

P.O. Box 11 informs readers of news, events and people that enhance recovery.



## A Night to Remember is a celebration for all

Please join us to celebrate the miracle of recovery on Oct. 4 at 8 p.m. CDT at our A Night to Remember event. The 15th annual celebration reserves a time for all of us to observe a moment of silence to reflect on the journey of recovery. This year we want to make sure that all alumni feel a part of this special event, whether you are at home with family, on a business trip out of town, or present at a Hazelden gathering in your hometown.

If you are not able to attend Night to Remember gatherings, simply light a candle and pause for a moment of silent reflection along with the thousands of other alumni and friends. The candle lighting is symbolic of our recovery and serves

as a beacon of hope for those still suffering.

We will host A Night to Remember in the cities that have a Hazelden center (Twin Cities, New York, Chicago, and Newberg, Ore.), as well as in cities where alumni would like to organize an event. This year A Night to Remember will be volunteer-driven in cities where we don't have a Hazelden site, so if you would like to host an event, let us know and we will assist you. Please contact Sara Connolly by June 15 if you would like to chair a gathering in your area. We have a planning kit we can share with you.

**In New York,** A Night to Remember will feature a cruise on New York Harbor, along with guest speaker Gary Stromberg and great fellowship

and food. Stromberg is coauthor of *The Harder They Fall: Celebrities Tell Their Real-Life Stories of Addiction and Recovery*.

**In Newberg, Ore.,** alumni and friends will be treated to dinner and guest speaker Marty Ferrero in the Austin Dining Hall at Springbrook. **Chicago-area** alumni will enjoy a cruise on Lake Michigan, guest speaker Will Hudson, and buffet appetizers. The boat departs at 7 p.m. from Navy Pier. Cost is \$40 per person. The **Twin Cities** event will be held at The Outing Lodge at Pine Point in Stillwater and features speaker Fred Holmquist.

To register or for more information, call 888-257-7800, ext. 4588.

— Lisa Reynolds

### INSIDE THIS ISSUE

- 2 Mailbox
- 2 Storytime
- 2 Cain earns Hazelden's CARE award
- 3 *Bill W. and Dr. Bob* wins hearts of alums in New York
- 4 New York benefit is Oct. 23
- 4 Chapter Update
- 4 Tribute to Dick Fehlman
- 5 Alumni events calendar

## Dia Linn sisters stay connected with help from new MORE program

It is said there's no substitute for the peer interaction and support that patients receive while in treatment. Thanks to a new intensive continuing care initiative called MORE (My Ongoing Recovery Experience), extending that invaluable peer group has been made easier for Hazelden alumni in early recovery.

About 30 Dia Linn alumnae, mostly from the Twin Cities area, are maintaining the peer connection they cultivated in primary treatment. The new MORE program, which features a Web-based component and a phone-based case management program, has helped facilitate that special network of Dia Linn sisters through its online bulletin board. The MORE program is being piloted on the Dia Linn and Cronin units.

"The bond we've developed is a very special thing," said Claire M., one of the Dia Linn alumnae's enthusiastic leaders. "They tell us it's extraordinary when a group this size maintains such a close relationship six months or more out of Hazelden."

The women get together for dinners and meetings to share their fellowship. Even some alumnae who live outside the Minneapolis/St. Paul area are participating in this special group, with some flying back or driving long distances to attend gatherings. For instance, in March, Claire M. hosted 20 alums at her home.

The special group got its start in the fall of 2006 when a group of Dia Linn sisters began their MORE orientation before leaving treatment. The group, which included Claire M., decided during their "transition day" and relapse prevention planning that staying connected would be a key to their sobriety. "MORE has allowed the group to pull in newly discharged Dia Linn patients and connect with them before they leave treatment," said Sam Dresser, director of the MORE program. "It has expanded their circle of support."

It's been such a boon to recovery that Claire M. and several other alumnae have returned to share with Dia Linn patients how they apply the MORE

**THANKS FOR 20 YEARS OF SOBRIETY AND SERENITY**

I found out about Hazelden the same way many of us did. I had a friend who was concerned about my drinking and my behavior.

We got together in January 1987 and he told me all about this wonderful place and that he could get me in for treatment. Well, I left the meeting convinced I wasn't that bad and that I could handle it. We all know how that worked, and on July 7, 1987, I was arrested for my third DUI. My first phone call was to that friend to come pick me up from jail. The second phone call was to Hazelden. Labor Day weekend 1987 my friend drove me to Minnesota to begin my journey of recovery.

I thought it was the most loving, safe, warm place I had ever been associated with. And that's not to say I was the most willing patient. After 37 years of fighting and stomping my way through life and after resisting authority every minute of every day, I thought I was going to do things my way. I'm not sure that even the best of counselors thought I would really make it, when after 32 days they sent me back to Iowa with hope and a Big Book.

It took a while to "get to meetings." I first had to face the judge and do my time, find a ride to work, and try to learn a whole new way of living. Slowly but surely I attended meetings, fighting and stomping my way through the process.

> MAILBOX — CONTINUED ON PAGE 5

**P.O. Box 11 welcomes letters.** To share a story or 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.

# 'It was amazing how much they cared'



*In 1971, Dan Cain was part of Hazelden's first attempt to treat "drug addicts." By his own admission, Cain wasn't a model patient. But 36 years later, he speaks fondly of his Hazelden treatment experience, and Hazelden takes pride in recognizing his contributions to the recovering community by awarding him the prestigious CARE Award (see article below).*

Cain's trail of substance abuse and crime began in south Minneapolis. He started drinking in junior high, used marijuana at 15, and had his first drug injection at age 16. By 19, he was into narcotics and hooked on heroin. His drug problem coincided with convictions for burglary, forgery and receiving stolen property.



Dan Cain

He was among the first heroin addicts to be treated in the 1960s at the Veterans Administration, his first of six treatment stops. From there his drug problems landed him in one of two prisons at that time with a treatment focus. With an overflow of drug addicts into the correctional system in the '60s, the feds decided to regionalize treatment efforts. Hazelden contracted with the government to provide treatment for the so-called hardcore drug addicts—a population it had not treated previously—and Cain was sent to Hazelden in Center City in 1971.

"We broke all the rules," said Cain, who was among six drug addicts at Hazelden. "We even tried to steal the safe at Hazelden, but didn't get away with it."

Mixing drug addicts and ex-cons with straight alcoholics

was a challenge in those days. Yet Hazelden learned from the experience and made an impact on Cain and others. Cain recalls being treated with dignity and respect. His counselor was Chuck Crew, and Dee Smith was the nurse who treated him.

"Recovery is a journey, not a destination, and my Hazelden experience brought me closer to sobriety," said Cain. "I recall patients congregating at the Old Lodge [the old farmhouse and original Hazelden structure], surrounded by Hazelden's new buildings. The Old Lodge was a place where you would see Hazelden leaders like Pat and Aimee Butler, Dan Anderson, Gordy Grimm and Harold Swift. I was in my early 20s and Pat and Aimee were probably in their 60s then, but they would come to the unit and talk to us on a daily basis. It was amazing how much they cared. Aimee would bring two or three Frisbees and a couple jump ropes. She thought that would help us burn some energy and focus on our program."

Cain completed primary treatment and was told he needed longer-term care. Instead, he left Hazelden and drifted from the program

He struggled, spent a short time in prison, and then on

> CAIN — CONTINUED ON PAGE 3

## Cain earns Hazelden's CARE award

Dan Cain, who has dedicated his career to helping others overcome addiction, is the winner of Hazelden's 21st CARE Award. Cain earned the award for his Consistent Activity in Recovery and Education in the field of addiction and recovery.

"Dan is a kind-hearted, big-picture thinker with a proven track record of coming up with creative ways to, simply put, give people a break," said Carol Falkowski, director of Research Communications at Hazelden. "And for many of the folks he has helped the most (recovering addicts and people coming out of prison), it has been the only break they have ever received. He has helped turn many lives around by giving people the tools they need to succeed rather than the criticisms that would doom them to repeated failures. The Twin Cities is a stronger, better community because of his longstanding contributions."

"Dan's commitment to recovery spans his lifetime of experiences, strength and hope," said William Cope Moyers, Hazelden vice president of External Affairs. "Not just his own, but the thousands of men and women and families who have been touched by Dan's work in the addiction treatment field. He's never been shy to put a face on recovery through his own story."

Cain, president of RS Eden in Minneapolis, joins an esteemed group of past winners that includes Pat Butler, Ed Juergens, Dan Anderson, Joan Kroc, Charles Dubois, Lawrence Barnett, Ed Yahle, Ree and Betty Lasker, Gordy Grimm, George Weller, Bill Pittman, Jon D. Olson, Karen Casey Elliott, Gay Parker, Damian McElrath, Carl Anderson, Wally Arntzen, Louis Hill, Warren Adam, and Basil Brave Heart.

"It's very humbling to be mentioned in the same breath with those people," said Cain. "I am most grateful."

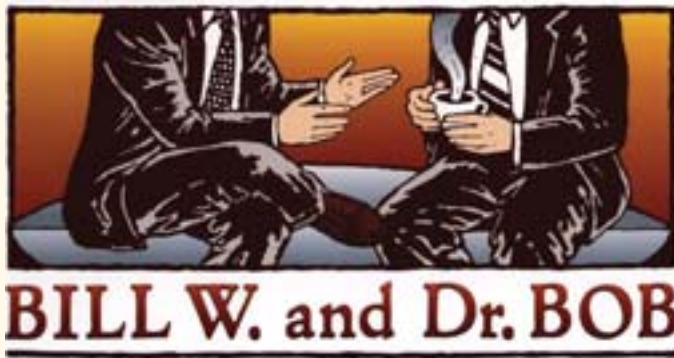
## Bill W. and Dr. Bob wins hearts of Hazelden alums in New York

Had Bill W. and Dr. Bob not had their fateful meeting on May 12, 1935, then one of the world's greatest social reform movements, Alcoholics Anonymous, might have never been. So when the New World Stages in New York City provided what is considered the first dramatic stage portrayal of that critical meeting, it's not surprising it tugged at some heart strings.

"There weren't too many dry eyes in the place," said Sara Connolly, Alumni Relations events coordinator, who organized a group of 200 Hazelden alumni and friends to attend *Bill W. and Dr. Bob*, the play, on March 2.

"I teared up several times, and I don't cry in public," said Jody K., part of the Hazelden contingent. "It gave you the feeling that you were living their trials—they were telling my story. To see the dramatization of that was overwhelming."

Indeed, the consensus from AA aficionados is that the Off-Broadway production is an accurate, moving and humorous portrayal of the birth of AA. From Bill W.'s white light spiritual awakening, to Dr. Bob's connection with Bill, to the roots of Al-Anon, the staging of *Bill W. and Dr. Bob* has been warmly received. The play, with an open-ended run, has gotten excellent reviews from New York critics and audiences. The play opened last year at the New Repertory Theatre in Boston before coming to New York.



The *New York Times* called it "an insightful new play," while the *New Yorker* said it "paints an endearing portrait of friendship and human weakness with warm humor."

"It was amazingly powerful and on point! I am an AA history buff and the scenes they chose to tell AA's story were perfect," said Scott.

"It gives a very accurate account of how Bill got sober," said Connolly.

"And it shows us the wives of Bill and Dr. Bob and gives us a sense of how they supported one another, and how it led to Al-Anon."

After actor Robert Krakovski, who plays Bill W., delivered his first line—"My name's Bill W., and I'm an alcoholic"—the full house crowd of 350 replied: "Hi, Bill." That engaged the audience from the start and the play built momentum.

"There was great energy in the theatre," said Michael D., a Hazelden alumnus who attended. "There was a strong bond between the actors and audience as a whole—plenty of laughter and a lot of emotion."

The bonding with Hazelden alumni, who met at the theater for a pre-play reception and fellowship, was equally good. "This was one of the best weekends since I left primary care," said Michael D. "There was tremendous fellowship before and after the play. I met some amazing people in recovery."

For information on the play, visit [www.billwanddrbobtheplay.com](http://www.billwanddrbobtheplay.com).

< CAIN—CONTINUED FROM PAGE 2

April 12, 1972 he entered an Eden House treatment program in Minneapolis. Thirteen months later he graduated. He has remained sober ever since. After spending a few months in Milwaukee working for a treatment group, he returned to Minneapolis and became a counselor. He has been helping alcoholics and drug addicts recover ever since.

**"ONE OF THE THINGS I AM PASSIONATE ABOUT IS THAT THE DRUG ADDICTS WHO ARE STILL OUT THERE SHOULD HAVE THE SAME OPPORTUNITIES I DID."**

— Dan Cain

Cain has dedicated more than 30 years to the addiction recovery and corrections fields as a counselor, supervisor and administrator. He became president of RS Eden following the

merger of Eden Programs and Reentry Services, Inc. in 2000. RS Eden works largely with "street addicts"—people with addiction, mental illness, crime, homelessness, and other obstacles to recovery—and provides integrated services to help them move from non-productive behavior to responsible, self-sufficient lifestyles. It provides addiction treatment, community corrections programs, supportive housing, job training, drug testing, electronic monitoring, and coordination of community work service crews. Prior to his current position, he was CEO of Eden Programs.

Cain has earned many accolades and is recognized for his leadership in the treatment and corrections arenas. He was chair of the Chemical Dependency Counselor Licensing Advisory Council, and he also chaired the Hennepin County Corrections Advisory Board and the

Minnesota Sentencing Guidelines Commission.

"One of the things I am passionate about is that the drug addicts who are still out there should have the same opportunities I did," said Cain, "and that's not the case today."

### WHAT KEEPS ME SOBER?

Family, friends, and fellowship help keep Cain sober, he says. He belongs to a "blended family group" of close supporters who share their struggles and successes. An annual deer hunting trip with recovering friends "turns into a weeklong Twelve Step meeting," he adds.

Reaching out and helping others in his work is what really keeps Cain grounded. "Coming to work each day, I still marvel that I get paid to do this," he said. "Because this is something I love and want to do."

## Newberg, Ore.

### Comedienne Conway to highlight Springbrook Ice Cream Social

Comedienne Diane Conway, known for her inspirational humor, will be the featured speaker at the Ice Cream Social and Barbecue on Friday, July 20 on the Springbrook campus lawn. Conway is an entertainer, actress, and producer and director of live theater and comedy shows. She has authored several books, including *What Would You Do If You Had No Fear?* and *What Would You Do for LOVE If You Had No Fear?* The Ice Cream Social and Barbecue begins at 6:30 p.m. and is followed at 9 p.m. by the traditional Candlelight Twelve Step Meeting that officially kicks off the Springbrook Alumni Reunion. The Friday night event is free, but preregistration is required.

A full day of reunion activities is planned Saturday, July 21, with **Betty Davis-Reynolds** leading a workshop titled "The Big Book's Path to Wholeness—Let the Journey Begin" and **Mel Schulstad** serving as the guest speaker following dinner. Davis-Reynolds, an ordained minister and program coordinator of The Lodge Program at Hazelden, is nationally known for her work on the integration of spirituality and the Twelve Steps. The day begins with an Early Riser's Twelve Step Meeting at 7:30 a.m., continental breakfast at 8 a.m., and Davis-Reynolds' workshop at 9:30 a.m. A noon luncheon is followed by the Davis Reynolds' second session at 1:30 p.m. Dinner is at 6:30 p.m. and the reunion concludes with Schulstad's talk. Schulstad is the cofounder and first president of the National Association of Alcoholism and Drug Abuse Counselors (NAADAC). He currently serves as president of the Washington State Alliance for Recovery.

Cost for Saturday's event is \$60 per person. To register for the weekend events, please call 503-554-4342 by July 16.

Check out **Springbrook's monthly Supper Club and Speaker Meeting each third Friday of the month** at the Springbrook campus. Supper starts at 7 p.m. followed by a guest speaker at 8 p.m. It is free! The Springbrook alumni chapter meets at 6 p.m. and is open to all Hazelden alums.

## St. Paul, Minn.

### Women's educational series earns warm reception

"Five Recovery Essentials for Women," a five-session educational series led by Hazelden counselors, was held from January through May and provided a welcome continuing care resource for women in recovery at Gloria Dei Lutheran Church in St. Paul. The popular outreach event was free, thanks to a generous Hazelden donor.

The series, intended to help women establish a healthy and balanced recovery, was made available to Hazelden alumnae and all women in recovery from the Twin Cities and surrounding area. Five topics were provided and each one was offered four times over a five-month period to fit a variety of schedules. Attendance exceeded 1,000 for the series. Brenda Iliff, director of the Women's Recovery Center, led "Addiction and Relapse." Sara Weston, a counselor from the Women's Recovery Center, and Pat Gordon-Rice, a supervisor at Fellowship Club, presented on "Boundaries." Laura Kunde, a counselor from the Women's Center, led "Relationships." Betty Davis-Reynolds, program coordinator of The Lodge Program, addressed "Practical Spirituality." Cathy Williams, supervisor at Fellowship Club, led "Resources for Recovery."

Iliff and Al Tighe, supervisor of Continuing Care Services, coordinated the series topics and presenters. "We're pleased with the result of this effort," said Iliff. "It's one more way that Hazelden is reaching out to help

women. Our hope is this will be the start of other opportunities to reach people in recovery—women and men."

## New York, N.Y.

### Oct. 23 New York Awards Dinner to benefit youth programs

Hazelden's New York Awards Dinner will be held on Oct. 23 at The Pierre Hotel in New York City to benefit Hazelden programs for youth and families. The event is a celebration of recovery that is intended to boost Hazelden's efforts to provide addiction treatment for young people ages 14-25. Hazelden announced in November 2006 plans to build a treatment facility for young people outside New York City.

The gala will honor Stephen I. Sadove, chairman and CEO of Saks Fifth Avenue, with the Distinguished Leadership Award, and Sue and Jim Cusack, founders of the Veritas Villa treatment center, with the Distinguished Service Award. The benefit is a black-tie event, with the Benefit Committee being co-chaired by Judith Davidson Moyers and Margaret B. Hassett. Bill Moyers will serve as master of ceremonies and Judy Collins, a Hazelden New York boardmember, will entertain. For information on how to participate, please contact the New York Development Office at 212-420-9520.

## Chicago, Ill.

### Chicago alumni picnic is Aug. 25

The fourth-annual Alumni Picnic in the Park will be held on Saturday, Aug. 25 at Lincoln Park in Chicago. Hazelden alumni and family and friends are invited for a day of great fellowship, food and fun. Food and beverages are provided by Hazelden. Participants are asked to register to help plan for the event. Please call 888-257-7800, ext. 4588 by Aug. 20.

## in memoriam

### Fellowship Club's Dick Fehlman dies at age 85

Dick Fehlman, one of the most caring and loved counselors from Fellowship Club in St. Paul, died on March 27 at his apartment in St. Paul after suffering from chronic respiratory disease. He was 85 years old.

Fehlman worked at Fellowship Club from 1971-1987 and served as a counselor, residential supervisor, and residential manager. He was second in command at Fellowship Club under director Orv Larson for many of those years.

"Dick was a dearly beloved man," said Kevin Flynn, a close friend and an on-call spiritual care specialist at Hazelden. "A lot of people came to him for advice and support. He was

a very available guy, a very caring person. People just fell in love with him—he was always there for you."

"No one person in my early recovery had more impact on me than Dick," said Bruce Larson, director of Clinical Services at Hazelden in Center City. "He made a significant difference in the lives of many Fellowship Club residents. He threw a lot of tough love at you, but he was very compassionate."

A memorial service for Fehlman was held on April 15 at Fellowship Club.



Dick Fehlman

### Chapters need you!

Please come and enjoy the company of your fellow alums at our chapter meetings across the country. We provide a topic of the month that groups can use for a recovery discussion. Please invite fellow Hazelden alumni from your community to join and stay connected to Hazelden. We support chapters by bringing dynamic speakers to your city and helping to host events that embrace the journey of recovery. For more information on chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.

### Alumni Chapters

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

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

**CALIFORNIA San Francisco:** Meets on the second Wednesday of each month at a different, fun and exciting restaurant at 7 p.m.; contact Craig H. at 415-217-9196 for meeting location.

**Los Angeles:** Meets the first Thursday of the month at 7 p.m. at Village Lutheran Church, 343 Church Lane, Fireside Room. One-hour meeting, alternates between discussion and speaker meetings. Contact Mitch C. at 310-394-3111.

**COLORADO Denver:** Contact Dave N. at 303-884-4808 or Teresa N. at 720-200-9136.

**ILLINOIS Chicago:** Alumni speaker meeting and anniversary night held Fridays at 7 p.m. at Hazelden, 867 N. Dearborn St. Alumni and friends welcome. Chapter meeting at 5:30 p.m. twice a month; for more information, call 312-943-3534.

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

**NEBRASKA Omaha:** Meets second Sunday of each month from 6-7:30 p.m. at Venice Inn, 6920 Pacific St. Speaker followed by casual dinner. Contact Jon J., 402-393-7663.

**NEW YORK New York:** Meets periodically at Hazelden New York, 322 Eighth Ave, Floor 12. Contact Paul R. at 845-238-1899.

**OHIO Cleveland:** Contact Stan S. at 216-346-1251.

**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 Springbrook, 1901 Esther St. No meeting or supper club in July. Call Debbie Voorhees at 503-554-4353.

**TEXAS Dallas:** Contact Rebecca W. at 214-403-8534.

**WASHINGTON Seattle:** Meets the second Tuesday of each month at 7:30 p.m. at Olympia Pizza & Spaghetti House, 516 15th Ave. E. Contact Marcus C. at 206-910-6355.

**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. Call Callie W., 202-462-1821.



Lavinia Neill Meditation Center, Center City, Minn.

## Workshops & Retreats

### ROAD WORKSHOPS OFFER A TASTE OF RENEWAL CENTER

Hazelden alumni and others in recovery can get a taste of the programming from Hazelden's Dan Anderson Renewal Center by attending workshops that are coming to several cities this year. Presenters from the Renewal Center, including The Lodge Program, in Center City will be featured. A workshop on Sept. 29 in Westport, Conn., with Fred Holmquist presenting, is confirmed. Other fall workshops will be announced soon. For more information or to register, please call 800-262-4882.

### SECOND SUNDAY RETREATS

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. Dates and speakers are listed in the events calendar on this page. Cost is \$10, which includes a noon buffet. No preregistration necessary. For more information, call 800-257-7800.

## alumni events calendar

### June 2007

<b>ARKANSAS</b>	6	Little Rock	William Cope Moyers, guest speaker, Fellowship Bible Church
<b>OHIO</b>	7	Akron	Pre-Founders Day Celebration, AA History Tour with Gail L. and Fred H. workshop, "Persevering in the Good Times"
<b>WASHINGTON</b>	8	Seattle	Seattle Fellowship, dinner and guest speaker Doug Lyons
<b>MINNESOTA</b>	10	Center City	Second Sunday, Mary Hayes-Grieco, "Forgiveness"

### July

<b>MINNESOTA</b>	8	Center City	Second Sunday, John Prin, "Secret Keeping"
<b>OREGON</b>	20	Newberg	Ice Cream Social/Barbecue
	20-21	Newberg	Springbrook Alumni Reunion
<b>WISCONSIN</b>	23	Somerset	Recovery Cup Golf Tournament, St. Croix National Golf Course

### August

<b>MINNESOTA</b>	9	Stillwater	Third-annual Rollin' on the River Cruise
	12	Center City	Second Sunday, Dorie Reiter, "Mental Health Issues"

### Hold the date

#### 2007 UNIT REUNIONS

June 1	Plymouth	HCYF reunion
June 21-24	Center City	Lilly/Simmons Unit
July 19-22	Center City	Dia Linn Unit
Aug. 16-19	Center City	Cronin Unit
Sept. 6-9	Center City	Promises Unit
Sept. 20-23	Center City	Jellinek Unit
Oct. 13	Center City	Outpatient
Oct. 18-21	Center City	Silkworth Unit
Dec. 2	St. Paul	Fellowship Club reunion

For more information, call 800-262-4882

#### 2007 WOMEN HEALING CONFERENCES

Sept. 28-29	San Francisco
Oct. 26-27	White Plains, NY
Nov. 30-Dec. 1	Chicago

To register or more information, call 888-257-7800, ext. 4429

< MAILBOX — CONTINUED FROM PAGE 2

I am a very large, loud-mouthed, my-way-or-the-highway woman, so it took awhile to tame me. Thankfully people learned that my bite wasn't as bad as my bark. In treatment I had vowed that if I indeed stayed sober, I was returning to Hazelden on my anniversary to visit the Renewal Center and celebrate.

That promise to myself has been the greatest gift I could ever give myself. And at last count I have returned at

least 32 times. I went through primary, attended Family, spent two weeks in relapse prevention, attended the 65th AA convention in Minneapolis, and have returned every Labor Day for my birthday.

At a retreat last year, the question asked was to describe how our belief in a Higher Power had worked. For me, having been a mechanic for 45 years, I compare it to how electricity works. When you walk over and flip

a light switch, you don't have to know how it works; you just believe that the lights will come on. I can't explain how the program of AA works, but if I get connected to the source, my Higher Power, it keeps the poles up and the power lines stretched and the connectors clean—it works!

Looking forward to more lessons to be learned again this September when I travel my 300 miles to serenity.

— Gayle N.

<b>ILLINOIS</b>	25	Chicago	Alumni Picnic in the Park
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### September

<b>MINNESOTA</b>	9	Center City	Second Sunday, Barb Crist, "Relationships"
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<b>CONNECTICUT</b>	29	Westport	Road Workshop, Fred Holmquist
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### October

<b>NATIONWIDE</b>	4		A Night to Remember, multiple cities
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<b>MINNESOTA</b>	14	Center City	Second Sunday, Karen Casey, "Serenity Is a Choice"
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### November

<b>MINNESOTA</b>	11	Center City	Second Sunday, Renee and Pat Sternau
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### Weekly and monthly fellowship

#### MINNESOTA

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, Center for Youth and Families, of the month 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.

#### 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.
Third Friday	Newberg	Alumni Supper, 7 p.m., and Speaker Meeting, 8 p.m.

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's comprehensive approach to addiction addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.

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

## PO BOX 11 alumni news & views

JUNE 2007

*P.O. Box 11* informs readers of news, events and people that 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).

Hazelden  
Alumni Relations  
15251 Pleasant Valley Road, RC 1  
P.O. Box 11  
Center City, MN 55012-0011  
888-257-7800, ext. 4588

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



Dan Anderson Renewal Center, Center City, Minn.

< MORE — CONTINUED FROM COVER

## Dia Linn sisters stay connected with help from MORE

program. "This is part of my recovery—the service part—and I enjoy it immensely," said Claire M.

### RECOVERY COACH IS CRUCIAL

MORE has helped alums stay in touch. But there's much more to MORE. The online component of MORE is a highly individualized program that provides real-time information and enhanced support to patients during the first 18 months of recovery. Before leaving Hazelden, patients undergo training sessions on how to use the MORE program. When they return home, they have a "home page" waiting for them with a curriculum progression that is tailored to their situation.

The program includes seven modules on a range of recovery topics, from how to find a sponsor to return-to-work issues to relapse prevention; an extensive online library of supportive materials is available to patients. Each module begins with an assessment to measure the client's progress. A print-based version is substituted for those who do not have Web access.

In addition to the online resources, a recovery coach is available via phone to patients, and during crises a coach is available 24/7. Recovery

coaches are responsible for engaging and motivating each patient to take action on their continuing care plan as they return home to their communities. They gain rapport with the patients in three face-to-face meetings and later support their progress through scheduled calls and online tools.

"We have had three patients who told us they wouldn't be alive today if not for MORE's support," said Cecelia Jayme, Dia Linn unit supervisor.

"And we've had situations where patients relapsed after leaving treatment, and we were able to get them back into services immediately. Families are comfortable getting in touch with the MORE recovery coaches."

"We try to establish a trusting relationship with patients while they're in treatment, so that when they go home they can log in to a site that they know and trust," said Sherry Parker, a Dia Linn recovery coach. "They can call us and reach out, because they know there's someone who really



Sam Dresser

cares about their sobriety 24 hours a day."

MORE adds another dimension to treatment at Hazelden, adds Parker. "It really aligns with our mission of providing lifelong recovery, because we know that those who stay engaged in a continuing care program have a much better chance at long-term recovery. Also, MORE and recovery coaches have had a big impact with families. Knowing that a licensed drug and alcohol abuse counselor is available to patients and families for an additional 18 months is unprecedented in our field."

Dresser says it's crucial that Hazelden reach out to patients immediately after they are discharged, "because if relapse occurs, it's most likely to occur in the first 90 days after treatment. Our patients have been in a pristine environment with great support for 30 days, so it's a great shock when they return home. That's why we do our best to connect them to AA and Hazelden contacts at home."

The MORE program has been piloted on Dia Linn and Cronin since last June. The Shoemaker and Simmons units in Center City and men's units in Springbrook will add the MORE program later this year.