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Family Recovery Program

by Kamilah Blackston

The Family Recovery Program, Inc. was originally created in August 2005, by private philanthropic partners including the Abell Foundation, the Baltimore Community Foundation and the Annie E. Casey Foundation, along with the Maryland State Departments of Budget and Management, Human Resources and the Governor’s Office of Children, joined with the Safe and Sound Campaign and the Family League of Baltimore City. This nationally recognized program provides parents with the substance abuse treatment they need and a full range of supportive services, including mental healthcare, transportation, housing assistance and case management support. Services are tailored to meet the needs of parents who are often in crisis and unable to move forward without intensive, ongoing help.

The Family Recovery Program’s goal is to reduce the target time children spend in out-of-home placements by providing intensive substance abuse treatment services and judicial oversight administered by the Juvenile Court of Baltimore City to the parents of the children. The Family Recovery Program is able to achieve its goal because successful parents who maintain sobriety are more likely to be reunified with their

children. The children of unsuccessful parents are more likely to enter into alternative permanent placements (e.g. Adoption or Custody and Guardianship to another relative.)

The Family Recovery Program was designed to put the principles of the Maryland Opportunity Compact into action by:

- Reducing children’s length of stay in foster care;
- Saving state resources through reduced lengths of stay;
- Using the resulting savings to sustain the effort and, as they accumulate, to expand effective programs and opportunities for young children and their families that prevent them from future engagement with the foster care system.

The Family Recovery Program’s mission is to strengthen and broaden opportunities for families affected by substance abuse. Our vision is to invest in families to create thriving communities.



FRP Graduation!

Our clients have worked hard all year to reach this milestone. Check out some fun facts about graduation. Congratulations graduates!

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Healthy Living

Learn how to live a healthy life in mind, body, and spirit. Read tips for good mental, physical and spiritual health!

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FRP Graduation!

by Kamilah Blackston

Graduation is upon us! FRP is hosting its fourth graduation ceremony of 2013 and we are extremely excited for the new graduates!

These graduates have worked very hard this year in striving toward receiving proper treatment, having good mental health, as well as living sober lives in order to be supportive, able-bodied parents to their children. We congratulate all of the graduates of 2013 and welcome the new graduates for our upcoming ceremony on December 13, 2013.

FRP Graduates have spent at least one year in our program participating in intensive case management with their FRP case managers as well as taking advantage of inpatient and/or outpatient treatment, as well as, drug testing and drug court oversight. We applaud all of the graduates who have successfully completed our program and encourage them in their new way of life in hopes that they will continue on their own the principles that FRP has instilled in them.



Here are some fun facts about FRP Graduation:

1. FRP has graduated a total of 383 parents since 2005 and a total of 25 in 2013.
2. There are six parents graduating in December 2013.
3. Mayor Stephanie Rawlings-Blake once spoke at an FRP graduation.
4. FRP wants all of our clients to reach this milestone! Work hard and believe in yourself!

GRADUATION CEREMONY

December 13, 2013 ~ 10 a.m.

Zion Church of the City of Baltimore
400 E. Lexington Street
Baltimore, MD 21202

FOR MORE INFORMATION CALL:
410-605-0492



Jocelyn Gainers is the Executive Director of The Family Recovery Program, Inc.

Director's Corner

by Jocelyn Gainers

The Family Recovery Program is dedicated to strengthening and broadening opportunities for families affected by substance abuse. Key elements within our program include face-to-face outreach and engagement at the time of program referral; assessments; supportive services, such as transportation and housing; parenting programs' counseling; and aftercare services to manage relapse occurrences.

I am proud to congratulate our December graduates, as they have come to a huge milestone in their journey towards sober living and paving a new path for their futures.

Though the road to recovery is tough, our graduates have stood the test and proved that they are capable and willing to be the best they can be; for themselves, and their children.

Although recovery is continuous and does not end with FRP, we are always available as a support system for our clients and their families. Congratulations on your success and continue to move forward.

STRETCH AND BREATHE



Begin each day with a good stretch.

According to Mayo Clinic, stretching is great for improving your flexibility and reducing the risk of injury by allowing your joints full range of motion.



Practice deep breathing exercises.

Deep breathing is proven to relax the body and help with stress. Practice taking deep breaths. Fill your stomach with air, hold it in, and then slowly exhale pushing the air out.

FAST FACTS

68%

68% of bacon's calories come from fat, almost half of which is saturated. Each ounce of bacon contributes 30 milligrams of cholesterol.

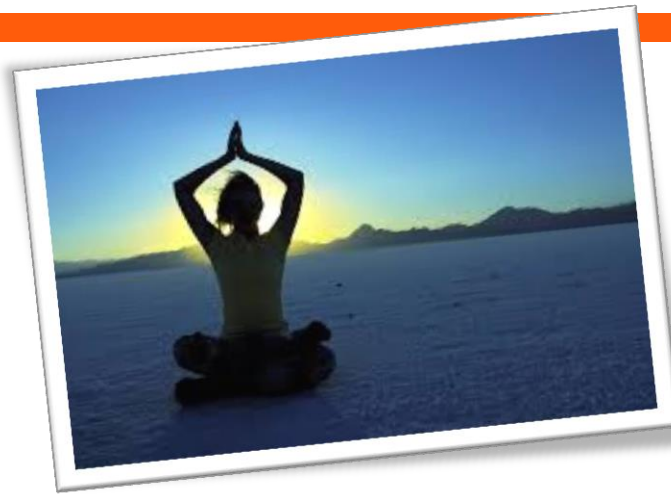
42%

42% of Americans may end up obese by 2030; up from 36% from 2010.

FOR MORE INFORMATION

[Can Bacon Be Part of a Healthy Diet?](#)

[Obesity Could affect 42% of Americans](#)



Meditation, which begins with clearing your mind and observing your breathing pattern, is a great way to start your day and relieve stress.

Healthy Living

In MIND, BODY and SPIRIT

The key to healthy living is renewal of mind, body and spirit every day. This article will feature tips and advice from many experts in mental, physical, and spiritual health.

MENTAL HEALTH

1. **Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of these relationships has a great impact on our wellbeing.
2. **Take time to enjoy.** Set aside time for activities, hobbies, and projects you'll enjoy. Be creative and spontaneous.
3. **Talk!** Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
4. **Eat Well.** There are strong links between what we eat and how we feel. Be more attentive to the foods you eat and you'll see a difference in how you feel every day.

PHYSICAL HEALTH

1. **Good Nutrition is KEY.** Good nutrition is one of the most important factors in maintaining good physical health. Pay attention to what you eat, read nutrition facts on food and develop healthy eating habits with lots of fruits, vegetables, and water!
2. **Lots of Exercise!** Exercise controls weight, combats health conditions and diseases, improves mood, and boosts Exercise also promotes better sleep. Develop and exercise routine where you perform some

sort of physical activity for at least 30 minutes a day. Whether it be walking around your neighborhood for 30 minutes to a thorough workout routine in the gym for 2 hours, find an activity that you can enjoy while reaping the benefits at the same time!

3. **HYDRATE!** Drink at least 8 glasses of water per day. Water is an extremely important part of your diet. Opt for water instead of soda, juice and coffee.

SPIRITUAL HEALTH

1. **You are connected to all.** The decisions you make, small or significant, have an impact on the world around you. You are part of a universal energy that connects everything as a unified creation from the same source. How your treat others is essentially how you treat yourself. Show compassion, love and non-judgment.
2. **Discover your life's purpose.**
3. **Develop a healthy sense of self.** Your level of self-worth, self-confidence, and self-respect are integral in determining how you face difficulties or conquer your goals.
4. **Pray and meditate.** Pray not only for yourself, but always pray for others as well. Release your problems and issues to your Higher Power.
5. **Create good Karma.** You reap what you sew. Sew good seeds.

Voice of Strength

by Quardon Carter

My name is Quardon Carter. Coming into this program, I really didn't know what to expect. I had lost my children and I was ordered into the program by the Juvenile Court. Losing my children was one of, if not the worst thing that's ever happened to me.

After enrolling in the program, I was determined to get myself together and get my children back. Now, after being in the FRP Program for about a year, I am finally graduating on December 13, 2013. It feels great to get my life back on track after dealing with the stress of losing my kids.

FRP has helped me look at my life in a better way and I'm thankful for that. My children are back with me and they are constant reminders that I have to do the best for me so that I can be the best for them.

Now that graduation is around the corner, I plan on continuing in my journey of sobriety and looking for a job so that I can be the best support system for my children.

I want to be able to provide for my family the best way possible. I love them so much and it's because of my children that I continue to move forward and make the best out of any situation.

I want to thank FRP for helping me to get where I am today. I also want to thank my Case Manager, Mr. Hill, for continuing to believe in me and stay on my case in order to make the transition that I've made. I'm forever grateful for him and his patience with me and I couldn't have asked for a better case manager.



FRP Upcoming Events

December Graduation Ceremony

Join FRP in celebrating its December graduates!

When: December 13, 2013

Where:

Zion Church of the City of Baltimore

400 E. Lexington Street

Baltimore, MD 21202

RSVP:

Ashley Harris @ 410-605-0492

or email aharris@frp-inc.org

FRP Alumni Group Meeting

Please come out and join FRP to celebrate the graduates and to join in with the holiday festivities following graduation. All participants and alumni are welcome.

When: December 13, 2013

Where:

Zion Church of Baltimore

400 E. Lexington Street

Baltimore, MD 21202

For more information contact:

Tosha Stubbs

410-605-0492

*Alumni Meetings are on the last Wednesday of each month.

12 Step Meetings

Join FRP for 12-Step Meetings every Friday at 11:30 a.m. in the 3rd Floor Conference Room.

Parenting Classes

Sign-Up for parenting classes with Hope Health Systems.

The next session begins on January 3, 2014 and will be held from 2:00 p.m. to 3:30 p.m. on Fridays.

Contact Julia to sign-up

@ 410-605-0492 or set up an appointment at the FRP office.

GED + Adult Basic Education Classes

GED and Adult Basic Education Classes (ABE) will begin at FRP in January.

To sign-up for classes, please contact Dana in person or call at 410-605-0492.

FALL EVENTS



Halloween SPOOKIE-Fest!

FRP hosted the Halloween Spookie-Fest which celebrated the holiday with food, fun, games, and prizes. Visit the FRP Facebook page for more photos.



Health Fair

FRP also hosted a Health Fair at the office which brought many of the health and wellness agencies around the city to share information as well as perform health screenings. Those photos are also available on Facebook.



Drug Testing Training

FRP had drug testing training earlier this season in October. FRP employees received 8 Continuing Education Units from the training.

What's Happening in Baltimore!

3rd Annual Power Plant Holiday Light Show Spectacular

December 6 - December 31

Power Plant, Inner Harbor

The Power Plant Holiday Light Show Spectacular will be an unforgettable display of synchronized lights, brilliant lasers, and state-of-the-art video mapping projections, all choreographed to music and set to the backdrop of the iconic Inner Harbor landmark, The Power Plant. The show kicks off on Friday, December 6th with shows at 6, 7, 8, and 9 p.m. Visit www.itsawaterfrontlife.org for a complete list of show dates and times.

First Annual Christmas Village in Baltimore

Through December 24

West Shore Park @ the Inner Harbor

For the first time Christmas Village will transform Baltimore's Inner Harbor West Shore Park into a traditional German Christmas Market. The Christmas Village in an indoor and outdoor holiday market modeled after the traditional Christmas Markets in Germany like the famous Christkindl Market in Nuremberg. From Thanksgiving through Christmas Eve, vendors in more than 60 booths will sell traditional European food, sweets and drinks providing a unique shopping experience with international holiday gifts, ornaments, jewelry and high-quality arts and crafts. www.baltimore-christmas.com

Holiday Festival of Trains & Toys

Through December 31

B&O Railroad Museum, 901 W. Pratt Street

Celebrate the holiday season at Baltimore's largest holiday display of toy and model train layouts and meet the big man himself! Enjoy indoor train carousel rides and crafts at Santa's North Pole workshop, and learn how the B&O Rail celebrated the holidays with the new exhibit, "Home for the Holidays". And don't forget to visit with Santa, Mrs. Claus and Frosty the Snowman on weekends through the 29th for photo ops and train rides! www.borail.org

Bagged Leaf Collection Return

Through Monday, January 6

The Department of Public Works' bagged leaf collection season begins Monday, October 28 and will continue through Monday, January 6. The Bureau of Solid Waste will collect up to 20 bags of leaves from each address every Monday throughout the season. Residents must call 311 to schedule pickup. Please call before 10 p.m. on the Sunday prior to your desired Monday collection. Residents may make appointments up to two months prior to the pick-up date. The Bureau of Solid Waste will also continue to collect up to 5 bags of leaves from each address on regularly scheduled trash collection days. Bags must be clearly labeled. Residents may also drop off bagged leaves at five Bureau of Solid Waste locations:

- Quarantine Road Sanitary Landfill, 6100 Quarantine Road
- Western Citizen Convenience Center, 701 Reedbird Avenue
- Eastern Citizen Convenience Center, 6101 Bowleys Lane
- Northwest Citizen Convenience Center, 2840 Sisson Street
- Northwest Transfer Station, 5030 Reisterstown Road

For more information, please visit <http://publicworks.baltimorecity.gov>

Dr. Martin Luther King, Jr. Parade Accepting Applications

The Baltimore Office of Promotion & the Arts invites local organizations to be part of the 14th annual Dr. Martin Luther King, Jr. Parade. The parade celebrates the life of civil rights leader Dr. Martin Luther King, Jr. on Monday, January 20, 2104 at noon.

www.promotionandarts.org



The VINE

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