

# Mailing

#286

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**Title of the mailing \***INTRODUCING “PRO-ACT” And The New “ARRC”

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**Body text of the mailing \***

The Diocese of Pennsylvania has charged the Addiction Recovery Resource Committee (ARRC) with the task of being of assistance to addicted individuals and their families in the quest for recovery. Addiction is an illness, genetically transmitted. Most professionals say that prolonged use of Alcohol or Drugs will result in either death or incarceration.

The committee has discussed several ways in which we could organize and begin to settle on an efficacious approach to one of our nation’s most critical health and behavioral issues. We quickly learned that the pool of knowledge from which we were drawing was not deep enough. We needed to be educated to better understand the problem. While attending a seminar on intervention, we were introduced to Pro-Act, an organization committed to educating the public about Addiction/Recovery. After studying the curriculum of the Family Program, ARRC recommended to the Bishop’s office that we utilize this community service as a primary source of education about Addiction, and this has been approved.

The following material is from their literature, and is a brief description of their charter.

Welcome to Pro-Act Recovery Services! Pennsylvania Recovery Organization Achieving Community Together is a grass roots recovery support initiative in the five county area working to reduce the stigma of addiction, ensure the availability of adequate treatment and recovery support services, and to influence public opinion and policy regarding the value of recovery. The good news is that the Family Program is FREE! Some practical information follows.

To Recognize an Addiction Problem...in a spouse, a parent, a child, or other loved one, you need the help of a knowledgeable professional and the support of others with the same experience. At PRO-ACT’s Family Program, you’ll gather the information and resources you need to help your family deal with addiction. You will receive the tools to get started on the road to recovery.

What will the Sessions Be About?...We’ll talk about the disease of addiction, how it affects family members, and what to do about it. You’ll learn how to become an advocate for your loved one.

Who Will Be There?...People who are in the same situation as you, led by people who have been there.

When?...The program is offered monthly in 3 to 4 evening segments.

To register for the Pro-Act Family Program in your county, call 1-800-221-6333. For more information, log on to their website at [www.proact.org](http://www.proact.org).

ARRC Committee Members: The Rt. Reverend Allen Bartlett, Stephen R. Billings, Sandra S. Lockhart (Co-Chair), Ronald W. Lockhart (Co-Chair), Alan Neale, and E. Kyle St. Clair.

Diocesan Contacts: Sandra and Ron Lockhart 610-695-2373  
Ron’s Cell 610-633-2043

Sandra's Cell 484-888-1591

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