



*Together, we now will change the World!*

## SCHEDULE OF EVENTS

### Dec. 4

**Overdose task force:** Government Services Center, West Chester. Not open to the public.

## NEW ALLIANCES

Two organizations have recently partnered with Kacie's Cause to support our work. They include Penn State University and Indiana University of Pennsylvania.

## RESOURCES

Looking for help for a loved one? Looking for support as you deal with addiction in a loved one? There are a number of resources available. **Always call 911** if you see any signs/symptoms of a drug overdose.

**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

# Sober Living During The Holidays

'Tis the season of glad tidings and good cheer, but for people in recovery from drug or alcohol addiction, the holidays can be an especially trying time to stay healthy and sober.

This is an abbreviated version of an article originally printed on [hazeldenbettyford.org](http://hazeldenbettyford.org) and reprinted with permission of the Hazelden Betty Ford Foundation. Check out the full article online.

recovery. Look for ways to be of service to others.

**4. Be mindful of what you're drinking — and thinking.** At social gatherings, it

But there are ways you can prepare for this challenging season and safeguard the greatest gift you've ever given yourself and those you love: **Your sobriety.**

**1. Have sober strategies in place.** Develop a plan ahead of any holiday event or activity that could potentially trigger relapse. This may mean going to a Twelve Step meeting before or after the event, or making sure you can leave the gathering at any time.

**2. Adjust your attitude.** Talk with your sponsor, a friend who understands addiction recovery, or a professional counselor about the emotions and expectations you have wrapped up in the holiday. Some people in addiction recovery are vulnerable to substance abuse relapse after the holidays. Recovery is a one-day-at-a-time endeavor, no matter the season.

**3. Be of service.** Because you're in recovery from active addiction, you've already demonstrated the capacity for tremendous courage and change. So keep strengthening your

might be helpful to always have a beverage in hand so people aren't constantly offering you a drink. When you order a beverage, pay attention to how it is being made. If you accidentally pick up the wrong drink and swallow some alcohol, this doesn't mean you will automatically relapse. But watch for any rationalization.

**5. Avoid known risks.** Why put yourself in the position of having to "power through" an obstacle course of relapse triggers? Staying sober and safeguarding your recovery must always come first.

**6. Practice self-care.** Celebrate the holiday season and the fullness of your sober life by taking time for yourself. The better you feel physically, the stronger you will emotionally. Nourish your spirit, too, through personal reflection and connection with those you love.

**7. If you need drug or alcohol addiction treatments, consider going to rehab over the holidays.** Addiction treatment initiated during the holidays could be the best gift you give to your family, your friends, and yourself.

## Spotlight On The Board

Rob Strauber is one of 11 Kacie's Cause Board members who oversee the organization. Each month we will spotlight a different member.

**Name:** Rob Strauber, CIP, CAI, CRS

**Background:** I am a family member in recovery and a person in long term recovery. I am a father of four children and, without my wife Sarah, I would not have been encouraged to follow my passion.

I found the work I was doing as a country club manager meaningless and going against the principles I was living in recovery. By this point I had mentored other

men in sobriety. Upon reflection, this was the only time I ever truly felt unselfish and helpful to others.

I left that position to run a recovery house outside of Reading, PA. It was there that I saw the true harm that substance use disorder caused to families. I was also very fortunate to be awarded my Certified Recovery Specialist (CRS) certificate during this time.

After leaving the recovery house, I went to work at Malvern Institute where I developed an online communication database that would guide families as soon as their loved ones were admitted. We were

able to build a support program that would give families the resources they needed at the time they were needed. I hired certified recovery specialists to be "behind the wheel."

When I left in 2016, we had over 3,000 participants. We had helped families navigate their loved one's recovery while advocating for them to find theirs.

It was at Malvern where I became a Certified Intervention Professional (CIP) and Certified ARISE (invitational)



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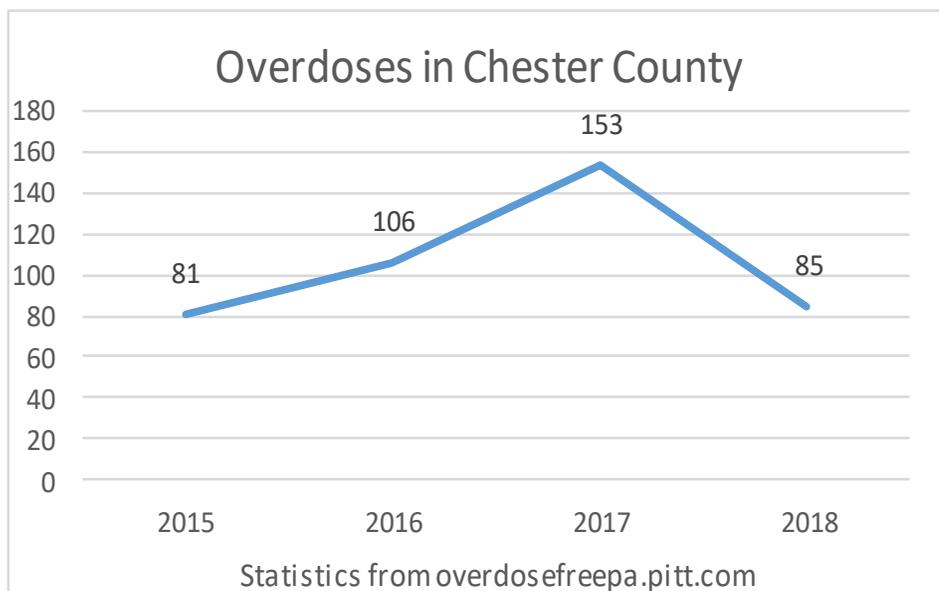
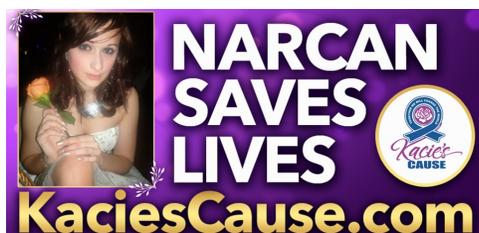
# Preventing Overdoses

Thanks to a partnership with the Chester County Department of Drug and Alcohol Services, Kacie's Cause has received 1,623 doses of Naloxone (Narcan) that can treat opioid overdoses.

Two hundred eighty-six of those doses have been distributed 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)).**



## Spotlight On Rob Strauber

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Interventionist (CAI-II). I now had the distinct honor of being a recovery resource for thousands of families and to help them real-time in whatever capacity they needed me. I had become a liaison for families and their loved ones for recovery.

I now have the privilege to continue my work with families at Recovery Centers of America where I am the Lead Interventionist. In January 2017 I was trained in CRAFT (Community Reinforcement and Family Training), and in 2018 I became a Certified Family Recovery Specialist (CFRS).

Through my experience, I have seen folks access recovery in many ways — AA, NA, SMART, Al Anon, Nar Anon, Celebrate Recovery, Family Groups, Harm Reduction, MAT, Refuge Recovery, etc. There are many pathways.

Last statistic I heard was there were 23 million people identifying as being in recovery. I bet if asked how they accessed it, you would hear 23 million different answers!

Substance use disorder ravaged my family and continues to be a scourge on our society. We are losing an entire generation.

To me, families are the key. They are the ones on the front line. They are the ones who know their loved ones best. As an

industry, we have lost sight of their importance.

**Why I got involved:** I served along with Luis Tovar several years ago in another grassroots recovery organization. I saw Andy Rumford at various events (usually with Luis) and was impressed with the vision, influence, commitment and depth Kacie's Cause's mission encompassed.

Andy's and Luis' passion for helping others is infectious. Kacie's Cause's deep roots in the county where I grew up, and my experience with several partnerships with Luis and Andy, made it a no-brainer to align myself with Kacie's Cause.

**What I want people to know about Kacie's Cause:** This organization truly wants to help the communities it serves. Offering family peer-to-peer recovery groups provides crucial real-time help for families needing support and direction.

Kacie's Cause's commitment to providing the life-saving antidote Narcan at no cost surely has saved many lives from opioid overdose.

The outreach efforts in our local schools and around our communities has brought awareness and education about substance use disorder and helps diminish the stigma and shame about substance use disorder and increases acceptance of recovery.

## SUPPORT GROUPS

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

**Parkesburg:** /Kaciescauseparkesburg

**Exton/Downingtown:** /Kaciescauseexton

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

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

**Coatesville:** /Kaciescausecoatesville

**Indiana, PA:** Coming soon

**West Chester:** /Kacies-Cause-West-Chester-Chapter

**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)