



Introducing Unity House

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Unity House is the perfect name for Cazenovia Recovery Systems' facility at 923 Sycamore Street in Buffalo because it now encompasses residents from New Beginnings and soon will welcome Ivy House residents.

Our agency spent weeks getting our former Visions Place property renovated, painted, and spruced up to accommodate those moving in—men aged 18 and over who are in recovery from substance abuse. Unity House is licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS).



Unity House staff and residents helped clean the building before it opened

Briana Petersdorf, Program Director at Unity House, reports that moving day went smoothly. "Everything was so well organized and the residents were packed and ready to go," she said. Facility Assistant Coordinator Jeff Pries planned most of the packing process at New Beginnings—from

living room furniture to food inventory.

Residents are enjoying the much more spacious Unity House rooms and attractive common areas. Case Manager John Molnar is planning to schedule more educational and vocational guest speakers at the house. Briana noted that being in this facility is an advantage to the dedicated staff's endeavors "to create a stepping stone for our residents to long-term recovery."



Sammy, a resident at Unity House

Resident Sammy says that accepting that he has a problem and learning to be vigilant have helped him the most. "The staff care about us and help us," Sammy said. "It's a structured program and they open a lot of doors." His goals include attaining his GED and entering Supportive Living.

"This program has helped me stay clean," he said. "It has shown me that my life is not

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Staff Spotlight

Let's Welcome:

Parrish Jank, Counselor Associate at Casa Di Vita

Kyle Bell, Residence Monitor at Cazenovia Manor

Pamela Grzechowiak, Counselor at Turning Point House

Cazenovia Creators & Catchers:

Falonia LaMar nominated Ricardo Wright for being a beneficial, patient, and thorough mentor at New Beginnings.

Martie Kaeding nominated Andrea Irizarry, Mary Beth McCormick, and Briana Petersdorf for effectively presenting Cazenovia Recovery policies to the Fellowship House leadership team.

Andrea Irizarry nominated Ricardo Wright for coordinating our agency's presence at the VA Stand Down on August 10 at Coca-Cola Field.

Andrea Irizarry also nominated Angela Angora and Mary Beth McCormick for coordinating the transition to electronic records

Nominate your fellow staff members by sending submissions to Ed Cichon. The next drawing will be held in September.

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over. It has saved my life.”

Resident Andy arrived directly after a rehab program, seeking “extra guidance.” What he likes best, he said, is, “If you need to lean on anyone, they are here for you.” Important to his recovery, he pointed out, is “being encouraged to communicate more.” Andy plans to move on to Cazenovia Recovery’s Supportive Living after he completes the current program.

Moving day for Ivy House residents is set for August 5.



Andy, a Unity House resident

Route 66 Walking Challenge

Our Wellness Committee recently featured a popular Hydration Challenge that promoted drinking water among agency employees. The committee’s next campaign will be the Route 66 Walking Challenge, which will encourage participating employees to walk a set amount of steps per week. Steps increase weekly, starting at 35,000 per week and ending with 70,000 by the conclusion of the challenge. Employees can track their steps via smartphone apps, fitness devices, or the pedometers provided to us by Blue Cross Blue Shield. Staff members who complete the challenge will be entered to win one of three healthy gift cards. Meanwhile, the program with the highest average steps will receive a congratulatory award.



Start tracking your steps on Monday, August 3

Recovery Day 2015

Help us celebrate recovery from substance use by attending our fourth annual Recovery Day. It will take place on Saturday, September 12 at McCarthy Park in Buffalo from 11AM - 3PM. Similar to previous years, the event will feature a 3K walk/run, a cookout lunch, speakers, an art show, music, family-friendly activities, and more. Staff throughout the agency have begun planning to ensure that this year’s Recovery Day is the most successful yet. You can become a sponsor or donate to the event today by visiting cazenoviarecovery.org/recoveryday.



Joshua Kellick and Venus Wiggins at last year’s Recovery Day

Trauma-Informed Care Basics

Trauma-Informed Care (TIC) is about recognizing and understanding the pervasive nature of trauma, and promotes a universal approach that is anchored in the five principles of safety, trust, choice, collaboration, and empowerment. In order to do this, TIC not only shifts our view from “what is wrong with you?” to “what happened to you?” but also shifts the role of the expert to clients, as they are experts on their own lives. Tune in next month to see how safety is defined under TIC!

