



Will you stop...





or will you just walk on by?

"If you see me walking down the street and I start to cry each time we meet – walk on by, walk on by. Make believe that you don't see the tears, just let me grieve in private 'cause each time I see you I break down and cry, and walk on by..."



These hauntingly beautiful lyrics, as sung by Dionne Warwick, describe a scenario that is all too real for the thousands in our community who are touched by mental illness and substance abuse disorders. We walk by them, uncomfortable with their pain; fearful of their need. But if you consider that one in three of us will be intimately touched by mental illness or substance abuse, and the rest of us will be impacted indirectly – who are we walking by? Our neighbors, co-workers, teachers, loved ones and friends.



While each individual's challenges are unique, the remarkable common thread that connects these men, women and children is their ability to recover and to triumph over their illnesses. We witness these miracles every day, as people surround themselves with exceptional treatment, a mighty support system, and harness a personal strength they didn't know they possessed. There is no magic formula – just the hardest work of one's life.



This has been a trying year for us all, and the number of people seeking Recovery Resources' services has increased significantly. While the path to recovery may not be paved with magic, it must be paved with financial resources. Supporting people as they strive to become healthy is not only the right thing to do – it is the smart thing to do. One year of intensive treatment for someone living with a mental illness and an addiction is less than \$7,000. One year in jail or in the state hospital exceeds \$25,000.



Many of us are fortunate to live healthy, comfortable lives. Need, though, is a universal experience, and one we have each lived with at some point in our lives. Today we offer you a gift – the opportunity to share your good fortune with someone else; someone who will pay it forward down the road. Your contribution will allow those individuals without financial means the opportunity to begin treatment – the first step on their recovery journey. Please don't walk on by...

Gratefully,

Margaret G. Weitzel
Board President

Debora A. Rodriguez
President & CEO

Client Triumph

Connie can light up a room with her electric guitar and infectious smile. But few would guess that the 48-year-old, mother of two and grandmother of eight, was once on the verge of self-destructing.

For 13 years, the preacher's daughter was addicted to cocaine and alcohol and suffered from a bipolar disorder. Having spent much of her adulthood in and out of jail and treatment centers, she once came close to death by overdosing on sleeping pills and alcohol.

Connie acknowledges her life *was* a "living hell," but says Recovery Resources has helped turn it around.

She arrived at Recovery Resources in handcuffs four years ago to receive treatment as a condition of her probation. Initially unwilling to speak up during the group therapy and individual counseling sessions that comprise Recovery Resources' programs, Connie eventually seized the opportunity to become well. She thrived on the support of Recovery Resources' staff and on her interactions with clients whose problems mirrored her own. Today, Connie is clean and sober and on medication for her bipolar condition.

Gainfully employed, she has taken to writing songs and encouraging others to leave drugs and alcohol for a healthier lifestyle. Instead of searching for her next fix, Connie now dreams of taking lessons at the Cleveland Institute of Music. With her recovery she's obtained a new zest for life and helping others.

"I opened my heart and my mind to Recovery Resources and it changed my life," Connie says gratefully. "The people at Recovery Resources don't let you throw your life away, they are here for you."



Thank You for your gift...

Did you know that instead of making a one time gift, you can make a pledge to Recovery Resources and pay monthly, quarterly, or biannually?

A pledge of \$3,000 a year can be paid the following ways:
\$250 a month • \$750 a quarter • \$1,500 biannually

Your gift is important, regardless of the form or amount.

Statistics

- People in Ohio with severe mental illness die 32 years earlier than other Americans.
- The cost of substance abuse treatment is 4 times less than the cost of incarcerating a person for a drug-related crime.
- One out of five people in America has a mental illness (more than two million Ohioans), yet less than one-third of affected adults and one-half of children receive treatment.
- 390 Ohioans lose health insurance daily.
- For every dollar spent on mental health services, \$5 will be saved in health care costs.
- In 2008, heavy drinking was reported by 6.9 percent of the U.S. population aged 12 or older, or 17.3 million people.
- Youth who begin drinking alcohol early in life are significantly more likely to become dependent on alcohol later. For example, 47 percent of those who began drinking before age 14 later became alcohol dependent, compared to 9 percent who started drinking at age 21 or older.

HELPING PEOPLE TRIUMPH OVER MENTAL ILLNESS,
ALCOHOLISM, DRUG AND OTHER ADDICTIONS.



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resources

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