

PO BOX 11 informs readers of news, events and people who enhance recovery.

Alum thrives in recovery community

“The more I grow, the more I have to give.”

Thirteen years ago Lori A. found herself sitting in her car outside of what is now Hazelden’s Springbrook campus in Newberg, Ore. Emotionally, spiritually and physically defeated, she had been to this parking lot before—afraid to get out and go inside. “I looked out, wishing I were strong enough to go to treatment.”

Lori had been bouncing in and out of emergency rooms and detox units for four years. With two young children who no longer trusted her, and a dwindling sense of self-worth, Lori knew she needed help. After a short while, she mustered up the courage to get out of her car and walk through the entrance.

“I was met at the reception desk of the treatment facility with open arms—someone telling me I needed this place, that I was worth it,” she recalls. “I felt accepted, just the way I was, for the first time. For the first time in a long time, I felt a glimmer of hope.”

“I’m taking every moment as an opportunity to learn and grow.”

During her 39 days in residential treatment, Lori learned to be honest and open with herself about her addiction to alcohol. “I accepted that I had to start working at my recovery just as hard as I had worked at drinking—and that was 24/7,” she said.

Upon leaving residential treatment, Lori became involved with a local chapter. She transitioned to an outpatient program, found a sponsor, shared her story at a Bridging the

Gap lecture and embraced the Fellowship in any way she could.

“The first year of my recovery was all about progress. I was very fragile,” she explains. “I knew it was important to stay close to my support system, so I did 365 meetings in 365 days.”

She also knew it was important to rebuild relationships with her family. “My kids would spot my drinking first and from a mile away.

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A heartfelt thank-you

Dear Friends and Fellow Travelers,

We hope this newsletter finds you enjoying a happy New Year filled with the gifts that sobriety brings. We wish to thank you for all the gifts you have given Hazelden in the past year. As a nonprofit organization, we appreciate the support of our wonderful alumni who so generously volunteer their time and provide financial support. You make it possible to fulfill our mission to restore hope, healing and health to people affected by addiction to alcohol and other drugs.

We appreciate the feedback you have given us regarding improvements to your alumni newsletter. We are listening to your suggestions and will continue to strive to bring you inspiring and relevant news in the coming year.



Lisa Reynolds
Manager of Alumni Relations



“The more I grow, the more I have to give.”

Continued from front page

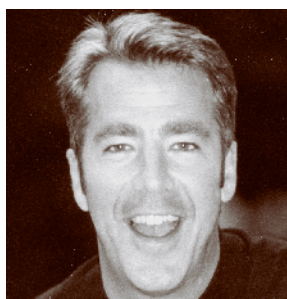
They knew my life had been unmanageable,” Lori explains. “And I had to rebuild trust with them after treatment—not by telling them but by showing them. That definitely took time.”

Since then, Lori has continued her progress, one day at a time. First enrolling in Spanish classes and then graduating with honors in psychology from Portland State University, Lori is now well on her way to obtaining an alcohol and drug counseling certificate, with plans to pursue a master’s degree. And she stays connected to the recovery community by attending meetings and through service work.

“My recovery is greatly enhanced by staying active in our Alumni Activities Committee at Hazelden’s Springbrook campus,” she explains. “I also still lecture every four weeks—it really helps me remember what my life was like when I was sitting in those chairs. To be that transparent and help others in recovery and help them realize that they are only as sick as their secrets and that it is possible to be happy, joyous and free, is incredible. I love watching the transformations.”

In addition to routinely participating in alumni events in Oregon, Lori revitalizes her recovery by attending workshops at The Lodge at Hazelden and the annual Alive and Free celebration—all while looking forward to each new adventure that life in recovery brings.

“I’m just so grateful for every moment in recovery. I’m actually excited to walk through challenges now—I am free of all of that guilt and shame and fear that used to keep me stuck,” Lori says. “The more I grow, the more I have to give. I’m taking each day as an opportunity to learn and grow and give back. I think that’s what lifelong recovery is all about. And what makes it so great.”



John H. lived at Hazelden’s Chicago residence for six months in 2010, while in continuing care. During that time, John chaired the Wednesday evening residents’ meetings. He regularly attends the Friday night alumni meeting, which he considers his home group. As a member of Hazelden’s Chicago Alumni Activities Committee, he has participated in planning many area events.

News from Illinois

Alumni committees offer service opportunities, camaraderie

by John H.

In Chicago, we have a highly motivated Hazelden Alumni Activities Committee that is responsible for planning and implementing recovery activities and events that take place in the region.

Most recently we organized “Sobriety Has Talent,” a live show that featured a Shakespearean actor, a jazz keyboardist, a two-man heavy metal band, a rapper, a tap dancer, six singers and three comedians. A panel of celebrity judges critiqued the event, which attracted more than 200 attendees.

The Chicago Alumni Activities Committee has been so successful that we have, in effect, created the mold for other regional sites. It all started when a group from the Friday night alumni meeting was looking to give back to Hazelden in some way—and mostly, to be of service to the sober community. The group organized with the intent of providing fun social activities and meaningful volunteer opportunities. Today, this group plans and hosts everything on Chicago’s annual calendar of events,

activities that are open to Hazelden alums and others in Chicago’s recovery community.

“One of the many reasons for this group’s success is its deep commitment to making sobriety fun,” says Steven Hart, Hazelden’s clinical director in Chicago. “The alums create the events, market and

The alumni do all the legwork in providing great service opportunities for people in recovery who are looking for fun, sober, social engagements.

promote them throughout the city of Chicago, and then come with their sleeves rolled up to make it all happen.”

Throughout the planning, everyone works as a team to achieve a common goal. Each event has a chairperson, and sometimes co-chairs, who are responsible for coordinating volunteers to determine venue, find rentals, hire entertainment and caterers and design marketing materials.

The Chicago Alumni Activities Committee meets on the second Friday of each month at 6 p.m. For more information on how you can get involved, please contact Rik M. at chicagohaac@gmail.com.

And if you’re in Chicago, remember to attend the Friday night alumni meeting, held every week at 7 p.m., as well as all the other great meetings offered at Chicago’s Hazelden facility.

Enhance your recovery journey

- Become a volunteer alumni contact. Fill out the form at hazelden.org/alumnicontact.
- Join Fellow Travelers, Hazelden’s alumni affiliation program, at hazelden.org/fellowtravelers.
- Join Hazelden’s alumni-only, private and exclusive online recovery support community at hazeldenalumni.com.



With gratitude, Naples looks ahead to a busy 2012

by Karen C.

Hazelden's Naples, Fla., facility is as busy as it is beautiful, serving residential and outpatient clients with acceptance, hope and gratitude. Yet these are just a few of the gifts bestowed on everyone who walks through our doors, whether for services or to attend one of the many activities.

Our Thursday 7 p.m. alumni meetings, with a special speaker and medallion ceremony once a month, continue to draw in new visitors. And the Al-Anon Step meeting held every Thursday evening at 5:30 is very popular among community members.

On December 1, we held a Holiday Gratitude Celebration, which included a great talk and a medallion ceremony. Those who were present heard speaker David Potter, the spiritual care counselor for Hazelden in Naples. David shared his story of gratitude, service and giving back. What a blessing

it was to be present. And what a wonderful way to greet the 2011 holiday season.

Hazelden's Naples facility has a busy year ahead. Kicking off the Community Speakers Series for 2012 is John MacDougall, director of spiritual guidance at Hazelden's Center City campus. On January 10, Dr. MacDougall will be at our new speaker location, First United Methodist Church of Naples. He always entertains as well as educates. On February 7, we'll welcome author and workshop presenter Jill Kelly, Ph.D. The final talk of our winter series is on March 13, with me as the speaker.

While Hazelden in Naples is a busy place, keeping the spirit of recovery alive is our intent. Day by day. Moment by moment.



Karen C. is an author, speaker and workshop presenter. Her signature book, *Each Day a New Beginning*, published by Hazelden in 1982, was the first daily meditation book for women in recovery. She has authored 23 books since then and continues to be a source of insight, guidance and solace to people practicing a Twelve Step program. Karen presents workshops across the country and is an active volunteer at Hazelden in Naples, where she frequently speaks and leads Twelve Step groups.



Craig L. is a grateful alumnus who has been active in alumni activities since leaving treatment at Hazelden's Springbrook facility nearly six years ago. He was instrumental in starting Hazelden's Seattle Alumni Chapter. Craig is an active participant in the Springbrook Alumni Activities Committee, regularly attends the Third Friday Supper Clubs and other alumni-hosted functions, and frequently serves as a speaker and volunteer for alumni events.

News from Oregon

Coastal Recovery Retreat a huge success

by Craig L

Hazelden's Springbrook alumni set aside the weekend of Sept. 16-18 for a spiritual retreat to Sea Krest, a church camp situated on a bluff overlooking the Pacific Ocean near Newport, Ore. The Oregon coast proved to be a spectacular setting for a meaningful group weekend. This event for Hazelden alumni and guests was hosted by Jacky Johnson and Phil Oliver, both spiritual care providers at Hazelden's Springbrook center. Jacky lent her artistic talents to the group activities, while Phil led our discussions regarding the spiritual aspects of recovery.

The retreat's theme, "The Sacred Depths Within Us," gave attendees the opportunity to explore individual creativity through various artistic modes. We were all asked to share with the group the creative meaning of our individual projects. It sounds quite simple, but the group experience created an intensely spiritual level of creative expression. Jacky and Phil were wonderful facilitators, fostering an environment open to laughter and tears.

At sunset, we gathered on the beach to participate in a Twelve Step AA meeting illuminated by a roaring bonfire. The theme for the meeting was fellowship and gratitude, and it included meaningful dialogue and heartfelt testimonials in celebration of our recovery.

Many alumni traveled great distances to attend this event. David M. from Indianapolis describes the weekend as "an extended moment of grace and love between new and old friends. My soul was enriched and my recovery focus recharged through this special group of people and these spiritual activities. I am already looking forward to coming back next year."

We had so many positive responses from attendees that Hazelden will host an additional retreat April 20-22, 2012, at Camp Adams in the scenic Willamette Valley, approximately 45 minutes south of Portland. Plan to attend this life-changing spiritual event to celebrate your recovery. Watch for additional information on this and our September retreat in the coming months.

Phil Oliver is the spiritual care provider at Hazelden's Springbrook location, with a background in religion and spirituality and their relationship to psychology, therapy and human behavior. He has been pivotal in the success of Hazelden's Spiritual Retreat Series, both as a planner and a workshop facilitator.



Ken R. is a grateful alumnus of the Silkworth and Jellinek units from 2005. He is a member of Hazelden's Alumni Activities Committee and a regular volunteer at Hazelden-sponsored events such as the Fall Speaker Series and Alive and Free. Ken resides in St. Paul, where he is an active member of the recovery community.

Running on the road of recovery

by Ken R.

AC/DC is probably not a band that comes to mind as being synonymous with Twelve Step principles and recovery living. Nonetheless, as I pulled on my "Runners for Recovery" T-shirt in preparation for a 12-mile run to reflect on the topic of gratitude (for this article), I realized that the strident sounds of Angus Young and company blaring into my ear buds was perhaps the perfect place to start.

Nearly seven years ago I detoured off my own personal highway to hell into the safe and healing confines of Hazelden's Center City campus. That is the starting point for nearly any discussion I have regarding gratitude. During subsequent years of sobriety, that feeling of gratitude was a touchstone I shared with countless others.

As my feet carried me amongst the fall colors blazing along Summit Avenue, I fell into a peaceful and easy reflection, a vivid contrast to the despair I felt in that fall in 2005. These days, I'm graced with a startling amount of joy. My experiences in this regard are mirrored in the events and attitudes I see all around me; for recovery in Minnesota, fall seems to be an unparalleled opportunity for celebration and renewal.

As National Recovery Month, September set the tone. This year alone thousands of recovering

people and supporters came together to celebrate art (Clean II exhibit—all works by artists in recovery), baseball (Recovery Night at Target Field), meditation (Spirituality Breakfast with Thérèse Jacobs-Stewart) and the simple joy of moving (Walk for Recovery). A gala to support Hazelden's youth and young adult facility expansion provided a fitting centerpiece to the month.

October kicked off with a full house for the Community Speaker Series at the Recovery Church as Dan Anderson Renewal Center guru Will Hudson built on the enthusiasm and energy of John MacDougall's September message. A similar scene unfolded in December for an evening with William Moyers.

As my thankful legs returned me to my doorstep, I realize my run not only offered me many snapshots of the gratitude manifested throughout this region, but an apt metaphor for its enduring nature.

No matter how difficult the miles may seem on the road of recovery, I know I need never travel it alone. For that, I am truly grateful.

Extending the reach of hope

by Cheryl Pray

As we welcome the New Year, I wish to extend warm and sincere greetings in the hope that this year brings with it divine blessings to you all.

With 2012 upon us, we think of those who are still struggling with addiction, a devastating disease that touches every race, gender and socioeconomic status. At Hazelden, we are committed to help more people sustain life-long recovery from addiction to alcohol and other drugs. But we need your help. As a nonprofit organization, Hazelden relies on private support so that we can continue to provide residential, outpatient and extended care services.

Without financial support, many individuals, like the grateful alum quoted here, will not receive the care

they so desperately need. In 2010 alone, Hazelden distributed nearly \$6 million in patient aid—thanks to the generosity of our loyal donors. Nearly one in five Hazelden patients received aid—with an average of more than \$3,000 per person.



With your help, we can create a world filled with many more grateful mothers, fathers, daughters and sons—whose lives were changed and saved because we cared.

If you would like to make a charitable contribution, please visit hazelden.org and click the donate button or call 888-535-9485.

On behalf of all those who will benefit from your contribution, thank you.

Cheryl Pray is director of development at Hazelden.

"I don't know how to even begin to express my gratitude for my experience at Hazelden! Without the generous financial help from friends, family and most of all the donors who contributed to my care, I truly believe I would have lost my life to addiction. I will never forget this!"

—Grateful Alum

Educating hearts and minds to address addiction

A Q&A with Wally Mestad, a former student at the Hazelden Graduate School of Addiction Studies

What attracted you to Hazelden's graduate program?

I'd been involved in business operations for retail organizations my entire career. When I took advantage of an opportunity to reassess my job and life, I realized I wanted something more. My personal recovery program as an alcoholic influenced my decision, too. Hazelden is an icon in the field of addiction recovery, and the reputation of the Graduate School is outstanding. Hazelden's Twelve Step program of recovery, multidisciplinary treatment team and clinical organization were also very important to me.

What kinds of obstacles did you need to overcome?

I'm a 58-year-old businessman who's been out of the academic setting for many years. My undergraduate degree is in religion and philosophy with a minor in business administration, but that was back in the 1970s. So you can imagine that I walked into the Graduate School that first day with a little apprehension and anxiety. That all disappeared quickly because the peer, clinical, administrative and faculty support is just amazing. It is such a privilege to learn from people who are icons in all aspects of the field.

What surprised you most about the program?

Both in terms of academics and clinical experience, my first semester far surpassed my expectations. With every course, I found immediate clinical application in my work on a men's primary treatment unit at Hazelden. The clinical experience really pushed and challenged me and took me to new levels of understanding and self-confidence.



HAZELDEN GRADUATE SCHOOL
OF ADDICTION STUDIES

Join us for an open house

The Hazelden Graduate School of Addiction Studies (HGSAS) will present an open house on Saturday, Feb. 25, 2012, for prospective students in Center City, Minn. Prospective students, friends and family are welcome to learn about the graduate program, meet professors and staff and tour the campus.

The HGSAS is a private, accredited institution committed to providing excellence in education. Our innovative and comprehensive academic programs integrate academic training and direct clinical experiences to build professional competency in the field of addiction counseling. Unlike any other graduate school, students are immersed in a culture of addiction science and practice, encompassing a full range of treatment services for youth, adults and families.

For more information on HGSAS, visit hazelden.edu or call 888-257-7800, ext. 4175.

Recovery on the go



With Hazelden's mobile applications, you'll find the instant motivation you need to strengthen your recovery and inspire personal growth no matter where you are.

From apps based on our best-selling books that feature special enhancements like texts and video messages from the authors to those based on our best-selling meditation books, Hazelden mobile applications are there when you need them most, at the touch of your fingertips.

Visit hazelden.org/mobileapps to view and download our selection of mobile applications for iPhone, iPad, iPod touch and Android.

Get alumni news via email

To receive information about alumni activities via email, please email us at mailinglist@hazelden.org.

Be sure to include your full name, mailing address and email address so we can locate you in our database and add you to our email list. Many communications are now sent via email only.



Hazelden's youth initiatives are taking off

Hazelden is committed to reaching and helping millions more around the world find freedom from the disease of addiction, and young people are at the forefront of these efforts. At Hazelden, we imagine a world where young people no longer need to suffer or die from a disease that can be treated, managed and overcome.

Young people who have addiction miss out on many of the joys of adolescence, such as developing healthy friendships, achieving success at school and reaching personal goals. It's common for young people who struggle with addiction to experience co-occurring mental health problems or family difficulties, requiring Hazelden's integrated approach to effectively address such complex needs.

Hazelden is dedicated to being the national leader and first choice for co-occurring addiction product and service solutions for youth and young adults. Hazelden is committed to expanding its offerings to include the following:

- **Residential care**—Expanding programming and facilities for patients, parents and siblings at Hazelden's campus in Plymouth, Minn., the nation's pre-eminent residential addiction treatment center for young people
- **Outpatient care**—Developing recovery resource centers where young people and

their families can go for outpatient addiction treatment, mental health services and related resources

- **Collegiate structured sober living**—Opening a first-of-its-kind collegiate recovery residence in New York City's Tribeca neighborhood for young adults, ages 18 to 29, who are committed to their sobriety and who are attending college or planning to return to college
- **Recovery management**—Incorporating technology into an enhanced post-treatment program of personalized recovery coaching, guidance and support to help patients transition successfully to home life, school and work
- **Research**—Conducting research that informs the care Hazelden provides to patients and families and advances the treatment and recovery field, such as the study currently underway examining the impact of text messaging on recovery for young people
- **Education**—Using Hazelden's experts in the field of addiction and co-occurring disorders to educate other professionals on the latest knowledge and research, advancing the field of addiction treatment
- **Publishing**—Developing electronic products and applications that help young people build lifelong recovery from addiction and providing greater access to evidence-based violence prevention programming that targets bullying, dating violence and youth suicide

“Hazelden is reaching out like never before to young people,” says Mark Mishek, Hazelden president and CEO. “From prevention to intervention to treatment to recovery support, we intend for Hazelden to be the first choice for solutions across the youth products and services continuum.”

Hazelden's doors opening to more young people

Key features of the expansion in Plymouth, Minn., (pictured below) include:

- a new 32-bed unit for female patients, with 22 beds for primary care and 10 for extended care
- a larger and more welcoming entrance and admission area
- the addition of an indoor recreation area, including a gym and exercise room
- new space for expanded outpatient treatment services
- renovated and expanded areas for parent and sibling programs, mental health services and counseling


For updates, visit hazelden.org/plymouthexpansion.



Upcoming alumni events and reunions

Date	Event	Location
Thursdays	Hazelden Alumni Meeting	Naples, FL
3rd Fri/mo	Supper Club	Newberg, OR
Fridays	Open AA Meeting	St. Paul, MN
Fridays	Hazelden Alumni Meeting	Chicago, IL
4th Sat/mo	Plymouth Alumni Night	Plymouth, MN
Jan 10	Recovery Speaker	Naples, FL
Feb 4-5	Bill Alexander, "Finding peace..."	Mexico City, Mexico
Feb 7	Recovery Speaker	Naples, FL
Mar 6	Speaker Series: Delia Jurek	St. Paul, MN
Mar 13	Recovery Speaker	Naples, FL
Mar 15-18	Tiebout Reunion	Center City, MN
Mar 24	Speaker Event: Fred Holmquist	New York, NY
Apr 3	Speaker Series: JoAnn Campbell	St. Paul, MN
Apr 14	Speaker Event: John MacDougall	Washington, D.C.
Apr 19-22	Shoemaker Reunion	Center City, MN
Apr 20-22	Camp Adams Retreat	Oregon
Apr	Wellness Event	Chicago, IL
May 1	Speaker Series: Betty Davis-Reynolds	St. Paul, MN
May 4-6	Alive and Free	Center City, MN
May 17-20	Simpson Reunion	Center City, MN
June 7-10	Lilly Extended Care Reunion	Center City, MN
June 21-24	Simmons/Lilly Reunion	Center City, MN
June 25	Recovery Cup	Dellwood, MN
July 20	Springbrook BBQ and Ice Cream Social	Newberg, OR
July 21	Springbrook Reunion	Newberg, OR
July 19-22	Dia Linn Reunion	Center City, MN
July 26	Rollin' on the River	St. Paul, MN
Aug 11	Picnic in the Park	Chicago, IL
Aug 16-19	Cronin Reunion	Center City, MN
Aug 24-26	Northwoods Retreat	Grand Rapids, MN
Sept 6-9	Promises Reunion	Center City, MN
Sept 14	Hazelden Gala	Twin Cities
Sept 21-23	Coastal Retreat	Newport, OR
Sept 20-23	Jellinek Reunion	Center City, MN
Sept	Sobriety's Got Talent	Chicago, IL
Oct/Nov/Dec	Fall Recovery Speaker Series	St. Paul, MN
Oct 18-21	Silkworth Reunion	Center City, MN
Nov 3	IOP Reunion	St. Paul, MN
Dec 6	Gratitude Gathering	Naples, FL
Dec 14	HSB Holiday Bowl	Newberg, OR
Dec 15	Gratitude Gathering	Chagrin Falls, OH

Visit hazelden.org/alumni for event updates or call 888-257-7800, ext. 4366.



RESEARCHUPDATE

Keeping the field informed about youth and addiction


As a part of its mission to add to the field's knowledge of addiction treatment, Hazelden's Butler Center for Research publishes free, downloadable *Research Update* briefing sheets. Each issue offers a one-page summary of current research on a topic of interest within the addiction treatment field.

"Our *Research Update* summaries are extremely well received. They allow Hazelden to share significant scientific findings with colleagues and to contribute to the field's working knowledge of addiction, treatment and recovery," says Audrey A. Klein, Ph.D., director of the Butler Center for Research.

Five issues of *Research Update* focus on topics specific to youth and addiction:

- *Treatment Outcomes Among Youth*
- *Youth Violence and Alcohol/Drug Abuse*
- *Preventing Adolescent Substance Abuse*
- *Prevalence of Adolescent Substance Abuse*
- *Consequences of College Binge Drinking*

To access free, downloadable copies of these or other issues of *Research Update*, go to hazelden.org and click the "Research" tab in the gray navigation bar.



“I got drunk, but we got sober.”

I heard this at a meeting, and it dawned on me that I always thought of it the other way around. When I was drinking, I thought that “We got drunk, and I would have to get sober.” I imagined, while drinking, I was part of a great, happy fellowship of drinkers, and if I were to get sober, I would have to leave this drinking fellowship and go get sober all alone.

I saw this happy fellowship of drinkers everywhere: at sporting events, on billboards, in magazines, at my college, in stores.

Every holiday was associated with drinking, even Halloween and Valentine’s Day. My college days were filled with posters of beer and girls in bikinis. I drank the beer and never noticed the absence of any actual girls.

I drank at Walt’s Tavern and imagined that I was part of a fellowship of regulars. I can’t remember any of their names. I can’t remember anything Walt ever said to me, but I felt a warm, homey, glow. I was sure that I was part of the “we.”

I drank to be sociable and became isolated. I drank to be smarter, and words became confused in my head. I drank to feel sexy but would rather

have more alcohol than an actual relationship with anyone. I drank to be witty but forgot the punch lines to my jokes. I drank to celebrate life but was less and less alive. I drank to be the life of the party, but, increasingly, there was no party, and there was no “we.”

Finally alone, I was good at quitting alcohol and drugs. I was so good at it that I did it frequently. I was an experienced quitter. After quitting somewhere between 20 and 25 times, I was still using, so quitting on my own wasn’t getting me any results.

I knew about the fellowship of Alcoholics

Anonymous, and was ready, long after I knew it was there. I went into an AA meeting on July 4, 1989, alone and came out a “we.” I went in alone, and came out with a sponsor, and we were sober that day, and the next. We were sober the day after that, and every day for another 10 years. I got a new sponsor when he started to slip, which was sad, but the “we” of the program was much bigger than the two of us, and my recovery went on without a slip when he died.

Today, I am surrounded with the “we” of the program. There is safety, and sobriety, in numbers.

There is safety, and sobriety, in numbers.



John MacDougall, DMin., is the director of spiritual guidance and director of the Family Program at Hazelden in Center City, Minn. He writes the popular “Slogans and Self-Talk” column for Hazelden’s Voice newsletter, and is a much sought-after recovery speaker.

Hazelden Alumni Referral Line 877-429-5082

Calls are answered 24/7. Are you or a loved one in need of Hazelden treatment services? Call now. This designated alumni line provides quick and easy access to Hazelden’s 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 education, public education and advocacy, and publishing.

PO BOX 11

alumni news & views

WINTER 2011

PO BOX 11 informs readers of news, events and people who 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. The views expressed by correspondents are those of the authors and do not necessarily reflect the official policy, position or opinions of Hazelden.

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

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