

voice

News, Features and Opinion for Recovering People and Professionals

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Hazelden to open recovery residence for college students

STEPPING INTO A NEW LIFE

University students face one of the biggest obstacles of any recovery group: finding like-minded peers who are willing to take the clean and sober route through their college career.

Hazelden's Tribeca Twelve collegiate recovery residence, scheduled to open in New York City in late summer, will help young adults overcome this and other recovery hurdles by providing peer housing along with supportive services to 18- to 29- year-olds who attend or plan to reenter college. Programming will feature onsite recovery coaches to provide individual coaching, education, academic liaison services and structured monitoring. Peer support and activities to celebrate successes will also be an important aspect of the program.

"We are proud and excited to bring Hazelden's renowned recovery resources to college students in this whole new way," says Mark Sheets, executive director of regional and recovery services for Hazelden. "Young adults who are committed to their recovery and to their college education will have the safe, supportive and healing environment they need to build their new life free from addiction."

A PERFECT FIT

Located at 283 W. Broadway, in New York City's trendy Tribeca neighborhood, the 1910 building was in the process of being renovated into condominiums slated to sell for \$2.1 million each when the property went into foreclosure. Hazelden, already in the market, jumped at the opportunity.

"Finding a building in New York that met the city's code and zoning regulations and was priced right was difficult. But we've found a great location," says Ann Bray, vice president of strategic initiatives and general counsel for Hazelden.



Collegiate recovery program to open—continued on page 2

PRESIDENT'S MESSAGE



Hopeful news for a hurting world

Dear Friends and Fellow Travelers,

When you are as attuned to news of addiction as I am, there are days when the newspaper reads like an unrelenting drumbeat of defeat.

- Another drunk driving fatality.
- Another drug-fueled crime spree.
- Another family torn apart by addiction.

At Hazelden, we look to a future where no one has to suffer or die from addiction—a chronic disease we know can be treated, managed and overcome. And we also understand that Hazelden is positioned like no other organization to bring the prevention, treatment and recovery solutions our hurting world needs. Whether through expert clinical care, pioneering publications or unparalleled education and research capabilities, Hazelden's mission is to help restore hope, healing and health to people affected by addiction to alcohol and other drugs.

So, in this issue of the *Voice*, you will read a different type of news. News of hope. News of help. News of Hazelden's most recent initiatives to reach millions more around the world who've been devastated by addiction. As the news headlines confirm, we have our work cut out for us. But our vision is clear, and we are gaining new ground every day.

At Hazelden, we march to the beat of a different drummer because we know recovery is stronger than addiction.

Mark G. Mishek
President and CEO

voice

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INQUIRIES AND LETTERS

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Collegiate recovery program

—continued from cover

Featuring five floors (six students per floor), 12-foot ceilings, marble fireplaces, study and exercise rooms, in-unit laundry and stylish bedrooms designed with college students in mind, the housing is much more upscale than most students would find in a New York apartment or dorm, noted Bray.

ANSWERING AN UNMET NEED

According to a 2006 Center on Addiction and Substance Abuse study, college students ages 18–25 face some of the highest rates of drug and alcohol use. “It’s a population with access to drugs and alcohol and a peer dynamic and environment that make it especially easy for young adults to fall into ‘group think’ and fail to recognize the addiction risks,” Sheets explains.

Nationwide, 16 universities offer some form of recovery program for students, from housing to Twelve Step meetings to support services or some combination of these. Although the concept has not caught on across the nation yet, research shows that recovery-supportive housing does improve outcomes.

“The biggest thing students will gain from this program is that we’re not putting them in a bubble,” adds Sheets. “The recovery residence is located right in the heart of Tribeca, and the goal is teaching young adults how to live a lifestyle of recovery.”

WORKING WITH COLUMBIA UNIVERSITY'S DEPARTMENT OF PSYCHIATRY

Hazelden and Columbia Psychiatry are partnering to develop a collegiate addiction treatment and recovery continuum of care. In particular, this unprecedented continuum of care will address the unique needs of young adults who have co-occurring substance abuse and mental health disorders, such as depression or bipolar disorder.

Columbia Psychiatry's highly regarded College Student Program has provided specialized outpatient treatment for addiction and mental health disorders since 1983. Hazelden has more than 60 years of helping people find and sustain lifelong recovery from addiction. Together, Columbia Psychiatry and Hazelden will provide a state-of-the-art treatment and recovery continuum of care for young adults.

“Hazelden is deeply committed to helping more people find freedom from addiction, and our new collegiate recovery program opens the door to that new life for young adults,” says Sheets.

Tribeca Twelve is the first of three New York expansion initiatives for Hazelden. Other plans include expanding services at Hazelden's existing Chelsea outpatient treatment center and developing an outpatient adolescent addiction treatment program.



Spring brings major renovations to Center City campus

After 15 months of construction, the patient admissions area and Ignatia medical facility on Hazelden's Center City campus will reopen this spring as fully renovated spaces, inside and out.

The admissions and medical facilities were the first to be constructed during Hazelden's mid-1960s campus expansion, when, for the first time, Hazelden's Center City facilities grew beyond the original Old Lodge. According to John Driscoll, executive director of Minnesota adult services, the renovations are long overdue.

"These buildings are 45 years old," explains Driscoll. "Major work needed to be done, including improvements to the infrastructure—plumbing, heating, wiring—and cosmetic upgrades," says Driscoll.

The renovations are as much about critical infrastructure upgrades as creating a more comfortable and welcoming environment for new patients. The tight-spaced admissions lobby and the single lounge in Ignatia made for a less-than-inviting atmosphere.

"Gone are the ominous cinder-block walls," notes Driscoll. "Now, when patients and their families walk through our front doors, they will enter a place of comfort and calm. Before, when more than one party arrived at the same time, patients and families and luggage were all backed up against each other. The renovated space provides ample room to accommodate incoming patients and families."

"Now, when patients and their families walk through our front doors, they will enter a place of comfort and calm."

Driscoll adds that the architecture, design and furnishings reflect Hazelden's high quality of patient care and core value of treating every person with dignity and respect.

Changes to the Ignatia medical facility include separate lounges for men, women, new patients and existing patients.

A ribbon-cutting ceremony, facility tour and reception will take place Friday, April 29, as part of Hazelden's 32nd annual Alive & Free recovery celebration.

New Twin Cities outpatient clinic opens soon

Hazelden will open its newest outpatient addiction treatment clinic in Maple Grove, Minn., on May 2.

Occupying 4,000 square feet on the lower level of an office building, Hazelden's Maple Grove facility is conveniently located in the west Metro, a growing yet underserved area.

Despite its high-traffic location, the outpatient clinic is surprisingly private. "We have our own building access, which leads clients directly to our suite," notes Terri Hayden, executive director of Hazelden in St. Paul. "Outside we have a wooded area. Internally and externally, it feels very safe and confidential so that when clients arrive they feel ready to be present for their treatment and recovery process."

The Maple Grove clinic will initially offer an evening/weekend outpatient treatment program, serving up to 20 clients. Continuing care groups, chemical dependency assessments and mental health services will also be available.

A Q & A with Link Christin about addiction treatment for legal professionals



Link Christin, MA, JD, LADC



Chuck Rice, MA, JD, LADC



Emil Jalonen, MA, JD, LADC

Located at the Center City, Minn. campus, Hazelden's specialized addiction treatment program for legal professionals is led by three attorney/clinicians: Link Christin, director; Chuck Rice; and Emil Jalonen. The Legal Professionals Program incorporates Hazelden's signature primary residential addiction treatment program with several added elements specifically for lawyers. Hazelden offers two other highly specialized addiction treatment tracks: the Health Care Professionals Program, available at Hazelden's Newberg, Ore. and Center City campuses; and an integrated program for patients with addiction and co-occurring trauma disorders, available at Hazelden's Newberg, Ore. campus.

Q
A

Q. Some suggest that the addiction rate for lawyers is at a crisis level. True?

Studies throughout the '90s indicate that lawyers have almost twice the addiction rate of the general population. So it's absolutely a crisis. We don't have definitive answers as to why, only speculation. But if we use the generally accepted estimate that 20 percent of legal professionals struggle with addiction or substance abuse, we're talking about some 300,000 lawyers practicing while they're in active addiction. In a profession where you are responsible for clients' lives—for their property, welfare and affairs—I think it's an understatement to call it a crisis.

Q. How is Hazelden's new professional track for lawyers different?

We provide additional services and resources that more precisely address the patient's professional issues. Our program is facilitated by three attorney/clinicians, each of whom practiced law for at least 20 years. Patients meet at least twice with one of the attorney/clinicians, one-on-one. Once a week, we gather all legal professional program patients together for a meeting. This is important. In these meetings, they talk the same language, have the same base of experience, and confront the same problems. Volunteers from Minnesota Lawyers Concerned for Lawyers come to campus to meet one-to-one with patients, too. We also take patients to what are primarily lawyers' AA meetings in the Twin Cities. And we give careful attention to developing each patient's continuing care plan, connecting him or her with supportive resources in the legal community before discharge.

Q. Why do lawyers need specialized addiction treatment?

Lawyers have their own set of professional issues that need to be addressed, and it helps them to connect with others who are going through some of the same experiences. Lawyers tend to be overly self-reliant and are skilled at intellectualizing and rationalizing. Addiction is called "a disease of denial." And nobody can build a more compelling case of denial for himself or herself than a lawyer. Lawyers are also accustomed to solving other people's problems, not asking for help for themselves. Many of the skills and personality traits that make men and women great lawyers can create major obstacles to their recovery from addiction.

Q. How would you describe the early reaction to Hazelden's program?

The gratitude I see in the eyes of our patients is very moving. Some have told me how thankful they are to have the additional guidance they need to deal with issues and problems involving their profession—problems they felt hopeless about just a few weeks prior. They are learning ways to think, live and work that are contrary to the way they've done all those activities for the last 20 or 30 years. It can be a very exhilarating moment when a lawyer who has felt trapped and terrified and overwhelmed begins to realize that he can be free from all of that and begin a whole new life. I've had two or three lawyers tell me, "I haven't been this excited about my life since I was 18." That's what we mean when we say we help people get their lives back from addiction.

Pettinati earns Dan Anderson Research Award for study on treatment of co-occurring disorders



Helen Pettinati, PhD, director of the Addiction Treatment Research and Medication Development Division, Center for the Studies of Addiction, University of Pennsylvania, has earned Hazelden's Dan Anderson Research Award for her examination of the effects of antidepressant and anti-craving medications on addiction treatment outcomes.

Sponsored by Hazelden's Butler Center for Research, the award honors a single published article by a researcher who has advanced the scientific knowledge of addiction treatment and recovery.

Pettinati earned the award for her study, "A Double-Blind, Placebo-Controlled Trial Combining Sertraline and Naltrexone for Treating Co-Occurring Depression and Alcohol Dependence," published in the *American Journal of Psychiatry*. The study focused on 170 individuals attending outpatient treatment for alcohol dependence, all of whom had a co-occurring depressive disorder. All participants received weekly cognitive-behavioral therapy sessions and were randomly assigned to one of four treatment groups: a combined sertraline and naltrexone group, a naltrexone-only group, a sertraline-only group, and a placebo control group. Participants taking both medications were compared to the other three groups on a number of treatment outcomes, including total abstinence, time to relapse, and presence of depression symptoms.

"The co-occurrence of depression and alcohol dependence is highly prevalent and difficult to treat successfully," said Pettinati. "The present findings suggest that patients with both disorders would benefit from combination treatment with an antidepressant and anti-craving medication for alcohol dependence."

The study produced several interesting and noteworthy results. Compared to patients receiving placebo or just one of the medications, patients taking both medications had a significantly higher abstinence rate during the 14-week treatment period and demonstrated a longer period of time before relapse to heavy drinking. In addition, patients taking both medications were more likely than the other groups to report an absence of depression by the end of treatment.

"Our Scientific Panel of Advisors was impressed with the scientific rigor of this study and its potential for improving the lives of people suffering from both addiction and a co-occurring psychological disorder," notes Audrey Klein, PhD, director of Hazelden's Butler Center for Research. "It is well established that the majority of individuals with a substance use disorder have at least one other psychological disorder. Treatment of both disorders is absolutely essential in giving individuals the best chance for long-term recovery."

Pettinati 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, the former president of Hazelden and one of the major architects of the Minnesota Model, the interdisciplinary approach to addiction treatment that has been implemented 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.

"Our Scientific Panel of Advisors was impressed with the scientific rigor of this study and its potential for improving the lives of people suffering from both addiction and a co-occurring psychological disorder."



INTRODUCING HAZELDEN CONNECTION

Hazelden's new post-treatment program offers recovery coaching and more



For most people new to recovery, the first 18 months following addiction treatment are critical to building lasting sobriety. With an emphasis on recovery coaching, monitoring, verification reports and even drug testing, Hazelden's new post-treatment program, Hazelden Connection, offers additional recovery support and services during that decisive 18-month period.

Addiction is a chronic disease with relapse rates similar to rates for diabetes, hypertension and asthma, explains Janelle Wesloh, executive director of recovery management for Hazelden. "What this means for Hazelden patients is that getting sober is their first step. Learning how to stay sober is a lifelong journey. We start patients off with the web-based MORE[®] program to begin their transition from treatment, but many people need more intensive support and attention. And, with the right level of care and support, we know that the likelihood of long-term sobriety increases greatly."

Hazelden alumni already have access to a variety of continuing care resources and services through the online MORE program, continuing care groups, recovery-sensitive mental health services, sober residences and outpatient programs. The new program leverages and consolidates these important resources and more under the direction of a Hazelden Connection coach.

"Hazelden Connection does for the average person what intensive monitoring and diversion programs of boards and licensing agencies do for health care professionals, pilots and lawyers," explains Wesloh. "And people who are under the guidance of a licensing board post-treatment have excellent outcomes."

Providing first-rate addiction treatment is a given at Hazelden, says Richard Choate, manager of recovery support and the former supervisor of the Simpson

Unit on Hazelden's Center City campus. "Now we are looking beyond the treatment experience and providing guidance and support as people transition out of care. We want to be there for them as they're moving out from Hazelden's cocoon of care and support. If they stumble, we can help them get back on track. We can intervene quickly. That's critical."

Hazelden Connection extends the continuum of care beyond treatment, using protocols and techniques developed from time-tested recovery management methodologies.

COACHES ARE KEY

The main role of the Hazelden Connection coach is to be an advocate for recovery. This starts with an initial meeting during treatment to align the newly recovering person, the family, the treatment counselor and the Hazelden Connection coach. This team provides the foundation of support and accountability during the critical early months of recovery. An individualized continuing care plan, developed by Hazelden's interdisciplinary treatment team, informs and guides the work of the Hazelden Connection recovery coach.

In addition to ongoing communication with the person in recovery, the Hazelden Connection coach meets with other parties, including family, employers or school administrators, as appropriate. Telephone-based communication begins the first week post-discharge and gradually decreases in frequency over the 18-month program. Contact sessions include ongoing screening of individual needs and intervention for emerging issues, with solution-focused coaching to address the person's current level of action toward recovery goals. The family receives coaching in tandem, gaining the education, access to resources and guidance they need to understand and support their loved one's recovery. In addition to monitoring the newly recovering individual, the coach compiles monthly verification reports that are sent to key stakeholders including the participant, family, and other contacts such as the legal system or employer.

This intensive level of post-treatment support and assistance is ideal for people who need additional encouragement and accountability, such as those facing legal issues, custody matters, or loss of their professional license; people who've been in treatment multiple times; and students who are returning to college.

"We are excited to extend Hazelden's reach of hope and help in this whole new way," adds Wesloh.

Chicago's new transitional housing opens new doors for men in recovery

Greater independence and a strong recovery support system. Hazelden's new Living Sober apartments in Chicago offer the best of both worlds to men moving on from Hazelden's more structured Sober Residence.

The Living Sober apartments are located just one block west of "The House," as Hazelden's Chicago facility is affectionately known. While only a short distance from Hazelden's Sober Residence, the new apartments represent a big leap for residents, says Terry Shapiro, executive director of Hazelden in Chicago. "Residents are one step closer to complete independence, to feeling that they're no longer living under Hazelden's roof."

Hazelden leased the apartments in response to a demand for better quality transitional housing, reports Shapiro. "People kept telling us we had to find better options for people who were leaving The House. Some of the housing we were forced to refer people to was dirty or poorly maintained. So we started looking around town to see what we could find."

What Hazelden found were two, two-bedroom two-bathroom apartments in an upscale, full amenity, high-rise apartment complex. The building offers residents a complimentary continental breakfast, exercise equipment, swimming pool and wireless access. And with its proximity to Hazelden's Chicago center, Twelve Step meetings, recovery coaches, sponsors, and volunteer opportunities are just a block away.

The start-up program is available to men who've had a successful experience—a minimum 90-day stay—at Hazelden's more structured Sober Residence. There are a few basic rules the men are asked to abide by: attend Twelve Step meetings a minimum of four times a week, actively engage in MORE®, Hazelden's web-based recovery program, work or go to school at least 30 hours a week, participate in volunteer activities, and—of course—continue working a solid program of recovery. "But nobody tells the men when to get up or go to bed, when to work or go to class, or which meetings they need to attend," says Shapiro.

The pilot program was started with male patients and, if successful, apartments for women will be added.

Popular books go mobile



Five of Hazelden's best-loved daily meditation books are available this spring as mobile applications for the Android and iPhone. Now fans of *Twenty-Four Hours a Day*, *Each Day a New Beginning*, *Touchstones*, *A Day at a Time* and *Food for Thought* can access and share trusted recovery wisdom and encouragement—anywhere, any time.

Mobile applications make each book's complete collection of thoughts, meditations, and prayers available at the touch of a button. Available for \$4.99 from iTunes or the Android applications store, each mobile application gives subscribers.

- immediate access to the day's message by pressing the "today" button
- the option of receiving a random daily message
- automated email capability allowing subscribers to share the daily message with others
- customizable font size display for reading ease
- a direct link to Hazelden's online bookstore search capability for recovery resources

"Recovery is all about shared wisdom and shared experience," says Kris Van Hoof-Haines, executive director of media ventures for Hazelden. "Mobile applications open up a whole new way for Hazelden to keep people in touch with the best recovery information available today, and to keep people connected with others on the recovery journey."

A LIFELINE AT YOUR FINGERTIPS

As *Time* proclaimed, "Melody Beattie ... understands being overboard, which helps her throw best-selling lifelines to those still adrift." With Beattie's classic *Codependent No More*, now available from Hazelden as an iPhone application, her self-help lifelines are within reach at a moment's notice.

The *Codependent No More* iPhone application includes the complete text from the new, 25th anniversary edition of the book along with.

- an exclusive video gallery of Beattie's journey
- sample chapters from three other Beattie bestsellers
- one month of personal messages from Beattie posted to the application

- a bookmark function to record brief notes on passages to be revisited
- text search ability by relevant keyword
- automated email capability for sharing book passages with others
- easy reference to *The Twelve Steps of Co-dependents Anonymous*
- a direct link to Hazelden's online bookstore for related recovery resources

"Melody introduced the world to the term 'codependency' in 1986," says Sid Farrar, director of editorial and trade for Hazelden Publishing. "Twenty-five years later, Melody is still leading millions of people to freedom from codependency." The *Codependent No More* iPhone application makes that freedom all the more accessible, says Farrar.

Available for \$9.99 from iTunes, the *Codependent No More* application is designed for iPhone, iPad and iPod touch devices.

Hazelden continues to explore the feasibility of creating applications for other common mobile devices and operating systems.

New professional education courses online

With more than 20 online continuing education courses now available, addiction professionals seeking licensure renewal have the opportunity to learn directly from Hazelden experts, acclaimed authors and other industry leaders—without traveling to Hazelden's campuses. Hazelden's five newest courses keep professionals up-to-date with the latest science- and evidence-based practices in addiction treatment:

- *Clinical Effectiveness: Ethical and Legal Considerations*
- *Twelve Step Recovery and the Treatment of Depression*
- *Using the Twelve Steps to Promote Cognitive and Behavioral Change*

- *Mindfulness and Multidisciplinary Treatment of Addiction*
- *Anxiety Disorders*

Hazelden collaborated with nationally recognized experts to develop two courses. *Integrating Treatment for Co-occurring Disorders* was developed in collaboration with NAADAC, and *Teen Dating Violence 101* was developed in partnership with Break the Cycle.

Hazelden's online courses are competitively priced, averaging between \$10 and \$20 per clock hour earned. Review the full course catalog at hazelden.org/professionaled.

Books that inform and inspire

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

New titles this spring from Hazelden



Codependent No More Workbook

MELODY BEATTIE

In celebration of the 25th anniversary of *Codependent No More*—the self-help mainstay that has sold more than 5 million copies—Hazelden introduces the *Codependent No More Workbook*. Beattie's breakthrough concept—that we are powerless to change anyone but ourselves—has helped millions stop obsessing about a loved one's addiction or self-destructive behavior and start taking care of themselves. Now, through guided journaling, self-tests and exercises, readers have the tools to integrate into their own lives the liberating principles of *Codependent No More*, such as setting healthy personal boundaries, detaching from others' harmful behaviors, and experiencing genuine love and forgiveness.

\$14.95 / 7909 / Paperback, 200 pp.

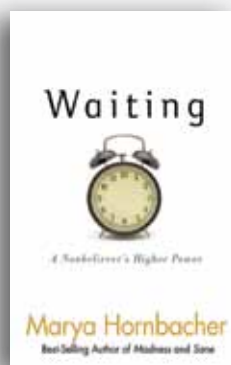


The Interventionist

JOANI GAMMILL, RN, BRI I

Through a life-changing intervention staged by Dr. Phil McGraw on his television show, Joani Gammill—a married, upper-middle-class “soccer mom”—revealed her addiction to prescription painkillers, including her near-fatal morphine overdose. Gammill not only made the commitment that day to get help for her addiction, but she went on to become Dr. Phil's leading interventionist. *The Interventionist* intertwines Gammill's own compelling story of recovery with the often harrowing, always inspiring accounts of interventions she has conducted. Gammill is living proof and powerful witness that recovery is stronger than addiction.

\$14.95 / 7927 / Paperback, 336 pp.



Waiting

A Nonbeliever's Higher Power

MARYA HORNbacher

Marya Hornbacher, author of the *New York Times* best sellers *Madness* and *Wasted*, offers a beautifully written exploration of the concept of faith—intriguing for seekers and skeptics alike. A recovering alcoholic with bipolar disorder, Hornbacher's dilemma was trying to find freedom through a Twelve Step program when she couldn't fathom a Higher Power. Her revelations? A spiritual experience can be as simple and profound as recognizing that you are not the be-all, end-all center of the universe. And a spiritual practice can be formed through acts of patience, acceptance, stillness and waiting—without knowing what you are *waiting* for. In other words, you do it on faith.

\$14.95 / 3028 / Paperback, 216 pp.



Gay Men and Substance Abuse

A Basic Guide for Addicts and Those Who Care for Them

MICHAEL SHELTON, MS, CAC

Statistically, the gay male population has a higher rate of substance abuse issues than the general public. Yet many gay men and their loved ones in search of help are forced to adjust to a traditional treatment system, self-help groups that center on heterosexual relationships, and family groups that neglect to include partners or address what can be a uniquely challenging family dynamic. Michael Shelton, a nationally certified addiction counselor, has written the breakthrough, definitive guide to addiction intervention, treatment and recovery specific to the lifestyle and culture of gay men—an unprecedented resource for professionals, men in recovery, partners, friends and family members in need of solid information and help.

\$14.95 / 7934 / Paperback, 216 pp.

SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

John MacDougall



Half measures availed us nothing. We stood at the turning point.

I began my alcohol awareness in 1976, as a newly ordained United Methodist minister. I was in my first parish. I drank a lot, but I didn't drink as much as my family did, and I was much more successful than they were at life, so I had no idea that I had an alcohol problem.

My idea of an alcoholic was the kind of unfortunate street people who would make their way to the church door, in search of a handout. Many were drunk. After giving handouts to drunks for some months, I tried to find a way to be of genuine service.

I learned that the county had a residential detox center called Turning Point. It was a pleasant house in the country, with a caring staff of recovering alcoholics. I began to take people there. The staff taught me about alcoholism and about AA. I felt very good about myself and my work. That's what I thought a turning point was: the point at which desperate alcoholics turned their lives around.

Thirteen years later, I came to AA when I finally figured out that I was an alcoholic. I, however, was a "high bottom" drunk. I came to AA because I figured out that I had been in an alcoholic fog for the previous 30 years.

Because my drinking story lacks drama, the dramatic language of the Big Book did not immediately hit home with me. But there's something about this "half measures" passage that stuck with me.

First of all, it seemed unfair. After all, half measures should avail us half. I would have been willing to get halfway sober. But it was true that all my half measures—cutting back, switching drinks, timing drinks, changing patterns—resulted in no change at all. Nothing.

The turning point was when I walked into AA, raised my hand, and said, "Hi, I'm John, and I'm an alcoholic." I knew what I was getting into, and I never drank again.

How that happened is contained in the next sentence in the Big Book: "We asked His protection and care with complete abandon." Once I introduced myself, I hurled myself headlong into this program, and just kept going.

There were many days when I had no idea whether I was "doing it right," but I kept doing it anyhow. An early sponsor said, "Any day that you are sober is good enough." Another alcoholic said, "Easy does it, but do it." I never asked what "it" was. Lots of people said, "One day at a time," and that's how I did it.

Today it is 21 years after I first raised my hand in AA and asked for help. I have no idea how to be sober for 21 years. I do have an idea about how to be sober for a day. Make today your turning point.

The truth is that we are always at the turning point. When we wake up in the morning, we wake up with alcoholic minds. Our alcoholism and addiction is never behind us. It is ever present. In response to reality, we seek our Higher Power's protection and care with complete abandon.

"I don't know that I've let go absolutely, but I am content to be forever at the turning point."

It is as if I can hear those first alcoholics who wrote the book, calling out to us:

"With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."

I don't know that I've let go absolutely, but I am content to be forever at the turning point.

John MacDougall, DMin, is the director of Spiritual Guidance and director of the Family Program at Hazelden in Center City, Minn.

EXTENDING THE REACH OF HOPE

Cheryl Pray



Taking action, in the name of gratitude

You've probably seen the bumper sticker: "Gratitude is an attitude." To be sure, gratitude is born of an attitude of thanksgiving, appreciation and acceptance—an attitude we sometimes need a reminder to summon forward. But gratitude is so much more. Gratitude is action.

Yes, it is good to be grateful. And it feels good to tell others about it. However, it is not enough to just tell. We need to *do*. We need to take action.

True gratitude involves action. Lend a hand. Pitch in. Make a gift. Give your time. Listen. Give back as often as you can.

Did you know that Hazelden was founded by a small group of community leaders who believed lives could be reclaimed and families restored by helping one person at a time overcome alcoholism?

They took action. And now, more than 60 years later, millions of lives around the world have been transformed through the collective efforts of Hazelden's employees, friends and donors. The Hazelden community.

Imagine a world where no one suffers from addiction ... We do!

And we are taking action today at Hazelden to help build that very future:

- a future where young people struggling with addiction get a fresh start on life
- a future where people in recovery can stay connected with resources to sustain sobriety, whenever and wherever needed
- a future where addiction treatment is a real and accessible option for all in need

For starters, we have set a course for ourselves of doubling the number of people Hazelden serves within five years. To achieve this transformative growth, Hazelden will need to draw upon our greatest asset—you!

Each of us has the opportunity to make a very deliberate decision to improve people's lives through a gift to Hazelden, and Hazelden can help you match your passion with your gift. Some may feel more drawn to initiatives that help young people and families, others may want to support direct patient aid or addiction research projects. Last year, because of donor support, Hazelden was able to provide nearly \$6 million in financial assistance to patients in need of Hazelden's care but unable to afford the entire cost.

Together, imagine what we can do.

Cheryl Pray is the director of Development for Hazelden.

EDUCATING HEARTS AND MINDS TO ADDRESS ADDICTION



Becca Gee is a second semester student at the Hazelden Graduate School of Addiction Studies.

What attracted you to Hazelden's graduate program?

I was living in Montana and working with adolescents at Alcohol and Drug Services of Gallatin County. I've also been in recovery for five years. When you're in recovery and working in the field, you hear a lot about Hazelden. Researching the program, I learned that I would be doing my internship simultaneously with my academic studies, and that was a big advantage of the program.

What has surprised you most about the program?

Self-growth. I did not expect how much I would change and grow through this whole process. Through my classes and internships, I have been forced to see myself in a different way, and come face to face with who I truly want to be in this world. I won't say it's been easy, but it's most definitely been the most fulfilling part of my experience so far.

What do you plan to do after you graduate?

I would like to work with young people, especially in an inpatient treatment center that includes the Twelve Steps as a part of their program. At the same time, I want to get involved in educating clinicians and others about issues facing the GLBT community and addiction. Advocacy and education are most important for diverse populations. I think in some places, especially rural communities, there's a great need for sensitivity training.

What advice would you give to people who are considering the graduate program?

Trust yourself and take the leap of faith, even if it involves major life changes that you think you're not ready for. In your heart, if this is what you want to do with your life, there is no better time than the present.

The Hazelden Graduate School of Addiction Studies (HGSAS) is a private, accredited institution committed to providing excellence in education. For more information go to hazelden.edu or call 888-257-7800, extension 4175.

Do you know of graduates from the clergy, counselor, master's or certificate programs who are not receiving mailings or emails from the HGSAS? Send information to HGSASalumni@hazelden.org.

ALIVE & FREE SET FOR APRIL 29-30

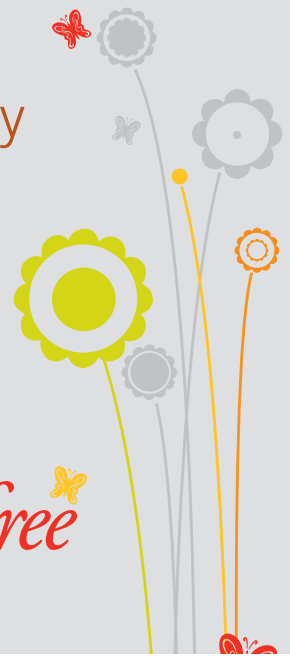
Grow your recovery in wisdom, hope and joy

Be a part of Hazelden's 32nd annual Alive & Free celebration this spring—and grow your recovery in new and unexpected ways.

Held on Hazelden's Center City, Minn., campus April 29-30, Alive & Free will feature performances by soulful singer extraordinaire Robert Robinson and provocative comedian Mark Lundholm. The event includes a full schedule of inspirational presentations and activities, fabulous food and fellowship. New this year, participants will receive a gift bag and great savings at Serenity Corner bookstore. Find the full schedule of events at hazelden.org/aliveandfree.

Cost for programming and meals: \$25 for Friday; \$40 for Saturday; \$60 for both days. Register online at hazelden.org/aliveandfree or by calling 888-257-7800, ext. 4204 or 4334.

Alive
& free



Gossett headlines Hazelden event in Naples

LIVES RECLAIMED, ONE BY ONE

Academy Award-winning actor Louis Gossett, Jr. delivered the keynote address at Hazelden's "Lives reclaimed, one by one" luncheon March 24 in Naples, Florida. The luncheon raised awareness of addiction recovery and raised funds for Patient Aid at Hazelden in Naples. Scott Salley, Collier County chief of corrections, received Hazelden's Community Service Award in recognition of his addiction prevention and intervention work. Shown above in Picture 1 are William Moyers, Hazelden VP Public Affairs and Community Relations; Reverend Michael O'Connell, Chairman, Hazelden Foundation Board of Trustees; Bill Barnett, Mayor of Naples, with wife Chris. Picture 2, Mark Mishek, Hazelden President and CEO; Community Service Award recipient Scott Salley, Chief of Corrections, Collier County Sheriff's Office, and William Moyers. Picture 3, Frank Wilderson, Hazelden Foundation Trustee, with wife Ida-Lorraine. Picture 4, Patricia Broat, Hazelden Director of Events; Keynote Speaker Louis Gossett, Jr., and Gay Parker, former Hazelden Foundation Trustee.

hazelden.org

800-257-7800

We invite you to call us with questions.

We are available 24 hours a day.



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

Hazelden locations

CENTER CITY, MINNESOTA
CHICAGO, ILLINOIS
MAPLE GROVE, MINNESOTA
NAPLES, FLORIDA
NEW YORK, NEW YORK
NEWBERG, OREGON
PLYMOUTH, MINNESOTA
ST. PAUL, MINNESOTA