

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

Stromberg took his own hard fall before finding recovery

In the introduction to his book, *The Harder They Fall*, Gary Stromberg shares his experience, strength and hope. He talks of his rise and hard fall, and his rise to recovery—of how he had to have it all, and he had it all, until his rampaging drug use caught up with him.

“When things were going good, I had a sense of being invincible,” he writes. “The Midas touch. I had helped build a hugely successful public relations firm, Gibson & Stromberg, representing a virtual who’s who of contemporary music talent in the sixties and seventies. Touring the world with the Rolling Stones and Pink Floyd. Helping launch the careers of Elton John, the gnome-like Marc Bolan of T-Rex, Cat Stevens, The Doors, Earth, Wind & Fire, Steely Dan, James Taylor, Steppenwolf, Three Dog Night, Jethro Tull. The list went on.

“Life was a ball, an exhilarating wild ride. . . . Even when my drug use escalated to the point where I lost touch with my business and watched it disintegrate, I still didn’t recognize that I had a problem. Another career was what I thought would fix it.”

Stromberg’s success in PR afforded him a chance at producing a movie. He coproduced the film *Car Wash*. “Two years of hard work, ever-increasing drug use, and more than my share of good fortune found me riding high once again,” he said. “The



Says Gary Stromberg: “I’m a very lucky man. I’m blessed in my recovery.”

movie was a big hit, and I was believing all the bull I was reading about myself.”

STORYTIME

Shortly afterwards he launched another movie, *The Fish That Saved Pittsburgh*, “a loony comedy conceived and written in one rollicking night of gluttonous coke snorting. . . . By now, I was using with complete abandon, ingesting dangerous amounts of cocaine and heroin.” Stromberg was on location, in charge of a multi-million dollar

movie, but he was strung out on drugs. Costs for the film were skyrocketing, and no one was running the show. The studio bosses intervened; Stromberg was removed and sent to dry out. The movie was a financial disaster, and his career hit bottom. By 1980, “I had lost my house, the woman I loved, and my career to the excesses of wild living and drug abuse.”

A 45-YEAR-OLD BIG SHOT LOSING IT ALL

A year later he was back in Los Angeles trying to pick up the pieces. “Virtually broke, I moved back into the house I was raised in. A 45-year-old big shot living with his parents. Feelings of utter defeat were creeping back. I was trying to stay clean, but life without hope was impossible.”

Finally, in 1982, a miracle occurred. He read in the *Los Angeles Times* about a new Twelve Step group that had formed to help cocaine addicts. He called, told the group’s founder about himself and what a big shot he was, and the founder hung up on him. Angry and curious, Stromberg ventured out to the group’s location. “Low and behold, a meeting was going on—and my life changed that very day,” Stromberg said. “I was hopeless, helpless, filled with despair and shame at that first meeting. I wasn’t looking to join anything, but my choice was to die or find some help, and I was too afraid to die.”

> STROMBERG — CONTINUED ON PAGE 4

INSIDE THIS ISSUE

- 2 Mailbox
- 2 Retreats engage all in recovery
- 3 Paying tribute to Jellinek
- 3 Alumnus pounds pavement for patient aid
- 4 McCormick named interim president/CEO
- 5 Alumni events calendar
- 6 Reaching out to veterans

A Night to Remember is Sept. 25

Alumni, family and friends are invited to celebrate the miracle of recovery on Sept. 25 at 8 p.m. CDT at Hazelden’s A Night to Remember event. The 16th annual celebration reserves a time for all in recovery to observe a moment of silence to reflect on our recovery journeys. If you are unable to attend A Night to Remember gatherings in a city near you, simply light a candle and pause for a moment of reflection along with the thousands of other alumni. The candle lighting is symbolic of our recovery and serves as a beacon of hope for those still suffering.

A Night to Remember celebrations will take place in locales where Hazelden has a center (St. Paul, New York, Chicago, and Newberg,

Ore.), as well as in cities where alumni would like to organize an event. The celebration is volunteer driven in cities where Hazelden doesn’t have a center, so if you would like to host an event, let us know and we will assist you. We have a planning kit we can share with you.

In St. Paul, guests will enjoy a Mississippi River cruise aboard the Betsey Northrup, with great food, fellowship and fun. New York will feature Hazelden speaker Fred Holmquist, Chicago will host an event at its center, and Springbrook will feature a dinner and guest speaker. Hazelden’s John MacDougall will speak in Boston. For more on A Night to Remember, please call Sara Connolly at 888-257-7800, ext. 4588 or visit hazelden.org/alumni.

A TRUE SPIRITUAL CONNECTION

I am from Gainesville, Texas, a town of approximately 15,000, 60 miles north of Dallas. In fact the same I-35 that runs through Minnesota runs through my hometown. I am fortunate in the fact that many of my “Silkworth Brothers” stay in touch with one another and, like any fraternity of goofballs, we know each other as much by our nicknames as our real ones. I was blessed to have come through with a strong group of guys committed to changing our lives for the better, and we all knew we were in the right place to do just that.

I'd like to share a vivid memory with you. Our first lecture at Bigelow was on spirituality, and we retired to our unit and discussed what the lecture had meant to one another. When we broke and went outside, there was a spectacular rainbow over the lake towards Lindstrom and, as if we had rehearsed it, we all looked up and yelled “HOPE!” I realized then who would return us to sanity, and HE has.

— Brian

RENEWAL CENTER HELPS AL-ANON MEMBER 'RE-CENTER'

My name is Mary, and I'm a grateful member of Al-Anon. Every time I return to Minnesota (where I was born) from my home in Sweden, I always book a stay at the Renewal Center. It is the place where I “Re-center,” bring back my focus to the “Now,” and am continually reminded that the way to wholeness is from the inside out, and not the other way around.

— Mary P.

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 or to lreynolds@hazelden.org.

Renewal Center retreats engage all in recovery

The Dan Anderson Renewal Center draws from a wealth of knowledge to provide people from all walks of recovery with the tools they need to stay sober and enhance recovery. It pulls from popular authors and workshop leaders nationwide, as well as the best and brightest from within Hazelden. “We know that people who stay engaged in their recovery programs do well,” says Elene Loecher, renewal program and spiritual care director of the Renewal Center. “That’s why we provide a wide range of programming.”

The special-topic retreats offered this summer and fall reflect this effort. For instance, a quick preview of offerings reveals the great variety: “Removing Roadblocks from Your Recovery,” created by renowned recovery pioneer Earnie Larsen; “From Dr. Seuss to Twelve Steps: For Parents of Addicts,” led by psychotherapist Kathryn R. Berg; and “Lighten Up: The Spirit of Aging,” an inspiring offering led by author Bill Alexander.



Elene Loecher

Removing Roadblocks from Your Recovery,

Oct. 1-5, with Joan Peterson. If you find yourself creating the same negative situations in your life over and over again, this Earnie Larsen-designed retreat is for you. “Earnie helps get at the root of our destruction—the lie that feeds our negative self-image,” says Loecher. “He shows us how these negative beliefs and behaviors keep us blocked, and he gives us some great exercises to reverse the low self-esteem that feeds our character defects.” Workshop leader Joan Peterson has worked closely with recovery pioneer Larsen for 20 years.

From Dr. Seuss to Twelve Steps: For Parents of Addicts,

Oct. 9-12, with Kathryn R. Berg. Perfect for parents seeking added guidance in parenting their addicted sons or daughters, this retreat will empower parents to discover where their responsibility ends and where their child’s begins, how to act out of love instead of fear, and what you can do to strengthen yourself. It will show parents how to apply the Twelve Steps and principles of recovery to their lives.

Lighten Up: The Spirit of Aging, Oct. 23-26, with

Bill Alexander. This retreat will coincide with the release of Bill Alexander’s new book, *Hi, I’m Bill and*

I’m Old: Reinventing Sobriety for the Long Haul. Taking from his personal reflections and hard-won insights, Alexander will examine the challenges of recovery that come with aging. The legendary AA “Rule 62” cautions against taking yourself too seriously, Alexander says. That is the “rule” for this meditation retreat on aging. As we grow older we have unanticipated and curious new opportunities for generosity, empathetic joy, and ever more spacious awakenings. We must not miss those opportunities by being a ‘a glum lot,’ he says. Alexander is author of *Cool Water* and *Still Waters*.

Retreats on a wide range of topics—smoking cessation, shame, grief, prayer and meditation, the Big Book, and depression and anxiety, to name a few—and retreats geared for ACOAs, lawyers and judges, couples, veterans, and more are set for summer and fall. Add the annual Thanksgiving “Gratitude Gathering” on Nov. 26-28 and some special programming planned for the Christmas/New Year’s holiday season, and there’s something for everyone. For the full listing of summer and fall retreats and information on ongoing Renewal Center programs, such as the Lodge Program, visit hazelden.org/renewalcenter or call 800-262-4882.



The Dan Anderson Renewal Center, Center City, Minn.

Pounding the pavement yields patient aid dollars

Don Thiry is proof that you don't have to have a lot of money to give back. All it takes is a little ingenuity and motivation.

Last fall, Thiry, a Silkworth Unit alumnus from Pacifica, Calif., presented Hazelden with checks of \$2,000 and \$5,000 to show his gratitude for the program that helped change his life. The money will go to patient aid, Hazelden's program to help those who can't afford the full price of treatment. Thiry raised the money from his 2006 and 2007 "FMH Walk," a personal walk and bikeathon in which he collects pledges from family and friends.

"I'm not wealthy enough to cut a big check on my own, and I need the exercise," Thiry laughed. "I know treatment can be expensive, so it's one way I can give back."

Thiry is a grateful Silkworth alum from 2004 who comes back each October for his unit reunion. He and fellow alum John McCarthy were here last October when he presented his donation to John Zuniga of Development. This year Thiry is considering a golf marathon.



Don Thiry (right) with his friend and peer John McCarthy (left) and John Zuniga.

"My hat is off to all those who go the extra mile to put Step Twelve into practice," said Zuniga. "Don and all those who contribute to the FMH Walk are shining examples of what happens when we care enough to 'give back.'"

For more on Hazelden giving opportunities, please contact hazelden.org/giving or call 888-535-9485.

Paying tribute to Jellinek, 'a magical place' for 38 years

It was a fond farewell to the Jellinek Unit of old in Center City on Feb. 28, when a special dinner was held for patients and staff of the 38-year-old extended care unit. Attendees paid tribute to the coed facility that has shaped the recovery road for about 4,000 men and women since 1970, providing the extra time needed to learn and apply the principles of Twelve Step living.

The Jellinek Unit is not going away, but it ceased to exist as a coed center on March 4, 2008. The old Jellinek now houses male patients, while a new Lilly Unit opened in March to female extended care patients in the Women's Recovery Center.

"Jellinek had such a huge impact on so many people," said Bruce Larson, clinical director of Recovery Services. "We wanted to pay tribute to the old Jellinek and kick off the new tradition of gender-specific extended care."

Larson spoke at the dinner, along with Damian McElrath, Jellinek spiritual care professional and Hazelden historian; Brenda Iliff, clinical director of the Women's Recovery Center; Jellinek supervisor Paul Mladnick; and Lilly supervisor Sheila Hermes.

What's different, of course, is that men and women extended care patients will be separate. The coed dynamics of old Jellinek certainly had some benefits,



Says Bruce Larson: "Jellinek had such a huge impact on so many people. We wanted to pay tribute to the old Jellinek and kick off the new tradition of gender-specific extended care."

because it helped mimic the real world with a mixed-gender perspective. On the other hand, gender-specific programming will allow patients to "focus on recovery without distractions," said Virginia Murauskas, a counselor on the Lilly Unit. "We have identified that gender-specific programming is helpful to both men and women. It invites the opportunity to share more freely."

Murauskas said the coed setting was not safe for

some people, especially those identified at high risk for developing romantic relationships and those with trauma issues. "We also know women do better when not in a coed setting," added Murauskas.

The best news is that extended care beds have increased by 50 percent, and that the primary care patients formerly deemed inappropriate for a coed extended care setting need no longer be turned away from Hazelden. Extended care beds increased from 29 to 44, with 18 beds for women and 26 for men.

"Jellinek has been a magical place for so many," said Murauskas. "Alumni often return to visit our campus and they simply want to step inside the Jellinek building. Jellinek was a very spiritual place—it stood for dramatic transformation to so many people. It's a miraculous place."

"Jellinek saved my life; it was the best experience I've ever had," said Kevin Kirby, a Jellinek alumnus. "Before coming to Hazelden, I bounced around for a couple years at several treatment centers. When I got to Jellinek, I understood what surrender and willingness was. . . . I was ready for change. I've been sober since the day I left Jellinek—March 5, 2003." Kirby now leads Twelve-step Living Corporation, which provides an 18-bed recovery retreat and four sober houses in Sioux Falls, S.D.

Center City, Minn.

McCormick named Hazelden interim president and CEO

Daniel J. McCormick, a managing partner with the Chancellor Group Inc. in Minneapolis, was named Hazelden interim president and CEO on April 7. McCormick is leading Hazelden until a national search is completed for a permanent successor to former president and CEO Ellen Breyer. Breyer announced her resignation in February, and it was effective April 4. McCormick has spent his entire 35-year career with health care and health care-related organizations, including extensive experience in behavioral health care. He has been with Chancellor, a health care consulting group, since 1999, serving from 2001-2007 as president/CEO of Grand Itasca Clinic and Hospital in Grand Rapids, Minn.

Newberg, Ore.

Recovery comedian to headline Ice Cream Social, Casey highlights Springbrook alumni reunion

Recovery comedian Mark Lundholm will be featured at Springbrook's annual Ice Cream Social & Barbeque on Friday, July 18, while popular author and presenter Karen Casey, PhD, will headline the Springbrook alumni reunion on Saturday, July 19 at the Springbrook campus. Alumni, family and friends are invited to the Ice Cream Social & Barbeque to enjoy a casual gathering of great food, fun and fellowship on the Springbrook lawn. Lundholm is sure to regale all. He has had his own Showtime Special, appeared on Comedy Central, written and starred in his own one-man theatre show (*Addicted...A Comedy of Substance*), and has been touring the past year with The Comedy Addiction Tour, a show featuring four comedians,

all in recovery. The Ice Cream Social begins at 6:30 p.m. and is followed at 9 p.m. by the traditional Candlelight Twelve Step Meeting. The Friday night event is free, but pregristration is requested.

The Saturday reunion features Casey, author of 20 books, including the immensely popular *Each Day a New Beginning*, the first meditation book expressly for women. Casey will lead "Our Relationships Reflect the Contents of Our Mind," a two-part workshop that will provide the tools to more peaceful and productive relationships. Casey's recent books, including *Fearless Relationships*, *Change Your Mind and Your Life Will Follow*, and *It's Up to You*, help men and women create more successful relationships. Casey will return to Portland on Sept. 19-20 to emcee the Women Healing conference. The reunion also features lunch with Springbrook patients and dinner followed by guest speaker Fritz C., a Springbrook alumnus who will share his experience, strength and hope. Cost for Saturday's reunion activities is \$60. To register for the weekend events, please call Stefanie F. at 503-554-4339 or 866-866-4662, ext. 339. Or register online at hazelden.org/events.

Oak Grove, Minn.

Recovery Cup golf tourney set for July 21 at The Refuge

The Eighth Annual Recovery Cup Golf Tournament, a four-person scramble for friends of Hazelden, will be held on Monday, July 21 at The Refuge

for me to want to follow him. Fred became my first sponsor. He is the most spiritual man I've ever known. He said if I wanted what he had, just do what he does. And that's what I did. He taught me how to work the program."

GIVING IT BACK

Now, over 25 years later, Stromberg knows he was not meant to be the "big shot." Today, with humility, he gives back. He has shared his story several times with Hazelden audiences. In August 2006 he spoke



Mark Lundholm

Golf Club in Oak Grove, Minn. This special event celebrates recovery with an 8 a.m. shotgun start and includes lunch, prizes and awards. Cost is \$100 per person. Call Sara Connolly at 888-257-7800, ext. 4588 for more information or to register.

Chicago, Ill.

Chicago picnic is Aug. 23

The fifth-annual Alumni Picnic in the Park will be held on Saturday, Aug. 23 at Lincoln Park in Chicago. Alumni, family and friends are welcome for a day of great camaraderie, food and fun. The event is free, but participants are asked to call and register by Aug. 19 to help plan for the event. Call 888-257-7800, ext. 4588.

A barbeque will be held on June 20

after the 7 p.m. alumni meeting at the Chicago facility. The gathering will kick off alumni activities for the summer. **David Brown** is the new supervisor of the Sober Residence at Chicago. Brown will oversee the residence, which provides a supportive environment to people in early recovery, and serve as a recovery coach for residents.

Minneapolis, Minn.

Comedian Mark Lundholm coming to Augsburg College

Comedian Mark Lundholm will share his experience, strength and humor with Hazelden alumni and friends and students from the StepUp Program on Nov. 7 at Augsburg College in Minneapolis (see description of Lundholm above in Springbrook item). The event is a collaboration between Alumni Relations and the StepUp Program, which provides a sober, supportive environment for recovering students of Augsburg College. Cost is \$20 per person. Call 888-257-7800, ext. 4588 to register.

to Hazelden patients in Center City at the evening lecture. "I'm a very lucky man," he said. "I'm blessed in my recovery. The recovery community is the best. If you stay sober, you'll find we're among the best, most loving and generous people. We have a tremendous capacity to give, and service is what it all boils down to."

Given his talent for storytelling, Stromberg found another way to pass it on. Three years ago, he wrote, with Jane Merrill, *The Harder*

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 our 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: Meets the first Wednesday of each month at 6 p.m. for an hour at 2701 E. Camelback, Suite 140, followed by a casual dinner at 7 p.m. for those who can attend. Contact Lloyd F. at 602-301-0029.

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 Roger C. at 818-749-4211.

San Francisco: Meets second Wednesday of the month at 6:30 p.m. For location, contact Craig H. at 415-217-9196.

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

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

DISTRICT OF COLUMBIA Washington: 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.

ILLINOIS Chicago: Meets second Friday of the month at 5:30 p.m. at Hazelden. Contact Grant A. at 773-406-0254 or Kimberly M. at 773-251-7048.

MEXICO Mexico City: Contact Alex T. 55-2624-3533

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

MINNESOTA St. Paul: Contact Graham C. at 651-228-0681 or Caryl C. at 612-695-5969.

NEBRASKA Omaha: Next meeting July 20 at 6:30 p.m. at Vivace in the Old Market. Contact Glenn P. at 402-558-4737.

NEW YORK New York: 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's Springbrook campus, 1901 Esther St. Contact Debbie Voorhees at 503-554-4353.

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

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

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

< STROMBERG — CONTINUED FROM PAGE 1

Stromberg saw hope in this group. "I stood in the back of the room and saw people with eyes lit up, telling their stories and laughing. These were people I could understand."

Thirty days later Stromberg met a man named Fred at one of the meetings. "He did something totally remarkable to me. I was still feeling so much shame that I couldn't look anyone in the eye. But Fred grabbed me, looked me in the eye, and said: 'Gary: You're going to be all right!' That's all he said, but it was enough



alumni events calendar

Visit hazelden.org/alumni for updated events

June

COLORADO	7	Boulder	Lodge Workshop, Fred Holmquist
ILLINOIS	11	Wheaton	2008 Golf Classic, Cantigny Golf
	20	Chicago	Summer Alumni BBQ, Hazelden, follows 7 p.m. alumni meeting
MINNESOTA	8	Center City	Second Sunday, John Prin, "Searching for Meaning: The Key to Renewal"
	19-22	Center City	Lilly/Simmons Unit Reunion*
	23	St. Paul	Reconnect and Rediscover with Don Elverd, "Helping Soldiers Heal," Central Park United Methodist Church

July

MINNESOTA	13	Center City	Second Sunday, Irene Bugge, "Acceptance and Commitment Therapy"
	17-20	Center City	Dia Linn Unit Reunion*
	21	Oak Grove	8th Annual Recovery Cup Golf Tournament, The Refuge Golf Club
NEBRASKA	20	Omaha	Dinner/Speaker Meeting
OREGON	18	Newberg	Ice Cream Social & Barbeque
	18-19	Newberg	Springbrook Alumni Reunion

August

ILLINOIS	23	Chicago	Chicago Alumni Picnic, Lincoln Park
MINNESOTA	8	Plymouth	Center for Youth and Families Alumni Reunion
	10	Center City	Second Sunday, John McAndrew, "I Am Home—Home at Last"

WOMEN HEALING CONFERENCES

Sept. 19-20, 2008	Portland, Ore.
Nov. 7-8, 2008	White Plains, N.Y.
Dec. 5-6, 2008	Chicago

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

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 of the month	Plymouth	Alumni Night with guest speaker, Center for Youth and Families, 7:30 p.m.
Friday	St. Paul	Open AA speaker meeting, Fellowship Club, 7 p.m.

< STROMBERG — CONTINUED FROM PAGE 4

They Fall, a book about 21 celebrities who tell their real-life stories of recovery. The book, via interviews conducted by Stromberg, tells the stories of people such as singer/songwriter Paul Williams, U.S. Congressman Jim Ramstad, comedian Richard Pryor, and musician Chuck Negron of Three Dog Night.

"These are people who crashed

and burned and went on to thrive in recovery," he said. "The book afforded me the opportunity to tour the country and share my experience, strength and hope. Addiction is a disease of denial; it's a disease that tells us we don't have it. I was living in isolation for so many years, and I felt no one else was suffering like me. By writing the book I

can help give people the understanding that they're not alone, that recovery is possible."

For more information on *The Harder They Fall*, visit hazelden.org/bookstore or call 800-328-9000.



21-24	Center City	Cronin Unit Reunion*	
WASHINGTON	9	Seattle	Elene Loecher Workshop, Seattle Pacific University

September

MINNESOTA	4-7	Center City	Promises Unit Reunion*
	14	Center City	Second Sunday, William Cope Moyers, "Beyond Broken: The Rest of the Story"
	18-21	Center City	Jellinek Unit Reunion*
NATIONWIDE	25	Many sites	A Night to Remember

October

MINNESOTA	12	Center City	Second Sunday, John MacDougall, "Gratitude"
	16-19	Center City	Silkworth Unit Reunion*

November

MINNESOTA	7	Minneapolis	Recovery Comedian Mark Lundholm, Augsburg College
	9	Center City	Second Sunday, Mic Hunter, "Life's Lessons"

December

MINNESOTA	7	St. Paul	Fellowship Club Open House
	14	Center City	Second Sunday, Fred Holmquist
OREGON	12	Newberg	Holiday Bowl

*Come early and attend a special-topic retreat at the Renewal Center before your reunion. Call 800-262-4882.

The many walking paths contribute to the serenity of the Dan Anderson Renewal Center and the Center City campus.

Workshops & Retreats

ROAD WORKSHOPS OFFER A TASTE OF THE LODGE PROGRAM

Hazelden alumni and others in recovery can get a taste of the programming from the Lodge Program at Hazelden's Dan Anderson Renewal Center by attending workshops that are coming to several cities. The Lodge Program is a Twelve Step immersion program designed to help individuals integrate the simple directions of the Big Book into their daily life. Lodge workshops are listed on the calendar on this page. 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 18 and older who is involved in a Twelve Step program. Dates and speakers are listed in the events calendar on this page. Cost is \$12, which includes a noon buffet. No preregistration necessary; register at the Cork Center. For more information, call 800-257-7800.

Reaching out to veterans, Elverd will deliver 'Helping Soldiers Heal' talk

Don Elverd, PsyD, a Hazelden psychologist and Vietnam combat veteran, will deliver a talk titled "Helping Soldiers Heal" at 7 p.m. on June 23 at Central Park United Methodist Church, also known as the Recovery Church, in St. Paul. Elverd will offer knowledge and support to veterans and their loved ones who are struggling with mental health and addiction problems. The talk is open to the public and free of charge.

Elverd has spent several years conducting retreats for veterans diagnosed with post-traumatic stress disorder (PTSD) and has worked with many recovering veterans with co-occurring disorders. He will discuss the problems facing veterans as they return to civilian life. A 2007 study by the University of California and the San Francisco Veterans Affairs Medical Center reported that about one third of returning Iraq and Afghanistan soldiers



Don Elverd will deliver a talk titled "Helping Soldiers Heal" on June 23 at Central Park United Methodist Church in St. Paul

have addiction or mental health disorders such as PTSD, anxiety, or depression. And those with PTSD have high rates of addiction, and vice versa.

The problems of active duty soldiers and veterans are often hidden, says Elverd. Active duty soldiers are reluctant to seek help because they don't want to be "stigmatized" as weak or cowardly by their comrades, and active duty veterans may worry about losing benefits or advancing their careers if they seek help. Elverd urges active duty soldiers and vets to seek professional help and to talk with

other veterans who have sought help, particularly Vietnam vets.

Because PTSD and substance abuse often occur together, Elverd suggests that vets attend Alcoholics Anonymous groups for veterans. "Twelve Step support is enormous because it provides a sense of community for those who may feel marginalized. There is a tendency to isolate during post-deployment. In AA, vets learn how to utilize community to gain strength and get through the hard places."

Elverd and Jimmie Coulthard will lead **"A Spiritual Gathering for Veterans," a special retreat to be held on Aug. 29-31 and Dec. 5-7** at the Dan Anderson Renewal Center in Center City. The retreat will address the special issues of veterans in recovery. For more on the retreat, call 800-262-4882.

Hazelden BookAid helps vets, active duty soldiers

Hazelden's BookAid Program is reaching out to help meet the needs of active duty U.S. soldiers and veterans. BookAid provides free materials from Hazelden Publishing to individuals and groups in need. "We're responding to an increasing number of requests for materials that support veterans and our troops in Iraq and Afghanistan," said Jody Klesewski, BookAid coordinator.

Most recently, BookAid sent a package of materials to Swords to Plowshares, a nonprofit group that provides assistance to veterans from the San Francisco Bay area who are struggling with homelessness, substance abuse and mental health problems. Meditation books, workbooks, videos and pamphlets were sent to help veterans with addiction and PTSD. In December, BookAid fulfilled a large request made by the Mental Health Clinic of the U.S. Army's 86th Combat Support Hospital in Baghdad, Iraq. Materials to assist patients with anger, depression, anxiety, guilt and grief were sent, along with self-help workbooks on addiction, codependency, anger, grief and trauma. For more information on BookAid, please email bookaid@hazelden.org or write to Jody Klesewski, PO Box 11, Center City, MN 55012-0011.

PO BOX 11 alumni news & views

JUNE 2008

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.

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

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 provides quick and easy access to our admissions process 24 hours a day.

hazelden.org
800-257-7800

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

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



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