



National Office
ATTC

Unifying science, education
and services to transform lives.



IN
CELEBRATION
OF
Recovery Month
2010

In My Own Words...

Essay contest sponsored
by the ATTC National Office
in partnership with Faces
& Voices of Recovery and
National Family Dialogue

We want to hear your story! In recognition of Recovery Month 2010, the Addiction Technology Transfer Center (ATTC), in partnership with Faces & Voices of Recovery and National Family Dialogue, invites family members of a loved one struggling with addiction or in long-term recovery to share YOUR STORY of recovery.

As a family member, you have a unique perspective to share about your journey. Your story highlights addiction as a family disease and offers hope to those who are looking for new purpose and stability in life.

> **GUIDELINES:** In your own words, write an essay (250 words or less, typed, double spaced in 12 point font) in which you tell us about your experiences as your loved one has sought and/or found long-term recovery. Please use the following statements as the basis for your response:

The most challenging part about having a family member with addiction is ...

My family is committed to recovery because ...

The top three submissions from family members will receive:

PRIZES

1st Place \$500

2nd Place \$250

3rd Place \$100

Previous contests have focused on addictions professionals and High School/College students in recovery. Essays from these contests can be found at:
ATTCnetwork.org



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> **JUDGING CRITERIA**

Essays will be judged through a two-tier process. First, the ATTC National Office will select the top 20 essays. Then, these essays will be judged by an Essay Review Board. All essays will be judged on three unique criteria: (1) quality of writing; (2) thoroughness of response to each open-ended statement as previously outlined in the guidelines; and (3) overall impression and impact of the essay. Essays should be no more than 250 words, typed, doubled-spaced in 12 point font.

> **SUBMISSION GUIDELINES**

The “In My Own Words...” Essay Contest opens September 7, 2010 and closes October 15, 2010. All entries must be received by midnight, Central Standard Time, on October 15, 2010. Please send your entry, along with your fully completed registration form, to Deann Jepson at jepsond@ATTCnetwork.org or fax to (816) 235-6580. For questions contact Deann at (816) 235-6984, ATTC National Office, UMKC, 5100 Rockhill Road, Kansas City, MO 64110.

> **NOTIFICATION**

The ATTC National Office will notify winners by phone no later than November 19, 2010. Essay winners will be announced in the November electronic publication of *Addiction Messenger* and on the ATTC Network Website.

> **RELEASE**

By submitting an entry to this essay contest, entrants give the ATTC National Office and Essay Contest partners’ permission to use their name and essay submission in the electronic publication, *Addiction Messenger*, on the ATTC Network, Faces & Voices of Recovery, and the National Family Dialogue Websites, and in any other ATTC Network marketing materials or publications deemed appropriate by the ATTC National Office.

> **ELIGIBILITY**

Any family member committed to recovery who has a loved one with an alcohol or other drug problem or in long-term recovery. Former and/or current ATTC Network staff and/or consultants are ineligible to participate in the “In My Own Words. . .” Essay Contest.

REGISTRATION FORM

(Please fill out completely including signing the Registration form.)

 Name

 Address

 City, State, Zip

 Phone

 E-mail

RELEASE

I hereby give the ATTC National Office and Essay Contest partners permission to use my name and essay submission in electronic publications, and in other ATTC Network marketing materials or publications deemed appropriate by the ATTC National Office.

 Signature

 Date