



Volume 2, Issue 3

March 2015

Ask Deborah Watkins what advice she shares when visiting men and women in Cazenovia Recovery's Housing Program and those living at our Community Residences and she's likely to say: "Start planning right now for the healthy, happy life you want."



Deb Watkins, senior vocational specialist

As senior vocational specialist, Deb introduces numerous opportunities and provides a lot of individual attention to help residents make choices. "Don't wait – start exploring and mapping out a plan," she advises. "There's always something to do, even volunteering."

Cazenovia Recovery's programs have always had a vocational aspect, but the agency decided to create a dedicated vocational program in 2010. Newly based at 605 Fillmore Avenue in Buffalo, the vocational program assists residents in finding employment or exploring vocational and educational interests. A computer lab, meeting room, and resident lounge are available to residents working on resumes and searching for jobs.

"Our role is to inspire and motivate," Deb said. "We want our residents to recover, get healthy, and become contributing members of society. I would like to see residents of all our programs take advantage of these services."

Deb integrates group activities into the program, such as attending job fairs together. Nine residents are volunteering to help build homes with Habitat for Humanity this year.

Cierra Smalls, job developer, and Chuck Cavaretta, vocational specialist, both share Deb's enthusiasm. "We re-open doors," Cierra said. "We point to opportunities to start something great." Bob Davis is the agency's vocational specialist for the Supportive Living Program. "Many people are graduating from all levels of school," Deb reported.



Joe utilizes the Vocational Program

Joe is a wonderful example of such a success story. During his four years with Cazenovia Recovery, he resumed his education and this

## Staff Spotlight

### Promotions:

John Molnar is now a Case Manager at Visions Place.

### Cazenovia Creators & Catchers:

Jose Diaz for being consistently dependable and incredibly helpful

Greg Fulgham for being of particularly great help during Housing's move to 1430 Main Street

Martie Kaeding and Ed Cichon for creating a Powerpoint presentation for the Western New York Diversity Job Fair

Thank you to all of our creative staff and congratulations to Martie Kaeding for winning this quarter's Cazenovia Creators & Catchers drawing! The next quarterly drawing for a gift card for Cazenovia Creators & Catchers nominees will be held in June. Submit your nominations to Ed Cichon at [ecichon@cazenoviarecovery.org](mailto:ecichon@cazenoviarecovery.org)

Continued on page 2



*Continued from page 1*

spring will receive an associate's degree in mental health and substance use services. He plans to pursue CASAC-T certification and perhaps attain a bachelor's degree.

Joe's first step toward employment in his chosen field is an internship with Cazenovia Recovery's New Beginnings Program, starting soon. He recalls that while talking with his Cazenovia Recovery counselor a few years ago, Joe commented: "I'll be sitting next to you one day." As a credit to Joe's vision and perseverance, that truly is happening.

## Cultural Diversity Training

As part of our In-Service Training series, Dr. Adebukola Abiola, the agency's medical consultant, gave a presentation on cultural diversity this month at our Administrative Office. He discussed the benefits of cultural diversity in the workplace, including increased adaptability for the agency, higher productivity, and more. The importance of teaching tolerance was stressed, and Dr. Abiola explained that "people long to be celebrated, not tolerated." He also reviewed how to respect diversity among our residents and recommended practices that promote cultural diversity, such as multicultural calendars. Next month's featured trainings include a database overview and Seeking Safety.



Chuck Cavaretta, Cierra Smalls, and Bob Davis are vocational staff members

In-Service Training Series:  
**Cultural Diversity**  
presented by Dr. Abiola

Dr. Abiola presented the training on March 18

## Recruiting Blog Writers

The agency is looking for a small team of people interested in writing blogs for our website. These blogs will focus on clinical practices, information on addiction, and more about the work we do. The team will meet monthly and each blogger will write one entry per month. Blogs should be 300-500 words, though they can be longer if necessary. All entries will be proofread by our special projects coordinator, Ed Cichon, before being posted, so perfect writing skills are not necessary or expected. If you are interested in becoming a blogger for our agency, please inform your supervisor by Friday, April 10.



Become a featured blogger for the agency

## Visions Place Attends Martial Arts Classes

On March 6, the female residents at Visions Place took part in a free Women's Self-Defense Class at Master Gorino's Tae Kwon-Do in Amherst. Karen Groomes, activities coordinator at Visions Place, described the event as "a gentle introduction to self-defense for women with no prior martial arts experience." The women enjoyed the class so much that five residents at Visions Place signed up for a free 30-day class for men and women at Master Gorino's starting March 30.



Samira and Paula participated in the class