

Demask is named executive director

## Hazelden center in Naples prepares for March opening

Momentum is building for the unveiling of Hazelden's new recovery center in Naples, Fla., with a grand opening planned for March 5. First patients will be admitted in April, Michael Demask, PhD, has been named executive director of the center, and several Hazelden experts will headline a speaker series in the Naples community over the next several months.

"Our addiction treatment program in Naples will be based solidly on Hazelden's unparalleled model of care," says Demask. "And we are introducing some exciting innovations, as well. For example, our programs will utilize technology in new ways to facilitate the integration of recovery principles and practices into everyday life and work."

Hazelden will be located in a new building near the Naples Community Hospital main campus

and will initially provide treatment services for adults, with 47 residential beds and a full range of family and outpatient services. Programming incorporates recovery services and support for up to 18 months post treatment. The new center will be affiliated with Naples-area medical, recovery and business organizations to provide a continuous system of recovery support.

Several key staff have been hired, including Demask, who has served as dean of the Hazelden Graduate School of Addiction Studies for the past year. Brenda Iliff, director of the Women's Recovery Center in Center City, is the new clinical director, while Heather Burton, a long-time Naples resident, will serve as outreach manager. Burton is returning to Naples after having received her master's degree in Addiction Studies from the Hazelden Graduate School of Addiction Studies and subsequently working as a counselor at the Women's Recovery Center.

### SPEAKER SERIES TO HIGHLIGHT HAZELDEN'S BEST

To introduce Hazelden and its wealth of recovery knowledge to the area, a speaker series will feature several Hazelden experts.



The Hazelden center in Naples will be located in a beautiful new building near the Naples Community Hospital at 950 6th Avenue North.

All presentations will be at the Naples Community Hospital. William C. Moyers, vice president of Foundation Relations and author of the best-selling recovery memoir, *Broken*, will speak on Jan. 19; John MacDougall, DMin, Hazelden's director of Spiritual Guidance, will present on Feb. 16; Fred Holmquist, director of the Lodge Program in Center City, will be featured on March 16; Phil Oliver, spiritual care specialist from Hazelden at Springbrook, will speak on April 7; and Brenda Iliff will talk on May 11.

Space is limited. For each presentation, please reserve your place by calling 888-257-7800, ext. 4204 or registering online at [hazelden.org/events](http://hazelden.org/events).

Find updates and more information about Hazelden's Florida center at [hazelden.org/florida](http://hazelden.org/florida).

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Mauricio E.

## Serving as alumni contact is great way to give back

Mauricio E. knows well the value of Hazelden's Alumni Recovery Contact Program. Before his discharge from the Shoemaker Unit in October 2008, Hazelden counselors recommended that Mauricio live in a sober house when returning to his home in Mexico City. To be surrounded by recovering peers would make for a smooth transition in Mauricio's early recovery, they thought. Hitomi Suga, his case manager, connected with Alex T., a Hazelden alumni contact and an active member of the Mexico City recovery community. But Alex said there were no sober living facilities in Mexico City. He recommended that plan B—Mauricio living with his grandmother and being surrounded by his supportive family—would work best.

SHARING EXPERIENCE,  
STRENGTH AND HOPE

Dear Friends,

Thank you to the families who have participated in our “Four Generations Overcoming Addiction” campaign, which launched in October. The campaign is inspiring cross-generational conversations about the dangers of drug and alcohol addiction and the value of treatment and recovery. It encourages families, from children to great grandparents, to openly and honestly share their experiences and thoughts about addiction. With six decades of serving people affected by addiction, Hazelden has worked hard to break the cycle of addiction for all generations. And by encouraging continued dialogue, we hope to build on that legacy of hope and healing for generations to come. To learn more about this campaign, please visit [fourgenerations.org](http://fourgenerations.org).

We understand that recovery happens with one recovering alcoholic or addict sharing with another. We would love to hear your story of recovery! Please contact me via email at [lreynolds@hazelden.org](mailto:lreynolds@hazelden.org) if you are willing to share your experience, strength and hope with our patients, with other alumni through *PO BOX 11*, or in the Four Generations campaign.

Hazelden continues to offer alumni multiple ways to stay connected, and electronic media provides a tool to connect with alumni and recovering peers worldwide. Our online Alumni Network, exclusive to our alumni, is available for those of you who want to connect and support each other's journey. There is a wealth of recovery-enhancing blogs, discussion groups, and now audio podcasts of alumni stories. Contact [alumni@hazelden.org](mailto:alumni@hazelden.org) to be connected to the network. You can visit our groups on the Web at [recoveryresourceblog.org](http://recoveryresourceblog.org), Facebook, Twitter, and YouTube.

This issue of *PO Box 11* includes several inserts, including one about the Lodge program and another on serving as an alumni contact. A third insert includes an opportunity to support Hazelden with a donation. Whether through your time, talent or treasure, we hope you will join us in our mission to reach and help more people find lasting freedom from addiction.

Lisa Reynolds  
Director of Alumni Relations

## Strengthening recovery from the start

>Serving as alumni contact — CONTINUED FROM PAGE 1

From that point, Alex served as a recovery contact and mentor for Mauricio. The two met the day after Mauricio returned to Mexico City. “Alex gave me great guidance,” said Mauricio. “He took me to dinner and to meetings. He was an incredible resource and plugged me into key resources in the recovery community. We’ve remained good friends ever since.”

Thanks to his alumni contact, Mauricio experienced a good start. And he has kept the momentum going by being proactive in recovery. Asked what keeps him sober today, he says “attending Twelve Step meetings and just being immersed in recovery by volunteering and staying active in the recovery community. When I returned to Mexico, I went to a lot of meetings and replaced old activities with healthy ones. I started exercising more—I took up running and Yoga. I celebrated my first sober anniversary running in the New York City Marathon with my brother. It was an incredible experience. I also shared my story of recovery at Bigelow Auditorium, which was an extremely moving experience for me. I’ve never felt this good in my entire life.”

Mauricio’s “positive recovery life” includes serving as an alumni contact for Miguel G. in Mexico. Mauricio returned to Hazelden this past fall to volunteer in Alumni Relations, where he helps

**SERVING AS AN ALUMNI CONTACT “IS A GREAT WAY TO DO STEP TWELVE WORK. IT STRENGTHENS OUR BOND IN RECOVERY AND KEEPS US CONNECTED TO HAZELDEN.”**  
— Mauricio E.

with a range of duties. He and Alex helped boost alumni events in Mexico. They helped plan a Hazelden recovery weekend retreat there last March with Fred Holmquist. Now Mauricio, Alex T. and Miguel G. are coordinating another recovery retreat this February that will feature John MacDougall as guest speaker.

**ALUMNI CONTACTS NEEDED**

Sharon Johnson, who coordinates the alumni contact program, says there’s a great need for more alumni to step up and become contacts. “It’s a great

service opportunity and a neat way to meet alums,” she said. “It’s a service that new Hazelden alums can use, and it’s also a service that alumni who relocate to a new section of the state or country may use to get connected to the local recovery community.”

It’s simple to volunteer: All you need to do is agree in writing to serve as a contact. You don’t have to become the person’s sponsor—although you might. Typically, this service involves meeting with the person, and perhaps going for a walk, meeting for coffee, or taking the person to a Twelve Step meeting. It also involves giving him or her information on meetings and sober residences, anything that might benefit his or her recovery program.

“I know how scary it can be to leave Hazelden,” said Harold B., an alumni contact. “The great majority of people believe they’re going to do well when they get out, but it’s not an easy transition. A Hazelden contact can be their conduit to Twelve Step living.”

Mauricio agrees. He calls the alumni contact program a lifesaver. “It’s very fulfilling to serve as a contact,” he said. “It’s a great way to do Step Twelve work. It strengthens our bond in recovery, and keeps us connected to Hazelden.”

As a Hazelden graduate, he feels he has “elite status,” because of the many resources available to alumni at Hazelden. “People learn but forget to utilize the great resources for alumni here,” he said. “Alumni contacts, reunions, events, alumni chapters, the online Alumni Network, Renewal Center programs, and much more are all there to serve recovering individuals and families alike.”



Sharon Johnson, alumni contact program coordinator, says there’s a great need for more alumni to step up and become alumni contacts.

## Becoming an alumni contact just got easier

To become an alumni contact, simply fill out the Alumni Recovery Contact Release enclosed with this newsletter and return it to Alumni Relations. In the past, this form had to be renewed every year, but now you only need to complete the form once.

Hazelden will contact you before giving the new alum your first name, last initial and phone number. At any time you can opt out of your agreement to serve as a contact. For more information on the Alumni Contact program, contact Sharon Johnson at [shjohnson@hazelden.org](mailto:shjohnson@hazelden.org), 888-257-7800, ext. 4309 or 651-213-4309. Alumni contact forms can be found at [hazelden.org/alumni](http://hazelden.org/alumni).

# 60th celebration shines in spirit and turnout

Hazelden's 60th anniversary was a celebration of six decades of "sharing the wisdom, freedom and hope of recovery." But more importantly, the 60th event on Oct. 2 crystallized the possibilities ahead to build recovery and pass it on to even more people. More than 900 people from all over the country turned out at The Depot in Minneapolis to celebrate recovery and commit to the future.



Above, Hazelden President and CEO Mark Mishek welcomes a crowd of over 900; at lower right, Hazelden Board Chairman Rev. Michael J. O'Connell (right) visits with 60th guests.

Above left, Christopher Kennedy Lawford shares his recovery journey; above right, T. Mychael Rambo provides his emotional rendition of *Amazing Grace*; above, 60th organizers Gay Parker (left) and Patricia Broat.

“I was enormously impressed with the turnout, with people coming from all over the country,” said Bill M., a Hazelden alumnus from Akron, Ohio. “Having never attended a big Hazelden celebration like this before, the event far exceeded my expectations in both substance and spirit. The venue was extraordinary, and the emcee (Lester Munson), speakers and fellowship all stood out.”

From Christopher Kennedy Lawford sharing his recovery journey to a scene performed from the play “Bill W. and Dr. Bob,” the evening proved to be a moving and memorable celebration. The event was perfect timing for many who attended, but especially for T. Mychael Rambo, who sang a

soul-stirring rendition of *Amazing Grace* to cap the evening. Just a week before, T. Mychael's nephew had been shot and killed as an innocent bystander during a robbery at a Twin Cities pawn shop.

“The Hazelden celebration was a life-affirming and life-changing experience in many ways,” said T. Mychael. “It provided me a buoy of strength. My brother was in town for the funeral, and he was at the event with me; I have 21 years of sobriety and he has three. It was a great moment to reflect on recovery. Hazelden has been such a cornerstone of my transformation, and to be at an event like this and around peers in recovery was very special—it gave me strength.”

The scene from the Illusion Theatre's “Bill W. and Dr. Bob” poignantly captured the bond of the two founders of AA. It provided a few “aha moments,” said T. Mychael. “It shows what can happen when two or more people gather together. It highlighted the strongest message of all from the evening: that you can't do it alone, and that it's up to us to share the program and give it away.”

The event was made possible by a generous gift from Dan A., a Silkworth Unit alumnus. Kudos for organizing the event go to the event committee of volunteers, led by chairperson Gay Parker, and to Hazelden staff members, led by Patricia Broat and Ann Tucker.

## New York, N.Y.

**New daytime outpatient program begins in New York**

A new Day Intensive Outpatient Program began in early January at Hazelden in New York. The program runs from 1 to 4 p.m., Monday through Thursday, with sessions lasting eight weeks. The offering is intended to meet the needs of people whose schedules don't permit them to attend evening outpatient or residential programs, said executive director Peter Turchiano. The New York continuum of services also recently added chemical use assessments for adolescents ages 14-18.

Hazelden alumni in the area are invited to attend the alumni chapter meeting the **second Thursday of each month** at noon at Hazelden in New York. The meetings are a chance to connect with fellow alums and participate in peer-led Twelve Step discussions. Bring your own lunch. The New York center is located on the 12th floor at 322 8th Avenue in the Chelsea neighborhood of Manhattan.

## Newberg, Ore.

**Service opportunities abound for Hazelden's Springbrook alumni**

A range of service opportunities are available to Hazelden's Springbrook alumni. Alumni speakers are needed to share their experience, strength and hope with residential patients each Saturday at 6 p.m. on campus, and volunteers are needed to share their recovery wisdom at orientation dinners for residential patients. Contact Debbie Voorhees at 503-554-4353 if you are interested.

## Hazelden's Springbrook center to celebrate expansion

A grand opening for the major expansion and renovation project of Hazelden's Springbrook campus in Newberg, Ore., will take place on April 23.

After about one year of construction, the \$10 million project will make it possible for the center to serve more people and enhance the environment of care. It will nearly double the patient services space for the center's treatment services unit. It provides more than 22,000 square feet of new space and about 6,500 square feet of remodeled space.

"We're thrilled to see this massive improvement in our facilities realized and for the opportunity to better meet patient care needs and help more people," said Jan Vondrachek, the center's executive director.

The project will provide the following:

- Relocation of 32 extended care patients from off-site housing to campus.
  - Addition of 11 primary beds (in addition to the 32 new beds for extended care) and expanded space for group work, clinical offices, the Family Program, and overall patient services.
  - Replacement of the heating, ventilation and air conditioning system.
  - Complete remodeling of the patient dining hall.
- Moving extended care patients to on-campus housing will enhance the continuity of care and enable greater interaction among patients, said Vondrachek. The renovation project will expand Hazelden's primary medical care unit. The treatment center will have greater flexibility in accommodating patients, because the new rooms have been designed for use by primary or extended care patients.

"This is a dream come true for us," said Vondrachek. "We're grateful to the patients and staff who weathered the inconvenience of construction, and now we're excited to deliver on a dignified and respectful setting of care that will be second to none."

Another way for alumni to reach out and give something back is through Alumni Supper Club meetings, held the third Friday of each month on campus. At the alumni meeting, which begins at 6 p.m., the group plans and oversees service opportunities and alumni events, and a free supper follows at 7 p.m. After dinner, alumni have a chance to share with extended care patients and other alumni. Medallion ceremonies are held to acknowledge special milestones of recovery.

Hold the date! **Springbrook's annual Ice Cream Social and Alumni Reunion will be held on July 16 and 17**, respectively. Speakers and event details will be announced soon.

## Chicago, Ill.

**Chicago Soberfest showcases sober fun**

Hazelden in Chicago, known as a focal point of recovery in the area, demonstrated how to live it up sober-style on Halloween for the second year in a row as more than 200 people participated in Chicago Soberfest. The evening party was planned by the Chicago alumni chapter.

"We're still pretty crazy," said Rik M., part of the alumni chapter's event committee. "For the newcomers in particular, it's important to show them how much fun you can have at a sober event. Soberfest sends a strong recovery message, but it's mainly a social event. It's a nice complement to the Twelve Step meetings and the other more serious ways we work our programs."

This year's event was held at a local grammar school, just a block away from Hazelden. It opened with speakers John MacDougall and Ben Hollis. MacDougall, director of Spiritual Guidance at Hazelden, regaled the crowd with his charm and wit, while Hollis, a local comedian and television personality, inspired laughter from all. From there, the party moved to the school's gymnasium, where there was a dance with a DJ, a costume contest, a magician, a psychic, refreshments, and great fellowship.

After the Soberfest, the Chicago alumni chapter started planning another sober fun event, a New Year's Eve Sober Extravaganza.

## San Jose, Calif.

**Recovery event attracts 500 to San Jose**

About 500 people took part on August 22 in the "One Destination: Many Paths to Recovery" event sponsored by Hazelden in San Jose. The event featured Karen Casey, renowned author of numerous recovery books, including the best-selling meditation book for women, *Each Day a New Beginning*.

The event was a joint effort of Hazelden and the San Jose recovering community and was open to everyone interested in Twelve Step recovery. It featured a spaghetti dinner and several inspirational speakers. A similar event is planned for September 18 of this year. Details to come.



Says Jan Vondrachek: "We're thrilled to see this massive improvement in our facilities realized and for the opportunity to better meet patient care needs and help more people."

**Alumni chapters reach out**

Hazelden alumni chapters serve several purposes and take on a variety of forms. Some meet monthly to enjoy fellowship with one another, welcome new alumni, and discuss a topic of the month. Others meet less regularly, while others are reaching out through email and phone communications. Whether gathering monthly or communicating virtually, alumni chapters are helping to reach still-suffering alcoholics and addicts, providing a support network, and hosting recovery-enhancing activities in their communities.

**Alumni Chapters**

**ARIZONA Phoenix:** Contact Lloyd F. at 602-301-0029. Meets monthly in winter season.

**BERMUDA** Contact Rich S. at 441-735-6800.

**CALIFORNIA Los Angeles:** Meets the first Sunday of the month at 5:00 p.m. at Johnnies New York Pizzeria in Santa Monica. Contact Philip E. at 626-616-5727 or Dave R. at 310-305-1999. *San Jose.* Contact Bill F. at 408-591-5245. *San Francisco:* Contact Craig H. at 415-217-9196.

**CANADA Toronto:** Contact Andrew W. at 647-400-2759 or Herb W. at 416-726-2481.

**WASHINGTON, D.C.** Meets the first Wednesday of the month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Contact Callie W. at 202-462-1821.

**ICELAND:** (This is not an alumni chapter. This is an AA meeting several Hazelden alumni attend.) Meets every Thursday at 17.30 hours. Safnadarheimili Domkirkjunnar, Laekjargoetu 14a, Reykjavik.

**ILLINOIS Chicago:** Meets second Friday of the month at 6:30 p.m. at Hazelden Chicago. Contact Grant A. at 773-406-0254.

**MEXICO Mexico City:** Meets the last Monday of every month at 7:00 p.m. at Umbral, Bosques de Duraznos, 67 1er piso. Contact Alex T. at 55-2624-3533.

**MICHIGAN Detroit:** Contact John J. at 248-790-9480

**NEBRASKA Omaha:** Next Quarterly meetings. Contact Glenn P. at 402-558-4737.

**NEW YORK New York:** Alumni Meeting: Twelve Step, peer-led format, second Thursday of each month at Hazelden New York at noon.

**OHIO Cleveland:** Contact Stan S. at 216-346-1251 or Amanda G. at 216-382-7877.

**OREGON Newberg:** Meets the third Friday of the month at 6 p.m. for chapter meeting followed by "Alumni Supper" at 7 p.m. and speaker meeting at 8 p.m. at Hazelden's Springbrook campus, 1901 Esther St. Contact Lori A. at 503-539-2859. *Rogue Valley:* Contact Michael B. at 541-778-4435.

**WASHINGTON Seattle:** Contact Marcus C. at 206-910-6355.

For more information on chapters, call 888-257-7800, ext. 4105.

**JELLINEK PATIENT IS GRATEFUL FOR HAZELDEN'S CONTINUITY OF CARE**

*I am presently a patient on the Jellinek Extended Care Unit in Center City. I graduated from the Silkworth Unit in September 2009. When I was approached by my counselor in primary, the aftercare recommendations were indeed for me to go to Jellinek. Before hearing this, I thought to myself how neat it would be to work my recovery program at an extended care facility that shares the same philosophies and level of care as Hazelden. I was so excited that this dream came to fruition. The entire campus, whether it is the counselors, medical staff, kitchen associates, etc., really plays a large role in making me feel welcome. I am hoping to enter the Hazelden Graduate School of Addiction Studies in the future to pursue another master's degree. Thank you, Hazelden, for saving my life.*

—Korey T.

**PROMISES PATIENT: 'IT HAS BEEN A MIRACLE'**

*I have tried to involve myself in Hazelden ever since my stay at the Promises Unit. I have gone the gamut of treatments, from local hospital consultations to Hazelden. I don't know how to explain Hazelden's success with me, except to say that I was truly beat—all the fight was gone. I gave it my all, as well as involvement with AA in my rural area, and it has been a miracle.*

—Thomas L.

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

alumni events calendar

Visit [hazelden.org/alumni](http://hazelden.org/alumni) for events update or call 888-257-7800, ext. 4588

January

<b>MINNESOTA</b>	10	Center City	Second Sunday, Earnie Larsen
<b>FLORIDA</b>	19	Naples	Alumni outreach, William C. Moyers

February

<b>MINNESOTA</b>	14	Center City	Second Sunday, Richard Choate
<b>FLORIDA</b>	16	Naples	Alumni outreach, John MacDougall
<b>MEXICO</b>	26-28	Mexico City	Recovery retreat

March

<b>MINNESOTA</b>	14	Center City	Second Sunday, Betty Davis-Reynolds
<b>FLORIDA</b>	16	Naples	Alumni outreach, Fred Holmquist

April

<b>FLORIDA</b>	7	Naples	Alumni outreach, Phil Oliver
<b>MINNESOTA</b>	11	Center City	Second Sunday, John McAndrew
	30-1	Center City	Alive and Free
<b>OREGON</b>	23	Newberg	Springbrook Grand Opening

May

<b>FLORIDA</b>	11	Naples	Alumni outreach, Brenda Iliff
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June

<b>MINNESOTA</b>	13	Center City	Second Sunday, John Prin
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July

<b>MINNESOTA</b>	11	Center City	Second Sunday, Dorie Reiter
<b>OREGON</b>	16	Newberg	Springbrook Ice Cream Social
	17	Newberg	Springbrook Alumni Reunion

August

<b>MINNESOTA</b>	8	Center City	Second Sunday, John MacDougall
	TBD	Plymouth	Center for Youth and Families Reunion
	27-28	Grand Rapids	Northwoods Recovery Retreat
<b>ILLINOIS</b>	21	Chicago	Alumni Picnic in the Park

September

<b>MINNESOTA</b>	12	Center City	Second Sunday, Al Bradley
<b>CANADA</b>	TBD	Toronto	Toronto Alumni Event

Note: Events are subject to change. Please check the Hazelden Web site for up-to-date information.

**2010 Women Healing Conferences**

April 23-24, 2009	Minneapolis/St. Paul
May 21-22	Tampa/Safety Harbor
Sept. 17-18	San Diego
Dec. 3-4	Chicago

To register or for more information, call 888-257-7800, ext. 4366 or visit [hazelden.org/womenhealing](http://hazelden.org/womenhealing).

**WEEKLY AND MONTHLY FELLOWSHIP**

<b>MINNESOTA</b>			
Wednesday	Center City	Open AA meetings, Dan Anderson Renewal Center, 8 p.m.	
Third Thursday	Center City	Medallion Night, Bigelow Auditorium, 7 p.m. (Call 651-213-4786 to schedule medallion presentation.)	
Last Saturday	Plymouth	Alumni Night with guest speaker of the month, Center for Youth and Families, 7:30 p.m.	
Friday	St. Paul	Open AA speaker meeting, Fellowship Club, 7 p.m.	

**ILLINOIS**

Monday	Chicago	Open Al-Anon meeting, 6 p.m. and Overeaters Anonymous, 6 p.m.
Tuesday	Chicago	Families Anonymous, 6 p.m.
Wednesday	Chicago	Women's Fellowship, 7 p.m.
Wed.-Sunday	Chicago	AA meetings
Friday	Chicago	Alumni Speaker meeting, 7 p.m.
Saturday	Chicago	Teen AA meeting, 8:30-10:30 p.m.

**NEW YORK**

Thursday	New York	2nd Thursday of each month, alumni meeting noon on site.
Friday	New York	Open AA meeting, McBurney YMCA, 7 p.m.

**OREGON**

Monday	Newberg	Twelve Step meetings, including AA, Al-Anon, Sex Addicts Anonymous, and Sex Addicts-Anon, all at 7:30 p.m.
Wednesday	Newberg	AA meeting for women, 7:15 p.m.
Thursday	Newberg	Narcotics Anonymous, 7:15 p.m.

**2010 alumni reunions in Center City**

Annual unit reunions in Center City provide a powerful opportunity for alumni to connect with fellow alums, unit staff, and current patients. Come and share fellowship and gratitude. Each unit reunion has developed special traditions over the years, and inspiration, mutual support, relaxation and laughter play an important part in all reunion experiences. Call 800-262-4882 to make reservations or for more information.

**2010 Unit Reunions**

Tiebout	March 18-21
Shoemaker	April 15-18
Simpson	May 20-23
Lilly Extended Care	June 3-6
Simmons	June 17-20
Dia Linn	July 15-18
Cronin	August 19-22
Promises	Sept. 9-12
Jellinek Extended Care	Oct. 7-10
Outpatient	October (date TBD)
Silkworth	Oct. 21-24

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## Get alumni news via email

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



### PO BOX 11

### alumni news & views

JANUARY 2010

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

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

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

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

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Center City, MN 55012-0011  
888-257-7800, ext. 4366

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

### Alumni referral line: 877-429-5082

Are you or a loved one in need of Hazelden treatment services? If so, please call our toll-free number: **877-429-5082**. This designated line is a service for alumni, and it provides quick and easy access to our admissions process 24 hours a day.

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

800-257-7800

We invite you to call us with questions.

We are available 24 hours a day.

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



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