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Step Twelve: Carry the message, practice the principles

BY DOUG TOFT

"I'm not going to sit here and tell you that I've had a white-light spiritual awakening moment," says Kimberly M., who's been clean and sober since 2006. "For me, a spiritual awakening is a whole different ball of wax—a moment of clarity when I can say 'ahhh . . . now I understand.'"

Those "aha" moments have become regular events for Kimberly, who sponsors several women. Her sponsees call her daily, and each week she meets with them in person.

"We talk, and I can see the physical pain that they release when they're unburdening the feelings they've kept buried down inside," Kimberly says. "If I were sitting around waiting for some white-light moment to happen and then it was gone, I would forget about it—like, *whatever*. It wouldn't mean as much as this daily unfolding of beauty."

Kimberly will tell you plenty about the subtleties of working Step Twelve—the subject of an entire chapter in *Alcoholics Anonymous* and the only Step to be treated in such depth. This is not surprising, because paradoxes abound here:

- We carry the message, and we detach from the outcome.
- We give the program away, and we stay sober for another day.
- We share without expectation, and we receive riches beyond imagining.



Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

—Step Twelve, *Alcoholics Anonymous*

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Addiction leaders vow unified vision, voice at Hazelden forum

BY MARTY DUDA

Leaders from the addiction treatment and recovery field convened on Dec. 9 at Hazelden and agreed that collaboration is needed to develop a common voice and collective vision in discussions on health care reform and to ensure fair implementation of parity legislation.

Thirty-three leaders attended the “One Vision, One Voice” forum in Center City, Minn., including Ron Hunsicker, DMin, executive director of the National Association of Addiction Treatment Providers (NAATP); Garrett O’Connor, MD, CEO of the Betty Ford Institute; Doug Tieman, president and CEO of the Caron Foundation; Michael Miller, MD, president of the American Society of Addiction Medicine (ASAM); Eric Goplerud, PhD, clinical psychologist and research professor of health policy at George Washington University Medical Center; and Carol Falkowski, director

of the Chemical Health Division in the Minnesota Department of Human Services.

“I am optimistic about Hazelden and other leaders developing a unified vision for health care reform,” said Hazelden President and CEO Mark Mishek.

Collaboration is an especially important endeavor right now, because health care reform will be on the table as the Obama administration takes charge in Washington, D.C.

“Yes, finding a cure to our economic woes will top the agenda for the new administration,” said Mishek. “But health care reform will nevertheless play an

important part in the decisions that will be made for the federal budget. And the parity legislation that passed this year offers great hope, but now decisions will be made as to how to implement it. If the addiction field can agree on the best approach to implementing parity, we will be more effective advocates for positive change than if we are divided and speak individually.”

ONE VISION ONE VOICE

Hunsicker agrees. It’s more important than ever before that this group speak and

act collectively, because “there is a real danger that addiction treatment will be seen as an individualistic, if not esoteric, response to a disease most people do not understand,” Hunsicker said. “We must speak with one voice, research with one

Congressman Jim Ramstad receives Hazelden Leadership Award

BY MARTY DUDA

The inaugural Hazelden Leadership Award was presented on Dec. 9 to retired U.S. Congressman Jim Ramstad during a ceremony on the Hazelden campus in Center City, Minn. The award, presented by Hazelden’s Center for Public Advocacy, recognizes a leader in the field of addiction who has advocated for greater access to and expansion of quality treatment for those struggling with the disease of addiction.



Mark Mishek and Norbert Conzemius congratulate Congressman Ramstad.

Norbert Conzemius, chairman of the Hazelden Board of Trustees, is presenting the award. He noted Ramstad’s role in the passage in October of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act, which helps end discrimination by insurance companies against people who need addiction treatment. “It took almost 14 years to pass the bill, but it never would have happened without Jim’s combination of policy expertise and tireless personal passion,” Conzemius said.

“More than any other member of Congress, Jim Ramstad has stood up and spoken out about addiction, treatment and recovery,” said

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voice, and commit ourselves to one set of standards in terms of treatment protocols and anticipated outcomes.”

To provide context for the forum, Mishek presented general findings from a national survey commissioned by Hazelden on public attitudes about addiction. The survey revealed some encouraging views on addiction: 78 percent of respondents believe addiction to alcohol and other drugs is a disease; 64 percent said effective treatment exists for addiction; more than 75 percent agreed that many who complete treatment go on to lead useful lives; and 77 percent said addiction should be part of health care reform.

Eric Goplerud—who works with Ensuring Solutions to Alcohol Problems, a group that helps ensure access to addiction treatment—spoke about the Whole Health Care Campaign, which supports policies that promote equitable mental health and recovery coverage. Those in attendance expressed support for the campaign.

“The initial conversations from this forum are vital to launch ongoing development of a collective voice and vision for the field,” said Helen Taws, director of the Center for Public Advocacy at Hazelden. “Future forums will include other groups of leaders and educators in the field to garner diverse perspectives from our field.”

William Cope Moyers, executive director of the Center for Public Advocacy, knows the value of building relationships to help the field achieve the “common good.” His advocacy work and that of many others resulted in the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (see “Parity: A civil rights victory for recovery” at hazelden.org/voice).

“It was the collective voices of thousands of constituents who pushed parity over the finish line,” Moyers said. “Those many faces and voices of recovery helped to humanize the face of addiction.”

The victory of parity helps prepare for the bigger fight ahead in health care reform, Moyers adds. “With support from the public and a collaborative spirit among treatment leaders, we have a solid framework in place on which to build one vision and one voice for the purpose

of advocating for policies that will make it possible for more people to get the treatment they need.”

See expanded article online.
hazelden.org/voice 

NIAAA's Heilig earns 2008 Dan Anderson Research Award

BY MARTY DUDA

Markus Heilig, MD, PhD, clinical director at the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and chief of the NIAAA Laboratory of Clinical and Translational Studies, earned the 2008 Dan Anderson Research Award for his identification of a novel neurotransmitter system involved in craving for alcohol.

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.

Heilig won the award for his study, “Neurokinin 1 receptor antagonism as a possible therapy for alcoholism,” published in a 2008 issue of *Science* (vol. 319, pages 1536–1539). The study identified a specific brain receptor, the neurokinin 1 receptor (NK1R), involved in craving and stress responses. Medication targeting this receptor blocked craving for alcohol and improved overall well-being among a group of recently detoxified individuals with alcohol dependence.

“His study draws much needed attention to the role of craving and stress in the treatment of alcoholism.”

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

“These findings are highly significant for the field because they represent the identification of a previously unrecognized system involved in mediating alcohol cravings in response to relapse triggering stimuli,” wrote George Kunos, MD, PhD, the scientific director at NIAAA who nominated Heilig for the award.

“His study draws much needed attention to the role of craving and stress in the treatment of alcoholism,” said Valerie Slaymaker, PhD, executive director of the Butler Center for Research at Hazelden. “Hazelden’s own research has demonstrated the impact of ongoing craving for alcohol on outcomes among our patients. We have increased our efforts to utilize medications that target craving as a result.”

Heilig will accept the award and a \$2,000 honorarium in May at the National Association of Addiction Treatment Providers (NAATP) annual conference.

The award is named for the late Dan Anderson, PhD, who served as president of Hazelden and was one of the major architects of the Minnesota Model, the interdisciplinary approach to addiction treatment that has been replicated worldwide. Recognizing outstanding research and conducting research of its own are the primary objectives of the Butler Center for Research, the research arm of Hazelden.

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Markus Heilig, MD, PhD

Step Twelve: Carry the message, practice the principles



Step Twelve — continued from cover

Learning to do all this calls for a lifetime of patience and practice.

AWAKENING TO SPIRIT

Start by understanding the term *spiritual awakening*. For Bill W., the cofounder of AA, it was sudden, dramatic and life-changing. In his autobiography, Bill recalled that he was bathed in light and seized by an ecstasy beyond words: “I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, ‘You are a free man.’” After that moment, Bill never took another drink.

Yet in *Alcoholics Anonymous*—the “Big Book”—Bill explains that this kind of experience is not required for recovery. Instead, most spiritual awakenings happen over time in a subtle and gradual way. You orient your life around the daily practice of all the Steps. And one day you recognize that you are living with more tolerance, honesty and peace of mind than you ever dreamed possible.

How do we know a spiritual awakening has taken place? The answer given in *Twelve Steps and Twelve Traditions* is that each of us will be able to “do, feel, and believe that which he could not do before on his unaided strength and resources alone.” This transformation can begin with the spark of “God-consciousness” that charged through Bill. Or it can start with something much simpler—like two alcoholics sharing their stories over a cup of coffee.

PASSING IT ON

Twelve Step literature blends timeless principles with practical tips. This is apparent in the Big Book’s instructions for doing Step Twelve where we read that any effort to “convert” others to the program can easily backfire. The message of

recovery needs to be carried with skill, and some key points to remember are these:

- **Talk to people when they are ready.** The Twelve Steps are a program of attraction, not promotion. We draw people into the Steps by our own example. When the right time comes, they’ll ask: “How can I get what you’ve got?”
- **Keep it simple.** Our message for the addicted person is simply this: “I once was like you. Then I had a spiritual awakening as the result of the first eleven Steps. I have not gotten drunk or used since then.”
- **Let go of labels.** When talking to people, we don’t refer to them as alcoholics or addicts. We merely tell our story and let other people decide if our description rings true for them.
- **Avoid “two-stepping.”** This takes place when people fly directly from Step One to Step Twelve. Flush with sudden euphoria, these people are ready to carry the message *before* they’ve done Steps Two through Eleven. As a result, their program of recovery is incomplete, putting them at greater risk for relapse. The solution is work *all* the Steps with equal care.

“It is tempting for newcomers who have not yet worked the Steps to get a misguided notion of what the program is about,” writes the anonymous author of *Step 12: Carrying the Message*. “Some get the impression that it is just a place where one goes to avoid the consequences of using a substance; others see it as a dumping ground for the day’s problems or a cheap substitute for professional therapy.”

Instead, the Steps lift us to a new level of being. As we experience a consistent change in our thinking and behavior, we gain a message that’s worthy of sharing. Indeed, we *become* the message.

LIVING THE PRINCIPLES

The Twelve Steps are “generic” in the best sense of that term, meaning that they apply in many situations. We can use them at work, at home and “in all our affairs.” This becomes clear as we remember the underlying principles.

The first three Steps are about honesty. They remind us to tell the truth when all our efforts to solve a problem have failed. In turn, being honest allows us to ask for help—another key principle.



In Step Four, we go deeper, practicing the principle of self-observation. And in Step Five, we take what we’ve learned about ourselves and share it with others.



Steps Six and Seven are about willingness and humility. We are genuinely ready to change our beliefs and behavior, and we ask for continued help to do so.



Steps Eight and Nine are about healing our relationships. When selfishness, resentment, greed, or dishonesty lead us to hurt other people, we promptly admit our mistakes and make amends. Step Ten urges us to practice these principles every day.



Step Eleven focuses on the principle of change. Nothing is static: We either grow in recovery or “coast” and become complacent. Prayer and meditation offer a source of inspiration that renews us day after day.



For Michael Demask, PhD, dean of Hazelden’s Graduate School of Addiction Studies who shares his Twelve Step knowledge with patients and students, Step Twelve boils down to the principle of brotherly love: “When I was brought through the Twelve Steps, the act



of carrying the message was conceptualized as loving people unconditionally enough to share my experience, strength and hope. Carrying the message to others gives me an opportunity to stay clean for one more day.”

“When I was brought through the Twelve Steps, the act of carrying the message was conceptualized as loving people unconditionally enough to share my experience, strength and hope.”

—Michael Demask, PhD, dean of Hazelden’s Graduate School of Addiction Studies

Demask says that there is no way for him to brush off Step Twelve

or take it lightly: “When I share my story with patients, I tell them about what it was like and how seriously sick I was. I had the willingness to go through the ego deflation of the Steps because I had literally no other options outside of death.”

FINDING YOUR WAY TO SERVE

Step Twelve starts us on a life of service without dictating exactly *how* we should serve. There is plenty of room for individual differences. Some people are suited to the classic Twelfth Step visit, where a person in recovery seeks out an active addict or alcoholic. But this is just one option.

“The Big Book states that the essentials of recovery are willingness, honesty and

open mindedness,” says Don McCrary, a spiritual care counselor at Hazelden in Chicago. “I tell people that if they really want to experience change today, the practice of those three principles will help. Think about your group therapy session, for example. Can you share something that you haven’t shared before? This turns Step Twelve into something very practical and measurable.”

Kimberly M. sees service in any act that’s for the good of the group—from consistently showing up for meetings to emptying out the “butt can” or making coffee.

With each of these actions, she says, “the world stops revolving around me and I can start to be useful to other people.” ■

Learn more about Step Twelve

Hazelden offers a variety of resources for taking your practice of Step Twelve to a deeper level. You can begin with these publications.

- *Alcoholics Anonymous* (the “Big Book”), first published in 1939, presents the core principles of recovery from addiction. A fourth edition published in 2001 features 24 new personal stories of recovery.
- *Twelve Steps and Twelve Traditions* (the “Twelve by Twelve”) offers further suggestions for living each of the Steps. This book also explains the principles used by the AA fellowship to maintain its unity of purpose.
- *Step 12: Carrying the Message* offers practical tips from an AA “old-timer” for spiritual awakening and living the principles day by day.
- *Steps 8–12: A Guide to the Big Book’s Design for Living with Others* by Joanne and James Hubal is one of three workbooks based on *A Program for You*, a best-selling guide to the Big Book.

It’s also helpful to connect with other people in settings designed to promote reflection and contemplation. At Hazelden’s Dan Anderson Renewal Center, you can participate in topic-specific recovery retreats or the Lodge Program. Many retreats are relevant to Step Twelve. Examples from the 2009 schedule include the following:

- Emotional Sobriety, April 26–May 1 and June 28–July 2
- Half Measures No More, May 17–21
- Walking the Spiritual Path, March 15–19, April 12–16, and May 10–14
- Practical Spirituality, June 14–18

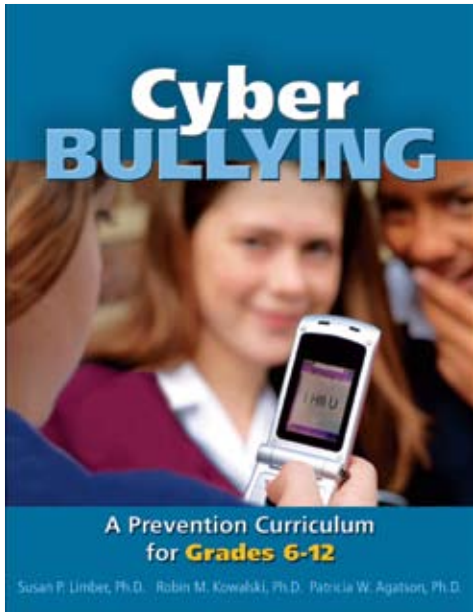
For more information about the publications, visit hazelden.org/bookstore or call 800-328-9000. For more on Renewal Center retreats and Lodge Program offerings, call 800-262-4882 or visit hazelden.org/renewalcenter.



DAN ANDERSON RENEWAL CENTER

Hazelden offers schools a new package of solutions to prevent cyber bullying

BY DOUG TOFT



Schoolyard bullying was once limited to acts of shoving, hitting, taunting, and threats. With the latest technology, those who bully can now add high-tech strategies to their arsenal of weapons.

According to Dr. Susan Limber, Dr. Robin Kowalski, and Dr. Patricia Agatston, leading researchers in the field, cyber bullying is defined as bullying through email or instant messaging (IM), in a chat room, on a Web site, or through digital messages or images sent to a cellular phone.

Students can use Internet-based technologies to tell lies, spread rumors, make threatening comments, and post humiliating images and videos about each other. All of this content can be posted anonymously or under a false name —

and can be viewed at any time by anyone with Internet access. Cruelty goes digital, while perpetrators remain faceless. This makes it doubly hard for students who are cyber bullied to respond.

Cyber bullying gained a wave of national attention in 2007 when the 2006 case of Megan Meier became public. Meier, a 13-year-old in Dardenne Prairie, Missouri, hung herself shortly after receiving a series of hurtful instant messages on MySpace, a popular social-networking Web site, from 16-year-old “Josh” with whom she had developed a relationship. Instead, the fake account had been created by the mother of one of Meier’s former friends, who wanted to see what Meier was saying about her daughter online. According to the *New York Times*, Meier had been described on MySpace as a “liar” and a “fat whore” and was told that the world would be better off without her.

Cyber bullying is so new that published studies are just starting to appear.

This early research shows that students who are cyber bullied and who also cyber bully others are more likely to be anxious, to be depressed and to have low self-esteem. Teens who are cyber bullied are also more likely to have lower grades and higher absenteeism rates.

“Research has also shown a correlation between perpetrators of online harassment and substance abuse,” adds Patricia Agatston, PhD coauthor of *Cyber Bullying: Bullying in the Digital Age*.

“Internet harassers were three times more likely to be frequent substance abusers.”

High percentages of students are being affected by this behavior. A 2007 Pew Internet Survey found that almost one-third of teens had experienced cyber bullying. Incidents of cyber bullying are also likely to increase as digital technology becomes more sophisticated and affordable. When prevention and intervention are absent, the problem is compounded.

Hazelden offers three programs that can help educators and parents effectively address the serious issue of bullying—and cyber bullying in particular. The *Olweus Bullying Prevention Program (OBPP)* is based on the work of Dan Olweus, PhD, of the Research Center for Health Promotion at the University of Bergen, Norway. *OBPP* is the most researched and best-known bullying prevention program available today. With more than 35 years of international research, it is recognized as a Model Program by the Substance Abuse and Mental Health Services Administration, an agency of the U.S. Department of Health and Human Services.

Hazelden’s publication of the *Olweus Bullying Prevention Program* marked the first time that all the program materials became available from one source in a unified package. The *Olweus Bullying Prevention Program* is a systems-change program that addresses bullying at the schoolwide, classroom, individual, and community levels. Program materials include:

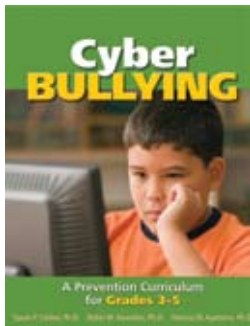
- a 150-page schoolwide guide with a DVD and CD-ROM, that provides step-by-step instructions for how to implement the program

Cyber Bullying

- a 170-page teacher guide, with an accompanying DVD and CD-ROM that provides step-by-step instructions for teachers to implement the program in the classroom—and comes complete with posters, class meeting outlines, video bullying scenarios, role-play scripts, and more
- a 42-question survey that can help schools assess the bullying issue in their school and evaluate their progress with the program

As companions to the *Olweus Bullying Prevention Program*, or as stand-alone programs, Hazelden offers two products focused on cyber bullying. One is *Cyber Bullying: A Prevention Curriculum for Grades 6–12* by Susan P. Limber PhD, Robin M. Kowalski, PhD, and Patricia W. Agatston, PhD (2008). This eight-session curriculum helps students understand the nature of cyber bullying, its consequences, and how to respond when cyber bullying occurs. The program includes a facilitator’s guide along with a CD-ROM of reproducible handouts, posters, and materials for parents published in both English and Spanish.

Just out this year from the same authors is *Cyber Bullying: A Prevention Curriculum for Grades 3–5*. This five-session program, based on the latest research on cyber bullying among young students, presents age-appropriate activities that teachers and parents can use to help kids learn safe and respectful ways to use cyber technologies. Guidelines for class activities begin with scripts for stories about two students — a skilled cell phone user named Texter and a Web-savvy girl called



Internetta. This curriculum for younger students has a very strong parent component, so parents become more aware of the issue and how to protect their child.

“Probably the most effective way to prevent and address cyber bullying is to make sure that parents and educators have an ongoing dialogue with children about it,” says Limber, a coauthor of all three programs.

With the addition of its programs about bullying, Hazelden has become the leading publisher of evidence-based programs for preventing school-based violence, says Pamela Foster, content development editor for Hazelden’s publishing division.



Pamela Foster

“While in the classroom, it’s very important that kids are taught about bullying,” Foster says. “The cyber bullying program for grades 6–12 is based on models that have been proven to work in prevention, including the use of peer leaders. And one thing that’s exciting about the program for grades 3–5 is the strong parent component. Kids learn about cyber bullying at home before it starts happening to them.”

For more information about these programs and other Hazelden publications, visit www.olweus.org or hazelden.org/cyberbullying. You can also call 800-328-9000 or send an email to info@hazelden.org. ■

Hazelden partners with Florida schools to prevent bullying

In 2008, Florida passed the Jeffrey Johnston Stand Up for All Students Act. The law was named after a Cape Coral, Florida student who died by suicide in 2005 after repeated bullying by a classmate. Florida public schools—faced with shrinking budgets—are now mandated to implement bullying prevention policies state-wide because of this law.

EXTENDING A HELPING HAND

Hazelden responded to this important effort by making the *Olweus Bullying Prevention Program* available at no cost to approximately 25 Florida schools. The effort is providing free materials and training for those schools so they can begin implementation this spring. As a result, the *Olweus Bullying Prevention Program* will be used across the state in approximately 13 school districts.

“Our hope is that this will jumpstart other funding sources so we can expand the effort to more Florida schools,” says Sue Thomas, manager of business development for Hazelden’s publishing division.

WORKING WITH SCHOOL LEADERS

Hazelden’s partners in this Florida Bullying Prevention Initiative include the Florida Association of School Administrators and the National Association of Elementary School Principals.

“It’s a very exciting partnership, and we couldn’t ask for a better time to be working in Florida,” Thomas says. “This state has some of the largest school districts in the country. In fact, it has the fourth largest student population in the nation—just behind Puerto Rico, New York, and California. It’s important for Hazelden to have a presence in Florida. We’re meeting that goal by offering an evidence-based, proven program to prevent bullying in all its forms.”

Almost one-third of teens have experienced **cyber bullying.**

Books to enrich lifelong recovery and enhance personal growth



Sid Farrar, Director of Content Development, Publishing and Educational Services

HAZELDEN IS PROUD TO PUBLISH information that helps people recognize, understand, and overcome addiction and closely related problems. We are the leading publisher of evidence-based resources for professionals who work to prevent and treat addiction. Check out the previews below on some of our newest releases, and contact us for more information.

Visit hazelden.org/bookstore or call 800-328-9000.

BY CYNTHIA ORANGE

Sid Farrar, director of content development at Hazelden, gets hundreds of unsolicited manuscripts. “*Undrunk: A Skeptic’s Guide to AA* was the first one that made me laugh out loud from the first chapter,” he says.

TIMELESS WISDOM WITH A FRESH TWIST

“It’s a book for those on the fence about going to AA,” explains Farrar. “I also think *Undrunk* will be a staple for family members, sponsors, interventionists, employers and friends who want to give someone with a drinking problem a little nudge to go to a first meeting or keep them going to meetings.”

The author, A. J. Adams, is a journalist who is fairly new to recovery. He tells his own story with a self-deprecating humor as he enlightens readers about the rich history of Alcoholics Anonymous, and the value of the Twelve Steps and Traditions, and shows them, firsthand, why the program works.

“Although I dreaded it, I’d known for a while that I’d have to go to some AA meetings to take the heat off. . . . The meetings all seemed to be in church basements or out-of-the-way spots in rundown parts of town. And the meeting names—oh, the names: ‘Seaside Serenity,’ ‘Fresh Start,’ ‘Don’t Worry, Be Happy.’ Why not just call it ‘Loserville?’” writes Adams. “My eyes wandered around

the room, taking in the strange collection of humanity seeking to claim me as a fellow sufferer. If variety is the spice of life, this crowd was the jambalaya of affliction.”

Adams takes the mystery out of AA by translating its slogans and describes AA philosophy in an accessible and entertaining way.

A BOOSTER SHOT FOR BOOMERS IN RECOVERY

Listen closely and you’ll notice that people committed to working a Twelve Step program don’t say they’re “recovered.” They know that recovery is an ongoing endeavor that has a beginning—the admission of powerlessness over a substance or behavior—but no end. People in recovery can revisit the Twelve Steps many times as they encounter changes and challenges at different ages and with different experiences.

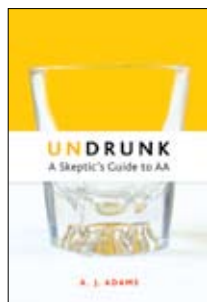
Those born in the post-war “baby boom” of 1946 to 1964 struggle with issues that can threaten sobriety. As their lives, bodies, and economic security change, they become

vulnerable to alcohol and other drug abuse or, if in recovery, vulnerable to relapse. With *A Boomer’s Guide to the 12 Steps*, veteran author Stephen Roos gives fellow boomers a meaningful tool for staying sober while growing old.

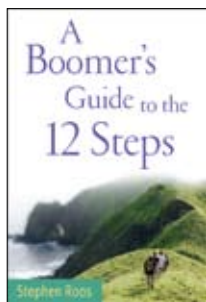
“You don’t have to have an addictive disorder to appreciate this book,” says Farrar. “Roos has enlisted a panel of boomers to discuss each of the Twelve Steps from their diverse backgrounds and experiences. It’s a ‘booster shot’ for those who need to reinvigorate their Twelve Step program.”

- Judy’s husband left her for a younger woman.
- Sally is the caretaker for her 90-year-old father.
- Hector developed a drinking problem when he retired.
- Craig, only four months sober, is dealing with life-threatening health problems.

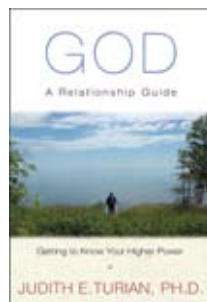
These are just some of the people who join the conversation in the pages of *A Boomer’s Guide*. Roos’ knowledgeable and wise voice weaves in and out of these stories, adding texture and clarity to an already rich discussion and building on what the others



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have to say as they describe how the Twelve Steps help them.

LOOKING FOR GOD IN ALL THE WRONG PLACES?

Many people struggle to feel close to God. Some believe that because they are not exalted, holy or pure, they are unworthy of an intimate relationship with their Higher Power. Others look for God in all the wrong places: in other people, money or success.

The reality is that building an authentic relationship with God involves trust and lifelong dedication. With humor and insight, spiritual director and psychologist Judith E. Turian, PhD, reveals in her new book, *God: A Relationship Guide*, that—no matter how limited we are as humans in our capacity for love—God is ready to meet us halfway and to love us just as we are. We must simply learn to look within ourselves and our everyday lives to find grace.

“I have wanted to write this book for many years,” notes Turian in the book’s foreword. “As a psychologist, I have come to believe that the best chance for recovery from any problem is found in a strong relationship with God. When you come to trust God as someone who can be called upon to help in times of trouble, guide in times of doubt, and provide meaning when nothing makes sense, you will find great hope in coping with any problems life presents.”

In her book, Turian draws from her personal experience and professional training to offer readers a down-to-earth, often humorous guide to cultivating a real, mature relationship with the God of their understanding. She explores how to take a risk and let God in, get comfortable with God, enjoy being around God, and deal with having second thoughts about the relationship.

RECOVERING YOUR TRUE VALUE IN THE MIDST OF MONEY PROBLEMS

With the stock market tumbling, the number of home foreclosures increasing,

and unemployment on a steady rise, it’s hard not to think about money. But as Sally Palaian, PhD, emphasizes in her new book, *Spent: Break the Buying Obsession and Discover Your True Worth*, there is a difference between thinking about money and being obsessed with it.

Palaian is a licensed clinical psychologist who specializes in the treatment of addictive behaviors. She is convinced that an unhealthy relationship with money can become a true disorder that, untreated, can destroy a family. After explaining the underlying emotional, familial, and societal factors that trigger spending behaviors, she teaches readers how to control shopping, pay off debt, develop budgets, and become financially healthy.

Palaian describes a “materialism continuum.” On one extreme are “indulgers” whose sense of self-worth is enhanced by buying things for themselves or bestowing lavish gifts on others to gain approval. At the other extreme are “deprivers,” who feel better when they deny themselves material goods. When we liken compulsive spending to alcohol abuse or compulsive eating, and hoarding money to anorexia nervosa, it is no huge leap to see how severe money problems can grow into an addiction, as Palaian suggests.

“Even if you call these unhealthy behaviors ‘compulsive disorders,’ it is still important for people to realize there is a powerlessness involved similar to the powerlessness alcoholics have over alcohol,” suggests Farrar. As millions of alcoholics have found, admitting this powerlessness makes it easier to accept the help that is so desperately needed.

When we live “in balance” with money and possessions, Palaian says, our happiness is more authentic and our life more joyous.

See expanded article online.
hazelden.org/voice

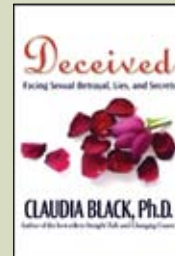


More new titles this spring from Hazelden

Deceived: Facing Sexual Betrayal, Lies, and Secrets

by Claudia Black, PhD, offers a comprehensive guide to healing and recovery for women whose partners are acting out sexually. It is written to help women better understand what is happening in their lives, garner validation for their experiences, and find a path that offers clarity, direction, and voice. Black outlines proactive steps that readers can take to build healthier relationships and take care of themselves, illustrated by accounts of real women who have done so successfully.

3813 / \$14.95 / Paperback, 272 pages
Available in April



Is It Love or Is It Addiction? (Third Edition) by

Brenda Schaeffer is an updated and expanded edition of the book that changed the way we think about romance and intimacy. Through two previous editions, *Is It Love or Is It Addiction?* has helped countless people find their way from the trials and confusion of addictive love to the fulfillment of whole and healthy relationships. In this new edition, Schaeffer draws on years of feedback and new developments to foster an understanding of love addiction: what it is and what it is not, how to identify it, and, even more important, how to get out of it.

4732 / \$15.95 / Paperback, 296 pages
Available in May



Methamphetamine: Its History, Pharmacology, and Treatment by Ralph Weisheit, PhD,

and William L. White, MA, is the definitive book on the impact of methamphetamine on individuals, communities, and society. This book is the first in Hazelden’s new Library of Addictive Drugs series. In it the authors consider the two faces of this drug: a narcotic that is enormously destructive to users and the community but that is also useful in a number of legitimate ways. The book offers an in-depth study of the latest scientific findings of addiction and the treatment of meth, myths and realities of the drug’s impact on the mind, national and international implications of methamphetamine production, and the impact on rural communities.

3923 / \$24.95 / Paperback, 296 pages
Available in May





2009 WOMEN HEALING CONFERENCE SCHEDULE

MINNEAPOLIS / ST. PAUL, MINNESOTA

April 17–18, 2009
Minneapolis Airport Marriott

TAMPA / SAFETY HARBOR, FLORIDA

May 15–16, 2009
Safety Harbor Resort and Spa

SEATTLE / BELLEVUE, WASHINGTON

October 9–10, 2009
Doubletree Hotel Bellevue

WHITE PLAINS, NEW YORK

October 30–31, 2009
Crowne Plaza Downtown

CHICAGO, ILLINOIS

December 4–5, 2009
Holiday Inn Mart Plaza

To register or for more information on Women Healing conferences, call 888-257-7800, ext. 4429, email womenhealing@hazelden.org, or visit hazelden.org/womenhealing.

“This conference validates the importance of women supporting each other in treatment and recovery.”

2009 Women Healing conferences focus on “Growing in Spirit”

—By Cynthia Orange

The lotus flower, so beautifully depicted in the 2009 Women Healing artwork, is the perfect symbol for the upcoming conferences. The lotus is an ancient and sacred icon, and its unfolding petals are thought to represent the expanding soul. It is an amazing plant that has the ability to regulate the temperature of its flowers much as humans regulate their body temperatures to keep warm in cool environments. The growth of its beauty from the mud of its origins signifies hope and conveys a spiritual promise for those who, like the lotus, seek to stretch into the light after struggling to emerge from the thick darkness of some of life’s challenges.

TWO DAYS, FIVE CITIES, LIFELONG CONNECTIONS

For more than a decade, tens of thousands of women have gathered each year throughout the United States at the Women Healing conferences to acknowledge their journey through the mud of addiction and celebrate their ongoing healing and growth in the light of recovery.

The 2009 Women Healing conferences, with the theme of “Growing in Spirit,” will

be held in five U.S. cities, beginning in Minneapolis in April. As in years past, each conference will be two days. On day one, a broad range of professionals who work with women suffering from addiction meet to discuss women’s issues and learn about the latest approaches in women’s addiction therapy from some of the most respected experts in the field. On the second day, women from all walks of recovery gather to celebrate recovery, learn, and empower one another.

FASCINATING TOPICS AND FRESH PERSPECTIVES

Women Healing provides a unique learning and sharing experience, bringing together some of the nation’s leading clinicians along with best-loved inspirational speakers. Presenters at this year’s conferences share fascinating topics and fresh perspectives.

- Neurobiologist Therissa Libby, PhD, will present “Women’s Bodies, Addiction, and Recovery,” explaining how a woman’s unique physiology makes her particularly vulnerable to addiction.
- Researcher and storyteller Brené Brown, PhD, will explore how a woman’s authenticity relates to shame resilience, perfectionism, addiction, and our deep human need for love and belonging.
- Psychologist, educator and life coach Sally Palaian, PhD, will delve into the topic of her new book, *Spent: Break the Buying Obsession and Discover Your True Worth*, identifying ways to overcome spending obsessions and make peace with money.
- Award-winning author and professor China Galland, MA, will share her studies of “The Feminine Face of God,” examining what religious symbols and icons can reveal about our own path in sobriety.
- Poet Glenis Redmond, MA, will encourage creative expression with “Tributary: Honoring through Poems.” Redmond delivers her poetry with full body and motion.
- Entertainer, hypnotherapist, creative coach and author Diane Conway will help participants lighten up in recovery with “Laugh and Live Out Loud.”

See expanded article online.
hazelden.org/voice



Continuing education opportunities for professionals

The addiction treatment and recovery field is rapidly changing, which means there’s something new to learn even if you’re a seasoned professional. Through topic-specific workshops and conferences, Professionals in Residence trainings, and the fully accredited Hazelden Graduate School of Addiction Studies, Hazelden equips professionals with tools, knowledge and insight to understand and effectively respond to addiction. Learn more about professional education opportunities at hazelden.org.

SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

— John MacDougall, SPRING 2009



“Angel” is a job description

I am fond of the idea of angels. In my office, I have a lovely print of an 1889 painting by Abbott Handerson Thayer, titled “Angel.” It looks how we expect angels to look: a beautiful young woman with white wings and a white draped toga, looking very peaceful.

Popular television often portrays angels as miracle workers in the world, such as in the movie “It’s a Wonderful Life.” There is, however, another meaning to the word *angel*.

In both the Greek language of Christian scriptures and the Hebrew language of Jewish scriptures, the words for angel are also the root words of *announcer*, or *messenger*. Whoever carries a message of hope to us from our Higher Power is functioning as our angel, even if they are not personally angelic. “Angel” is a job description, not necessarily a physical reality.

I spoke once with a friend who had a multitude of problems. I suggested that she pick just one problem and ask God for help. She spat out the words: “I need help slowing down—I gotta go.” I saw her three days later, and she was in a hurry. “Did you ask for help?” I asked. “Yes.” “Did anything happen?” “I got a

speeding ticket!” She described how she was speeding down a steep hill into a school zone at 53 miles an hour and a policeman gave her a ticket. “Well,” I observed, “you asked God for help slowing down and a uniformed messenger handed you a notice that says slow down.” She was mad for a moment, and then laughed. “I guess I need to *slow down*,” she said.

Another time, I was a member of the local ambulance squad and pastor of two churches. I was at home on a Sunday afternoon, when I had the strongest urge to get up and drive eight miles to the neighboring town on the impulse that something was terribly wrong. I drove there, quickly, thinking there must be a bad road accident, or a fire. When I arrived, nothing was wrong. I sat there in the car, wondering what I was doing there. At that moment, a woman I knew drove quickly down the hill into town, blew through two stop signs, and out onto the state highway. I followed her. She sped up. I sped up. Eventually she pulled over. I pulled over behind her and walked up to her car like a traffic cop. She had the window cracked open a bit. I knocked on the window and asked, “Why am I following you?” She

answered, “I’m going to kill myself. I left a note for the children.” I asked, “Would you go for coffee with me instead?” She firmly said “no.” I couldn’t think of a useful thing to say. Finally I said, “Well, I’m not going away,” and I just stood there. Eventually we went for coffee and it turned out that alcoholism was at the root of her troubles. That’s more than 20 years ago. She’s still sober and we’re still friends.

Why was I out there on the highway? Because I am particularly angelic? No. I think the sole qualification was that I was available. It could have been that I was just agitated enough to get up and go. If we are available, in the fullness of time, we will be called upon to be angels, messengers.

Step Twelve of *Alcoholics Anonymous* reads: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” When we carry a message of hope, we become angels. ■

John A. MacDougall, DMin, is the director of Spiritual Guidance at Hazelden in Center City, Minn. He may be contacted at jmacdougall@hazelden.org.

DEVELOPMENT UPDATE

Donors make hope real—and ready

Our donors are so important! With more and more people turning to alcohol and drugs as economic pressures bear down, we know that we must make treatment more accessible for those who find they cannot afford the treatment they desperately need. During this, our 60th year, we have made a commitment to dedicate our efforts toward raising funds for Patient Aid.

Your gifts to Patient Aid change lives.

Here’s a sampling of gifts received in the second half of 2008 to support and enhance our work:

- A generous gift from Judson Dayton provided support to launch an effort to convert Hazelden speeches and presentations into podcasts and other accessible formats.
- Alice Roberson and David Roberson started an Educational Endowment for African American Students at the Hazelden Graduate School of Addiction Studies.
- The Goldring Family Foundation continued their very generous support to provide scholarships for people to attend Lodge programs at the Dan Anderson Renewal Center, Extended Care, and Lodge On the Road.
- The GT Foundation made a grant for a “friend-raiser” in Boston and to support Hazelden’s Center for Public Advocacy.
- The Bodman Foundation made a \$50,000 grant to support our Professionals in Residence program in New York.

Ways you can get involved

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 your story 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 to giving@hazelden.org.

Refer The best way for us to reach more people who need our help is by word of mouth. If a Hazelden program has changed your life, tell others.

Contribute Help others through your financial contributions. If you would like to make a gift, call 888-257-7800 or give online at hazelden.org/giving.



Michael Demask, PhD

Demask is Grad School's new dean

Michael Demask, PhD, is the new dean of the Hazelden Graduate School of Addiction Studies. Demask replaces Eileen O'Mara, EdD, who retired in September of last year.

As the new dean, Demask will split his duties between overseeing daily operations of the school and teaching. He developed the Multicultural Studies course that offers students a worldview of treating addiction. Demask also teaches Clinical Supervision.

Before making a career switch to counseling, he was CEO/COO for many years at a Florida corporation that sold baby furniture and toys. He earned his PhD in Counseling Administration in 1997, was in private clinical practice for three years, and joined the faculty of the Graduate School in 2000.

"Our school is enjoying major growth since we achieved Higher Learning Commission accreditation in 2007."

— Michael Demask, PhD
Dean of the Hazelden Graduate School of Addiction Studies

"Our school is enjoying major growth since we achieved Higher Learning Commission accreditation in 2007," said Demask. "As of winter semester, we have 82 students enrolled in the Hazelden Graduate School of Addiction Studies. And with rolling admission now in May, September and January, we now offer more starting dates for students."



Stay connected with others on the journey

The best part of recovery is sharing it! Learn about upcoming recovery events, activities and service opportunities for Hazelden alumni and friends at hazelden.org/alumni.

With chapters across the country and abroad, Alumni Relations creates opportunities to strengthen and enhance recovery through education, fellowship and service.

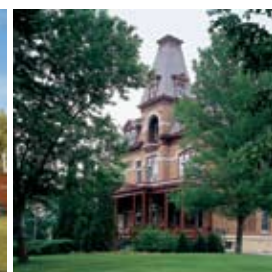
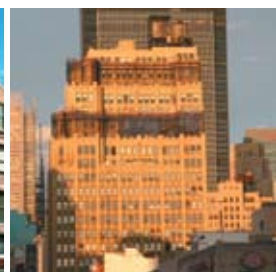


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hazelden.org
800-257-7800

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

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



READ MORE ONLINE

Find expanded **Voice** coverage online at hazelden.org/voice.



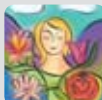
Addiction leaders vow unified vision



Learn more about Dr. Heilig's research into brain receptors and addictive disorders



Hazelden's newest releases offer recovery insight and inspiration



2009 Women Healing: Fascinating topics and fresh perspectives

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Hurry. We need to hear from you soon. Don't let this be your last issue of the **Voice!**



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