



PRO•A

TOBACCO RECOVERY IS RECOVERY!

PRO•A TOBACCO RECOVERY INFORMATION & RESOURCE SHEET

Did You Know That Learning Tobacco-Free Coping Skills...?

- is safe for persons pursuing other addiction recovery.
- contributes to longer term sobriety.
- reduces social stigma.
- increases positive mood and decreases depression, anxiety, and stress.
- improves self-confidence and self-image, and...
- enhances the health and quality of life for persons in other addiction recovery.

Consider Tobacco Recovery in Your Journey

While there is no one way to be in recovery, it begins the moment a person decides to make better choices about their physical and mental well-being, work to live a meaningful self-directed life, and strive to achieve their full potential.

While the journey to recovery is a personal one, the basis of all recovery is hope and belief that your current circumstances can be improved, managed, and overcome. So, if you haven't yet thought about it, consider Tobacco Recovery. As we learn healthy ways to manage our day, it allows us to let go of unhealthy ways!

Tobacco use disorder is the leading cause of death in the recovery community and we do not even talk about it.

Many of the pioneers of twentieth century addiction treatment and recovery mutual aid societies died of smoking-related disorders:

- Bill Wilson (emphysema) and Dr. Robert Holbrook Smith (cancer), co-founders of Alcoholics Anonymous;
- Mrs. Marty Mann (cancer), founder, National Council on Alcoholism and Drug Dependence;
- Danny C. (cancer) and Jimmy K. (emphysema and cancer), key figures in the founding of Narcotics Anonymous;
- Charles Dederich (cardiovascular disease), founder of Synanon;
- Dr. Marie Nyswander (cancer), co-developer of methadone maintenance; and
- Senator/Governor Harold Hughes (emphysema), sponsor of landmark alcoholism treatment legislation and founder of the Society of Americans for Recovery.

Source: http://www.williamwhitepapers.com/pr/dlm_uploads/2011-Smoking-and-Addiction-Recovery.pdf

More information on the history of tobacco and the recovery community from recovery historian Bill White -
<http://www.williamwhitepapers.com/blog/2017/04/recoveries-up-in-smoke-update.html>

WE MUST SUPPORT TOBACCO RECOVERY BY STARTING TO...

TALK ABOUT IT!

THE BEST TIME TO TAKE THIS STEP FOR YOURSELF AND FOR THOSE YOU LOVE IS RIGHT NOW!

PRO•A wants to ensure that Tobacco Recovery Resources are available in every recovery community center across Pennsylvania!

Tobacco Recovery Resources:

- PRO•A Web Page for Tobacco Recovery Resources – <https://www.pro-a.org/tobacco-recovery-is-recovery/>
- Nicotine Anonymous Internet Meetings – <https://www.nicotine-anonymous.org/internet-meetings>
- PA Department of Health / PA FREE Quit Line – <https://www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx>
- American Lung Association Resource Page – <https://www.lung.org/quitsmoking>
- Quit Assist Tobacco Recovery Resources – <https://www.quitassist.com/>
- CRS / CFRS Tobacco Recovery Training – <https://www.pro-a.org/tobacco-recovery-is-recovery/>

It's Time to Set the Record Straight – We Deserve Tobacco-Free Recovery!

Pennsylvania Statewide Tobacco-Free Recovery Initiative (STFRI):

The Pennsylvania Department of Health, the Department of Human Services and the Department of Drug and Alcohol Programs shared their commitment to support the Pennsylvania Statewide Tobacco-Free Recovery Initiative (STFRI), a five-year CDC funded project to advance evidence-based tobacco interventions in the behavioral health setting. The Initiative offers state-wide consultation, training and technical assistance to treatment providers and community partners, recovery community organizations to develop tobacco-free policies and integrate a tobacco-free recovery system of care into existing behavioral health services.

For More Information on STFRI – <https://cbhphilly.org/cbh-providers/trwi/>

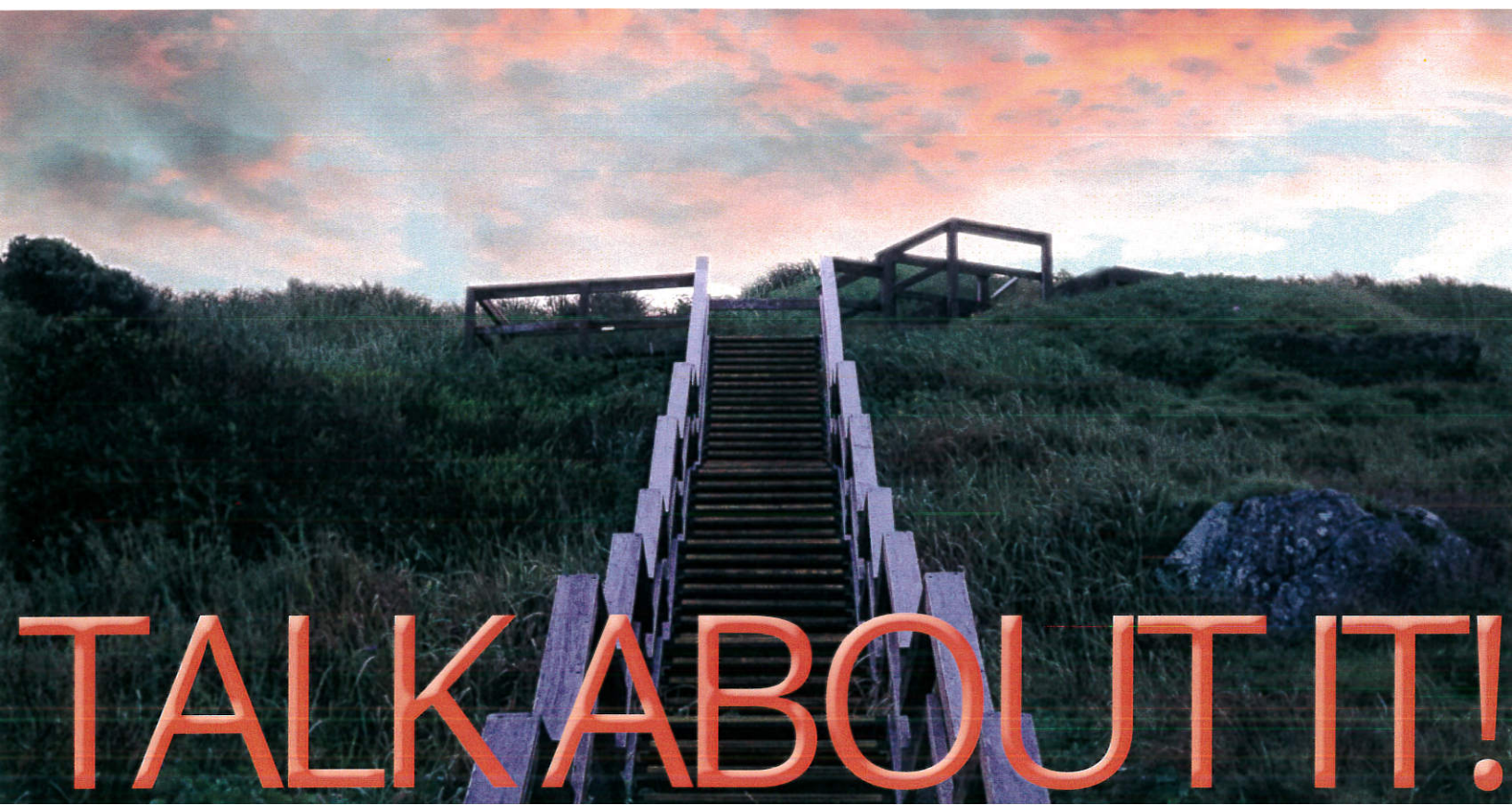
Who we are: The Pennsylvania Recovery Organizations - Alliance (PRO•A) is the statewide non-profit, 501(c)(3) grassroots advocacy organization dedicated to supporting individuals in recovery and educating the public on addiction and recovery. PRO•A provides no direct state-funded treatment or recovery support services, which uniquely qualifies PRO•A to carry out our mission statewide, free from real or perceived role conflicts in relation to our drug and alcohol service delivery system.

Our Vision: A strong statewide network of those concerned about substance use disorders and committed to recovery, recovery community organizations, advocacy groups, family groups, drug and alcohol service system entities, all united in common purpose.

Our Mission: To mobilize, educate and advocate in order to eliminate the stigma and discrimination toward those affected by substance use disorders to ensure hope, health and justice for individuals, families and those in recovery.

Want to get involved? Join PRO•A at www.pro-a.org ... IT'S FREE!

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TALK ABOUT IT!



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CONNECTING Individuals and Employers to Re-Entry Resources

Individuals with Substance Use Disorders often face additional stigma due to their criminal histories. In the midst of an addiction, individuals often make choices based on survival. These choices can lead to consequences that increase discrimination in recovery. Research shows that a significant percentage of those incarcerated and with criminal histories have a Substance Use Disorder.

PRO•A has been educating and advocating for individuals with a Substance Use Disorder since 1998. Below are Resources relative to Re-Entry and moving beyond your criminal history!

RE-ENTRY RESOURCES

GEO Care developed a website that offers a suite of valuable resources and tools. In Pennsylvania, GEO Reentry Services partners with the Pennsylvania Department of Corrections and many counties to provide evidence-based reentry services that focus on reducing costly recidivism and turning lives around. Provides Mentoring, Housing and Employment help for ex-offenders reentering society. <https://www.reentrypa.com>

PA Department of Corrections Interactive Services Map allows users to search for service providers, resources, and other assistance in their communities. <http://reentrymap.cor.pa.gov/>

National Reentry Resource Center provides a clearinghouse for general information on reentry programs and tools. Funded and administered by the U.S. Department of Justice's Bureau of Justice Assistance (BJA), the National Reentry Resource Center (NRRC) is the nation's primary source of information and guidance in reentry. <https://nationalreentryresourcecenter.org/>

FairShake Reentry Resource Center provides a good reentry toolkit and also resources for helping those reentering society with emotional issues as well as practical tools. <https://www.fairshake.net/>

XOffenders works in helping ex-offenders (not on probation or parole) find employment and reintegrate into the community, has monthly meetings at African-American United Fund. <https://www.x-offenders.org/>

Beginning In the Right Direction (B.I.R.D.) Ministries Provides women who have been in prison with the spiritual, emotional and practical support needed to rebuild their lives and overcome the cycle of drugs, poverty and violence that has devastated their lives and families.

Pathways to Pardons provides information and resources, go to **PRO•A's Criminal History Resource** page: <https://pro-a.org/pennsylvania-pathways-to-pardons-process/>

PLSE – Philadelphia Lawyers for Social Equity provides Pardon Steps, Pardon Coaches, and additional resources. Pardons – Philadelphia Lawyers for Social Equity (plsephilly.org)



UNLOCKING SUCCESS



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INCENTIVES

for Businesses to Help Those Reentering the Workforce

Why become a Recovery-Supported Employer? Many businesses and individuals identify with the positive impact of organizations that implement a Recovery-Supported Employer. A few of those outcomes include:

- **healthier and more satisfied employees**
- **increased employee retention**
- **increased productivity**
- **money saved through increased safety**
- **decreased healthcare costs**
- **decreased absenteeism**

Individuals in recovery have tremendous strengths and attributes, they have a sense of purpose, are grateful, and they are guided by hope.

Additional resources to assist in assessing and implementing an organization that support individuals in recovery:

Recovery Friendly Workplaces PA <https://recoveryfriendlypa.org/> and

Drug Free Workplace PA <https://www.drugfreeworkplacepa.org/>.

For questions regarding a workplace that supports recovery, contact PRO•A at patti.b@pro-a.org.

To have common questions answered regarding legal requirements related to drug-free workforce compliance and the regulations that govern these standards, go to **SAMHSA** website at <https://www.samhsa.gov/workplace/legal>.

EMPLOYER RESOURCES

The Federal Bonding Program was created as an incentive to employers to hire at-risk, hard-to-place job seekers and may provide an employer a business insurance policy that protects an employer against loss of money or property due to employee actions. The Federal Bonding Program issues fidelity bonds, which are business insurance policies that protect employers in case of theft, forgery, larceny, or embezzlement of money or property by an employee who is covered by the bond. The bond is good for six months up to the amount of \$5,000 at no cost. <https://bonds4jobs.com/>

Pennsylvania Implementation of Federal Bonding Insurance Program is an incentive to employers to hire at-risk job seekers; may provide a business with insurance to protect employer. The bond is good for six months up to \$5000 at no cost. <https://www.dli.pa.gov/Businesses/Finding-Skilled-Workers/Pages/FederalBondingProgram.aspx>

PA Dept. of Labor & Industry: Director of State Bonding Coordinators: <https://bonds4jobs.com/our-services/directory>

The Work Opportunity Tax Credit (WOTC) is a federal tax credit available to employers for hiring individuals from specific target groups who have consistently faced significant barriers to employment. WOTC joins other workforce programs that incentivize workplace diversity and facilitate access to good jobs for American workers. Work Opportunity Tax Credit (one-page handout): <https://www.dli.pa.gov/Businesses/Workforce-Development/WOTC/Documents/WOTC-one-pager.pdf>

Pennsylvania Work Opportunity Tax Credit Services Unit assists with Work Credit Services
(800) 345-2555; RA-BWPO-TaxCredits@pa.gov.

Work Opportunity Tax Credit (PA website) Pennsylvania opportunities for tax credits
<https://www.dli.pa.gov/Businesses/Workforce-Development/WOTC/Pages/default.aspx>

IRS Form 8850 Pre-Screening Notice and Certification Request for the Work Opportunity Credit through L&I
<https://www.irs.gov/forms-pubs/about-form-8850>

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