

HORIZONS COUNSELING CENTER
Village West Gilford, NH 524-8005
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MEDIA BACKGROUNDER:
“VOICES OF RECOVERY” PROJECT

“Voices of Recovery” is a CD project that incorporates recovery music and stories as a means of confronting the societal myths and stigmas associated with the disease of addiction. The voices and stories on the CD are those of real people who are residents of the Lakes Region and who are living productive and thriving lives in recovery from this potentially devastating disease. It demonstrates the lifelong commitment that those in recovery make in managing their disease in order to have daily sobriety and serenity and the social, family, legal, medical and economic benefits that come along with it.

The purpose of this project is to formally introduce the public at large to the “real faces and voices” of recovery, fully understanding the risk involved in such public disclosure. The unfortunate reality is that this openness is often tempered with the potential personal loss of dignity, opportunity, respect and even employment due to the discrimination that grows out of the stigma attached to the disease of addiction. It is ironic that the very anonymity that protects people in recovery from discrimination can actually perpetuate that stigma that supports it. This project is a small step toward confronting the need for anonymity while promoting understanding and acceptance.

The Voices of Recovery CD features Kelly Morris, a singer/songwriter from Laconia, NH whose original music finds the honesty that connects all people. Her partner, Jen Major, has been singing with her since 2003 and sees this musical union as just one of the “promises” coming true for her in her three young years of sobriety. Their commitment to sobriety and recovery causes is clear in their music and in the commitment they gave to this project.

The Voices of Recovery is a project of Horizons Counseling Center in Gilford and Plymouth which provides treatment for the disease of addiction in the Lakes Region and is pleased to be a partner in providing a stage for the Voices of Recovery.

This project is supported by the Rogers Family Trust for the Lakes Region, a component fund of the New Hampshire Charitable Foundation Lakes Region with the support of the Belknap County Citizens Council on Children and Families, the Nathan Brody Chemical Dependency Program and Friends of Recovery New Hampshire. And, finally, this project would not have been possible without all the volunteers in recovery and their friends and family members who spent countless hours donating their time and lending their voices to the Voices of Recovery.

Copies of the Voices of Recovery CD will be distributed as part of National Recovery Month in September. For more information, call Jacqui Abikoff, Executive Director of the Horizons Counseling Center, at 524-8005.