



To celebrate Recovery month, Scott Plante a singer song writer and successful participant of the FOCUS program came back to tell his story of recovery and how he attributes the FOCUS program to saving his life. "The program kept me sober long enough to make me realize I wanted it for myself. This program saved my life and there is a big recovery community out here waiting for you." He went on to sing songs he had written while in the program as well as songs he had written for the families of those who have lost their battle with addiction.



Melony Lyons MS, LADC a clinician in the FOCUS Program stated, "I processed the event in my groups. So many of the men appreciated hearing from someone that was actually in the Focus Program and doing well in recovery. They commented on Mr. Plante helping others through his music (paying it forward) and being real with his story/struggles. They opened up about themselves more by reflecting on his story. It had a positive message of recovery. Look in the mirror and like the person you see."



In 2014, the Focus Program began as a 68-bed tier at the Northern New Hampshire Correctional Facility (NNHCF) as a response to the increase in positive urinalysis and substance use disorder prevalence in facilities.



The Focus Program integrates evidence-based practices through group treatment and peer mentoring to help those struggling with substance use disorder work toward recovery. Important themes of the curriculum include motivational strategies, alcohol/drug refusal skills, relationship repair, communication skills, Cognitive Behavioral Therapy, problem-solving and long-term abstinence and recovery skills.

"A positive recovery story often gives our clients hope. Hope helps people in recovery find motivation and encouragement to keep moving forward. Too often, the residents ask us, "Do people actually make it?" We had a rough couple of months, hearing about the deaths of several former Focus community members, due to addiction. When presented with the opportunity to have Mr. Plante speak, we knew we could not pass on this opportunity to have him share his story. Mr. Plante was able to relay the message that, yes, people do actually make it." Stated Diane York BS, BA LADC, NHDOC Administrator of Substance Use Disorder Services.