

PO BOX 11 informs readers of news, events and people who enhance recovery.

Hazelden introduces alumni affiliation program

## Enhance your recovery journey as a Hazelden Fellow Travelers

Hazelden is introducing an affiliation program for alumni this summer called Fellow Travelers: Hazelden Alumni Sharing the Hope of Recovery. The program offers a variety of benefits, services and opportunities exclusive to Hazelden program alumni.

"Fellow Travelers is meant to inspire, inform and engage our alumni in ways that help sustain and strengthen recovery," says Lisa Reynolds, director of Alumni Relations for Hazelden.

Hazelden is a lifelong partner in recovery with our alumni, explains Reynolds. The Fellow Travelers program celebrates that powerful relationship and helps alumni "further their recovery journey" by offering a variety of benefits and complimentary services exclusive to alumni. Fellow Travelers also provides alumni with opportunities to "light the path for others," including the possibility to share personal stories of recovery through Hazelden's exclusive online Alumni Network and other venues.



**Fellow Travelers offers alumni a variety of benefits that can be accessed through program membership. To receive your Fellow Travelers membership card, contact Hazelden online at [hazelden.org/fellowtravelers](http://hazelden.org/fellowtravelers) or call 877-429-5084.**

### FREE AND DISCOUNTED RESOURCES AND SERVICES

The following Fellow Travelers inspirational and educational resources and benefits are available to help alumni further their recovery journey.

#### Exclusive discounts

- 50% discount on catalog and online orders of Hazelden consumer published products
- 20% discount on Hazelden's Renewal Center programs
- 20% discount at Hazelden campus bookstores

#### Discounted products and services from other organizations, including:

- Sober Vacations International
- Anytime Fitness
- Snap
- Fitness 19
- Gold's Gym

#### Complimentary resources

- subscriptions to Hazelden print and e-newsletters
- quarterly Hazelden Webinars featuring special guests
- Hazelden's online Alumni Network

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## Alum "pays it forward" by helping others heal

Julie P. struggled during her teen years with drug addiction. She dropped out of high school, lived on the streets, and finally hit bottom when she was held hostage for three days by her drug dealers.

"I had no idea how to quit using," Julie says. "But I was sick and tired of being sick and tired."

Nearing her 18th birthday, she entered Hazelden's Center for Youth and Families—her second attempt at treatment.

"I wanted to get clean and I committed myself to my recovery," Julie says. "That meant I had to shut my mouth and follow the rules, so I did. I made an effort to be open and honest. I completed aftercare recommendations, and I went to a halfway house."



Julie P. is grateful for the opportunity to help others heal.

>Alum "pays it forward" — CONTINUED ON PAGE 2

# Hazelden Fellow Travelers

>Enhance your recovery journey — CONTINUED FROM PAGE 1

**“OUR ALUMNI PLAY A KEY ROLE IN ADVANCING HAZELDEN’S MISSION OF REACHING AND HELPING MORE PEOPLE FIND LASTING FREEDOM FROM ADDICTION,” SAYS REYNOLDS. “HAZELDEN WANTS TO DO EVERYTHING WE CAN TO SUPPORT THE RECOVERY OF OUR ALUMNI. AND, IN TURN, THEY SERVE AS A BEACON OF HOPE AND HELP TO THE STILL-SUFFERING.”**

## LIGHTING THE PATH FOR OTHERS

The following Fellow Travelers service, outreach and leadership opportunities are available for alumni to reach out to others on the journey.

- easy access to admissions information through the designated Alumni Referral Line, 877-429-5082
- serving as a local alumni contact to help new alumni connect with their recovery community
- sharing the experience, strength and hope of recovery at Hazelden facilities or through electronic media on Hazelden Web sites, blogs or the online Alumni Network
- becoming involved in public advocacy in the local community
- serving on a Regional Alumni Leadership Committee (see article on page 3)



### WELCOME, FELLOW TRAVELER!

Receive free and discounted resources and services to help further your recovery journey. Plus, discover new opportunities to light the path for others.

### JOIN NOW!

To receive your Fellow Travelers membership card, contact Hazelden online at [hazelden.org/fellowtravelers](http://hazelden.org/fellowtravelers) or call 877-429-5084.



## Helping others heal

>Alum “pays it forward” — CONTINUED FROM PAGE 1

In May, Julie celebrated 12 years of sobriety. She has received a Certificate in Chemical Dependency Counseling, completed bachelor’s degrees in psychology and nursing, and is currently working on a master’s degree in a Family Nurse Practitioner program. After reading the headlines about the devastation in Haiti in the past months, she felt compelled to help. “As a nurse, I had the medical skills they so desperately needed, but helping also meant that I would have to quit my job and leave everything behind for a while,” she explains.

After seeking advice from family and friends, Julie decided she simply had to go. She spent three months working extensively with the Haitian people, helping to develop a grief therapy program for children and parents.

“It was hard. Listening to one child talk about having no one to tuck him in at night and tell him he’d be okay, and the next child would be crying because she no longer had a home and her dog was killed—it was all very traumatic. It was an enormous weight to bear but it was an honor to do it and give back,” she says. “All of my knowledge and skills were a direct result of my Hazelden experiences and the

counseling education I received after I left Hazelden. I had spent so much of my life causing tragedy, and now I was able to help others heal.”

While in Haiti, with no access to Twelve Step meetings, Julie relied on recorded books and speakers on her iPod to support her recovery program. She also wrote about her experiences and logged about 150 pages in a blog.

When Julie returned home, she immediately arranged for a stay at Hazelden’s Dan Anderson Renewal Center. She knew she needed to process her own trauma and stress from the damage and desolation she experienced in Haiti. At the Renewal Center, she was able to revitalize her recovery, reconnect with peers and refocus her life.

“My return to Hazelden and the Renewal Center was life changing. I used my experiences there as a catalyst for learning and growing,” Julie said. “The staff was instrumental in helping me figure out who I am, why I am doing what I am doing, and what I want to do with my life. I’m determined to live a good life and pay it forward.”

**“IT WAS ALL VERY TRAUMATIC. IT WAS AN ENORMOUS WEIGHT TO BEAR BUT IT WAS AN HONOR TO DO IT AND GIVE BACK.”**

— Julie P.

New York, N.Y.

**Reaching and serving more than ever**

The first half of 2010 has been a record-breaker for Hazelden's New York treatment programs. A new Day Intensive Outpatient Treatment Program was launched to run in addition to the center's long-established evening program. Offered from 1 p.m. to 4 p.m., Monday through Thursday, the new day program provides more people with access to treatment, especially those with evening responsibilities as well as those who benefit from more structure to their daytime hours. In addition, participation in Hazelden's continuing care groups, which meet from 3:30 p.m. to 5:00 p.m. on Wednesdays and Fridays, has climbed this year. Between the center's outpatient treatment programs and continuing care groups, Hazelden in New York is serving almost twice as many people than ever before.

**Family and Friends lecture series returns**

Back by popular demand, the free Family and Friends lecture series has returned to Hazelden in New York. The weekly lecture is held from 6:00 p.m. to 6:45 p.m. on Mondays at Hazelden. All are welcome.

**Alumni group meets monthly**

Mark your calendar and plan to stop in and join the monthly alumni meeting at noon on the second Thursday of every month at Hazelden. The meeting's primary purpose is to welcome newcomers and build a bridge between treatment and the recovery community.

Newberg, Ore.

**Expanded facilities and new trauma programming open**

A year of construction and renovation wrapped up at Hazelden's Springbrook campus in Newberg, Ore., this spring, ushering in a new season of care at the center.

"We have literally doubled the size of what was once our residential treatment services unit," says Jan Vondrachek, executive director at Springbrook. In addition to more square footage, the expansion allows extended care patients to live on campus while continuing treatment. Hazelden's Springbrook center has also expanded its mental health services with new, highly specialized trauma programming designed for both primary and extended care patients.

**Join us on the third Friday of each month**

Hazelden's Springbrook alumni meet the third Friday of each month beginning with the Regional Alumni Leadership Committee meeting at 6:00 p.m., and followed by the Alumni Supper Club at 7:00 p.m. and a speaker at 8:00 p.m. These activities are open to all alumni interested in returning to campus for fellowship and fun. The Coastal Retreat in May was a great success, with 50 participants enjoying a weekend of inspiration, renewal, fellowship and — of course — great food.

Chicago, Ill.

**Alumni meet Friday nights**

Chicago area alumni invite all interested alums to join their weekly 7:00 p.m. Friday meeting. Those interested in helping to plan or organize events and activities are encouraged to be a part of the Regional Alumni Leadership Committee, which meets at 6:00 p.m. the second Friday of each month. It's a fun, busy and productive group, with plans currently underway for the annual summertime picnic in Lincoln Park and Soberfest in the fall.

Plymouth, Minn.

**New outdoor sports court sees lots of play**

Patients at Hazelden's Center for Youth and Families are enjoying a new outdoor sports court, which was installed last fall with the help and generosity of Hazelden donors. Increased access to on-site recreational activities has enhanced the center's already strong recreational program. Patients use the court for basketball, broomball, dodge ball and other outdoor sports. These kinds of recreational and social activities help patients learn to balance work and play — a skill that will serve them well throughout a lifetime of recovery.

**Continuing care for parents now offered**

Focusing on the topics of communication, boundaries, trust and relapse, a continuing care group specifically for parents is now available at Hazelden's Center for Youth and Families. A continuing care group for adolescents and young adults is already well established. The added component means that parents and young people will attend separate groups the first Tuesday of the month and then attend a combined group the third Tuesday of the month. These continuing care groups are designed to help individuals and families put the profound, life-changing lessons of treatment into practice — back in real life.

**Alumni dinners set for fall**

The Center for Youth and Families plans to host alumni dinners this fall. The dinners will provide opportunities for fellowship and for brainstorming about how to engage young alumni in activities and events. Contact Ann Rydell Berg at 651-213-4786 or alumni@hazelden.org if you would like to be involved in creating alumni activities for young people in recovery.

Center City, Minn.

**Welcome changes are underway**

Renovation and expansion of the patient entrance at the medical unit at Hazelden's Center City campus is now underway. New and renovated spaces will create a more calm and welcoming first impression for Hazelden patients and visitors. The medical unit renovations, in particular, will allow Hazelden to serve more patients and handle increasingly complex medical issues.

**Alumni Relations office introduces new staff member**

Ann Rydell Berg, who joined the Alumni Relations office this spring, will serve as the liaison for Center City alumni reunions, the Center for Youth and Families, Fellowship Club and outpatient programs. She will also oversee the Twelve Step meetings that alumni and AA groups bring to Hazelden's Minnesota campuses. You can reach Ann at 651-213-4786.

**Alumni office moves to Butler Center**

We've moved across campus: Hazelden's Alumni Relations office is now located in the Butler Center. Alumni who are planning to visit campus are encouraged to call the office ahead of time so that arrangements can be made for staff visits or to accommodate other special requests. Call 800-257-7800, ext. 4366.

St. Paul, Minn.

**Summer events lineup**

The Regional Alumni Leadership Committee hosts Fellowship after Fellowship the fourth Friday of each month, following the weekly 7:00 p.m. meeting at Fellowship Club. Mark your calendar and join in. Summer alumni events include the Picnic in the Park, Rollin' on the River and a monthly recovery speaker series at The Recovery Church. Check hazelden.org/alumni for details. Better yet, help with event planning by joining the committee. Simply contact alumni@hazelden.org or 651-213-4629 to learn more.

Alumni find real-time, online fellowship



Hazelden's Alumni Network, introduced through a pilot project last year, offers interested alumni an online social-networking experience focused on recovery support and staying connected with each other and Hazelden.

So far, more than 2,000 alumni have signed on, reports Nathan Wardwell, Alumni programs manager for Hazelden and administrator of the Alumni Network. Wardwell adds that more than 50 podcasts have been created as well, featuring alumni favorites John MacDougall, Fred Holmquist, Earnie Larsen, Annetta Sutton and others.

Through the site, Alumni Network members are able to post messages about their recovery experiences and respond to postings by others. Members may also participate in discussion forums, write their own blogs, design their own profile pages, and upload photos and video or music clips. The Network also provides members with immediate access to information about alumni events and workshops in their area.

**IT WON'T BE THE SAME WITHOUT YOU**

Wardwell encourages all alumni to consider joining the Network. He emphasizes that it is a private site, which means that membership is available only to alumni. Alumni interested in joining will complete a "profile" questionnaire and their status is verified by staff. Learn more by emailing Wardwell at nwardwell@hazelden.org.

Regional committees now forming

## Help generate ideas, activities and fun

Regional Alumni Leadership Committees are now forming at each of Hazelden's five regional sites. The committees will partner with Hazelden to create enriching events and activities for alumni and friends of Hazelden.

Whether the activity is a fellowship gathering, an educational workshop or a service opportunity, the new regional committee structure gives Hazelden alumni the ability to create the most meaningful types of experiences for each other. "The ideas and energy we're already seeing have been terrific. And it's a great way to connect with fellow alumni and to welcome new alumni into the community," says Lisa Reynolds, director of Alumni Relations for Hazelden.

### ARE YOU HEARING THE CALL

Committee membership is open to all Hazelden program alumni. The activities and opportunities created by the committees are recovery-oriented in nature and enhance lifelong recovery. The goal is to form committees at each of Hazelden's five regional locations. Already, groups in Minnesota, Chicago and Oregon have been helping to plan events. "For me, it's a great opportunity to support Hazelden, stay involved, help others and give back to an organization that not only helped me get sober, but introduced me to a whole new way of living," says alumna Ann S., who has joined the St. Paul regional committee.

"We welcome your involvement," says Reynolds. "Everyone can help. You can be involved at the level of service you have time for, whether it's an hour a month or serving as committee chair."

The regional committees will be peer-led, with a chairperson and secretary coordinating the meetings. All Regional Alumni Leadership Committees will work in partnership with Alumni Relations staff as well as staff at the corresponding Hazelden facility or site. Areas of support and collaboration include:

- creating service opportunities
- developing an annual calendar of events and activities
- coordinating communications via print materials, email, and mailings to alumni

Reynolds encourages all who are interested in joining a Regional Alumni Leadership Committee to contact the Alumni Relations office at [alumni@hazelden.org](mailto:alumni@hazelden.org).

## *Want to make a difference?*

Through planned giving, such as an estate provision or deferred gift, donors are able to make gifts that become an important, permanent source of financial support for Hazelden's mission. These gifts ensure Hazelden's future ability to reach and help more men, women, young people and families suffering from addiction. Learn more about Hazelden's planned giving program, called the Medallion Society, by contacting a Hazelden gift officer at 888-535-9485 or [giving@hazelden.org](mailto:giving@hazelden.org).

# "Den mom" receives greatest gift when she gives back

Lois J. of Chicago attended Hazelden's Family Program in Center City while her son was in treatment nearly 10 years ago.

"As soon as I arrived on campus, I knew my life was going to change," recalls Lois. And it did. A whole new world opened for her. "When I returned home, I was on my 'pink cloud.' I'd had this revelation: I learned that addiction was a disease ... that I didn't cause it and I couldn't control it. And that I needed help and healing, too."

Shortly after returning home, she received a call from a friend whose 32-year-old son was killed by a drunk driver, and Lois experienced the devastation of addiction from yet another painful vantage point. Fortunately, she had started attending Hazelden's Family Program in Chicago as well as Families Anonymous and Al-Anon meetings. In addition, Lois began attending the Friday evening alumni speaker meeting at Hazelden's Chicago facility because she wanted to remain mindful of the addict's perspective.

"From my very first experiences with Hazelden's Family Program where addicts and family members meet together, I've appreciated hearing all points of view," Lois explains. "Addiction is a family disease. But if all you do is Alcoholics Anonymous, then that's all you see; if all you attend is Families Anonymous, then that's all you see."

Tragedy soon struck again. This time, it was the unspeakable death of her beloved son. Lois grabbed hold of the program's principles and practices like never before. She describes the years following her son's death as filled with denial, depression and pain. But Lois was able to find guidance and take comfort in the fellowship of her recovery family.

"I decided that as long as I was going to survive, I was going to do this the best I could," says Lois.

### A SWEET WELCOME FOR NEWCOMERS

Soon a fixture at Chicago's Friday night alumni meeting, Lois enthusiastically "adopted" the group as her recovery family. Noticing that new arrivals at the meetings were very interested in sweets, she started bringing lollipops to every meeting.

Lois views her role as the "den mom" for people attending the meeting for the first time. She's usually the first to give newcomers a big hug, welcome them to the meeting—and offer them a lollipop. "Many who are new to recovery think they will never have fun again. The truth is that life in recovery is far better and more fun than you could ever imagine," she attests.

"I love giving back," Lois says. "I love to tell my story to other families. I give . . . but what I get back is far more than I receive." Lois describes the programs she's participated in— Hazelden's Family Program, Hazelden's Renewal Center retreats, the Friday night meeting at Hazelden in Chicago, Al-Anon, Families Anonymous, and serving on Hazelden's Chicago Board of Directors—as "lifesaving."

Through these programs, Lois learned that she couldn't help others until she helped herself. Sometimes, the best advice, to "keep coming back," is the hardest to hear and accept, but it's the one thing that truly does sustain you, Lois says.

"When my son died, it left a hole in my soul that only he can fill," says Lois. "But that doesn't mean I can't go on to have an amazing life with my recovery family. They call me their recovery mother, and I'm very proud of that."



At her home away from home, Lois J. (shown at center) is surrounded by her "recovery family" including Jim H., Grant A., Lisa G. and Karen S.

**HIGHER POWER HAD DIFFERENT PLANS FOR SHOEMAKER ALUMNUS**

*I have not missed one of my Shoemaker reunions. It's a very important part of my ritual to reconnect and regroup where I got sober. It's also important to me to bring my experience, strength and hope — what little I have — to the patients. I always go to my reunion Friday, Saturday and Sunday. Last time, however, my Higher Power had different plans for me.*

*I woke up at 3:23 on Thursday morning and couldn't get back to sleep. Walking the dog at about 5 a.m., I noticed a light on in the home where I would be leaving my dog. So I called to ask if she could watch my dog a day earlier. I didn't know what I needed to do, but I needed to go right away. As the morning wore on, a glow started in my stomach and the intensity and depth grew and grew until it occupied every fiber of my being. When I got to the Hazelden unit, the first guy I talked to happened to live just a few miles from my home. Another guy happened to live in the same small town and was leaving for home the next day at 6 a.m.! Had I arrived at my normal time on Friday, I would've missed the opportunity to meet him and be of service to him upon returning home. Go figure. I just smiled — big smile inside and outside. This is a story about honoring the Higher Power in life. And Hazelden happened to be the vehicle.*

— Hal S.

Dates	Event	Location
July 15–18	Dia Linn Unit Reunion	Center City, Minn. — Renewal Center
July 16	Springbrook Ice Cream Social/BBQ	Newberg, Ore.
July 17	Springbrook Reunion	Newberg, Ore.
July 19	Recovery Cup Golf Tournament	Oak Grove, Minn.
July 24	Alumni Picnic in the Park	St. Paul, Minn.
July 30	Fellowship after Fellowship	St. Paul, Minn.
Aug. 19–22	Cronin Unit Reunion	Center City, Minn. — Renewal Center
Aug. 21	Alumni Picnic in the Park	Chicago, Ill.
Aug. 27	Fellowship after Fellowship	St. Paul, Minn.
Aug. 27–29	Northwood's Recovery Retreat	Grand Rapids, Minn.
Sept. 3–5	Coastal Recovery Retreat	Newport, Ore.
Sept. 9–12	Promises Unit Reunion	Center City, Minn. — Renewal Center
Sept. 18	One Destination	San Jose, Calif.
Sept. 16	Rollin' on the River	St. Paul, Minn.
Sept. 24	Fellowship after Fellowship	St. Paul, Minn.
Oct. 7–10	Jellinek Unit Reunion	Center City, Minn. — Renewal Center
Oct. 15	Springbrook Fall Event	Newberg, Ore.
Oct. 21–24	Silkworth Unit Reunion	Center City, Minn. — Renewal Center
Oct. 30	Soberfest	Chicago, Ill.
Nov. 6	Outpatient Reunion featuring William Moyers	St. Paul, Minn.
Dec. 5	Fellowship Club Open House	St. Paul, Minn. — Fellowship Club
Dec. 10	Springbrook Holiday Bowl	Tigard, Ore.
Dec. 18	Cleveland Gratitude Gathering	Chagrin Falls, Ohio
Dec. 31	New Year's Eve Extravaganza	Chicago, Ill.

PLEASE CHECK HAZELDEN.ORG/ALUMNI FOR UPDATES AND ADDITIONAL EVENTS.

Fifty Hazelden alumni, family and friends gathered for the Coastal Recovery Retreat at the stunning Sea Krest Lodge in Oregon on May 21–23. Phil Oliver and Carol Munson, spiritual care counselors at Hazelden's Springbrook campus, co-facilitated workshops. "Amazing" was the consensus of participants. "Thanks so much for a very special time of growth and fellowship," one participant wrote. The next Coastal Recovery Retreat is September 3–5. Space is limited. Call Debbie Voorhees at 503-554-4353 to reserve your place.



**Hazelden launches free online substance abuse screening tool**

Earlier this summer, Hazelden introduced *About My Drinking*, a free and confidential evidence-based online screening tool designed to help people assess their current level of drinking or other drug use. Available at [hazelden.org](http://hazelden.org), the *About My Drinking* site presents individuals with 18 questions about their drinking and other drug use and provides a personalized report within minutes. The confidential report indicates the individual's level of risk and offers tailored support including referral to a Hazelden licensed addiction counselor, information on peer recovery support programs, and tools to start a self-directed Twelve Step program to address problem drinking or other drug use.



"The screening tool provides a clear snapshot of an individual's alcohol use and provides options and detailed instruction for people who want to move toward a healthier lifestyle," says Jodie Carter, electronic product manager at Hazelden.

"Of the over 20 million people who suffer with alcohol and other drug problems, only 1.8 million seek treatment," said Kris Van Hoof, executive director of Media Ventures at Hazelden. "This easy and confidential tool allows anyone the opportunity to find out whether they have a problem with alcohol or other drugs. We want people to feel secure in seeking a substance use assessment, and offering this assessment online is the best way to create access for those who might not otherwise seek help or support."

**Get alumni news via email**

To receive information about alumni activities via email, please send your email address to us at [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org). Be sure to include your full name, mailing address, and email address so we can locate you in our database and add you to our email list. Many communications are now sent via email only.



**PO BOX 11 welcomes letters.** To share a story or testimonial, or to offer an opinion, please send your letters to Lisa Reynolds, Hazelden, RC 1, PO Box 11, Center City, MN 55012-0011 or to [lreynolds@hazelden.org](mailto:lreynolds@hazelden.org).

# 31<sup>st</sup> annual *Alive* and *Free* draws alumni and friends

An “attitude of gratitude” graced the *Alive & Free* celebration of recovery, held April 30 and May 1 on Hazelden’s Center City campus. More than 200 people gathered for fellowship, education, great food and fun at the 31st annual event. The spirit of gratitude was especially present Friday evening when the CARE and Ree Lasker awards were presented to Carol Pine and Bob M., respectively.

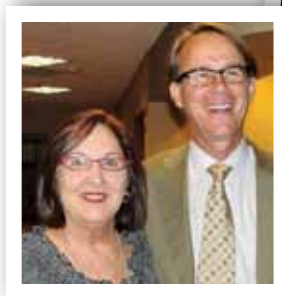


Above top, presenter Earnie Larsen is shown with John S.; above, singer-songwriter Sonia Lee performed songs from her CD, *Chance to Start Over*.

The CARE Award stands for Consistent Activity in Recovery and Education in the field of addiction and recovery. Pine served as a Hazelden trustee from 1993 to 2002 and board chair from 1997 to 1999. She is currently chair of the Hazelden Graduate School of Addiction Studies Fundraising Task Force, charged with helping Hazelden increase philanthropic support for the school. She was recognized at the event for her service as a role model, mentor, instructor and dear friend to many. Her active volunteerism continues to

support Hazelden’s mission and the recovery of others.

The Ree Lasker Award is given each year by Hazelden’s Alumni Relations office to an outstanding volunteer for special dedication to Hazelden’s mission. Ree Lasker was a much-loved, 20-year Hazelden volunteer. Bob M., the 2010 Ree Lasker Award recipient, was recognized for his ongoing efforts to greet, welcome and support visitors to Hazelden’s online communities, including the Alumni Network site.



Above top, Carol Pine received the CARE Award from Hazelden president and CEO Mark Mishek; above, Ree Lasker Award winner Bob M. is congratulated by Mishek; left, Hazelden’s events and conferences director Patricia Broat and chief medical officer Marvin D. Seppala, M.D., join in the festivities.

## Hazelden Alumni Referral Line 877-429-5082

**Calls are answered 24/7.** Are you or a loved one in need of Hazelden treatment services? Call now. This designated alumni line provides quick and easy access to Hazelden’s admissions process, 24 hours a day.



[hazelden.org](http://hazelden.org)  
800-257-7800

We invite you to call us with questions.  
We are available 24 hours a day.

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher education, public education and advocacy, and publishing.

## PO BOX 11

## alumni news & views

SUMMER 2010

*PO BOX 11* informs readers of news, events and people who can help build recovery.

The mission of Alumni Relations is “to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service.”

*The personal stories of recovery included in this newsletter are published with the written consent of those individuals.*

If your address needs to be updated or removed from the mailing list, please call 800-257-7800 or email [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org).

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888-257-7800, ext. 4366

[hazelden.org/alumni](http://hazelden.org/alumni)



**Hazelden locations**  
CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
NAPLES, FLORIDA  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA