



## SCHEDULE OF EVENTS

### Aug. 3

#### **First Friday in Oxford.**

Connective Festival. 6-9 p.m. Open to the public.

### Aug. 9

#### **Longwood Rotary presentation.**

Private event in Kennett Square, PA.

### Aug. 11

#### **Nicole Conway Memorial**

#### **Volleyball Tour.** 10 a.m.-7 p.m.

Fairview Park, Columbia, PA. Open to the public.

#### **Volunteer training.** 9:30-11 a.m. at

First Baptist Church of Kennett Square. Open to the public.

### Aug. 18

#### **Alive2Day First Drug Awareness**

#### **Day.** Noon-9 p.m. Barefield

Community Park, Pottsville, PA.

Open to the public.

### Aug. 28

#### **Parquesburg chapter meeting.**

7 p.m. Open to the public.

### Aug. 31

#### **International Overdose**

**Awareness Candlelight Vigil.** Open to the public.

- 7 p.m. First Baptist Church of Kennett Square.

- 7 p.m. The Green at Oxford Presbyterian Church.

#### **Final Friday in Oxford.** 4-8 p.m.

Open to the public.

## *New Alliances*

Three organizations have recently partnered with Kacie's Cause to support our work. They include Recovery Centers of America, Chester County Department of Drug and Alcohol Services, and Holcomb Behavioral Health.

## Choosing A Sober Living House

*The following article is from the California-based New Life Spirit Recovery Treatment Center and appeared on its Website (newlifespirtrecovery.com) on June 2, 2017. Reprinted with permission.*

Congratulations! You've either completed, or are about to complete, one of the most courageous journeys you have ever taken — your rehab program. But now what?

Sober living houses provide you with the opportunity to remove yourself from familiar and toxic communities and dysfunctional, influential people.

Sober living houses also provide a healthy transition from a highly structured treatment program to a less-restrictive environment so that you can more successfully transition towards independence.

It is important to choose a sober living

home that offers the necessary structure and support for you during this crucial next stage of your recovery. So how do you go about looking for a sober living house, and what do you look for?

**1. Visit in person.** Start looking for a sober living house at least 2 weeks before leaving rehab.

**2. Location and safety.** It would be great if the sober living house that you are looking at is located near your meetings, work, church and healthcare providers. You will also want to explore whether or not the sober living house is going to be a jeopardy to your physical safety and sobriety.

**3. Licensed or not.** Many of the sober living houses are not managed well and do not monitor the tenants as promised. Due diligence is strongly encouraged when considering a sober living house.

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## *Spotlight On The Board*

Tyler Hurst is one of 10 Kacie's Cause Board members who oversee the organization. Each month we will spotlight a different member.

**Name:** Tyler Hurst

**Background:** Social worker with background in substance use disorders, mental health, trauma, and more. Master's in social work from Temple University; Bachelor's in business administration from Drexel University; U.S. Army veteran.

**Why I got involved:** I initially got involved in working with Kacie's Cause as part of a conjoined effort in raising awareness on the opioid epidemic in schools in Chester County while in my previous role as chapter lead for Philadelphia's chapter of Young People in Recovery.

The amount of dedication with which their volunteers approached the epidemic was unparalleled, and I don't know that this state would have enacted David's Law and the 9-1-1 Good Samaritan Law without their help.

**What I want people to know about Kacie's Cause:** I want

people to know that they don't

have to go through their loved one having a substance use disorder and everything which comes with that, alone.

Also, that we are working on the front lines of harm reduction by trying to arm every person in Chester County who lives with someone that has an opioid use disorder with Naloxone. This life-saving drug is not a means for people to continue using; it is a means for them to continue living until they can enter recovery.

Whether we are providing clothes for underprivileged children to go to prom through Kacie's Closet, or helping a child in need get connected with a scholarship for recovery housing, or providing a support group for a family member of someone with a substance use disorder, it is these actions which make me proud to be a member of this organization.



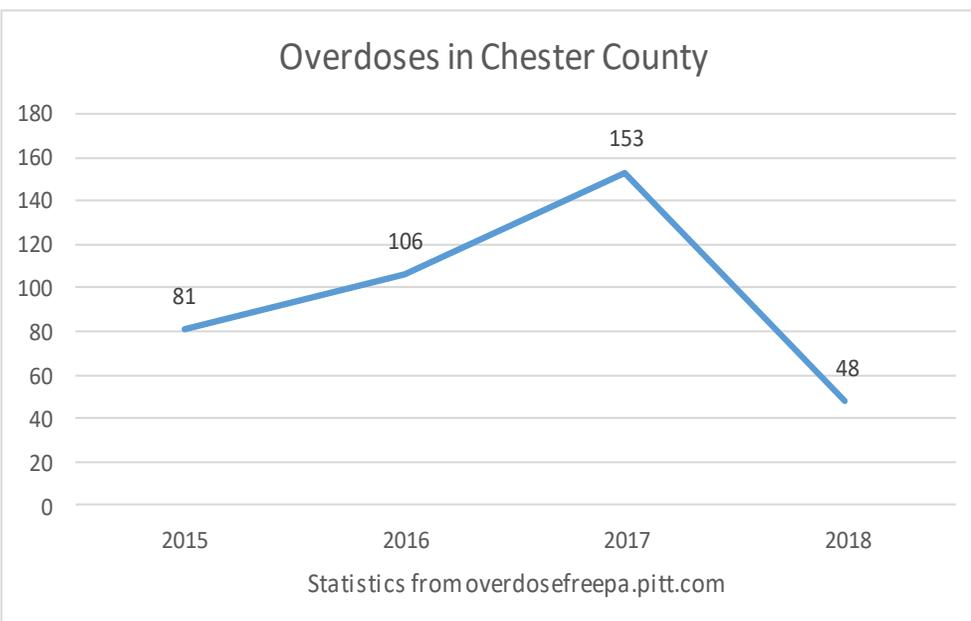
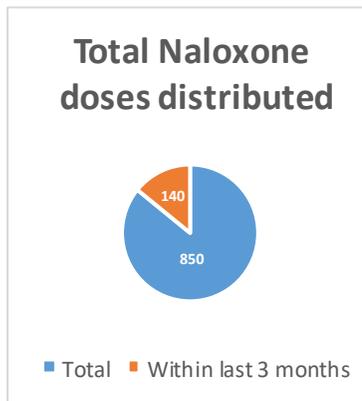
# Preventing Overdoses

Thanks to a partnership with the Chester County Department of Drug and Alcohol Services, Kacie's Cause has received 1,050 doses of Naloxone (Narcan) that can treat opioid overdoses.

About 85 percent of those doses have been distributed to date, with 140 of them in the last three months.

Fentanyl, an opioid pain medicine, has been found in more than 50 percent of overdose deaths statewide since 2015, according to state statistics. Heroin is the second-most common drug found in overdose victims.

**If you are a Chester County resident and need Naloxone, please contact one of our chapters or Andy Rumford ([andy.kaciescause@gmail.com](mailto:andy.kaciescause@gmail.com)).**



## Helpful Contacts And Resources

Looking for help for a loved one? Looking for support as you deal with addiction in a family member or friend? There are a number of resources available.

**Always call 911** if you see any signs/symptoms of a drug overdose in a friend or family member.

**800-662-4357:** SAMHSA (Substance Abuse and Mental Health Services Administration)

**855-DRUGFREE:** Parent hotline by Partnership for Drug-Free Kids.

**866-268-3767:** Chester County Department of Drug and Alcohol Services

**800-917-1117:** COAD (Chester County Council on Addictive Diseases)

## Researching Sober Living Homes

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4. **Rules and accountability.** It's also important to find a sober living home that implements more than just a daily routine. It should also implement rules and regulations, such as curfews and a zero-tolerance drug-free environment.

5. **Atmosphere.** The mood and spirit that you sense from a sober living house is extremely important. Pay attention to your intuitive feelings. Do you get a good vibe from the people currently living there? Is there a sense of camaraderie?

6. **Strong staff.** A strong staff will make or break a sober living house. A firm support system can be seen in policies that enforce drug testing or

encourage residents to attend 12-Step or Celebrate Recovery meetings — which can make or break your early recovery.

7. **Cost.** You need to find a sober living house you can afford based upon your income. At most sober living houses, you will be responsible for rent, utilities, groceries and other necessities. Find out what your payments cover.

8. **Things to avoid.** You want to avoid those houses that don't have 24-hour supervision. Sober living houses that have a low staff-to-client ratio also need to be avoided. If a facility does not perform drug testing or offers little or no educational programs, life skills training or support groups — stay away.

## SUPPORT GROUPS

**Parkeburg: Wednesdays 7-8 p.m.**  
Upper Octorara Presbyterian Church  
1121 Octorara Trail (Route 10)  
Parkeburg, PA 19365

**Kennett Square: Thursdays 7-9 p.m.**  
First Baptist Church of Kennett Square  
415 W. State St.  
Kennett Square, PA 19348

## CHAPTERS

Each chapter of Kacie's Cause has a Facebook page with information relating to their group.

To contact them, use the information below.

**Kennett Square:** /kaciescausecom

**Parkeburg:** /Kaciescauseparkeburg

**Exton:** /Kaciescauseexton

**Oxford:** /Oxford-Chapter-Kacies-Cause

**Newark, Del.:** /Kacies-Cause-Newark-Chapter

**Coatesville:** /Kaciescausecoatesville

**Summerville, NC:**  
/kaciescausesummerville

**Poconos:**  
/poconosregionkaciescause

## WHO WE ARE

Kacie's Cause is a nonprofit organization for parents, family and friends of those battling the disease of addiction.



It was founded by Andy and Donna Rumford on March 12, 2013 — the day their daughter, Kacie Erin Rumford, died of a heroin overdose.

The 501(c)3 organization is dedicated to Kacie Erin Rumford, her memory, her love of all of us and her desire to change this world to be a better place to live ... from her family and friends who love her.

To contact Kacie's Cause, e-mail [andy.kaciescause@gmail.com](mailto:andy.kaciescause@gmail.com) or go online at [www.kaciescause.com](http://www.kaciescause.com).

Newsletter prepared by First Baptist Church of Kennett Square and in partnership with Kacie's Cause



[www.firstbaptistkennettsquare.com](http://www.firstbaptistkennettsquare.com)