

Programs & Locations



Outpatient & Administrative Center
334 W. State St.
PO Box 789
Ithaca, NY 14851
(607)273-5500

Residential Services Unit
6621 Route 227
PO Box 724
Trumansburg, NY 14886
(607)387-6118

Business Office
38 E. Main St.
PO Box 724
Trumansburg, NY 14886
(607)387-5535



Cayuga Addiction Recovery Services
PO Box 724
Trumansburg, NY 14886



CAYUGA ADDICTION RECOVERY SERVICES

2014 ANNUAL REPORT

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

-Rabindranath Tagore

A CARS client share his story of recovery with a student at Cornell's Summer College Program



Helping out at the Schuyler County Relay for Life dinner in Watkins Glen

Mission Statement

A professional community resource providing caring and effective recovery services dedicated to improving quality of life by promoting individual dignity and respect for all.

Vision Statement

We are the premier providers of innovative recovery services.

Enduring Purpose

We believe in the capacity of people to transform themselves.

2014 Board of Directors

Kenneth Lansing, President

James Sharp, PhD, Vice President

Kris Bennett, Secretary

Michelle Humphries, Treasurer

Stephen Snyder

Jon Hilton

Annette Griswold

Dale Johnson

Terry O'Pray

Samantha Little

Diane Gayeski

LouAnne Giangreco, MD

Richard Gallagher

New Board Members for 2015

Karen Bedell

Keri Blakinger



SERVICE, COMMUNITY & COLLABORATION

"We believe in the capacity of people to transform themselves."

-CARS enduring purpose statement

MANY HANDS MAKE LIGHT WORK



Bill Rusen

In this old adage there is much wisdom about our work of transformation.

It is my belief that addiction is about two things, shame and isolation. These two phenomena work together in a vicious cycle to isolate the addicted individual and make him or her, in their own mind, unfit for the company of others. It seeks to separate them from a community of caring people be it family, friends, co-workers and helpers of any kind. This is why partnership is so important in our work and mission of transformation.

It is that awareness of how vital partnership and connection is to our work that made me especially proud of the fact that Cayuga Addiction Recovery Services (CARS) was recognized by Challenge Workforce Solutions as Collaborative Partner of the Year at their annual dinner on October 14, 2014.



With Mike Barry, Business Outreach Coordinator, Challenge Workforce Solutions

The history of CARS has occasionally in the past been defined by the stigma that was once a part of the work of addiction and recovery. It is proper, I believe, to use the past tense as I have seen this stigma decrease in occurrence and intensity during my 15 years as CARS' CEO. I think that is because of CARS' desire to reach out and connect in a meaningful way, as we did with Challenge, but it is also about the willingness of our larger community to reach out and connect to us and our mission of transformation.

I believe that our community has embraced our enduring purpose and have come to "believe in the capacity of people to transform themselves."

Thank you,
Bill Rusen, Chief Executive Officer

The Power of Service

Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy. -Mahatma Gandhi



Service to others has amazing power to redeem, reorient and realign our lives and our priorities. If I may I would like to share such story of service and its power to transform lives. This is a story of a long and fruitful partnership between Cayuga Addiction Recovery Services (CARS) and The Christmas Bureau headquartered in The Town of Ulysses. I will allow Nancy Zahler, longtime Christmas Bureau volunteer, to share her own insights.

"The Christmas Bureau was started in 1948 by a school nurse who knew that some children would not be receiving Christmas presents because their families could not afford new clothes or toys for them. She reached out to individuals and groups in the community to ask for financial donations and for people to purchase gifts for the children in need. This all-volunteer effort has operated continuously since then and as the needs have grown, the community's support has grown as well."

"For many years, CARS, known then as Alpha House, received modest gifts from the Christmas Bureau and then we shifted focus to provide more food to the families in need to help them get through the winter break, when the school was not providing free breakfasts and lunches."

"Then about three years ago, we were delighted when Kris Bennett reached out as a CARS board member to say the program was looking for opportunities to serve the community and wondered if we could use help."

"While it may seem like a small task, having CARS residents help us with loading and unloading donated produce from Cornell has been a HUGE help. Many of our long time volunteers are older and our backs are not what they used to be, so having strong, enthusiastic volunteers to help load and unload a truck load of bagged potatoes and apples is wonderful and it makes it possible for us to take advantage of Cornell's generosity."

"This year, the three good spirited, polite, hardworking young men worked like machines -making quick work of the job at hand -loading bag after bag of potatoes first- then apples into our pickup truck. The bags of apples & potatoes were carefully handled, & neatly stacked-and then unloaded and again neatly stacked at our distribution site. The guys showed great team work and good Christmas spirit."

"In past years I have been present and have been really touched by the compassion the residents have shown for families in need when they understood what our project does. A couple of years ago, a highlight moment for me came after the unloading and the explanation about the program, when we offered a young man free books to give to his nephews for Christmas. He was so appreciative to be able to give a gift that he and his buddies dug into their pockets and gave us a small donation to help our efforts. Their \$4 was worth more to me than the larger checks that are far easier for our wealthier donors to write."

"We love organizing the Christmas Bureau because it is a win-win-win for all involved. We both appreciate the valuable help from CARS volunteers and we are glad to offer them the opportunity to share the warmth and pride that comes from being of service to those in need in our community."

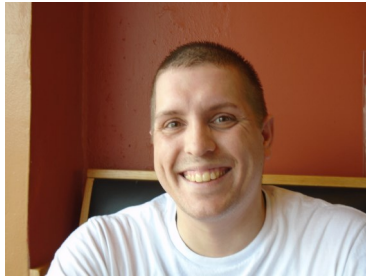


-by Nancy Zahler with contributions by Bill Rusen

The Miracle of Change

I want to introduce you to a young man named James.

James is from the Rochester area who found his way to CARS because of his addiction to heroin.



"I am not sure where I crossed the line until one night when I had my first feeling of withdrawal. I ran all over the house and found a pain pill. Once I started shooting heroin no one would talk to me. I was living under a bridge. I was homeless. I eventually got to the point of suicide and total hopelessness."

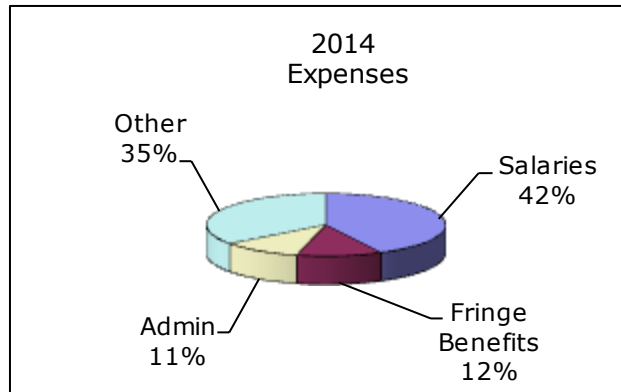
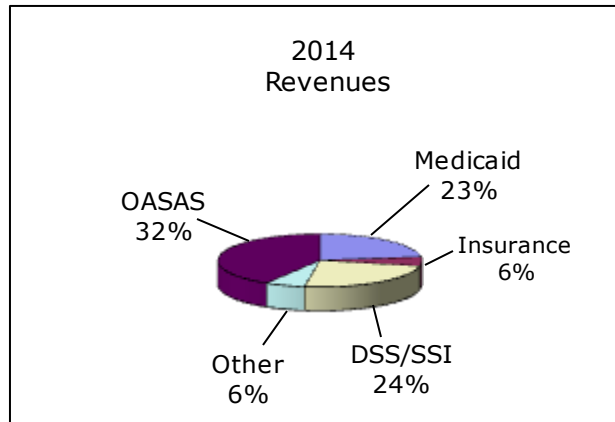
James talks about his trip to the hospital and the beginning of treatment. "I was so sick of living that way. I wanted to get as much help as I could. I wanted to do something with my life. When they told me I could go to CARS and could be there for up to a year I said sign me up. I think my counselor, Laura, really helped me and I felt I could tell her everything. I felt she could hear anything."

"When I got out of CARS it was about how much Dorothy helped me. It was also seeing other people make it and that helped me. Meetings and my sponsor really helped me deal with some bad days. It is a lot of work everyday. I think the loneliness is the hardest. I do enjoy reading and I find I am not so lonely. I want to thank you guys for all you did for me."

"The high point for me was getting a job and becoming more independent. I am working with the Family Self-Sufficiency Program so I can live on my own. I am setting goals and learning skills."

by Bill Rusen

Financial Report



Ithaca Alpha House Center, Inc. DBA Cayuga Addiction Recovery Services, is a private, not-for-profit corporation under Section 501c(3) of the Internal Revenue Code and is registered with the Charities Bureau of the NYS Dept. of State. To obtain a copy of our 2014 audited financial statements, please contact:

Cayuga Addiction Recovery Services
Business Office
PO Box 724
Trumansburg, NY 14886

2014 Service Activity

In 2014 Cayuga Addiction Recovery Services provided four levels of addiction care. They are Outpatient Clinic Services, Outpatient Rehabilitation Services, Supportive Living Services and Intensive Residential Rehabilitation Services. All CARS' treatment programs are licensed by the NYS Office of Alcoholism and Substance Abuse Services (NYS-OASAS). We are proud to say that all of our treatment programs rest upon the bedrock foundation of evidence based practices. We strive for and seek out best practices in all we do.

In terms of service activity for 2014, our Outpatient Clinic Program and our Outpatient Rehabilitation Program served **714 clients**. Our Supportive Living Program served **47 clients**. Finally, our residential facility served **224 clients**. We are very proud to say that 2014 saw CARS serve **985 unique clients** with the variety of services within our continuum of care. We have also had the privilege to work with many local and regional community partners including Tompkins County Mental Health, Family Treatment Court, Felony Treatment Court, Ithaca City Treatment Court and Challenge Workforce Solutions to make lasting and effective change for the clients we serve.



CARS board members and their families help out at the residential program holiday dinner