come visit us:
34-11 Vernon Boulevard
Long Island City, NY 11106

Check out our updated website!
To get in touch with any Phoenix House location in New York, learn more about available treatment, resources, events, and show your support to the NY region, please visit us at PhoenixHouse.org.

Join Our Community!!

Don't forget to shop at AmazonSmile for an easy way to support this holiday season!

By clicking on the image to the left and shopping at AmazonSmile, a portion of your purchase will go directly to Phoenix Houses of the New York Region at no extra cost to you or your Amazon account! Just click here and always be sure to shop at smile.amazon.com!

Support Phoenix Houses of NY|LI.
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Go to smile.amazon.com

To donate to Phoenix Houses of NY|LI and other ways to support our important work, please contact our Director of Development, Chelsea Chateauvert.

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Phoenix Houses NY|LI
34-11 Vernon Blvd Long Island City, NY 11106 (844) 815-1508