

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

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

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

Visit us on the web at:
www.carsny.org



CARS Residential Facility

Cayuga Addiction Recovery Services
PO Box 724
Trumansburg, NY 14886



CAYUGA ADDICTION RECOVERY SERVICES 2010 ANNUAL REPORT

A team of CARS clients were a key part of the construction crew for the new Farmer's Market Pavilions in Trumansburg



"The best way to find yourself is to lose yourself in the service of others."
Mohandas Gandhi

"The work crew from CARS has been an enormous part of the success of the project they have worked as hard as anyone here and have been tremendously helpful. Trumansburg will be forever grateful to CARS and these guys that have worked so hard to make this project a success" - Alan Vogel, project organizer

Transforming Lives Since 1972

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.

2010 Board of Directors

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Fran S. Manzella, Vice President
Sarah Manasse, Treasurer
Stephen Snyder, Secretary
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New Board Members for 2010

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First Downs for Second Chances Continues to Build Pathways to Recovery

First Downs for Second Chances marked its fourth year in 2010. Cornell football, First Niagara Insurance, Elmira Savings Bank and Cayuga Radio Group joined forces to raise funds and community awareness for Cayuga Addiction Recovery Services (CARS). Thus far our total in donations and pledges is **\$19,115!**

This project supports CARS in providing more opportunities for recovery through CARS' **Pathways** Initiative. This program seeks to help cover the costs often associated with getting access to care and most importantly in the vulnerable area that recovering individuals find themselves as they transition from one level of care to another. For example, this year **Pathways** allowed a young man to return to college because **Pathways** helped him settle some outstanding charges which allowed him to reenroll to complete his degree. He is now looking forward to getting his diploma soon and is preparing for job interviews. **Pathways** helps in a way no other resource in our community can.

Please visit www.carsny.org or call 607-273-5500 for more information or to make a donation.

THANK YOU

Many thanks for all who supported the First Downs for Second Chances project this past Cornell football season. Thank you to First Niagara Insurance, Borg-Warner, Sue and Anne Robson, Joann Florino, The Triad Foundation, Juniper Manor Residents Association, Jim Pokerwinski, Judy Stewart, Steve Schaeffer, Stephan and Fran Merrill, Miller Mayer, John Collett, Schickel Construction, Elmira Savings Bank, David & Mary Lee Banfield, Fran Spadafora Manzella, Roger & Katherine Williams, Dale & Jennifer Johnson, David Kerness, Sherpa Technologies and Sciarabba Walker & Co.

40 Years of Commitment to Transformation



The author at work

December 27, 1971 was the beginning of the end for me. Not that this was a bad thing, given the life style I had lived the previous 8 years. I was just 20 years old then, but like I told the sentencing judge in February 1972; I felt like I was 80. I was 80, and closer to death than one could possibly imagine. I knew that there were few choices available to me then. I was certain to face; prison, death, and /or self – destruction, without some sort of real concerned intervention. That life style did come to an end for me that December day. Thanks to a few people who really cared; a Judge, a Probation Officer, an Attorney, a District Attorney and the man that started Alpha House.

After my graduation at the University and then as my career advanced in Engineering, I took on new challenges and a new location. From New York State I moved my wife and 2 children to Virginia to live and work. My career with GE was challenging to say the least, but also more rewarding than I had ever hoped. I have had the opportunity to travel all over the world several times over and experience things that I only dreamed about. I experienced truly what life had to offer me. I took full advantage of it.

One of the most enjoyable moments I had the opportunity to experience was just this past Christmas. First of all, I normally do not sport a beard. This year was different. As it turned out the beard came in totally white. Susan , my wife , and I were in a doctor's office waiting room when this little boy; perhaps 3 years old, looked at me and yelled out, " You are the Christmas man !". Well that made my day. I (actually Mrs. Claus and I) spent the hour talking with this little boy about all of things he wished for (a story in its self). So as a result of this, Susan and I decided to go to our favorite restaurant just before Christmas dressed as Santa and Mrs. Claus. We knew the owner very well and he was expecting us in our festive garb. We spent the better part of the night talking with children and getting our photo taken. It was an absolute blast. It even made the local newspapers and TV station. Now that is a road few people get to travel.

So 40 years ago, a few people who did not know me from Adam gave me a shot at life, the break I needed. I took advantage of all life had to offer me and became..... Santa
(The Electrical Engineer) -by Jim Pokerwinski

Editor's note: Alpha House was the parent organization of CARS. It was started on the Cornell Campus by a grad student named Jason Wittman in 1970. Jim was one of Alpha House's first graduates. While our model and methods have undergone significant changes in the 40 years as addiction science has advanced, CARS' commitment to transformation remains as strong as it was in Jim's time. We are most grateful for Jim's willingness to share his story.



*The author and his wife
as Mr. & Mrs. Claus*

Cayuga Addiction Recovery Services in service in our community



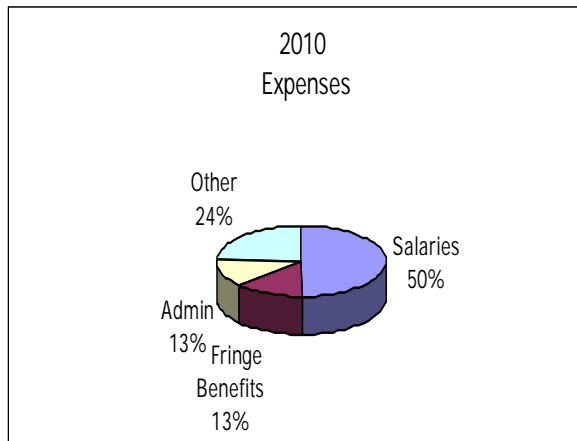
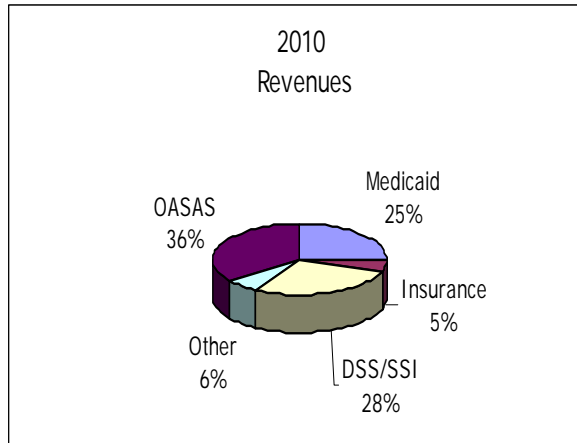
Helping out at Reynoldsville UMC food pantry

Throughout the year we seek service opportunities for our clients as they begin the process of transformation. Every week, residents of CARS residential addiction treatment program in Trumansburg volunteer at the food pantry sponsored by Trumansburg area Council of Churches. In other service projects, clients from CARS spend some time socializing at Juniper Manor Elder Housing in Trumansburg, do landscaping work at Hospicare and work at the Reynoldsville UMC Food Pantry.

This year in addition to those service opportunities CARS was a part of some very important community projects such as the Myers Point Playground Build, the T-burg Farmer's Market Pavilion construction project and the Trumansburg School Playground Build.



Building a swing at Myers Point



Ithaca Alpha House Center, Inc. DBA Cayuga Addiction Recovery Services, is a private, not-for-profit corporation under Section 501(c)(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 2010 audited financial statements, please contact:

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

2010 Service Activity

Cayuga Addiction Recovery Services provides three levels of addiction care. They are Outpatient 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. We are proud to say that all of our treatment programs rest upon the bedrock foundation of researched based care. We strive for and seek out best practices in all we do.

In terms of service activity for 2010, our Outpatient program served 490 clients and provided 16,362 patient visits. Our Supportive Living Program served 45 clients, completing 5,911 days of client care. Finally, our residential facility served 207 clients and provided 19,817 days of client care. We have also had the privilege to work with many local and regional community partners including Tompkins Co. Mental Health and our local treatment court teams to make lasting and effective change for the clients we serve.



CARS clients at work on the school playground project