

A call for personal stories to aid new continuing care initiative

TO SOME OF US, recovery means working one-on-one directly with sponsors and sponsees. But it can also mean making the coffee before the meeting or stacking the chairs after it's over.

For others, it's the effort made to "carry the message" by sharing experience, strength and hope. It can also mean picking up the still suffering addict and taking them to their first meeting or detox if necessary.

No matter how we count our recovery, the journey usually involves a commitment to action. By helping others, we help ourselves. The return on the investment equals sobriety—the invaluable asset for addicts and alcoholics counting days or counting decades.

Hazelden recognizes that recovery begins by stopping the insanity of drinking and drugging. Yet staying stopped is what really counts. Even long after treatment, continued recovery means continued care.

In the past, Hazelden has largely relied on the Twelve Step community to provide the



CALL TO ACTION
WILLIAM C. MOYERS

friendship, fellowship and service opportunities that allow newcomers and old-timers alike to continue the journey. Indeed, there is strength in numbers. And those numbers are found in Twelve Step meetings, alumni groups, and the diverse recovering community.

But early in 2005 Hazelden will launch a "continuing care" initiative specifically designed to help the newcomer hold onto the basic

tenants learned during treatment, no matter where they are. This initiative has a clear and ambitious goal: to improve outcomes for successful recovery. At first, this initiative will be limited to a relatively small group of men and women who are being discharged from primary care. Eventually the aim is to expand this effort to include all alumni of Hazelden programs.

This continuing care model won't replace the one-on-one, face-to-face, fellowship-to-fellowship power of people in recovery working together in the Twelve Step arena. Rather, it harnesses the technology of today's world to connect newcomers, not just

MOYERS—CONTINUED ON BACK PAGE

Hazelden and Hanley-Hazelden end 21-year relationship

THE HAZELDEN FOUNDATION AND HANLEY-HAZELDEN FOUNDATION in West Palm Beach, Fla., announced on Oct. 7 that they had reached an agreement in principle to resolve a pending lawsuit and end their 21-year relationship. According to the agreement, the Hanley-Hazelden Center will operate as an independent entity and will no longer be affiliated with Hazelden Foundation.

Hanley-Hazelden will purchase Hazelden's interest in the Center. Hazelden will use the proceeds for a separate venture that will provide treatment services in Florida. Its options include a range of approaches, including the establishment of a new facility, partnership with another entity, or purchasing an existing facility in another Florida location.

As part of the settlement, Hazelden employees who work at Hanley-Hazelden Center will have the opportunity to continue working at the Center. A final settlement agreement was being worked out as this newsletter went to press. The settlement should be finalized in November, with details of the transition to be announced.

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Hold the date

"Scrooge—Recovery of an Addict"

Fellowship Club St. Paul

December 18

Alive and Free

April 29—May 1

Women Healing in 2005

Hazelden's Women Healing conferences for 2005 will be held April 15-16 in Minneapolis/St. Paul; May 13-14 in Tampa, Fla.; Sept. 30-Oct. 1 in Portland, Ore.; Oct. 21-22 or 28-29 in Toronto; and Dec. 2-3 in Chicago. Dates for two other cities will be announced soon. For information, call 888-257-7800, ext. 4429.



Thanks, Archie, for 12,222 days of sobriety

My name is Don, and I'm a recovered alcoholic—very grateful today for Hazelden and the start I received there, arriving on the premises on Nov. 18, 1970. My journey in sobriety, as of today (May 6), has been a continuous 12,222 days . . . one day at a time. I've been blessed.

First, a little background as to why I am writing you. I received P.O. Box 11 today and got very excited over the article about Archie Walker, the '62 alum who advocates putting a face on recovery (May 2004, page 3). You see, it was Archie who did the Twelfth Step work of hauling me (I was drunk at the time) from Crystal, Minn., to Hazelden. My wife had called a friend telling this friend I needed help. This friend happened to be related to Archie, and he turned me over to Archie's care. I've not seen Archie since that night. I've written to him on numerous occasions, thanking him for his kindness shown to me. In our travels my wife and I have made attempts to visit him in person, when he was living in Bliss, Idaho, and at the treatment facility he started in Gooding. He was gone on those occasions, so we never made a connection. So during all these years we haven't connected face to face. But I think of him often, and we've talked a couple times by phone.

Another reason we admire Archie is that after depositing me at the receiving unit at Hazelden, Archie, when back in Minneapolis, called my wife and gave her assurances and advice. He told her to get to Al-Anon. She did and has been a member now for over 33 years.

I must have received good vibes from Archie when he drove me those 50 miles to Hazelden that historic night, because today I feel 100 percent as he does . . . "get away from the shame-based approach to our disease, and treat it as it should be treated—a joyful recovery."

I thank you for the article.

— Don A.

'I built Hazelden while drinking, today I enjoy Hazelden while recovering'

Since 1969, I've been a carpenter in the Twin Cities. I am now retired. During the '70s, '80s, and '90s, I specialized in acoustical ceilings.

All my life I've been an alcoholic, and all those years I have helped to "build Hazelden's buildings," the actual physical buildings. I grew up knowing where there was help for my condition and building the place to get help, but I never admitted I needed help.

Above the ceilings in Richmond Walker, Butler, Dietary, Maintenance, Admissions, and Renewal, I have signed and dated when I was there to help build the greatest place on earth for those of us in need. After a lifetime of disastrous drinking, it was only fitting that Hazelden would be my salvation from this disease.

As I walked the halls and sat in the rooms of the buildings—in Dec. 2003 as a primary patient, as I come back twice a week, even now in recovery—I've come to understand why God helped me work so hard to build Hazelden.

God knew if he helped me then, I would ask Him to help me now! Thousands of people have used these buildings as a refuge to start new lives. I pray thousands more will.

Once again, I built Hazelden while drinking. Today I enjoy Hazelden while recovering. I am proud of the buildings. I love the people.

— Russ



Paul Hilton

Hilton to play recovering Scrooge in Center City, St. Paul

THE STORY OF EBENEZER SCROOGE is really a story of Twelve Step recovery, and no one tells that story better than Paul Hilton. Hilton will perform "Scrooge—Recovery of an Addict," a one-man play that has become a staple at holiday time in Minnesota. He will perform on Dec. 12 at Hazelden's Second Sunday gathering in Center City and on Saturday, Dec. 18 at 2 p.m. at Fellowship Club in St. Paul. The Fellowship Club event is free and sponsored by Alumni Relations.

Hilton, who has worked at Hazelden's Renewal Center for the past 11 years, gives a recovery twist to Charles Dickens' "A Christmas Carol." He plays the role of Scrooge, "a man addicted to his own gain and money. It starts with an intervention and goes on to tell his story of recovery," said Hilton. "Scrooge takes inventory with the spirits, changes, and makes amends."

Hilton has been playing Scrooge for the past 26 years. No preregistration is needed for the two events. The Dec. 12 performance is part of a 9 a.m. to 3 p.m. retreat and costs \$10; it includes lunch. Call 800-257-7800 for more information.

Building accountability into your recovery

■ by Lisa Reynolds

THE MOST COMMON THING I hear from alumni who relapse to active addiction is: “I eventually stopped going to meetings, stopped calling my sponsor, and then *I just don’t know what happened*. One day the stress got bad and I just stopped at the bar.”

At each stage of our recovery, it is important to commit to being accountable. Whether we have just returned home from treatment at Hazelden or if we have 20 years of continuous sobriety, the Twelve Step program gives us suggestions to follow. These suggestions include morning prayer and meditation, Step work with a sponsor, daily inventory, and meetings to reach out to others.

A good example of accountability can be found with recovering airline pilots. Under continuing care terms mandated by the Federal Aviation Association, pilots are monitored for at least two years and required to attend long-term aftercare groups, work with a sponsor, and take random drug screens. This rigorous aftercare plan results in recovery rates of 90 percent.

Following treatment, many of us enjoy a great zest for life and start out with some serious commitments. For many of us it worked. We set out on a course of action as if our lives depended on it, and they do! We were able to get through one day, and even days in a row, without returning to our old pal, alcohol or drugs. Our lives and our relationships improved; sometimes quickly, sometimes slowly.

COMPLACENCY INVITES ‘SLICK’ BACK INTO OUR LIVES

However, some of us begin to feel better, but then let up on our program of action. We walk away from the routines and the connection to our Higher Power that relieved our addiction in the first place. We quit the very things that helped us begin feeling comfortable. Perhaps we quit reading *Twenty-Four Hours a Day*. Or we go from attending four meetings a week to one or none. Or, the relationship with our sponsor didn’t work out, so we walk away and don’t get a new one. When we lose our sense of urgency about recovery, we become complacent and open ourselves up for the addict, or “slick,” to talk to us.

Some alumni leave Hazelden and never follow through. To spend 28 days or more in treatment, go home, and not follow one’s aftercare plan is tragic! It is proof of addiction’s cunning, baffling and powerful nature.



Lisa Reynolds

“If I’m telling your story, there is hope. You can take action and ask for help to build accountability into your life.”

When we left treatment, we were given an alumni contact in our home area to call, along with an aftercare plan that included referral to a weekly aftercare support group and AA or NA. Yet I’m amazed at the number of alumni who tell me, “Well, I heard from a case manager and talked to a Joe C., but he never called me back.”

If I’m telling your story, there is hope. You can take action and ask for help to build accountability into your life.

Renew your commitment to morning readings. Take time to ask for your Higher Power’s guidance through daily meditation. Check out pages 86-88 in the Big Book. “We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.”

If you don’t have a sponsor, give yourself a timeline to get one. Share your commitment with your spouse or best friend and ask for their vigilance in keeping your promise. Commit to meeting this new sponsor regularly. Do your step work over again, and read it to your sponsor.

I hear some common excuses: “I don’t like to be away from my family so many nights a week.” Commit to a meeting schedule that is realistic for

you, and remember to include morning and lunch meeting options. Pick up a service commitment so you will *SHOW UP* on a regular basis. It is so much more rewarding to be an active member of the group—doing service work and volunteering for things—instead of being a passive visitor.

If you have stayed sober, have a sponsor, and are doing well, that’s great! Keep it up and pass it on. Others in the program want what you have, and maybe it’s time that you sponsor others. Are you making yourself available to newcomers? You can also give back by becoming an alumni contact in your home area.

Hazelden will soon be introducing a new web-based, interactive continuing care service designed to help alumni achieve accountability in their recovery. This is a very exciting venture, one you can read about in William Moyers’ column (see page 1).

Please don’t hesitate to call our office if you want to connect with alumni in your home area; contact Sharon Johnson at 888-257-7800, ext. 4309. If you have questions about building accountability into your recovery, call your case manager or give me a call. Peace.

Lisa Reynolds is manager of Alumni Relations at Hazelden in Center City. She can be reached at 888-257-7800, ext. 4105 or lreynolds@hazelden.org.

Fred Lauerman memorial fund benefits alumni contact effort

FRED LAUERMAN WAS A VERY RESERVED and private person. But he always put his privacy and restraint aside when he had the chance to help others build recovery.

“He was extremely active in sponsorship,” said Anne Benedict Hovland, executive vice president of Development at Hazelden. And that’s why Hazelden has established a memorial fund in his name, one that will benefit the cause of giving back that he so richly engaged during his life in recovery.

Lauerman passed away on April 14, 2003 after a long illness. In addition to his passion for helping fellow recovering people, he had a long career in development, working most of his career in fundraising at the University of Minnesota. He also worked in Hazelden’s Development Department for a couple years and served as a consultant for several years.

The Fred Lauerman Alumni Recovery Contact Fund was recently established and has already raised \$3,000. The fund supports the Alumni Relations’ campaign to increase the number of alumni who volunteer to serve as aftercare contacts to Hazelden alums in early recovery. The task of building a database of alumni contacts and updating and utilizing that list is a labor intensive effort. As a direct result of the Lauerman fund, the number of alumni contacts has more than doubled this year. The fund will help fulfill the ongoing need to increase the number of people willing to help connect early alums to recovery resources in their community.

“The fund reflects Fred’s priorities in living a Twelve Step life,” said Hovland. “As Hazelden makes continuing care a big priority in the coming years, we look forward to the benefits that alums will derive from being active alumni contacts.”

To contribute to the fund or for more information, call 1-888-535-9485 or send an email to ahovland@hazelden.org.

Outcome studies seek cooperation

Hazelden’s Butler Center for Research staff routinely contacts alumni 1, 6, and 12 months after treatment to measure how well people are doing in their recovery program. This information allows us to monitor the quality of our care and guides us in our ongoing treatment improvement efforts. If you have recently completed a treatment program at Hazelden, you may receive a call from a staff member of the Butler Center for Research. We appreciate your help and support in our evaluation efforts.

— Dee Reilly, Supervisor of Surveys and Outcomes

Alumni chapters are valuable peer-group fellowships

NEW ALUMNI CHAPTERS ARE FORMING in several cities, including Detroit; Louisville; Atlanta; Boise, Idaho; and Minneapolis/St. Paul. Chapters throughout the country serve as valuable peer-group fellowships for hundreds of Hazelden alumni.

The chapters can focus on various activities, but one of

Chapter update

the core objectives is to link new alumni to the recovering community. Connecting those new alums with people and groups that can make for a sober and safe transition into the community is critical. It complements the work of alumni contacts.

Each chapter develops its own meeting format, activities and service work.

To learn more about new and existing chapters or to get involved, please contact Lisa Reynolds at 651-213-4105 or 888-257-7800, ext. 4105.

Several chapters currently meeting include:

Portland—Meets third Thursday of the month at 6:30 p.m. at the Hazelden Springbrook campus (1901 Esther St., Newberg, Ore.). Call Debbie Voorhees at 503-554-4300, ext. 353, or toll-free at 866-866-4662, ext. 353.

Los Angeles—Meets first Thursday of the month at 7 p.m. at Village Lutheran Church (343 Church Lane). One-hour meeting; alternates between discussion and speaker meetings. Family and friends welcome. Contact Mitch C. at 310-394-3111.

Washington, D.C.—Meets first Wednesday of each month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Call Chuck H. at 301-498-1989 or Randy S. 301-652-5989. Casual discussion format, followed by optional dinner.

Phoenix—Meets second Wednesday of each month at 6:30 p.m. at Gifts Anon Book Store (4524 N. 7th St.). Casual one-hour meeting. Contact Sharon E. at 602-570-2832.

Chicago—Alumni speaker meeting held Fridays at 7 p.m. at Hazelden Chicago. Families welcome. Call 312-943-3534.

Detroit—Contact John J. at 248-790-9480.

Florida—Chapters are active in West Palm Beach, Orlando, Naples and St. Petersburg. For dates, times and meeting places, call Dan Zondervan at 561-841-1116.

New York—to become part of the newly forming alumni association, contact Lisa Reynolds.

For more information on alumni chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.

Hazelden Connection bookstore opens in St. Paul

“HAZELDEN CONNECTION—ALL THINGS RECOVERY,” a new Hazelden bookstore and gathering spot for recovering people and friends, opened in late September at 769 Grand Ave. in St. Paul. The store is located in the heart of St. Paul’s recovering community in the Victoria Crossing area, next door to Caribou Coffee and near many restaurants and shops.

“We hope this site becomes a gathering spot for recovering people, as well as a popular bookstore,” said William C. Moyers, vice president of External Affairs. “Thousands of people strengthen their recovery every day with Hazelden materials. In addition to offering books for sale, the site will host speakers, author readings, and recovery-related community activities.”

Hazelden Connection carries the core Twelve Step materials plus many other books, audios, videos, DVDs, specialty items and apparel.

A grand opening was held on Oct. 23 and featured a prayer breakfast, book signings by Hazelden authors Melody Beattie, Earnie Larsen, Bill Pittman, and Craig Nakken, and the official ribbon cutting conducted by Hazelden President and CEO Ellen Breyer.

Store hours are Tuesday-Thursday, 12:30 to 8 p.m.; Friday, 10 a.m. to 5:30 p.m.; and Saturday, 9 a.m. to 4:30 p.m. Store phone number is 651-665-0332. For information on events at the store, visit www.hazelden.org/hazeldenconnection.



Taking part in the Oct. 23 Hazelden Connection grand opening were (top left) Ellen Breyer, Hazelden president and CEO, and the Hon. David Washington, a member of the Hazelden Foundation Board of Trustees. Popular authors Melody Beattie (top right) and Earnie Larsen (bottom left) signed their books and joined in the fellowship of the

day. At bottom right, the retail area of the bookstore offers a range of Twelve Step books and other items, videos, audios, specialty items and apparel.



Donor helps Renewal Center conduct 20-city road tour in 2005

THANKS IN PART to a grateful Hazelden alumnus, the Dan Anderson Renewal Center will take its programming on the road once again in 2005, with plans to provide workshops on Twelve Step principles in 20 cities. Last year the Renewal Center reached out to 10 cities, giving nearly 500 participants a taste of its spirituality-enhancing retreats and workshops.

“We’re excited to double our road workshops in 2005,” said Gary Hestness, executive vice president of Continuing Care at Hazelden. “The idea is to provide our programming to alumni and others in recovery at a range of cities where Hazelden doesn’t routinely go.”

For instance, Fred Holmquist, director of The Lodge at Hazelden,

will be the featured presenter at 10 of the workshops. He will present “Persevering in the Good Times—Our Biggest Challenge in Ongoing Recovery” on Jan. 29 in Bismarck, N.D. and on March 5 in Kansas City, Mo. Other workshop sites and dates are still to be announced. Al Tighe, Elene Loecher, and Paul Hilton, all presenters from the Renewal Center, will also lead workshops.

The workshops, mostly one-day weekend events, are being supported by a generous grant from the family foundation of Jeff G., a Hazelden alum. The funding subsidizes about half the costs of the workshops, including scholarships for recovering people and groups in need.

“I have participated in the Lodge

program and I’ve experienced Fred’s presentations on the road twice,” said Jeff. G. “Fred’s been an integral part of my recovery. He has a real gift for presenting material in a way that is easy to understand. He takes the problem, solution, and program of action—just as it’s presented in the Big Book—and gets it across in a very simple way.”

Twelve Step enrichment is the goal of Holmquist’s Lodge program, and that is the main goal of the road workshops.

The workshops cost \$60 a person and include materials and lunch. For information on road workshops and other Renewal Center events, please call 800-262-4882 or visit www.hazelden.org/renewalcenter.

through personal relationships at home, but also with trained clinicians and specialty curriculum at Hazelden.

A key component of this effort involves the personal experiences of alumni like you. And here is where Hazelden needs your help. We are soliciting your stories of experience, strength and hope that are the fabric of recovery. We don't need a full discourse of what it was like and what happened. We are more interested in what it is like now. Your experiences in meeting the challenges and opportunities of recovery are what we're after. Let us know what services and support worked or didn't work for you in your recovery journey. This information will help the newcomers of recovery.

The plan is to combine the real-life learning and experiences from your stories and weave them into a curriculum of on-line resources that are easily and confidentially available to people emerging from the cocoon of treatment. Your perspective is unique because it is your own. But it also is invaluable to helping others, too.

Send your experience to: Hazelden, Attn: William C. Moyers, P.O. Box 11, Center City, MN 55012. By email, send it to externalaffairs@hazelden.org

Either way, please include your name and contact information. Although your name will be kept confidential, Hazelden is required to get a signed release to publish your story.

William C. Moyers is vice president of External Affairs at Hazelden and an alumnus of the Tiebout Unit in Center City.

Second Sunday Retreats

- Dec. 12** Paul Hilton, "Scrooge—Recovery of an Addict"
- Jan. 9** Fred Holmquist, "Persevering in the Good Times"
- Feb. 13** John MacDougall
- March 13** John McAndrew, "Like a Child, We're Always Learning"
- April 10** Earnie Larsen
- June 12** Greg Gabriel

The Second Sunday Retreats are held from 9 a.m. to 3:30 p.m. on the Center City campus and include lectures, relaxation and group discussions. They are open to anyone involved in a Twelve Step program. Cost is \$10, which includes noon buffet. No preregistration necessary. For more information, call 800-257-7800.

CALENDAR OF ALUMNI EVENTS

| | | |
|----------------------|-------|--|
| DECEMBER | 3 | Springbrook Holiday Bowl, Tigard, Ore. |
| | 5 | Fellowship Club Open House, St. Paul |
| | 18 | "Scrooge—Recovery of an Addict," Paul Hilton, Fellowship Club, St. Paul |
| JANUARY–MARCH | | Series of speaker events and fellowship opportunities at Central Park United Methodist Church in St. Paul, times and dates TBA |
| MARCH | 17–20 | Tiebout Unit Reunion, Center City |
| APRIL | 14–17 | Shoemaker Unit Reunion, Center City |
| | 29–M1 | Alive and Free, Center City |
| JUNE | 16–19 | Lilly Unit Reunion, Center City |
| | 23–26 | Lodge Reunion, Center City |
| JULY | 14–17 | Dia Linn Unit Reunion, Center City |
| | 18 | Recovery Cup '05 Golf Tournament, Somerset, Wis. |
| | 21–24 | Family Center Reunion, Center City |
| AUGUST | 18–21 | Cronin Unit Reunion, Center City |
| SEPTEMBER | 8–11 | Promises Unit Reunion, Center City |
| | 15–18 | Jellinek Unit Reunion, Center City |
| | TBD | A Night to Remember, nationwide |

Call 651-213-4588 or 888-257-7800, ext. 4588

HAZELDEN IN CENTER CITY hosts Medallion Night the third Thursday of the month at 7 p.m. in Bigelow Auditorium to celebrate sobriety dates of alumni (contact Will Hudson at 651-213-4786 to participate) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center.

HANLEY-HAZELDEN in West Palm Beach holds Anniversary Night at 7 p.m. on the third Thursday of each month to celebrate sobriety dates of alumni; call Dan Zondervan at 561-841-1116 for information. It also offers the following Twelve Step meetings each week: Open NA meeting, Monday, 7:30 p.m.; Sober Seniors Open AA meeting, Wednesday, noon; AA Beginners-Open Discussion, Thursday, 8:30 p.m.; and AA Open Discussion, Friday, 8:30 p.m.

HAZELDEN NEW YORK hosts a range of weekly Twelve Step meetings, including, to name a few, open AA on Friday at 7 p.m., open Narcotics Anonymous on Sunday at 6:30 p.m., open Al-Anon on Wednesday at 12:15 p.m., Marijuana Anonymous on Friday at 6:15 p.m., and Nicotine Anonymous on Monday at 6:15 p.m.

HAZELDEN CHICAGO offers weekly AA meetings Wednesday through Sunday, an open Al-Anon meeting Mondays at 6 p.m., Families Anonymous Tuesdays at 6 p.m., and an Alumni Speaker Meeting each Friday at 7 p.m.

HAZELDEN SPRINGBROOK hosts weekly Twelve Step meetings, including AA Monday at 7:30 p.m. and Wednesday (for women) at 7:15 p.m., Al-Anon Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon Monday at 7:30 p.m., Gamblers Anonymous Wednesday at 7:30 p.m., and Narcotics Anonymous Thursday at 7:15 p.m.

HAZELDEN FELLOWSHIP CLUB IN ST. PAUL hosts an open speaker AA meeting on Fridays at 7 p.m.



HAZELDEN®
Alumni Relations

P.O. Box 11: Alumni News & Views is a semi-annual newsletter intended to inform 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."

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If your address needs to be updated or if you wish to be removed from the PO Box 11 newsletter mailing list, please call 1-800-257-7800 or email mailinglist@hazelden.org.

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