

# Center for Family Life and Recovery, Inc.

Center for Family Life and Recovery, Inc. is proud to be the area's leading expert for advocacy, prevention, counseling, and training. As a community partner, it is important to us that we continue spreading the message of help and hope to our area and with those whom we work.

### Find Us Online

Facebook: /WhenTheresHelpTheresHope

Twitter: @CFLRinc

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Issue 1, Fall 2015

## Our Programs and Services

- Aggression Reduction Program
- Supportive Care Management
- CHOICES Program
- Community Coalition Building
- Drinking Driver Program
- Employee Assistance Program
- Information and Referral
- Prevention Council
- Oneida County Professional Training Coalition
- PINS Diversion
- IMPACT Program
- Compeer Program
- Participation in Young Scholars Liberty Partnerships Program

For more information, please visit [www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com).

We recognize that our stakeholders and community members play a large role in the work that we do. To keep you informed we will produce a seasonal newsletter that will likely run four times a year. You can expect to see updates about our programs and services, community awareness bulletins and agency highlights. This newsletter will serve as a great tool to provide an “inside look” at our agency to increase overall awareness and understanding of our work amongst our local community. For general questions, please contact Judith H. Reilly, Services Director, at (315) 733-1709 or [jreilly@cflrinc.org](mailto:jreilly@cflrinc.org).

### + Champion Moments

“A local financial institution had a crisis that impacted many staff members. A CFLR, Inc. EAP counselor was able to complete a debriefing with the employees on that same day before they went home. The next day they were back at work and feeling better about the situation.”

- EAP Client Company

### + Champion Moments

“Leaving the last class, I have my clothespin as a simple reminder. A reminder of my inspiring DDP instructor and a reminder to take each day one minute at a time, focusing on all of the important points/phases of my life, including drinking and driving. If I get a chance to help educate others, I will.”

- Student of Drinking Driver Program



## #GivingTuesday

We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day to celebrate generosity and to give.

More on 2

## #GivingTuesday

Give the gift of hope this holiday season. On **Tuesday, December 1, 2015**, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

#GivingTuesday allows CFLR, Inc. to give physical healing and tangible hope. With your help, we can achieve our goal of \$50,000. No matter how

big or small your donation is, know that every little bit helps.

CFLR, Inc. began its campaign on November 15. We encourage everyone to share our Facebook page, as well as all #GivingTuesday information with contacts, family, and friends too! Please use the information to share with those you know would like to support our work.

It's a simple idea – let's come together to give something more this holiday season. For more information about #GivingTuesday, please visit [www.givingtuesday.org](http://www.givingtuesday.org).

To donate to the programs and services of CFLR, Inc. please visit: [www.WhenTheresHelpTheresHope.com/donate](http://www.WhenTheresHelpTheresHope.com/donate) or call (315) 733-1709.

## CFLR, Inc.'s Vet2Vet Program

When Raphael returned from active duty after six years in the Air Force, he was looking for guidance and direction. His daily life, once determined by commanding officers in the Air Force, became a little intimidating when he was given civilian freedoms. Like most service members who return home after active duty, Raphael had a difficult time making the adjustment on his own. Questions like: "Is this normal? How do I handle this? What can I do to make the transition easier?" often crossed his mind. It was no secret that he needed help making this adjustment, but where would he get it?

Center for Family Life and Recovery, Inc.'s (CFLR, Inc.) Vet2Vet Program matches newly returning veterans with veteran volunteers. Matches are made based on age, gender, and service background. The program makes the introductions, supports each match, and monitors progress as the two veterans get to know each other.

"We stay involved from the beginning to ensure the relationship is comfortable for both participants," said CFLR, Inc.'s Services Director, Judith H. Reilly, CPP. "We do all we can to make the relationship beneficial for all parties involved."

Vet2Vet volunteers assist matches in finding information about agencies that help with employment and/or continuing education. If a veteran is looking for tips to re-acclimate him or herself into daily family life, volunteers can help with this as well. Both participants have the opportunity to talk about their experiences as service members, which helps make the transition to civilian life a bit easier. Most importantly, the volunteer is able to give his or her match firsthand information because the volunteer has already lived it.

"The issues that servicemen and women deal with when they return to civilian life are so unique and so foreign to anyone who has never experienced it firsthand," said Selden Przelomiec, the volunteer who befriended Raphael through his transition. "It's hard for service members to anticipate what is going to happen once they return. So, it's nice to have a match to bounce concerns off of." Przelomiec has been a member of the Coast Guard reserve for ten years and has also served with AmeriCorps.

Vet2Vet recruits volunteers on an ongoing basis. Veterans of all ages and all experiences are encouraged to call CFLR, Inc. for more information about volunteering. "We always need more volunteers to help us meet the demand as more and more servicemen and women return home," said Kathy Peters, CFLR, Inc.'s Compeer/Prevention Specialist. "We also encourage those who have just returned home to contact us if they would like to be matched to a friend through Vet2Vet."

"It's easy and rewarding volunteer work to help even just one returning veteran. It really can be as simple as having coffee once a week to relax and talk without being judged," added Przelomiec.

For more information about Center for Family Life and Recovery, Inc.'s Vet2Vet Program, call Kathy Peters, Compeer/Prevention Specialist, at (315) 733-1709, or visit [www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com).