

# voice

News, Features and Opinion for Recovering People and Professionals

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## Damian McElrath: A man of spirit and grace, 'a true Hazelden treasure'

BY MARTY DUDA

Damian McElrath, PhD, has done it all at Hazelden.

He has been a counselor, speaker, administrator, leader, author, teacher and historian. He was the first director of Hazelden's youth facility in Plymouth, Minn., he led treatment services for several years, and he even led the publishing division. He has documented Hazelden's rich history in several books. No one has worn more hats at Hazelden than McElrath. His 32 years at Hazelden are remarkable, considering they represent the second of his life's journeys.

His first life was equally full: He was ordained a Franciscan priest in 1954, earned his PhD in ecclesiastical history at Gregorian University in Rome, completed a post-doctorate fellowship at

Says Damian McElrath: "From Hazelden's earliest days, the two basic expectations of patients have been that they attend lectures on the Twelve Steps and talk to one another. That's the essence of Hazelden. What each patient brings is his or her own personal experience of alcoholism well digested; that's the essence of community. . . ."

*Damian McElrath — continued on page 4*

# Letters to the Editor



## Amends are not about doing it ‘my way’

The Doug Toft article, “Amends are more than apologies” (Summer 2007 *Voice*, p. 6, [hazelden.org/voice](http://hazelden.org/voice)), was an excellent review of Steps Eight and Nine. I particularly liked the quote from John MacDougall on what amends really are.

I was reminded what my first sponsor taught me about making amends. He knew I was a “really good addict” and, given the chance, I was liable to try anything to avoid my responsibilities in Step Nine. So he advised that when making amends to the person victimized by the wreckage of my past, I was to not only apologize, but to also ask the person I had offended, “What will it take to make things right between us?” My inclination would be to dictate the terms of the amends.

But by asking the person to prescribe the terms of the amends, I was ensuring that it made things right again between us.

Over the years this has been an extremely useful tool for my recovery. It has taught me that not only do I need to repair damage my way, but also the way the other person sees as necessary. It has added to the quality of the amends since I have had to do things I would never have imagined needed to be done. It was the people I had injured who taught me this lesson.

I am grateful for the opportunity to have improved most of the relationships in my life thanks to Steps Eight and Nine. My recovery has depended on it.

— Roger W., Minneapolis

## Complacency: ‘Our No. 1 offender in recovery’

Thank you for the John MacDougall column on how complacency, not necessarily resentments, is our No. 1 offender in recovery (“What we really have is a daily reprieve...” Summer 2007 *Voice*, p. 19, [hazelden.org/voice](http://hazelden.org/voice)). This rang so true for me. I, of course, proceeded to share this wisdom at my next AA women’s meeting, and almost all of us talked about it after the meeting. Few of us have many years of sobriety. (I had 11 before I decided that I deserved a cold beer one afternoon; later I discovered the wonders of various pharmacological agents after an auto accident.) But also, many of us getting sober today didn’t quite manage to make complete train wrecks of our lives—myself included—so we perhaps don’t have the resentments and hatred of self and others that the Big Book talks about. I’m not saying that a “low bottom” or still having a car in the garage, 2½ kids and a dog means that one doesn’t have resentments. We all do. But I’d say that the greatest threat

to my program is exactly like John said, complacency.

— Iris L.

Amen! Complacency was definitely the bug-a-boo in my case. After some 35 and one half years of sobriety—12,945 days to be exact—I decided that I had graduated and could drink normally. As you can well imagine, the result was predictable. For the next 30 months, I went through the revolving door—sober for three to four months, drink for a month or six weeks, get terribly sick, and then start all over again. In early August, in hopefully my last trip through the door, my wife, son and daughter convinced me to come to Hazelden. At my counselor Sam Boatman’s suggestion, I spent my first three weeks in primary and my last week in the Lodge Program. As I told Sam, the last week at the Lodge was pure genius, as it brought a new concept of spirituality to me.

— Loren B.

**The Voice** welcomes letters. Please send them to [mduda@hazelden.org](mailto:mduda@hazelden.org) or to Voice Editor RW 3, Hazelden, P.O. Box 11, Center City, MN 55012-0011.

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## Correction: Dr. Bob’s house, not Bill W.’s, is in Akron

In the preview story of *My Name Is Funky...and I’m an Alcoholic* (Summer 2007 *Voice*, p. 16, [hazelden.org/voice](http://hazelden.org/voice)), it was incorrectly stated that “Eventually, I stood on the front lawn of the house in Akron, Ohio, where AA founder Bill W. had lived.” It should have said “...where AA cofounder Dr. Bob had lived.” Bill W., of course, spent a great deal of time at Dr. Bob’s residence in Akron from May 12, 1935 through the summer months, but it was not his house. Dr. Bob’s last drink was taken on June 10, 1935, the birth date of AA.

## New center rekindles public policy, public education efforts

Over the years Hazelden has been a major player in influencing public policy as it relates to access to addiction treatment—at the local, state and national levels. It has helped carry the message that addiction to alcohol and other drugs is our country's No. 1 health problem—that it is a treatable disease (just like cancer, diabetes and hypertension), that addiction treatment works, and that treatment pays dividends to all of society.

In December 2007, Hazelden announced plans to rededicate itself to “carrying the message” by establishing a new Center for Public Advocacy.

“For nearly 60 years, Hazelden has talked about the importance of educating every generation about addiction, treatment and recovery,” said Ellen Breyer, Hazelden president and CEO. “In recognition of that importance, our new center demonstrates a renewed focus on community education and public advocacy.”

The center's work, which will be supported on an ongoing basis by Hazelden development efforts, will focus on three goals: expand public education, influence public policy, and provide community benefit.

“I applaud Ellen Breyer and our Board of Trustees for their leadership and vision on this important issue,” said William Cope Moyers, executive director of the Center for Public Advocacy. “They have approved the resources needed to help us significantly



**Says Ellen Breyer: “For nearly 60 years, Hazelden has talked about the importance of educating every generation about addiction, treatment and recovery. In recognition of that importance, our new center demonstrates a renewed focus on community education and public advocacy.”**

expand our efforts in the public education and public policy arenas.

“We want to reach out and educate our country about addiction,” continued Moyers. “We want to carry the message that addiction is a chronic disease and a health problem that affects all Americans. It's a treatable illness, and all people with addiction deserve treatment and the chance for recovery. Stigma is a major barrier to getting help for this disease, and overcoming the shame and discrimination that comes with it will improve access to care for all those still suffering.”

Moyers has been carrying the message of recovery in speeches and media appearances across the country for 13 years. He led the push to pass the Substance Abuse Treatment Parity Act in the U.S. Congress in 1998, efforts that may finally be realized this year. He helped make recovery, not the dark side of addiction, the big news story in the late 1990s, when he put a face on recovery.

“The goal is to rekindle our passion and showcase the benefits of treatment and recovery,” said Moyers. “With added resources, we plan to team with other organizations and mobilize Hazelden staff to maximize our influence on public policy.”

For more on the Center for Public Advocacy, please visit [hazelden.org/publicpolicy](http://hazelden.org/publicpolicy). ■

### Help us go green, access the *Voice* online

As with most organizations, the cost to mail a hard copy newsletter to thousands of subscribers has gotten very expensive. In order to help trim some of those costs and to transfer those savings to patient care, we are inviting you, our subscribers, to pursue an alternative.

We'd like to encourage as many of you as possible to opt out of receiving the hard copy, mailed version of the *Voice* and to instead access it online. To do this, simply send an email to us at

[mailinglist@hazelden.org](mailto:mailinglist@hazelden.org) or call 888-257-7800, ext. 4800 to leave a voicemail message. Be sure to include your full name and mailing address as it appears on the envelope that contained this copy of the *Voice*. Include your email address as well. By providing your email address, we will notify you when subsequent issues of the *Voice* are available by providing a link to our Web site where you can access the newest *Voice*, as well as past issues ([hazelden.org/voice](http://hazelden.org/voice)). The email

will not have an attachment, just a link. Also, if you simply no longer wish to receive the *Voice*, please let us know and we'll remove you from our mailing list.

We're happy to continue sending printed copies of the *Voice*. Our goal is to fulfill our promise to provide the best opportunity for lifelong recovery, and to continue serving as a trusted source of helpful personal-growth and professional-development information.

# Damian McElrath: ‘A true Hazelden treasure’

McElrath — continued from cover

Cambridge and Oxford Universities, and was president of St. Bonaventure University in New York from 1972-1975.

“Damian has done it all, and he’s done it with tremendous grace,” says Ellen Breyer, Hazelden president and CEO. “He’s a scholar and teacher who epitomizes our caring community. No one knows and loves Hazelden and its patients like Damian. He’s a touchstone for me and the rest of Hazelden in terms of our history and spirituality. He’s a true Hazelden treasure—a man for all seasons.”

## A SEARCH FOR COMMUNITY

McElrath’s life is best described as a search for community. He grew up during the depression in Brooklyn, N.Y. As a youth, he spent several summers at a family farm in the Catskill Mountains

48 and fascinated by the life-changing work of helping alcoholics. He was most intrigued by working with patients on the Jellinek Unit. He studied there under the supervision of Dorothy Flynn and George Weller, helping extended care patients who needed more time to learn the Twelve Step way of life. “I really loved working on Jellinek,” McElrath recalls. “I fell in love with the place.”

## LIFE COMES FULL CIRCLE

His decision to leave the priesthood, however, meant he had to surrender his pastoral care duties at Hazelden, because he was no longer church sponsored. It almost broke his heart to leave Jellinek, he says. His training left him well grounded in the spiritual component of care, but he would have to forego working directly with Jellinek patients.

“Damian has such great empathy for the patients and passion for helping people change. He has a deep respect for the transformative powers and spirituality of the Twelve Steps.”

— Bruce Larson



of New York. He recalls attending a church picnic at a seminary there and seeing something that he really liked. “I saw a real sense of camaraderie and community among the Franciscans there,” McElrath says. “I decided I’d like to be part of that.”

After two years at Haaren High School in Manhattan, he enrolled in St. Joseph’s Seminary in Callicoon, N.Y. He graduated from there in 1948 and earned a bachelor’s degree in philosophy from St. Bonaventure University in 1950. He went on to achieve advanced degrees in theology and studied for 30 months under the Jesuits in Rome. He served at several parishes and taught for 15 years at several Catholic colleges or universities, including the Washington Theological Coalition in Silver Spring, Md., and The Catholic University of America in Washington, D.C. “I was a good teacher and a good preacher,” he says.

His second search for community began at Hazelden in September 1976, when he was invited to train in Hazelden’s year-long Clinical Pastoral Education program in Center City. “At first I thought, ‘Why would I go there? How was spirituality related to the skid row alcoholic? My misconceptions of both spirituality and alcoholics were soon uprooted.’”

His Hazelden training had a huge impact. During the final semester of his training at the end of 1977, while serving as a chaplain on the units, he decided to leave the priesthood. He was

Instead, he went on to play a prominent role at Hazelden in key leadership positions. He served as director of Education (aka, Publishing), Consultation, Research and Evaluation in the late 1970s before taking charge of Pioneer House (now Center for Youth and Families) in 1981. He directed residential treatment services from 1985 to 1990, spent 1991 helping Hanley-Hazelden in Florida get on track, returned to serve as executive vice president of Recovery Services until 1995, and then consulted and wrote for several years.

In 2003, Damian’s life came full circle. He came out of semi-retirement to work as a spiritual care professional on the Jellinek Unit, a labor of love for him. Now at age 79, he’s still doing what he loves. He describes it as “the God of my understanding telling me that I was fully prepared to return.”

“Damian came to Hazelden in 1976 to find out how to make a difference in people’s lives, and it was here that he realized how the Twelve Steps and AA could help transform lives even more than the church,” says Bruce Larson, director of Clinical Services at Hazelden who has known McElrath since 1976, when Larson enrolled in Hazelden’s Counselor Training Program. “Damian held many important positions here—he’s a great leader. Now he’s doing what he really loves to do.

“Damian has such great empathy for the patients and passion for

helping people change,” Larson continues. “He has a deep respect for the transformative powers and spirituality of the Twelve Steps.”

Paul Mladnick, supervisor of the Jellinek Unit, says McElrath is full of wisdom and always acts in the best interests of each patient. “He excels at spiritual care and the application of the Steps,” he says. “Every three months he does a four-part lecture series on spirituality, and it always gets high marks from our patients. He’s a natural teacher—a great teacher of the Twelve Steps.”

McElrath says he tries to provide compassion and healing to the patients. “I share my knowledge, and I’m nonjudgmental—the patients respect that,” says McElrath. “I bring an understanding of the Steps and spirituality, I do Fourth and Fifth Steps, I help them understand a Higher Power, and I provide formulas for turning their lives over to a Higher Power.”

Given his strong spiritual presence and knowledge of the Twelve Step program, it’s assumed by patients and associates that McElrath is in recovery himself, but he is not. However, his personal experience with the disease runs deep. His brother died of a drug overdose, his sister died of alcohol poisoning,

his nephew died at age 29 of addiction, and his father died at age 39 of alcoholism.

That family history drew him to Hazelden, and that influence, he feels, gives him an edge in getting into the minds and souls of alcoholics still suffering.

“Damian has a great presence,” says Larson. “There’s a quote from *The Doctor’s Opinion* in the Big Book [page xxvi] that says, ‘Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight.’ Damian’s message always has depth and weight. He’s one of the most powerful lecturers Hazelden has ever had.”

#### TELLING ONE’S STORY IS ‘SACRED GROUND’

McElrath emphasizes that a sense of community is the base for recovery. What he tries to convey to patients is contained in a passage from his new book (see story below):

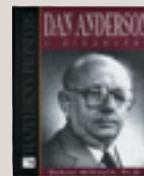
“The recovering community needs to be continually advised that within its ranks/fellowship there is a fountain of wisdom from the members’ composite experiences with and without drugs and alcohol that they can share with one another and use to confront one another, to support one

## Hazelden books authored by Damian McElrath



*Hazelden: A Spiritual Odyssey* (1987), a history of Hazelden’s first 25 years.

- *Further Reflections on Hazelden’s Spiritual Odyssey* (1999), a sequel to *Hazelden: A Spiritual Odyssey* that covers the second 25 years of Hazelden.
- *Patrick Butler: A Biography* (1999), a look at the man known as the heart and soul of Hazelden.
- *Dan Anderson: A Biography* (1999), a look at one of the main architects of the Minnesota Model.
- *The Quiet Crusaders* (2001), sketches the lives of three men key in the evolution of the Minnesota Model.



For more on McElrath’s books, visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

McElrath — continued on page 19

## The Essence of Twelve Step Recovery captures the spiritual core

Damian McElrath’s new book, *The Essence of Twelve Step Recovery: Take It to Heart*, was written in gratitude to the Jellinek patients at Hazelden, whose lives, struggles and pain are witness to what spirituality is all about. Dedicated to Sandy McElrath, Damian’s wife of 26 years, the book defines spirituality and the essence of Twelve Step living—and the essence of Hazelden.

“All my books up to this point have been historical/biographical and have dealt with portraits of Hazelden externally—its body,” McElrath says. “My new book seeks to seize and portray Hazelden’s soul—its core. It helps Hazelden take its own pulse.”

McElrath begins his Hazelden-published book with a quote from the Big Book: “The spiritual life is not a theory. *We have to live it.*” (*Alcoholics Anonymous*, page 83). He goes on to eloquently describe his view of spiritual fitness. “The person seeking recovery must reconnect with his true self, with others, and with his Higher Power—the God of his understanding,” he writes.

He addresses “the spiritual protocols of recovery” in separate self-contained chapters: (1) The Community, (2) The Spirituality of Addiction, (3) The Twelve Steps—Relational Spirituality, (4) Benchmarks for Spiritual Growth, and (5) The Cultivation of the Interior Life.

Gail Gleason Milgram, EdD, director of the Center for Alcohol Studies at Rutgers University, endorses the book: “Damian is a born teacher. He presents complicated and difficult content in a clear and concise fashion. He helps the reader understand that ‘the heart of what makes us human/spiritual beings is our search for integrity, purpose and meaning.’ This book is a gift to all who are in search of the meaning of life.”

Says Craig Nakken, author of *The Addictive Personality*: “Damian has written a simple but profound guide for addicts that goes to the very heart of what is needed for recovery. The book has purpose and meaning beyond its pages. It’s a must read for those looking to embrace or deepen their recovery. Follow the spiritual protocol!”

# Step Ten offers instruction for a lifetime of spiritual growth

BY DOUG TOFT

“After several years of recovery and doing vigorous work in completing Steps One to Nine, I felt I had arrived, that my work was done,” says one long-time practitioner of the Twelve Steps. “I stopped talking regularly to a sponsor. I stopped going to as many meetings. I started ‘going it alone’ in the fellowship. I was shocked when after three years of recovery, I used one day. That led to two decades of repeated relapses.”

This woman’s desperation led her to a sponsor who required her to reread the Big Book of *Alcoholics Anonymous*. While studying the suggestions for Step Ten, she recalls, “I realized something that I had been missing: daily work.”

The Big Book’s directions for daily work on this Step (page 84) include the following passage:

*Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.*

Long-time members of Twelve Step groups can read right past these familiar words. Yet within these simple declarative sentences are instructions for a lifetime of spiritual growth. Each word is consciously chosen, written with the precision of a scientific abstract and leaving nothing to accident.

## STEP TEN IN CONTEXT

Step Ten moves us forward in recovery by grounding us in the recovery work that we’ve already done. Continuing to “watch for selfishness, dishonesty, resentment, and fear” takes us back to Step Four. The suggestion to “discuss them with someone immediately” returns us to Step Five. Asking God to remove these character defects returns us to Steps Six and Seven. And making amends is the subject of Steps Eight and Nine.

“None of the Steps exist in isolation,” says Fred Holmquist, director of the Lodge Program at Hazelden in Center City, Minn., as he reflects on the passage quoted above. “By following the instructions in just these three sentences, Step Ten is reminding me to do Steps Four through Nine every day.”

What shifts, however, is the focus in time. Steps Four through Nine focus on our past attitudes and actions; Step Ten shines a spotlight on the present.

“Step Ten is really about doing Steps Four through Nine on a daily basis, in the here and now,” says Mark Sheets, executive director of Regional and Recovery Management Services at Hazelden. “This calls for a willingness to change. We need to be continually transformed and grow spiritually.”

## A RETURN TO SANITY

In asking God for help with Step Ten, we enter the world of the Spirit. While Steps One and Two lead to an admission of powerlessness and insanity, Step Ten brings the promise of this new world: sanity restored.

Here we find that the war between willpower and temptation simply disappears. Referring to alcohol, the Big Book describes this new level of existence: “We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected.”

Moreover, this change is pure grace, a gift freely given from a source greater than ourselves. It happens automatically, as the Big Book puts it, without thought or effort: “It just comes! That is the miracle of it. . . . We have not even sworn off. Instead, the problem has been removed.” (page 85)

Along with this comes a radical change in outlook, especially in how we respond to negative feelings. As practicing addicts, we nursed resentments and blamed others for all our emotional disturbances. This is like going to a clinic for treatment and demanding that the doctor write a prescription—not for us, but for our family members, our friends, our coworkers, and anyone else who currently qualifies as an object of our resentment. The logic behind sustained anger is that we alone are sane, and that our disturbances will end when everyone else changes.

Contrast that with attitude suggested by Step Ten. “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with *us*,” notes the author of *Twelve Steps and Twelve Traditions*. “If somebody



Says Mark Sheets:  
“Step Ten is really about doing Steps Four through Nine on a daily basis, in the here and now. This calls for a willingness to change. We need to be continually transformed and grow spiritually.”

## STEP TEN: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

hurts us and we are sore, we are in the wrong also.” (page 90)

But what about incidents where we suffer genuine injustice and feel “justifiable” anger in response? “For us of AA these are dangerous exceptions,” according to the 12 x 12 text. “We have found that justified anger ought to be left to those better qualified to handle it.”

### DAILY GROWTH

Step Ten is often described as a “maintenance” step. In reality, it is much more than just preserving our spiritual status quo. It is about continuing to change and grow, and doing so on a daily basis.

If we don’t work Step Ten today, then our spiritual life will start to die. Character defects will crop up again. Over time, we risk the danger described in *A Program for You: A Guide to the Big Book’s Design for Living*: “These resentments and fears will begin to block you off from your Higher Power, and eventually you could start telling yourself that you can safely drink or use again, which, if left unchallenged, will surely bring your physical death as well.” (page 155)

“The brilliance of the disease is that it’s easy to let up on the program and rest on our laurels. My humanness asserts itself by saying: *Hey, you’re probably working a little hard at this. You can afford to let up a little on this program of action.* This is like getting an infection and letting up on the antibiotic program of action. . . .”

— Fred Holmquist

Our initial work with Steps One through Nine brings us a flush of joy and a taste of serenity. At this point, some of us are tempted to slack off on the Steps. Again, this is risky.

“The brilliance of the disease is that it’s

easy to let up on the program and rest on our laurels,” Holmquist says. “My humanness asserts itself by saying: *Hey, you’re probably working a little hard at this. You can afford to let up a little on this program of action.* This is like getting an infection and letting up on the antibiotic program of action. You start feeling better after five days and choose to save the other five days of medicine for later. You’ve gone from being the patient to being the doctor—from being a student of the program to being a graduate and deciding to take a little vacation.”

### DAILY REPRIEVE, NEVER CURED

In reality, we never graduate. As recovering addicts, we are never cured. All we are granted is a “daily reprieve” based on our spiritual condition.

“You need to make Step Ten part of your routine,” says Sheets. “If you don’t do it daily, you forget about it. When you find things coming up on your inventory that you have an emotional hangover about—when an anger starts turning into resentment, or fears start being consistent—that’s when you need to talk it through with someone who understands.”

In explaining the spiritual nature of Step Ten, the Big Book bridges to instructions for prayer and meditation in Step Eleven and life of service described in Step Twelve. These Steps are intimately linked, says Delia Jurek, a specialist at the Dan Anderson Renewal Center: “They direct me away from dealing with life alone. They direct me to God and my fellows.”

“My problem was not just learning how to put down my drug of choice,” says the woman whose story began this article.

“My problem was dealing with life. Here in Step Ten I have a plan to cope with life, a plan of daily action that will work each day that I work it.” ■

## Resources to help people work Step Ten

The Dan Anderson Renewal Center offers programs year-round at Hazelden’s campus in Center City, Minn. Several of these programs can assist you with Step Ten, including intensive Big Book studies offered by the Lodge Program. More information is available by phone at 800-262-4882 or at [hazelden.org/renewalcenter](http://hazelden.org/renewalcenter).

The following publications can also help you discover the power of Step Ten. They are available at [hazelden.org/bookstore](http://hazelden.org/bookstore) or by calling 800-328-9000.

- **Alcoholics Anonymous**, fourth edition (Alcoholics Anonymous World Services, 2001).
- **A Program for You: A Guide to the Big Book’s Design for Living** (Hazelden, 1991).
- **Twelve Step Sponsorship: How It Works** by Hamilton B. (Hazelden, 1996).
- **A Guide to the Big Book’s Design for Living with Others: A Workbook for Steps 8-12** by Joanne Hubal and James Hubal (Hazelden, 1991).
- **Step 10: Maintaining My New Life** by Mel B. (Hazelden, 1992).
- **Twelve Steps and Twelve Traditions** (Alcoholics Anonymous World Services, 1952).

## Women do their ‘dailies,’ take inventory in Step Ten group

Was I resentful? Was I selfish? Was I dishonest? Was I afraid? Do I owe anyone an apology?

These are some of the questions the patients at the Women’s Recovery Center in Center City routinely ask themselves at 8 p.m. each day following the evening lecture. They meet for a Step Ten group and take inventory of their day.

“In Step Ten, we take a personal inventory on a daily basis,” says Brenda Iliff, clinical director of the Women’s Recovery Center. “Steps Ten through Twelve are a summary of what we’ve already done. We just repeat these actions daily. These are sometimes called ‘the dailies.’ We need to continue doing the dailies, because they are vital to our recovery.”

The women really love this group, adds Iliff. It gives them closure to their day, and it reminds them to practice Step Ten on a *daily* basis. Other Hazelden centers, including the Center for Youth and Families and Fellowship Club, implement Step Ten groups.

# Catalina Island takes comprehensive, communitywide approach to substance abuse prevention

BY CYNTHIA ORANGE

Those of us who are old enough to remember 1958 can probably still sing the then popular lyrics by the Four Preps: “Twenty-six miles across the sea, Santa Catalina is awaitin’ for me, Santa Catalina, the island of romance. . . .” This picturesque island off the southern California coast, just 22 miles long and 8 miles across at its widest point, is paradise for the 3,700 people who live there and the one million tourists who visit it every year. Since 1919, when chewing-gum magnate William Wrigley Jr. bought it, Santa Catalina and its only city—Avalon—have undergone many changes.

The island’s tourism industry ignited when Wrigley built the world famous Art Deco dance hall, called the “Casino,” which means “gathering place” in Italian. (There is no gambling there.) In 1972, Wrigley’s heirs deeded over 42,000 acres to the non-profit Catalina Island Conservancy, which serves as steward for 88 percent of the island. Flora and fauna are protected, and motor vehicles are so restricted that there is a 10-year wait list to bring a car to the island. Bicycles and golf carts are the chief means of transportation.

As idyllic as this may sound, Avalon is not without problems. “Avalon has attracted tourists for over 100 years,” explained LeeAnn Human, a prevention specialist for CHOICES (Citizens Helping Our Island Children End Substance Abuse). “Folks come here for a good time, which equates into a lot of alcohol and drug use. Our youth see this behavior and some think it is ‘standard’ because of the adults who model it.”

Human said that while Avalon has lower smoking rates than the national average, its rates for alcohol and other drug use (primarily marijuana) are higher than average.

According to Marty Harding, Prevention Strategies manager at Hazelden, CHOICES didn’t “begin” as much as it evolved. “When I first visited the island, it was clear that people weren’t talking about substance abuse issues,” she said. “The kids who

weren’t using told me so many kids used drugs and alcohol that they—the non-users—tried to be less visible by keeping quiet. Now people aren’t afraid to talk about alcohol and other drug use problems.”

## OFFIELD FAMILY FOUNDATION BACKS EFFORT

In 2002, the Offield Family Foundation commissioned Hazelden to do a needs assessment for Avalon. Hazelden’s extensive interviews with students, parents and community leaders revealed significant concerns among islanders about the prevalence and accessibility of alcohol and other drugs. As a result, community organizations and individuals came together and partnered with Hazelden to form the CHOICES coalition, whose goals include educating youth and families about substance abuse, increasing the availability of substance abuse treatment and support, and promoting sober teen activities.

The Offield Foundation, headed by Paxson (Packy) Offield, the great grandson of William Wrigley Jr., is a top benefactor for Hazelden’s community-based prevention, education, intervention, and treatment efforts on the island. Since Offield is the first of the Wrigley descendants to live on Santa Catalina, he has a special interest in CHOICES.

“My family has always loved Catalina Island, but let’s face it, places like Avalon are places where you can party all year long,” Offield said. “Although we knew the youth of our community were affected by drug and alcohol abuse, we didn’t know the extent of the problem until Hazelden did its assessment. My father started a successful CHOICES-type program in northern Michigan, and my wife and I thought a similar program might be appropriate for Catalina. CHOICES has done exactly what it advertises. It shows both youth and parents that there are alternatives to drug and alcohol use, and gives the community some place to turn when there is a problem.”

Lt. Patrick Hunter, the former chief law enforcement officer for Avalon and a CHOICES board member, said he witnessed major changes in the four years he was in Avalon, thanks to CHOICES. “CHOICES was a labor of love for all those involved in our close-knit community,” he said. “Everyone had a different area of responsibility, so we were able to attack drug and alcohol problems on all fronts, and I certainly saw the results of our efforts. Police calls didn’t stop, but they certainly went down.”

## HAZELDEN PROGRAMS UTILIZED

Hazelden provides training and consultation to CHOICES members, and Human and others have come to Minnesota for training in its Professionals in Residence program. Addicted teens



Hazelden trainer Derrick Crim, left, leads students through a trust walk activity during their Peer Mediation Retreat in Avalon.

and their families have also come to Minnesota to receive treatment at Hazelden's Center for Youth and Families in Plymouth.

Avalon students in grades 6-8 have been using Hazelden's *Project Northland* prevention program, and plans are underway to implement the *Class Action* prevention program this year for grades 9-12. A variety of educational and informational workshops are also offered to parents, students and community members. Last March, Harding presented the *Safe Dates* program to six members of the Catalina Women's Forum, who wanted to implement it into their mentoring program in which high school girls are paired with positive adult female role models. Forum members later requested training for all their members so they can offer *Safe Dates* to all girls in the school district. *Safe Dates* is the evidence-based Hazelden curriculum that prevents dating abuse.

Non-using teens are anything but invisible these days in Avalon. CHOICES' Avalon High School Social Action Team, led by school nurse Karla Parsons, took a public stand, saying that its members won't drink or use during high school. The team also drafted Hospitality Guidelines for businesses that sell alcohol. The guidelines promote responsible drinking and discourage underage drinking. Becky Davidson, school psychologist, sponsors another group of teens that provides peer mediation, peer helping and cross-age education. Hazelden provides training each year for these students in a three-day retreat.

The changes don't stop there. Human said the Activities Team, led by Dawn Sampson, social worker for the Avalon Medical Center, sponsored a sober New Year's Eve for youth. She reports that "Free Lunch Fridays," an effort to decrease unexcused absences on Fridays, is a big success.

To encourage parental involvement, CHOICES initiated a "Let's Talk" campaign by distributing little tins filled with conversation starters for families.

Conversation "prompts," such as "What things or people make you happy?" or "Name two strengths you have," are available in either an English or Spanish version (40 percent of residents are Latino), and according to Human, the feedback has been overwhelmingly positive.

Mindy Mueller, PhD, director of the Child Guidance Center on the island, has used *Roots and Wings*, a Hazelden parenting skills curriculum, as another way to reach parents. Along with Rhonda Kalish, she also coordinates the Resource Team, which works to increase the number of resources on the island for youth and parents.

#### COMMUNITY-BASED PREVENTION MODEL

These are just some of the many CHOICES programs and activities. "There's so much going on, and I'm seeing the impact all across town," said Human. "The community is really committed to providing opportunities for youth and presenting solutions for parents."

"CHOICES is the 'poster child' for community-based prevention," said Harding. "Churches, civic organizations, social services, schools, businesses—everybody—is involved. A small island is perfect for implementing prevention efforts; everyone knows each other and information gets disseminated quickly. All in all, it's a community organizer's dream. I don't get much sympathy when I say I have to go there to work."

For more information on CHOICES, visit [catalinachoices.org](http://catalinachoices.org). ■

## Extended care beds increase with new gender-specific units

Hazelden in Center City now offers gender-specific extended care units for men and women, plus increased opportunities for that level of care, thanks to the March opening of the new women's extended care unit.

The new women's unit was made possible by the renovation and expansion of the two-story, lakeside Cronin-Lilly building. The unit, located on the lower-level of the renovated space, links to the new Women's Recovery Center and thus brings all residential services for women together in one location. Creation of the new women's unit allows the formerly mixed-gender Jellinek Unit to become an all-men's extended care facility. The result: Beds for extended care have increased by more than 50 percent, from 29 to 44, with 18 beds for women and 26 for men.

The separate units signal a new approach to extended care in Center City, said Bruce Larson, director of Clinical Services. "The gender-specific units afford us more beds, allow us to refer more Hazelden primary care patients to our extended care units, and will reduce the number of early discharges caused by the loss of focus of patients who get caught up in romantic relationships."

Larson said a clinical team was assembled to study and standardize extended care programs at the Center City and Springbrook campuses. Both campuses have had excellent outcomes, with 83 percent of Springbrook patients from Newberg, Ore., achieving continuous abstinence for one year and 72 percent of Center City patients staying abstinent. The Springbrook extended care residences are gender-specific, while Jellinek formerly housed male and female patients in the same building, but on different floors.

"Over the years, we have had to refer many Center City primary care patients to extended care facilities outside Hazelden because of their vulnerability of being on a coed unit," Larson said. "Now, with gender-specific units, we can keep most of those people here."

Extended care is a residential treatment option for people who have completed primary care at Hazelden or elsewhere and who require more time and focus to put recovery skills into practice. Sheila Hermes, former supervisor of the Simpson Unit of the Women's Recovery Center, will head the women's unit, while Paul Mladnick will continue to supervise the Jellinek Unit for men.

"The change to gender-specific units will enable patients to focus on recovery with fewer distractions," said Mladnick. "We'll be able to serve a greater number of people in an improved setting."

# Youth center goes smoke-free, eyes improved outcomes

Virtually any innovation at Hazelden's Center for Youth and Families in Plymouth, Minn., is intended to improve outcomes for its young patients, and that's why the center became completely tobacco-free on Jan. 1 of this year. The change to totally smoke-free grounds means there is no smoking on the 15-acre campus for patients, staff and visitors. The smoke-free policy is accompanied by enhanced tobacco cessation efforts for patients.



Says Jim Steinhagen: "Research suggests that treating nicotine addiction concurrently with addiction to alcohol and other drugs will achieve improved outcomes."

"Research suggests that treating nicotine addiction concurrently with addiction to alcohol and other drugs will achieve improved outcomes," said Jim Steinhagen, executive director of the Center for Youth and Families.

Steinhagen said the change was made to more effectively meet state regulatory statutes and was based on research that dispels the myth that tobacco cessation impedes successful addiction treatment outcomes. The smoke-free policy was made at the recommendation of Ken Winters, PhD, director of the Center for Adolescent Substance Abuse Research at the University of Minnesota and a Hazelden consultant. "If we want to continue to be one of the best of the best, Dr. Winters recommended a smoke-free campus and that we treat nicotine addiction concurrently with alcohol and other drug addiction," said Steinhagen.

## LONG-TERM ABSTINENCE IMPROVES

The majority of research indicates that smoking cessation is unlikely to compromise alcohol and other drug use outcomes, according to Steinhagen. In fact, in a meta-analysis, J. L. Prochaska and colleagues (*Journal of Consulting and Clinical Psychology* 72:1144-1156,2004) evaluated the outcomes of smoking cessation interventions in 19 randomized controlled trials with people in addiction treatment or recovery. At the end of treatment, no differences in substance use outcomes were found between patients who engaged in smoking cessation treatment and those who did not. What's more, at long-term follow-up, participation in a smoking cessation intervention provided during substance abuse treatment was associated with a 25 percent greater likelihood of long-term abstinence from alcohol and other drugs. A comprehensive research review on this topic was recently published by NIAAA ("Alcohol and Tobacco: An Update." *Alcohol Research & Health* 29(3);2006).

In addition, there are long-term health benefits to treating tobacco concurrently with other substance abuse. For instance, more alcoholics die of tobacco-related illness than die of alcohol-related problems, according to a study by Richard Hurt, MD, and colleagues at the Mayo Clinic ("Mortality following inpatient addictions treatment." *Journal of the American Medical Association*, 275:1097-1103,1996).

## TOBACCO CESSATION EFFORTS ENHANCED

Tobacco cessation efforts for young people at the Center for Youth and Families have been improved. Prior to the smoking ban, all patients at the center attended a session on nicotine cessation and were assessed for nicotine dependence. Patients under 18 who were assessed as nicotine dependent were required to attend a smoking cessation group, while this group was optional for patients 18 and over. Now the new cessation program makes tobacco cessation efforts mandatory for all patients who meet the criteria for nicotine dependence.

The evidence-based Modified Fagerström Test for Nicotine Dependence is administered to all patients to test for nicotine dependence. If a patient has significant withdrawal, the Minnesota Withdrawal Scale is administered to assess the need for nicotine replacement. Nicotine replacement therapy may be employed, and appropriate pharmacological interventions may be prescribed as anti-craving medication for heavy nicotine users (1.5 packs a day or more).

"Treatment for nicotine dependence will be integrated with the general individualized treatment plan for each patient," said Ariel Johanna Cohen, director of Health Services for the Center for Youth and Families and the leader of a Tobacco Cessation Team that developed new policies to support the tobacco-free campus. "We want nicotine to be treated as one more drug of addiction," she said.

A tobacco treatment counselor, Hillary Hittner, is assigned to nicotine-addicted patients and collaborates with the patient's clinical case manager. Twelve Step work, lectures and education specific to nicotine addiction, and one-on-one counseling are part of the tobacco cessation efforts. When patients leave the center, tools and resources for continued abstinence from tobacco are provided. Quit-smoking programs have been offered to staff as well during the transition to a smoke-free campus.

"We think it's a good thing [to treat nicotine dependence concurrently], and it is supported by research," said Cohen. "We know it increases the chances for complete recovery."

Cohen adds that "in the world of recovery, we *all* need to look at nicotine addiction and take it seriously."

The Center for Youth and Families' smoke-free plan is considered a big step in Hazelden's exploration to expand smoking cessation efforts in other locations. Other Hazelden locations currently are not totally smoke-free—they permit smoking outdoors in designated areas—and they offer help to patients wanting to quit tobacco. ■



From left to right, Jim and Sue Cusack and Karin and Steve Sadove helped make the New York benefit a huge success.



A capacity crowd filled the ballroom at The Pierre Hotel in New York City.



The talented Judy Collins lent her heart and soul to the event.



Bill Moyers graciously provided his talents as master of ceremonies.

## New York benefit raises \$1.2 million for youth services

About 600 people turned out on Oct. 23 at The Pierre Hotel in New York City to support Fresh Start: Hazelden's New York Awards Dinner to Benefit Programs for Youth and Families, the most successful fund-raising event ever for Hazelden. More than \$1.2 million was raised to help Hazelden establish a treatment center in the Northeast region to serve young people.

Steve Sadove, chairman and CEO of Saks Fifth Avenue and a longtime member of the Hazelden New York Board of Directors, received the William B. Hassett Distinguished Leadership Award for his support of Hazelden and its mission. Jim and Sue Cusack, founders of the Veritas Villa treatment center in Kerhonkson, N.Y., received the Distinguished Service Award for their 35 years of reaching out to alcoholics and addicts.

Ron Frasch, president and chief merchandising officer of Saks Fifth Avenue, spoke at the event and thanked the fashion industry, including 80 companies and their leaders, for their support of Sadove and the Hazelden benefit. Judy Collins entertained and capped the evening with a divine rendition of *Amazing Grace*.

Bill Moyers served as master of ceremonies, and the Honorable Paul A. Volcker was honorary chair. Judith Davidson Moyers and Peggy Hassett were the Patron Committee cochairst; Peter Dolan, Marv Koslow, Larry Kudlow, Jack Leslie and Thomas Schwarz served as dinner cochairst.



Ron Frasch, president and chief merchandising officer of Saks Fifth Avenue, and Ellen Breyer, president and CEO of Hazelden, were delighted by the outpouring of support.

*Photos by Ben Asan*

## Karon elected to Hazelden Board; Hale, Hood, Jones join Chicago Board of Directors

Hazelden is pleased to announce the addition of Paul L. Karon to the Hazelden Board of Trustees and Thomas A. Hale, Dylan B. Hood and Bradley H. Jones to Hazelden's Chicago Board of Directors.

Karon, of Minneapolis, is the chief executive officer of Benfield Inc.'s U.S. Division and a director of Benfield Group Limited. He is a member of the Young Presidents'

Organization and serves on the Board of Big Brothers Big Sisters of the Greater Twin Cities. He begins his Hazelden Board term on March 12.

Hale is an attorney and partner with Skadden, Arps, Slate, Meagher & Flom LLP, a firm in Chicago that represents clients in the development, structure, distribution and operation of a broad range of financial

products. Hood is a residential investment real estate broker for Dylan Hood and Associates Realty Group in Chicago. He earned Hazelden's Ree Lasker Award last year for his volunteerism to Hazelden and the recovery community. Jones is a business development professional from Wilmette, Ill. The three will serve three-year terms on the Chicago Board.

# Alumnus makes his mark as ‘manager of treatment’

Ever since he left southern Minnesota for Los Angeles, Ross Patton wanted to write the great American novel, and then be a film director with a place on a lake in Minnesota.

The story came out almost as planned.

Patton went on to work on scripts and screenplays as director of story development for Brandman Productions in Los Angeles, and he has found that idyllic spot on the lake. But the great American novel still awaits.

Today Patton is the director of Treatment Services at New Beginnings, a residential adult treatment facility on beautiful Lake Waverly in Waverly, Minn. Patton, who received his master’s degree in 2003 from Hazelden’s Graduate School of Addiction Studies, was one of four students in the program at the time. He recalls the instructors telling them, “You will be the managers of treatment, one day.”

The statement was accurate. Within weeks after graduation Patton set up an adolescent treatment program in Prior Lake, Minn. The next year, he tripled the space, clientele and staff at an adult treatment facility in Waconia, Minn. And in 2005 he was hired at New Beginnings. In each position, Patton felt a “respectability and validity” as a result of his master’s degree.

New Beginnings is a 60-bed facility that was converted from the summer estate of Hubert H. Humphrey, former U.S. Vice President. Patton supervises six counselors, oversees an internship



Says Ross Patton: “We are told we are agents of change. I am blessed to be able to help agents be better agents of change.”

program, and is a counselor in the Family Program. He revamped the exit surveys and found that family members were leaving with a greater understanding of the addiction and recovery process. “I love passing on information and guiding people,” says Patton. “My mantra is ‘I live to serve.’”

Patton became sober in Los Angeles in 1983 and returned in 1995 to Minnesota, where he spent three years temping for insurance agencies. When his wife, Jann, suggested the Hazelden Graduate School, his response was “No way!” But Jann’s encouragement, support and their prayers all resulted in a different outcome. Patton applied, was accepted, and received a full scholarship.

Having been away from school for 32 years, Patton’s experience was exhilarating and often exhausting. “Many nights I’d be nodding off with my nose in a book and a highlighter in my hand,” he recalls. As a writer, Patton was drawn to Hazelden’s publishing expertise, as well as its legacy of research. “Hazelden put the scientific measurable piece in place for me that had never been there before,” he explains.

Today, Patton describes himself as one of the school’s most grateful graduates. He says, “We are told we are agents of change. I am blessed to be able to help agents be better agents of change. I can’t say thank you enough to Hazelden.”

— Susan Maricle

## Grad School adds third trimester start date

The story of Ross Patton above is just one example of the great impact graduates of Hazelden’s Graduate School of Addiction Studies are having worldwide in the addiction field. It’s also testimony to the many dedicated people who dare to seek mid-life career changes.

The school’s success can be measured in the number of graduates who move on to become counselors and leaders in the addiction field. For instance, among the 37 graduates from the class of 2006, all passed their written licensure exam the first time and all were successfully employed in the field within six months of graduation.

The Graduate School, accredited last year by the Higher Learning Commission, had 43 students take part in commencement ceremonies in 2007. The school has grown each year since its inception in 1999. It now offers three different starting dates, including a new January trimester start date. Students may also start school on April 28 or Sept. 2 this year. Trimesters run from Jan. 7 to April 19, April 28 to Aug. 9, and Sept. 2 to Dec. 13.

The school offers full- and part-time opportunities to seek a master of arts degree in Addiction Treatment Counseling and full- and part-time opportunities to earn a certificate in Addiction Treatment Counseling. There are three deadlines for application to the school: March 31, Aug. 1 and Nov. 16. For more information on the school’s application process

and admissions criteria, please visit [hazelden.org/graduateschool](http://hazelden.org/graduateschool), email [graduateschool@hazelden.org](mailto:graduateschool@hazelden.org), or call 888-257-7800, ext. 4175.

## Join the Grad School Alumni Association

Alumni of the Graduate School of Addiction Studies and the pre-1999 Hazelden Counselor Training and Clinical Pastoral Education programs are invited to stay connected with peers and Hazelden through the Grad School’s Alumni Association. Workshops, reunions and fun outings have been part of the group’s activities. To learn of the association’s news and upcoming events, send your email and mailing address to [HGSASalumni@hazelden.org](mailto:HGSASalumni@hazelden.org) and check out [hazelden.org/gradschoolalumni](http://hazelden.org/gradschoolalumni).

## Fals-Stewart earns 2007 Dan Anderson Research Award

William Fals-Stewart, PhD, professor in the School of Nursing at the University of Rochester in Rochester, N.Y., is winner of the 2007 Dan Anderson Research Award for his study that documents the benefits of partner involvement in the treatment of female alcoholics. Sponsored by the Butler Center for Research at Hazelden, the award honors a single published article by a researcher who has advanced the scientific knowledge of addiction recovery.

Fals-Stewart earned the award for his study, "Learning Sobriety Together: A Randomized Clinical Trial Examining Behavioral Couples Therapy With Alcoholic Female Patients," published in a 2006 issue of the *Journal of Consulting and Clinical Psychology* (Vol. 74, No. 3, pages 579-591). The study found that behavioral couples therapy plus individual alcoholism counseling was significantly more effective in terms of improving outcomes (along different dimensions of drinking behavior and relationships adjustment) than were two other treatment conditions.

**"His work draws needed attention not only to the treatment needs of women, who are understudied, but to the important role that partner involvement plays in promoting positive outcomes."**

— Valerie Slaymaker, PhD, director of the Butler Center for Research

"I'm absolutely thrilled to receive the award," said Fals-Stewart, who teamed with Gary R. Birchler, PhD, and Michelle L. Kelley, PhD, on the study. "This research represents the work of my whole research team. We're very grateful for the recognition."

In his study, Fals-Stewart and colleagues compared behavioral couples therapy (BCT) for married or cohabitating female alcoholics and their nonsubstance-abusing spouses or intimate partners with individual-based

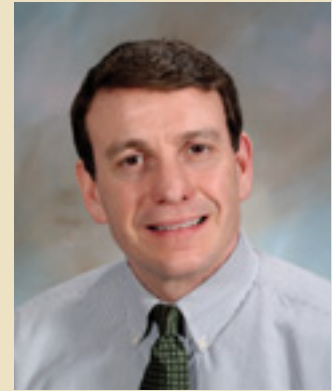
treatment only and psychoeducational attention control treatment. One hundred and thirty-eight participants were randomly assigned to one of three 32-session outpatient therapies. In the BCT group, the nonsubstance-abusing partner was an active participant in 12 of the sessions, while partners did not participate in the individual-based treatment and partners in the psychoeducational attention control treatment group attended 12 lectures but were not active participants in therapy. All of the female alcoholic subjects attended 20 Twelve Step facilitation sessions by themselves.

### REDUCED PARTNER VIOLENCE

At one-year follow-up, female patients who received behavioral couples therapy reported significantly fewer days of drinking and higher rates of relationship satisfaction than patients in the other two groups. What's more, the BCT group reported fewer days of partner violence, in terms of both male-to-female and female-to-male physical aggression.

"We've known that whenever we involve family members in alcoholism treatment, we get better outcomes," said Fals-Stewart. "But the majority of research has been done on male alcoholics and nonsubstance-abusing wives or partners. It's pretty common for women to stay with substance-abusing men. But it's much more common for men to leave relationships with alcoholic women. Because women report that relationship issues are enormously important to them, it makes good sense to study the effects of couples therapy on female alcoholics. There's been a gaping hole in research on alcoholic women. Our study helps fill this void."

Fals-Stewart's study is the first to focus exclusively on the efficacy of BCT for alcoholic women, and it's the first to show greater reductions in partner violence among alcoholic women who received



Says William Fals-Stewart: "There's been a gaping hole in research on alcoholic women. Our study helps fill this void."

BCT compared with other treatments. The latter is especially significant, because substance-abusing women are four times more likely to suffer domestic violence than nonsubstance-abusing women, he said.

### WOMEN-SPECIFIC STUDIES NEEDED

"Our selection panel was particularly impressed with Fals-Stewart's study of behavioral couples therapy for women specifically," said Valerie Slaymaker, PhD, director of the Butler Center for Research. "His work draws needed attention not only to the treatment needs of women, who are understudied, but to the important role that partner involvement plays in promoting positive outcomes."

Fals-Stewart will accept the award and a \$2,000 honorarium on May 20 at the National Association of Addiction Treatment Providers (NAATP) annual conference in Palm Springs, Calif. The award is named for the late Dan Anderson, PhD, the former president of Hazelden and one of the major architects of the Minnesota Model, the interdisciplinary approach to addiction treatment that has been replicated worldwide.

Fals-Stewart's research was selected as the best from among several outstanding candidates by the 10-member Scientific Panel of the Butler Center for Research.

Recognizing outstanding research and conducting research of its own are the primary objectives of the Butler Center for Research, the research arm of Hazelden.

## 12 Stupid Things That Mess Up Recovery

It only takes a few sentences into his new book, *12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action*, for a reader to realize that Allen Berger, PhD, knows of what he writes. Insights like, “True recovery is the product of humility that emerges from living and practicing a conscious and spiritual life,” convince us that this is an author familiar with Twelve Step recovery and vulnerabilities that can lead to relapse.

Berger knows recovery because he has walked the road of addiction and recovery. His own drug abuse peaked during his tour of duty as a marine in Vietnam. His life spun out of control until 1971, when he had the good fortune to meet another addict who talked about recovery with an emotional freedom Berger longed to attain. He began his own journey of recovery and discovered a passion to help others, which led him to go into psychology and devote his time ever since to those struggling with addiction.

“Addiction is like a tiger lying in wait for its prey,” he writes in *12 Stupid Things*. “Unfortunately, we are the prey!” Addiction is so powerful that it waits for recovering people to get lazy or overconfident and lapse into self-destructive behaviors that can “mess up” their recovery. However, Berger maintains that “awareness of how we sabotage ourselves starts the process of change.”

This book is about how those in recovery can identify and understand their own destructive behaviors, so they can catch them when they arise and prevent relapse. After isolating four main causes of self-destructive behavior, Berger discusses how each can apply to the 12 most common issues in recovery: (1) Believing addiction to one substance is the only problem, (2) Believing sobriety will fix everything, (3) Pursuing recovery with less energy than pursuing addiction, (4) Being selectively honest, (5) Feeling special and unique, (6) Not making amends, (7) Using the program to try to become perfect, (8) Confusing self-concern with selfishness, (9) Playing futile self-improvement games, (10) Not getting help for relationship troubles, (11) Believing that life should be easy, and (12) Using the program to handle everything.

Any recovering person at any stage in recovery can use this book as a guidepost for recovery and a way to assess what areas of life and relationships need more attention.

— Cynthia Orange



### 12 Stupid Things That Mess Up Recovery

By Allen Berger, PhD  
Paperback, 136 pp, order number 3001

## A Woman's Guide to Recovery offers great hope to all women in recovery

“Addiction is 100 percent fatal. It’s traumatic and it kills,” is how Brenda Iliff begins the first chapter of her new book, *A Woman's Guide to Recovery*. Her second paragraph says, “Recovery from addiction is 100 percent possible. Recovery transforms lives.”



Those opening lines describe the devastation of the disease, as well as the desperation felt when an addicted woman feels hopeless. Iliff calls it a “gift of desperation,” a time when women start to recognize their powerlessness over chemicals, which is a first step toward recovery and a whole new life.

“The gift of desperation is right where recovery begins,” she writes. “It’s the gift that turns our

life around. The pain of desperation makes us willing to change. When we become completely convinced that we can’t use and can’t quit, we’re right where we need to be.”

Iliff, who has been there herself, neatly addresses the problem of addiction and then goes on to describe the solution, giving women the tools for recovery. *A Woman's Guide to Recovery* is “a book of great hope—for all women in recovery,” says Iliff. “It is for women questioning whether they’re an addict or not and for the family members who love them.

“Many who have read the book say it’s just as helpful for women who have been in recovery for a long time or for people who struggle with other issues,” she continues. “While the book’s main focus is on addiction, its principles are about living life, something we all struggle with.” Iliff, clinical director of Hazelden’s new Women’s

Recovery Center in Center City, Minn., has nearly 20 years of experience in the addiction field. She has witnessed the great transformation daily. She knows well the special issues of women.

The book provides an essential recovery guide for women new to sobriety, as well as women in ongoing recovery. It blends Iliff’s clinical knowledge and her Twelve Step wisdom with personal accounts from women who “have been there, done that.” Chapters cover the gamut: What Does it Mean to Be an Addict?, A Way Out, Getting Started, Spirituality, The Twelve Steps, Feelings, Cross-Addiction, Self-Care, Relationships, Relapse, The Adventure of Recovery Continues, and Living the Promises.

### A Woman's Guide to Recovery

By Brenda Iliff  
Paperback, 328 pp, order number 2460

## Blackout Girl: Growing Up and Drying Out in America

When the title *Blackout Girl* was first suggested to author Jennifer Storm, she says she was a bit offended because it doesn't describe who she is today—the executive director of the Victim/Witness Assistance Program in Harrisburg, Penn., and a champion of victims' rights. On further reflection, however, she realized the title does fit her story.

“As a teen and young adult, I was the blackout girl, the one at every party who drank too much, never knew when to say no, and called you the next day asking you to tell me what happened the night before,” she writes in the book's preface. Unlike passing out, Storm says blacking out occurs when you lose conscious thought and control over motion and time yet are often able to walk, talk, dance, and even drive.

Her first blackout came at age 12—the first time she got drunk and the first time she got raped. The years that followed were a blur of binge drinking and cocaine and alcohol addiction, with “blackouts, bulimia, and burials.” She lost many friends to drug and alcohol abuse, and almost lost her own life more than once. The fact that she survived is a testament to the power of recovery and a tribute to her remarkable inner strength and the support she received from loved ones.

“Jennifer doesn't plead for pity or make herself a ‘negative heroine,’” says Sid



Farrar, director of content development at Hazelden. “She tells her story honestly and doesn't exaggerate or romanticize her experiences by putting herself on a pedestal as an exciting ‘bad girl,’ as some memoirists do.”

*Blackout Girl* is really two stories in one: a horrific story of trauma and addiction, and a success story of a traumatized addict who turned her life around in order to help others. “You'd think she'd do well to pull her life together enough to just get a job, but she goes beyond that in the way she gives back to the community. Jennifer

epitomizes a life of service—that essential part of Twelve Step recovery that keeps you sober,” says Farrar.

As Storm moves into awareness and recovery, the pages of her book grow lighter and more optimistic. She emerged from treatment, entered recovery, worked up the courage to go to college, and embraced her sexual identity. Today she “walks the walk” by greeting each day as she urges others to do when she tells them, “Get up and face life, because life is a gift and it is a short trip, my friend.” Jennifer Storm is living proof of the healing power of story.

— Cynthia Orange

### **Blackout Girl**

By Jennifer Storm  
Paperback, 280 pp, order number 9926

## The Sports Lover's Guide to Recovery: A new playbook

When drinking caused Andrew Dieden to hit bottom, he was faced with the daunting challenge of getting sober. Incorporating Twelve Step recovery into his life became much easier once Dieden began comparing his personal trials with those of athletes, teams and coaches he most admired.

In his new book, *The Sports Lover's Guide to Recovery*, Dieden takes sports metaphors and applies them to recovery. As one who played and watched sports his entire life, Dieden tells how the lessons in courage, strength and determination

from the sports world played a powerful role in his personal fight to get sober. He also describes how misconceptions about alcoholism—that out-of-control drinking means you're morally weak or that getting sober means you'll never have fun again—prevent many problem drinkers from accepting the help they need.

### **The Sports Lover's Guide to Recovery**

By Andrew L. Dieden  
Paperback, 136 pp, order number 9685

## More new titles from Publishing

**A New Day, A New Life: A Guided Journal** with William Cope Moyers is a journal and DVD set that serves as a guide and steadfast companion for people in the often-tumultuous early weeks and months of recovery. It draws from the latest scientific findings about successful recovery, shares the collective wisdom of others in recovery, and draws from the latest in relapse prevention thinking and practices. The 25-minute DVD is facilitated by Moyers, author of *Broken: My Story of Addiction and Redemption*. For release in June.

PAPERBACK, 400 PP, ORDER NUMBER 0636

**Facts about Hepatitis C: The Silent Epidemic** by David A. Paulson, MD, is a revised pamphlet of the Hazelden Classics for Continuing Care series that provides an overview of hepatitis C, including what it is, how it is spread, treatment options, who should be tested, and how to prevent contracting it. The author is the medical director for the Minnesota Department of Corrections and treats many patients infected with the virus.

PAMPHLET, 20 PP, ORDER NUMBER 1692

**Quitting Cocaine: Your Personal Recovery Plan** by Arnold M. Washton, PhD, is a revised edition of the workbook that provides tips and exercises to help clients design an action plan to recover from cocaine addiction. The revision includes many pharmacological changes to addressing cocaine addiction over the past couple decades.

WORKBOOK, 64 PP, ORDER NUMBER 7304

**Broken: My Story of Addiction and Redemption** by William Cope Moyers with Katherine Ketcham is the *New York Times* best-seller that is now available in paperback. It is the riveting memoir of addiction and recovery by the son of noted journalist Bill Moyers.

PAPERBACK, 384 PP, ORDER NUMBER 2751

**The Lois Wilson Story: When Love Is Not Enough** by William G. Borchert is the newly released paperback version of the biography of Lois Wilson, the cofounder of Al-Anon and wife of AA cofounder Bill Wilson.

PAPERBACK, 424 PP, ORDER NUMBER 7307

**Bill W. and Dr. Bob: The Original Off-Broadway Production** by Stephen Bergman and Janet Surrey is the DVD of the hit play, *Bill W. and Dr. Bob*. The evocative play tells the story of the two men who pioneered Alcoholics Anonymous, Bill Wilson and Dr. Bob Smith, as well as the story of their wives, Lois Wilson and Anne Smith.

118-MINUTE DVD, PLUS 25-MINUTE TALKBACK,  
ORDER NUMBER 7926

# Peaceful School Bus Program gets students on board with peaceful, positive behavior

BY SUSAN MARICLE

A school bus route that's constantly disrupted by harmful, inappropriate student behavior affects every aspect of school life. The anxiety students feel when riding the bus can translate to lower grades—and lower ratings for the school. Parents may feel the school isn't listening to their concerns. Bus drivers may feel the school doesn't support their efforts. Teachers and administrators spend more time doing damage control and face increased potential for burnout.

Now, imagine a bus where students know each other's names (and the driver knows theirs), older students step in to assist and protect the younger ones, and there's a sense of pride in being together as a group.

The *Peaceful School Bus Program* can make that vision a reality. Published by Hazelden, the program was developed by James Dillon, an elementary school principal of Lynnwood Elementary School in upstate New York. He is also a certified trainer of the *Olweus Bullying Prevention Program (OBPP)*.

*Peaceful School Bus* is designed to decrease inappropriate behavior while creating a climate of respect and cooperation. Like *OBPP*, *Peaceful School Bus* is a total systems-change approach rather than a curriculum. Having implemented *OBPP*, Dillon and his staff understood that the adults within a school are responsible for making the school setting safe for all students. That setting includes school buses. A recent survey by the National Association of School Resource Officers stated that 35 percent of its members reported an increase in school bus violence.

Lynnwood began using *Peaceful School Bus* in the 1999–2000 school year. The year before, the school had 58 bus discipline referrals. The time Dillon spent investigating incidents and gathering evidence was time that he couldn't spend being proactive. "I felt like I was in *Law and Order*," he recalls.

## Bullying Prevention Toolkit for Parents

As a resource for parents, Hazelden is offering the *Bullying Prevention Toolkit for Parents* for free. The toolkit provides tips for how to address bullying if your child is being bullied or bullying others, how to address cyber-bullying, how to talk with educators at your child's school about bullying, and how to advocate for bullying prevention programs in your school.

The toolkit also describes some evidence-based resources available to schools that help prevent bullying, such as the Hazelden-published *Olweus Bullying Prevention Program*. The toolkit is available at [hazelden.org/olweusparent](http://hazelden.org/olweusparent).

In the past four years, the average yearly total of bus referrals at Lynnwood was nine. During the 2007-2008 school year, the school logged its first referral on Dec. 7.

### HOW IT WORKS

At \$99, the *Peaceful School Bus Program* takes little money or time to implement—good news for schools that are strapped for both. The heart of the program is the bus route group. Teachers, administrators, parents and students take part in group meetings, which might be held three times a year for about 45 minutes each. Students participate in team-building exercises, are paired with younger students, talk about behaviors that are and are not acceptable, and get to know their driver.

Dillon recommends holding the meetings somewhere besides the bus. "If you have a meeting in a nice room with a pleasant environment and comfortable chairs, it sends a message that each person is valuable and what we're talking about is valuable." For many students, this may be the first time they see their driver without the background noise of the bus.

Although *Peaceful School Bus* was developed and implemented in an elementary school setting, the program can be adapted to use with middle school and high school students. The older students can serve as role models, mentors and bus route assistants.

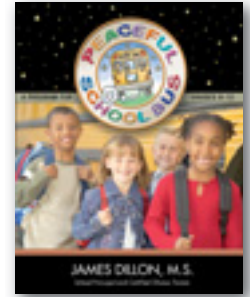
The *Peaceful School Bus Program* includes a 126-page implementation guide, a 15-minute program overview on DVD, and downloadable resources on CD-ROM. Resources include posters, bus decals, activity handouts, a parent letter in Spanish and English, a bus route leader-training outline, and an implementation checklist.

### A POSITIVE APPROACH

The positive approach of the *Peaceful School Bus Program* appeals to Sue Thomas, supervisor of trade/consumer content at Hazelden. She says, "Instead of adding more discipline procedures or more training for bus drivers, the *Peaceful School Bus Program* tries to create a caring community. By doing this, students learn to manage their own behavior and take responsibility for how their bus route group is doing."

Thomas adds that the *Peaceful School Bus Program* works as a stand-alone program or as an enhancement to a comprehensive violence prevention program such as the *Olweus Bullying Prevention Program*, published by Hazelden.

To order the *Peaceful School Bus Program* (item 2633), call Hazelden at 800-328-9000 or visit [hazelden.org/bookstore](http://hazelden.org/bookstore).



## Online Bookstore gets revamped search function

A major overhaul to the search function of Hazelden's Online Bookstore, plus some improvements to shipping and pricing features, have resulted in a revitalized bookstore that is now better than ever. The result: happier customers.

The new search function makes it quicker and easier to locate items by title, author, topic, media (type of product such as DVD, curricula, jewelry, etc.), price range, intended audience, and popularity. Customers can also view all 2,300 of Publishing's products, in order of popularity, price, or by topic (Twelve Steps, Relapse Prevention, Relationships, Spirituality, Intervention, and more).



Before the search function improvements were implemented on Oct. 16, it was often difficult to find specific items—whether searching by title or author. For instance, if a customer typed in “Each Day” with the intent of finding the book, *Each Day a New Beginning*, the item might be buried deep into the search.

“Now,” says Bob Barrett, executive director of Consumer Content Distribution for Publishing, “if you type in ‘Each Day,’ the book will come up first in your search.”

The new search functions are consistent in quality with many topflight e-commerce sites on the Web. In addition, the clarity of shipping costs (free shipping for all orders of \$50 or more) and pricing (10 percent off on all Hazelden-owned items ordered online) has been improved. Barrett said more changes to the bookstore, including easier navigation to select anniversary medallions, are in the works.

Check out the new search tools at [hazelden.org/bookstore](http://hazelden.org/bookstore), or call 800-328-9000 for information on Publishing products.

## New grant writing toolkits make grant application process easier

Teachers, school administrators and staff, and community members involved with schools are dedicated people with full-time jobs that require more than full-time effort. When issues like bullying, drug and alcohol abuse, or date rape arise in their schools, they want to garner the best resources they can to combat the problems, yet often find themselves short on the time and money it takes to get funds to implement the solid prevention programs for which Hazelden is known.

To help them in their efforts, Hazelden Publishing has developed a grant writing toolkit for some of its popular prevention programs. The first, designed for the *Olweus Bullying Prevention Program*, is now available, and similar packets for *Project Northland*, *Safe Dates* and

*Protecting You/Protecting Me* are due out soon.

Each packet contains a Grant Application Guide and Grant Application Template. Used together, prospective grant writers will find concise program descriptions, supporting data, and other relevant information they can “cut-and-paste” into the appropriate sections of a specific grant application. Easy-to-follow instructions, sample language, Web site references, and sample cover letters help the writer develop the portions of an application that deal with his or her particular school and situation. Information about potential funding sources is also provided.

For more information, contact Marty Harding at [mharding@hazelden.org](mailto:mharding@hazelden.org) or 651-213-4826.

What a year it has been! At press time, we were still busily entering and receiving gifts and thanking all the generous alumni, families and friends who made 2007 contributions to our work. Thanks to your generosity, over \$12.5 million was raised!

Here's a sampling of gifts received during the second half of 2007:

- Hundreds made gifts to help complete the fund-raising goal for the new Women's Recovery Center. Many gifts were matched through a recent \$500,000 gift from The Harold Simmons Foundation. During the two-year campaign, more than \$9 million was raised to complete the Women's Recovery Center.
- The Scaife Family Foundation awarded an \$80,000 grant to support Professionals in Residence, a program that trains medical professionals and others to recognize and respond appropriately to the signs of addiction and substance abuse in their patients and clients.
- The Patrick and Aimee Butler Family Foundation awarded a grant of \$50,000 to support Patient Aid for youth at the Center for Youth and Families.
- Joe and Doris Letourneau generously supported Hazelden with a \$250,000 gift annuity that will provide them with a regular income and support patient aid.

### Ways you can help

**Volunteer:** If you would like to volunteer at one of our locations or in one of our programs, please contact us at 800-257-7810.

**Share:** Share your story with those who still suffer. Let us know how your life has been changed by our work. We share your stories with those who don't yet know the power and promise of recovery. Please mail your stories to Development, PO Box 11, BC 2, Center City, MN, 55012-0011, or email them to [giving@hazelden.org](mailto:giving@hazelden.org).

**Refer:** Our best marketing is done by word of mouth! If your life has been changed by a Hazelden program, tell others!

**Contribute:** Help others through your financial contributions. If you would like to make a gift, call 800-257-7800 or give online at [hazelden.org/giving](http://hazelden.org/giving).

— Nancy Appel,  
executive director of Development

# Renewal Center offers new retreats tailored for ACOAs, parents of addicts

Every year the Dan Anderson Renewal Center offers a broad range of programs aimed to help people explore, learn and grow in recovery. And this year is no different as a number of popular offerings return and several new retreats will be provided to meet the needs of people from all walks of Twelve Step recovery.

Many of the Renewal Center's core offerings—such as the Lodge Program and “Building an Unshakable Foundation for Life”—help address the broad spectrum of issues for recovering people.

This year a special effort is being made to reach out to adult children of alcoholics (ACOA) and parents of addicts. Two topic-specific retreats—“Healing from Within: A Spiritual Awakening for Adult Children of Alcoholics” and “From Dr. Seuss to Twelve Steps: For Parents of Addicts”—will be offered at the Renewal Center. “Family of origin issues have been very prominent among our guests,” said Elene Loecher, spiritual director of the Renewal Center. “So we are responding to those needs. We especially want to reach out to the recovering alcoholic and addict, most of whom are ACOAs and who struggle with issues of growing up in an alcoholic family.”

A few of the new topic-specific retreats offered for the first half of 2008 at the Renewal Center in Center City, Minn., include the following:

**Healing from Within: A Spiritual Awakening for Adult Children of Alcoholics, April 20–24 and June 22–26, led by Elene Loecher and Renewal Center staff.** The Big Book reminds us that addiction “engulfs all whose lives touch the sufferer’s,” including “blameless children.” Childhood experiences form the imprint within each of us, and for adult children of alcoholics, this imprint can be shaped and wounded by a childhood of dysfunction, hurt and conflict. Through the Twelve Steps, meditation and other exercises, this retreat will help participants come to see that there is a powerful relationship between our wounds and awakening.

**From Dr. Seuss to Twelve Steps: For Parents of Addicts, April 24–27, led by Kathryn R. Berg.** From the time your children were born, you as parents have worried about their well-being. When they became addicted, you agonized over their self-destruction. Now you are challenged to turn their lives over to them. Join us for this weekend of empowerment as we apply the Twelve

Steps and principles of recovery. We will explore where your responsibility ends and where theirs begins, how to act out of love instead of fear, and what you can do to strengthen yourself.

**Emotional Sobriety, March 16–20 and April 27–May 2, led by Renewal Center staff.** Bill W.'s 1958 article, “The Next Frontier: Emotional Sobriety,” sets forth the direction for our discovery. He links emotional sobriety to the development of a “much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.” Join us as we explore this direction that leads us to emotional and spiritual growth in our ongoing recovery.

**Amazing Grace: The Gifts of Aging, March 27–30, led by Bill Alexander.** This retreat looks at the transformative gifts we give as we get older, not the material ones we think we should get. We will recover these gifts and “the giving that asks no reward” in an atmosphere of sharing, meditation and exploration. T.S. Eliot said, “Old men should be explorers.” Let's do it!

**Loving Presence: The Practice of Healthy Relationships, June 1–5, led by Elene Loecher and Renewal Center staff.** This week is about how to become a more loving and mindful person in your adult relationships. David Richo's “five A's”—attention, acceptance, appreciation, affection and allowing—provide the doorway to a new understanding of healthy relationships.

**Meditation: Antidote to “Self-Will Run Riot,” June 12–15, led by Elene Loecher.** Come, slow down, learn, practice, and uncover the serenity that lies underneath the drama. Many of us experience a longing for deep rest, relaxation and connection. Meditation is recognizing and surrendering to this inner longing. We will explore each of the Twelve Steps in relationship to meditation, practicing mindfulness, silent meditation, guided meditation and walking meditation.

**Acceptance: Living Life on Life's Terms, June 26–29, led by Annetta Sutton.** In opening our eyes, ears and heart to living life on life's terms, we experience spiritual gifts of our everyday journey. Refocusing on Steps One, Two and Three in this retreat, we will identify obstacles that keep us from loving and living fully in recovery.

For a full schedule and description of topic-specific retreats through June, please visit [hazelden.org/renewalcenter](http://hazelden.org/renewalcenter) and click on “retreat calendar.”

## Renewal Center Topic-Specific Retreats

### MARCH

- 2-6 Grieving and Healing
- 6-9 Spiritually Alive: Connecting with Body, Mind and Spirit
- 9-13 Wisdom of the Big Book
- 16-20 Emotional Sobriety
- 20-23 Building an Unshakable Foundation for Life
- 23-27 Building an Unshakable Foundation for Life
- 27-30 Amazing Grace: The Gifts of Aging
- 30-6 Your Next Step Tobacco Recovery Program

### APRIL

- 6-10 Releasing Anger through Forgiveness
- 10-13 Healthy Relationships for Couples
- 13-17 Wisdom of the Big Book
- 20-24 Healing from Within: A Spiritual Awakening for Adult Children of Alcoholics
- 24-27 From Dr. Seuss to Twelve Steps: For Parents of Addicts
- 27-2 Emotional Sobriety

### MAY

- 4-7 Building an Unshakable Foundation for Life
- 7-11 Removing Roadblocks from Your Recovery
- 11-15 Preventing Chemical, Spiritual and Emotional Relapse
- 18-22 Healthy Relationships Free of Codependency
- 22-25 Native American Spirituality: The Healing Drum
- 25-1 Your Next Step Tobacco Recovery Program

### JUNE

- 1-5 Loving Presence: The Practice of Healthy Relationships
- 5-8 A Fresh Look at the God of Your Understanding
- 8-12 Building an Unshakable Foundation for Life
- 12-15 Meditation: Antidote to “Self-Will Run Riot”
- 15-19 The Healing Power of Women in Community
- 22-26 Healing from Within: A Spiritual Awakening for Adult Children of Alcoholics
- 26-29 Acceptance: Living Life on Life's Terms

For more on Renewal Center retreats and programs, visit [hazelden.org/renewalcenter](http://hazelden.org/renewalcenter) or call 800-262-4882.

## Lodge workshops hit the road in 2008

Hazelden alumni and others in recovery can get a taste of the Lodge Program at Hazelden by attending workshops that are coming to several cities this spring. Presenters from the Lodge Program in Center City will be featured. The workshops include:

- March 29 New Orleans, with Fred Holmquist
- April 12 New York City, with Betty Davis-Reynolds
- April 19 Madison, Wis., with Fred Holmquist
- May 17 Cleveland, with Fred Holmquist

Call 800-262-4882 to register.

McElrath — continued from page 5

another, and to learn from one another. . . . No one can say that ‘there is nothing spiritual going on in their lives; telling their stories to another human being is sacred ground.’”

Hazelden provides that spiritual environment for recovery, says McElrath. It fosters a sense of community and a sense of belonging, combined with teaching Twelve Step principles.

“From Hazelden’s earliest days, the two basic expectations of patients have been that they attend lectures on the Twelve Steps and talk to one another,” McElrath says. “That’s the essence of Hazelden. What each patient brings is his or her own personal experience of alcoholism well digested; that’s the essence of community. It’s the same thing Dr. Bob and Bill W. experienced when they first met. Dr. Bob wrote of their meeting in the Big Book: ‘...he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language.’” (*Alcoholics Anonymous*, page 180)

#### PRESERVING THE CORE

The core of the Hazelden program—of the recovery program—is the Twelve Steps and a sense of community, McElrath says. McElrath trusts that Hazelden will never lose that focus. “Hazelden has grown enormously over the years since I have been here,” he says. “As it expands it needs to be in touch with its core and determine which services are vital to this core. The leadership is constantly challenged with balancing mission and margin, and for the most part it hasn’t forgotten Pat Butler’s description of Hazelden’s mission—to treat as many alcoholics as possible with the best care at the least cost.”

It is imperative for Hazelden to be conscious of the right formula between continuity and change and to not tinker with what is essential to its continuity, he adds.

There’s been no better advocate for Hazelden than McElrath. His books have chronicled Hazelden history and the lives of its pioneers, Patrick Butler and Dan Anderson. His latest book seeks to portray Hazelden’s soul, or its core.

“Damian is unique in that he loves Hazelden and he knows and has lived its history more than anyone else,” says Larson. “He has documented Hazelden’s history and its spirit and soul in a way no one has. He has captured forever Hazelden history, and that’s a special gift to all of us who know and cherish Hazelden and what it stands for.” ■

## SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

— John MacDougall



### ‘The un-lived life is not worth examining’

I’ve read the famous quotation from Greek philosopher Plato: “The life which is unexamined is not worth living.” It is written in praise of self-examination, self-awareness and self-knowledge. All of those are usually of value. In addiction, all these forms of insight are of limited value until we stop using alcohol and drugs, and start to live. Only when our minds are clear of chemicals, and both our minds and bodies come back to life, do these tools do us any good.

While we are still drinking and using, any intelligence we have is hijacked and put into the service of the disease. The more intelligent we are, the more sophisticated our defenses against recovery become. People who are newly in treatment sometimes notice this and say, “My best thinking got me here.”

I was identified while I was still in elementary school as having a high I.Q. Even though I was on sedatives and painkillers all through high school, I still was able to slide through the classes and make the honor roll, even when I added alcohol to the mix. I was so drunk and high that whatever had just happened to me was lost in the fog. I wasn’t really living my life; I was just letting it happen to me.

Intelligent people have a harder time getting sober than normal people. This is because we spend too much time trying to examine life and not enough time living it. I’ve spent lots of time trying to figure out whether there is a God. Is God going to help me? Is God going to give up on me after a certain number of failures? Does God ever leave us to our own devices? Is God all loving, or is there some duty to justice that limits God’s love? While I was drinking I could come up with an infinite number of vexing questions.

One day I suddenly realized that I didn’t ask these kinds of questions

about my drugs and alcohol, only about God. I never asked if Johnny Walker was a real gentleman. I didn’t ask whether Jack Daniels still lived in a remote hollow in Tennessee, and what his relationship was with Lem Motlow. I never questioned anything about my drugs; I only raised exquisitely complex questions about God.

In the Harvard University longitudinal study of alcoholism, researchers found that men with high school educations recovered better, over many years, than men with college educations. I’m not surprised. On page 39 of AA’s Big Book, it says:

“But the actual or potential alcoholic, with hardly an exception, will be *absolutely unable to stop drinking on the basis of self-knowledge*. This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience.”

By going to meetings and listening, I have been able to benefit from the bitter experience of others, rather than having to make every error myself. I still hear from friends who are frustrated with the simplicity of AA and Narcotics Anonymous. They find it hard to believe that a program simple enough to fit on a bumper sticker could actually help someone as brilliant and complex as we are.

Meanwhile, I am enjoying my sober life. Now I’m living my life, not just following it around, hoping it will get better. Now, at last, I can bear examining it.

**John A. MacDougall**, DMin, is the director of Spiritual Guidance at Hazelden in Center City, Minn. He will be leading a retreat on Relationships for Couples, with his wife, Priscilla, at Hazelden’s Dan Anderson Renewal Center on April 10-13. He may be contacted at [jmacdougall@hazelden.org](mailto:jmacdougall@hazelden.org).

# Alumni news, events and people



Lisa Reynolds, manager of Alumni Relations

**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. For more on alumni news, events and people that can enhance recovery, visit [hazelden.org/alumni](http://hazelden.org/alumni) or call 888-257-7800, ext. 4588. To receive the latest alumni information via email, please send your name, address and email address to [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org) or call the number above.

## Alive and Free features Moyers, Friday evening awards dinner

The annual awards dinner followed by keynote speaker William Cope Moyers will highlight the opening night of the 29th-annual Alive and Free celebration of recovery for alumni and friends, May 2-4 in Center City, Minn.

The awards dinner has been moved from Saturday to Friday evening, in hopes of attracting more people who can attend just one day of the celebration. Fred Holmquist, director of the Lodge Program at Hazelden, will open the weekend with a 3:30 p.m. workshop, followed by dinner at 5:30, presentation of the CARE and Ree Lasker awards at 6:30, and Moyers' talk at 7:00. The CARE Award recognizes Consistent Activity in Recovery and Education, while the Ree Lasker Award honors a person who has demonstrated outstanding volunteerism to the recovering community. Moyers is the author, with Katherine Ketcham, of the best-selling book, *Broken: My Story of Addiction and Redemption*.

Saturday features a morning workshop by Fran Williams, PsyD, a psychologist from the Hazelden Mental Health Center in Center City; a presentation titled "Make Room for God: Part 1 and 2" by Roger B.; and the sharing of experience, strength and hope by Karl M. of Covina, Calif., after dinner. Sunday concludes with breakfast and a presentation by Delia Jurek.

Alive and Free is a weekend of fellowship, education and fun and is open to all who are in recovery and family and friends. Cost is \$70 for the whole weekend, \$20 for Friday only, and \$50 for Saturday and Sunday. To register, visit [hazelden.org/alumni](http://hazelden.org/alumni) or call 888-257-7800, ext. 4588.



William Cope Moyers

### New alumni referral line provides quick access

A family friend needs treatment fast; you're on the verge of relapse and you need help now; your 17-year-old nephew is using regularly and failing in school.

If any of those scenarios hit home for alumni, they can call a new referral line for immediate assistance. The toll-free line is available 24/7: 877-429-5082.

"The number is intended to provide expedient service to alums seeking treatment services for themselves or loved ones," said Lisa Reynolds, manager of Alumni Relations. "Alumni are a key source to helping others seek recovery, and this designated line connects them to someone who can provide easy and quick access to our admissions process."

### ALUMNI CALENDAR Visit [hazelden.org/alumni](http://hazelden.org/alumni) for event updates

#### ILLINOIS

**MARCH 27:** Reconnect and Rediscover with John MacDougall, Loyola University, Chicago

#### LOUISIANA

**MARCH 29:** Lodge on the Road Workshop, Fred Holmquist, New Orleans

#### MINNESOTA

**MARCH 6:** Reconnect and Rediscover with Will Hudson, Wesley United Methodist Church, Minneapolis

**MARCH 9:** Second Sunday Retreat, Al Bradley, "The Twelve Steps Revisited," Center City

**MARCH 13-16:** Tiebout Unit Reunion, Center City

**APRIL 13:** Second Sunday Retreat, Mary Hayes-Grieco, "Renew and Empower Your Recovery Through Forgiveness," Center City

**APRIL 17-20:** Shoemaker Unit Reunion, Center City

**MAY 2-4:** Alive and Free, Center City

**MAY 15-18:** Simpson Unit Reunion

**MAY 20:** Reconnect and Rediscover with Brenda Iliff, Central Park United Methodist Church, St. Paul

**JUNE 8:** Second Sunday Retreat, John Prin, "Searching for Meaning: The Key to Renewal," Center City

**JUNE 19-22:** Lilly/Simmons Unit Reunion, Center City

**JULY 13:** Second Sunday Retreat, Irene Bugge, "Acceptance and Commitment Therapy," Center City

**JULY 17-20:** Dia Linn Unit Reunion, Center City

**JULY 21:** Eighth-annual Recovery Cup Golf Tournament, Oak Grove

**AUG. 10:** Second Sunday Retreat, John McAndrew, "I Am Home—Home at Last," Center City

**AUG. 21-24:** Cronin Unit Reunion, Center City

**SEPT. 4-7:** Promises Unit Reunion, Center City

**SEPT. 14:** Second Sunday Retreat, William Cope Moyers, Center City

**SEPT. 18-21:** Jellinek Unit Reunion, Center City

**OCT. 12:** Second Sunday Retreat, John MacDougall

**OCT. 16-19:** Silkworth Unit Reunion, Center City

**NOV. 9:** Second Sunday Retreat, Mic Hunter, Center City

**DEC. 7:** Fellowship Club Open House, St. Paul

**DEC. 14:** Second Sunday Retreat, Fred Holmquist, Center City

#### NEW YORK

**APRIL 12:** Lodge on the Road Workshop, Betty Davis-Reynolds, New York City

**MAY 21:** Open House, Hazelden, New York City

#### OHIO

**MAY 17:** Lodge on the Road Workshop, Fred Holmquist, Cleveland

#### OREGON

**MARCH 9:** Recovery Workshop, Fred Holmquist, Newberg

**APRIL 18:** Third Friday Supper Club, Newberg

**MAY 16:** Third Friday Supper Club, Newberg

**JUNE 20:** Third Friday Supper Club, Newberg

**JULY 18-19:** Ice Cream Social and Reunion, Newberg (tentative)

**AUG. 15:** Third Friday Supper Club, Newberg

**SEPT. 19:** Third Friday Supper Club, Newberg

## 2008 alumni reunions kick off March 13-16 with Tiebout Unit

Hazelden peers in recovery will once again have the chance to connect with one another, unit staff, and current patients to share their fellowship and gratitude at the annual unit reunions in Center City.

The reunions open with the Tiebout Unit on March 13-16 and conclude with the Silkworth Unit on Oct. 16-19. Each unit reunion has developed special traditions over the years, but all find common ground by inspiring, informing and rejuvenating

attendees. "I'm always refreshed and optimistic when I leave the reunion," said one. "The reunion is a big part of my sobriety," said another.

To provide opportunities to build one's spirituality in a deeper way, the Renewal Center will offer a specially tailored retreat for alumni Sunday through Thursday before the reunions. For more information on the special retreats and to register for the reunions, call 800-262-4882.

### Springbrook Ice Cream Social, Reunion set for July

Springbrook's annual Ice Cream Social and Barbeque and its Alumni Reunion are tentatively set for July 18-19 at the Springbrook campus. The event dates may change, pending the availability of a special speaker for the July 18 Ice Cream Social. The Social has become a popular Springbrook tradition and is free and open to all alumni and friends. The evening features a guest speaker and the inspirational Candlelight Twelve Step Meeting at sunset on the Springbrook lawn. The July 19 reunion is a day of education and fellowship. Details to come on both events.

**A recovery workshop led by Fred Holmquist** will be held from 10 a.m. to noon on Sunday, March 9 at the Springbrook campus. Holmquist, director of the Lodge Program at Hazelden, will present "The Heart of Humanness: Our Instincts." Cost is \$20 and includes lunch. Call 503-554-4333 to register.

### New York open house features Jerry Boriskin on May 21

The Hazelden center in New York City will hold an open house from 4 to 6:30 p.m. on Wednesday, May 21 to showcase its services and celebrate the third anniversary of its Chelsea location (322 8th Ave.). Alumni, referents and other Hazelden friends are invited to tour the facility, meet staff, and join in good fellowship.

Jerry Boriskin, PhD, a clinical psychologist known for his effective treatment of complex PTSD and addiction in individuals and family systems, will be the featured speaker. He is the coauthor with Jeff Jay of the Hazelden book, *At Wit's End*. He will sign copies of the book. Boriskin is also author of *PTSD and Addiction: A Practical Guide for Clinicians and Counselors*. The open house is free; RSVPs to Jennifer or Renee at 212-420-9520 are appreciated to help plan for the event.

### 2008 UNIT REUNIONS

March 13-16 .....	Tiebout Unit
April 17-20 .....	Shoemaker Unit
May 15-18 .....	Simpson Unit
June 19-22 .....	Lilly/Simmons Unit
July 17-20 .....	Dia Linn Unit
Aug. 21-24 .....	Cronin Unit
Sept. 4-7 .....	Promises Unit
Sept. 18-21 .....	Jellinek Unit
Oct. 16-19 .....	Silkworth Unit

### Davis-Reynolds workshop is April 12 in New York



Betty Davis-Reynolds

Popular Hazelden speaker Betty Davis-Reynolds will present a Lodge workshop titled "The Twelve Step Path to Healing, Wholeness and Authenticity" from 10 a.m. to 1:30 p.m. on Saturday, April 12 at Hazelden's facility at 322 8th Avenue in New York. Davis-Reynolds will invigorate your spiritual walk by exploring the Big Book's program of action. She is program coordinator of the Lodge Program at Hazelden in Center City and is known for her work on the integration of spirituality and the Twelve Steps. Cost is \$25 per person. To register, please call 800-262-4882.

### MacDougall presents March 27 at Loyola University in Chicago

Chicago-area alumni and friends are invited to "Reconnect and Rediscover" with John MacDougall, DMin, at 7 p.m. on March 27 at Loyola University's Rubloff Auditorium in Chicago. MacDougall, director of Spiritual Guidance at Hazelden in Center City, will speak on "Long-term Sobriety." The event is free. Please visit [hazelden.org/alumni](http://hazelden.org/alumni) or call 888-257-7800, ext. 4588 to register and reserve a spot.

**NOV. 21:** Third Friday Supper Club, Newberg

**DEC. 12:** Holiday Bowl, Tigard

#### WISCONSIN

**APRIL 19:** Lodge on the Road Workshop, Fred Holmquist, Madison

#### LODGE ON THE ROAD WORKSHOPS

To register or for more information, please call 800-262-4882.

#### UNIT REUNIONS

To register, call 800-262-4882.

#### THE SECOND SUNDAY RETREATS

Held from 9 a.m. to 3:30 p.m. at the Center City, Minn., campus. They include lectures, relaxation, and group discussions and are open to anyone in a Twelve Step program. Cost is \$12 and includes a buffet lunch. For more information, call 800-257-7800.

#### WEEKLY AND MONTHLY FELLOWSHIP MEETINGS

**MINNESOTA: CENTER CITY** hosts Medallion Night on the third Thursday of the month at 7 p.m. in Bigelow Auditorium (call 651-213-4786 to schedule medallion presentations) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center. **FELLOWSHIP CLUB** in St. Paul hosts an open speaker AA meeting on Fridays at 7 p.m. **THE CENTER FOR YOUTH AND FAMILIES** in Plymouth hosts Alumni Night on the last Saturday of each month at 7:30 p.m. with a guest speaker.

**CHICAGO:** Hazelden in Chicago offers weekly AA meetings Wednesday through Monday, an open Al-Anon meeting and Overeaters Anonymous meeting on Mondays at 6 p.m., Families Anonymous on Tuesdays at 6 p.m., Women's Fellowship on Thursdays at 7 p.m., an alumni Speaker Meeting each Friday at 7 p.m., and Teen AA from 8:30-10:30 p.m. each Saturday.

**OREGON:** Our Springbrook facility in Newberg hosts weekly Twelve Step meetings, including AA on Monday at 7:30 and Wednesday (for women) at 7:15 p.m., Al-Anon on Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon on Monday at 7:30 p.m., and Narcotics Anonymous on Thursday at 7:15 p.m.

#### ALUMNI CHAPTERS

Alumni chapters meet in several cities across the country. They serve as valuable peer group fellowships for hundreds of alums, with a core objective of linking new alumni to the recovering community. For information on chapters, call 888-257-7800, ext. 4105.

# News Update

## Hazelden establishes Twin Cities base

Fifty-five employees, including members of Hazelden's Senior Executive Team, will relocate from Center City, Minn., to downtown Minneapolis by the end of March. Space on the seventh floor of the U.S. Bancorp Center on 8th St. and Nicollet Ave. has been subleased for two years to accommodate leadership staff and staff from the Development, Human Resources, Marketing and Finance divisions.

The move is intended to free more space in Center City for patient services and to meet the increased space needs of the Graduate School of Addiction Studies. Locating corporate managers in one Twin Cities location will foster a more cohesive Senior Executive Team and will support Hazelden's success as a national organization, said Ellen Breyer, Hazelden president and CEO. It will increase the organization's availability to the many key stakeholders, such as Board members, referents, alumni, donors, and the general recovery community.

"The two-year lease offers an expedient solution to freeing space on our Center City campus and affords us time to explore a long-term presence in the Twin Cities," said Breyer.

## Hazelden fills several key leadership positions

**Ann Bray** has joined Hazelden as its general counsel. Bray brings 14 years of legal experience to her new position. She replaces **Ivy Bernhardson**, who was appointed a Minnesota district judge in

2007. Bray most recently worked for Catholic Health Initiatives, where she was associate in-house counsel. **Lisa Neary** is Hazelden's new corporate director of Marketing and Communications. Neary, with 20 years of marketing experience in a variety of businesses, previously worked at Medtronic, where she directed the national marketing launch and branding activities of Medtronic CareLink Network. She replaces **Susan Jepson**, who is now senior vice president of strategy and chief marketing officer.

**Nancy Appel** was recently promoted to executive director of Development, with responsibility for leading the staff of development officers and for oversight of donor relations and stewardship for the department. Appel was previously manager of donor communications and accountability for Development. **Sid Farrar** was hired last September as director of content development and product management for Hazelden Publishing. Farrar, who has 20 years of experience in publishing, served as editor-in-chief for Redleaf Press in St. Paul before rejoining Hazelden. He worked for Hazelden in two other positions before serving at Redleaf. **Dawn Severson** is the executive director of business administration for Clinical and Recovery Services. She is responsible for the contracts and business relations areas, intake services, and the divisional financial operation. Severson previously served as finance partner and senior financial analyst for Recovery Services.

## Hazelden mourns the loss of Bill Pittman, Siggie Arnorsson

Hazelden was greatly saddened by the passing this past fall of two special friends of Hazelden and the recovering community. Bill Pittman died on Nov. 9 and Siggie Arnorsson on Nov. 21.

Pittman was an historian, author, and publisher of more than 15 books about Alcoholics Anonymous

and alcoholism. He worked for the *AA Grapevine* and AA Archives in New York City early in his career, later founded Glenn Abbey Books in Seattle, and worked for 10 years at Hazelden, where he founded the Hazelden-Pittman Archives, a major repository of historic pamphlets, books, tracts and other materials on alcoholism dating back to 1790. Pittman authored or coauthored several books, including *Stepping Stones to Recovery*, *AA: The Way it Began* and *Drop the Rock: Removing Character Defects*.

Arnorsson served as supervisor of Continuing Care Development at Hazelden and was known for his engaging, compassionate approach with patients. He helped refine the phone-based case management component of Hazelden's new continuing care initiative and worked to integrate it with the Web-based MORE® program—My Ongoing Recovery Experience. Arnorsson, a native of Iceland, came to Hazelden in 2003 and studied in the Graduate School of Addiction Studies. "Siggie was a true believer in the power of the Twelve Steps. He wanted everyone with the disease of addiction to find hope and everlasting joy in recovery," said Mark Sheets, executive director of Regional and Recovery Management Services.

## MORE earns MediMedia's eHealthcare Leadership award

MORE® (My Ongoing Recovery Experience), the Web-based component of Hazelden's new continuing care initiative, earned a silver eHealthcare Leadership award for Best Care/Disease Management Site in MediMedia's health and medical education FREDDIE awards competition. MORE is part of Hazelden's pilot program to provide patients with ongoing support after primary treatment. Hazelden teamed with HealthMedia, Inc., a leader in behavior change interventions, to produce MORE.

## CONFERENCES, TRAINING, CONTINUING EDUCATION AND LECTURES FOR PROFESSIONALS

**KEY:** PIR = Professionals in Residence  
CYF = Center for Youth and Families

### MINNESOTA

**March 9-14:** PIR, CYF, Plymouth

**March 10-14:** PIR, Center City

**April 7-11:** PIR, Center City

**April 13-18:** PIR, CYF, Plymouth

**April 18-19:** Women Healing Conference, Minneapolis

**April 30:** Grad School Continuing Education, "The Recovery Model as Mystical Spirituality: The Practices That Deepen Twelve Step Facilitation," Rabbi James Stone Goodman, Center City

**May 5-9:** PIR, Center City

**May 18-23:** PIR, CYF, Plymouth

**June 9-13:** PIR, Center City

**June 22-27:** PIR, CYF, Plymouth

**July 13-18:** PIR, CYF, Plymouth

**July 14-18:** PIR, Center City

**Aug. 10-15:** PIR, CYF, Plymouth

**Aug. 11-15:** PIR, Center City

**Sept. 8-12:** PIR, Center City

**Sept. 11:** Grad School Continuing Education, "Engagement/Therapeutic Alliance," Daniel C. Frigo, PhD, Plymouth

**Sept. 14-19:** PIR, CYF, Plymouth

**Sept. 17:** Grad School Continuing Education, "Family and Significant Others Treatment Issues," Paul Mladnick, Center City

**Oct. 1-3:** Judges & Other Officers of the Court Training, Center City

**Oct. 12-17:** PIR, CYF, Plymouth

**Oct. 13-17:** PIR, Center City

**Nov. 5:** Grad School Continuing Education, "Continuing Care," Richard Solly, Center City

**Nov. 6:** Grad School Continuing Education, "Continuing Care," Richard Solly, Plymouth

### ARIZONA

**May 16:** Addiction Forum, "What Does Evidence-Based Practice Have to Do with Addiction Treatment," Val Slaymaker, PhD, Scottsdale

### FLORIDA

**May 16-17:** Women Healing Conference, Tampa

### HAWAII

**Oct. 24:** "Meeting the Challenge: Treating Addiction in the 21st Century," Waikiki

### ILLINOIS

**Dec. 5-6:** Women Healing Conference, Chicago

### NEW YORK

The Friday Series, sponsored by Hazelden and the Freedom Institute, offers free workshops for professionals; for information or to register, call Renee Bryant-Benson at 212-420-9520, ext. 129.

**March 6:** PIR One-Day Training for Health Care Professionals, New York City

**March 14:** Friday Series, "Club Drugs," Thomas G. Healy, Hazelden, New York City

**March 26-28:** PIR Three-Day Training for Health Care Professionals, New York City

**May 12-16:** PIR Five-Day Training for Health Care Professionals, New York City

**May 16:** Friday Series, speaker TBA, Freedom Institute, New York City

# Women Healing kicks off season April 18–19 in Twin Cities

Addressing narcissism and borderline personality disorder in women with addictions will highlight day one for professionals, while empowering women from all walks of recovery will be the focus of day two at Hazelden's Women Healing conferences in 2008.

Five Women Healing conferences are planned this year, all with the common theme of "Embracing the Light of Recovery." The two-day conferences will have common presenters, with each event promising a unique opportunity for fellowship and personal and professional growth. The conferences begin April 18-19 at the Minneapolis Airport Marriott in Bloomington, Minn., and continue in Tampa, Fla., Portland, Ore., White Plains, N.Y., and Chicago.

"We have an excellent lineup of speakers, talent and venues this year," said Patricia Broat, conference director. "We've served nearly 25,000 participants over the last 11 years, and our tradition of reaching out to women gets stronger every year."

**Friday, Day One**, of the conferences is for the broad range of professionals who work with women suffering from addictions. Rokelle Lerner, a psychotherapist who pioneered programs for children and adults from families with addiction, will present "Entitlement, Rage and Contempt: Narcissistic Wounds and



Women in Recovery" in the morning session. Fran Williams, PsyD, a senior clinician at Hazelden's Mental Health Center in Center City, Minn., will present "Women and Borderline Personality Disorder: Etiology and Empathic Treatment" in the afternoon session.

Vicki Johnson, who combines therapy with established principles of wellness, will lead creative movement exercises both days of the conferences. Karen Casey, PhD, author of the best-selling meditation book, *Each Day a New Beginning*, will once again serve as moderator.

**Saturday, Day Two**, will highlight special speakers and features an afternoon performance by singer-songwriter Sonia Lee, whose latest CD, *Chance to Start Over*, chronicles her journey in recovery.

Saturday morning speakers include Carolyn Gross, a craniosacral therapist and health and wellness expert, who will present "Staying Calm in the Midst of

Chaos: How to Keep Positive in an Unsettled World," and Mary Cook, who has 30 years of experience in the addiction field, will present "Cravings and Compulsions: Finding Satisfaction and Serenity." Afternoon speakers include Brenda Iliff, director of clinical services at Hazelden's Women's Recovery Center, who will present "Recovery Wisdom: A Practical Guide for Women," and Lucy Hall-Gainer, founder of Atlanta's Mary Hall Freedom House that serves women and children, will present "A Vision for You: Restoring the Hope, Believing the Promise."

## 2008 WOMEN HEALING CONFERENCE SCHEDULE

### MINNESOTA

April 18–19  
Minneapolis Airport Marriott

### FLORIDA

May 16–17  
Safety Harbor Resort and Spa, Tampa

### OREGON

September 19–20  
Monarch Hotel, Portland

### NEW YORK

November 7–8  
Crowne Plaza Downtown, White Plains

### ILLINOIS

December 5–6  
Holiday Inn Mart Plaza, Chicago

### To register or for more information

on Women Healing conferences, call 888-257-7800, ext. 4429 or visit [hazelden.org/womenhealing](http://hazelden.org/womenhealing).

**May 21:** Open House, Hazelden, New York City

**May 22:** PIR One-Day Training for Health Care Professionals, New York City

**June 19:** PIR One-Day Training for Health Care Professionals, New York City

**Sept. 19:** Friday Series, Jerry Boriskin, PhD, Hazelden, New York City

**Sept. 22-26:** PIR Five-Day Training for Health Care Professionals, New York

**Oct. 16:** PIR One-Day Training for Health Care Professionals, New York City

**Nov. 7-8:** Women Healing Conference, White Plains

**Nov. 14:** Friday Series, speaker TBA, Hazelden, New York City

**Nov. 19-21:** PIR Three-Day Training for Health Care Professionals, New York City

**Nov. 20:** PIR One-Day Training for Health Care Professionals, New York City

### OHIO

**May 16:** Addiction Forum, "A Brilliant Disease—A Brilliant Treatment Plan: The Plain and Simple Truth About Addiction and Twelve Step Recovery," Fred Holmquist, Cleveland

### OREGON

**March 24-28:** PIR Training for Health Care Professionals, Newberg

**June 9-13:** PIR Training for Health Care Professionals, Newberg

**Aug. 18-22:** PIR Training for Health Care Professionals, Newberg

**Sept. 19-20:** Women Healing Conference, Portland

**Oct. 27-31:** PIR Training for Health Care Professionals, Newberg

### TEXAS

**The St. Andrew Public Lecture Series** is free and open to the public; no reservation or preregistration required. Lectures are held at 7 p.m. at St. Andrew United Methodist Church in Plano. CEUs available. Call Melinda Austin at 214-587-5267 for information.

**March 11:** Public Lecture Series, "The Twelve Steps: Finding Spirituality," Annetta Sutton, Plano

**April 8:** Public Lecture Series, "Women, Addiction and Eating Disorders," Irene Bugge, Plano

**Professionals in Residence (PIR) training** is offered to professionals with a range of backgrounds who want to study the Hazelden model of addiction treatment. Opportunities are offered at all Hazelden sites. Contact [pir@hazelden.org](mailto:pir@hazelden.org) or 888-257-7800, ext. 4701 for more information on PIR training.

**The Graduate School of Addiction Studies** in Center City offers the following professional education programs: Master of Arts (with a concentration in addiction studies) and the Certificate in Addiction Counseling program. Full- or part-time enrollment opportunities exist. To learn more or to apply, call 888-257-7800, ext. 4175 or visit [hazelden.org/graduateschool](http://hazelden.org/graduateschool). Graduate School also offers one-day **Continuing Education** opportunities; call 888-257-7800, ext. 4617 to register.

To register for **Women Healing** conferences, call 888-257-7800, ext. 4429 or visit [hazelden.org/womenhealing](http://hazelden.org/womenhealing). To register for **Addiction Forums**, call 888-257-7800, ext. 4429.

**Contracted and open-enrollment trainings** on curricula published by Hazelden Publishing are available. Call 888-257-7800, ext. 4022.

**General contact information: 800-257-7800**

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 learning, public education and advocacy, and publishing.

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



## Major expansion, renovation begins this spring at Springbrook

A major expansion and renovation project at Hazelden's Springbrook campus in Newberg, Ore., will make it possible for the center to serve more people and enhance its environment of care. The project, which begins this spring, will nearly double the patient services space for Springbrook's treatment services unit. It calls for more than 22,000 square feet of new space and about 6,500 square feet of remodeled space.

"We're thrilled about the opportunity to better meet patient care needs and help more people than ever before," said Jan Vondrachek, executive director at Springbrook.

The project will provide the following:

- relocation of extended care from off-site housing to the Springbrook campus.
- addition of six primary beds and expanded space for group work, clinical offices, the Family Program, and overall patient services.
- replacement of the heating, ventilation and air conditioning system.

The project fits Hazelden's strategic goals to serve more people and improve outcomes, said Jill Wiedemann-West, senior vice president of Clinical and Recovery Services. "We're growing to better serve our primary and extended care patients."

### EXTENDED CARE MOVES ON CAMPUS

Currently Springbrook has beds for 32 extended care patients located off campus in four houses at various locations in Newberg. Patients reside off campus and come on to campus to receive treatment services during the day. The addition of 12,101 square feet of space and renovation of 5,605 square feet will provide the space needed to enhance extended care programming.

"We decided to move the extended care beds on campus to establish a more robust recovery community for our patients," said Wiedemann-West. "On-campus housing



will enhance the continuity of care and enable greater interaction among peers. In addition, the move will allow us more flexibility in managing how our beds are used, utilizing them for primary or extended care patients as needed."

### PRIMARY CARE BEDS INCREASE

The construction and renovation project will add three additional rooms for primary care patients, adding six patient beds and one additional bed for the medical unit that will be used as a single bed for patients with special medical or physical needs. Springbrook currently has 44 primary care beds and eight medical beds. A 10,104-square-foot addition and a 910-square-foot renovation will provide space for the additional patient beds plus 11 staff offices and eight group/multipurpose rooms.

"The additional space is really needed," said Vondrachek. "Currently we are very challenged in finding adequate space to accommodate groups. The additional space will translate into a better environment for patient care."