

# voice

News, Features and Opinion for Recovering People and Professionals

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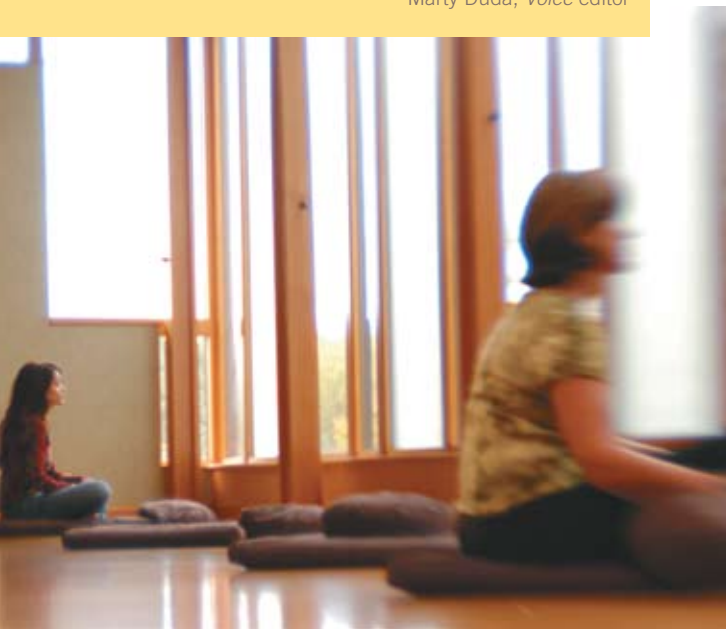
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Marty Duda, *Voice* editor

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The Lavinia Neill Meditation Center in Center City offers outstanding space for prayer and meditation.

## Step Eleven: Cultivating conscious contact with a Higher Power

BY DOUG TOFT

In 1938, an alcoholic stockbroker named Bill W. declared his intention to write a book about an obscure new program of recovery from alcoholism. The program, which included 12 suggested steps, was unabashedly spiritual. Bill's goal was to present this aspect of the program in terms so simple and so practical that one alcoholic could easily explain it to another.

Today there are over 25 million copies of *Alcoholics Anonymous* (the "Big Book") in print. And Bill managed to distill the essence of spiritual practice into the 32 words of Step Eleven: "Sought through prayer and meditation to improve our conscious contact with God

*Step Eleven — continued on page 4*

# Hazelden delivers training for U.S. Navy, Marine counselors

Hazelden is currently providing two weeks of training to 220 substance abuse counselors and mental health professionals from the U.S. Navy and Marine Corps at its Center City, Minn., campus. The training, which began in January of this year and runs through October, is one of the largest training initiatives ever delivered by Hazelden.

“Our goal is to provide participants with the knowledge and tools to better understand and respond to addiction and related co-occurring disorders among Navy and Marine personnel and their families,” said Kris VanHoof-Haines, executive director of Content Development and Training at Hazelden Publishing. “The training presents Hazelden with an unprecedented honor to support our troops during war time.”

## ‘LEARN FROM THE BEST’

“This is a great opportunity for our counselors to learn from the best in the addiction and recovery field,” said Charlie Gould, director of the Navy Substance Abuse Program. “Hazelden offers the cutting-edge knowledge and resources needed to provide expert training to our staff. The training will help us bolster our substance abuse program and standardize our approach to care.”

Given the increasing rate of addiction and mental health disorders seen among veterans from our armed forces, it is imperative that the professionals who treat U.S. service men and women have the most current information and effective tools to do so. Studies suggest that about one-third of returning Iraq and Afghanistan soldiers have addiction or mental health disorders such as post-traumatic stress disorder (PTSD), anxiety or depression.

Gould says there’s a need to educate our service men and women about the disease of addiction. “Addiction is a serious chronic disease, and we want to identify it promptly, treat it, and put men and women on the road to recovery,” continued Gould. “Addiction is an equal opportunity disease—it can affect anyone—so it’s not a shame to surrender to it and seek help.”

For the last eight months, counselors have been traveling to Hazelden for two weeks of training. The training includes a five-day session that focuses on nicotine cessation, a

three-day Professionals in Residence training on Hazelden treatment units, and a two-day clinical care training.

The five-day training teaches the principles of *Quit and Stay Quit*, a Hazelden curriculum that provides another nicotine cessation program to be used by the Navy and Marine Corps to help people quit tobacco. Trainees are certified to deliver the program, and they receive instruction on complementary resources such as the Twelve Steps of Nicotine Anonymous, stress management and wellness, and quit techniques for adolescents and young adults. The three-day Professionals in Residence program offers didactic learning about addiction and Hazelden’s Twelve Step model of care and the opportunity to observe patients and staff and participate in the treatment process. The two-day training enhances counseling skills and addresses topics such as motivational interviewing, Twelve Step facilitation, post-traumatic stress disorder (PTSD) and addiction, and American Society of Addiction Medicine (ASAM) criteria for diagnosing addiction.

The training complements *Living in Balance*, the evidence-based Hazelden curriculum that serves as the Navy’s core program to treat alcohol and other drug addiction. All counselors receive a separate, customized Hazelden training on *Living in Balance*.

“Hazelden gives our people a look at how civilians receive addiction treatment, and it gives them more exposure to co-occurring disorders such as PTSD,” said Gould. For instance, one part of the Professionals in Residence training includes a session on PTSD, led by Don Elver, PsyD, a Hazelden psychologist and a combat veteran of the Vietnam War. The training stresses the need to address co-occurring disorders concurrently with treatment for addiction.

Kaylene McElfresh, Hazelden program manager of the Navy and Marine training, says the overall training experience has been warmly received. Participants have found the sessions on ASAM criteria and co-occurring disorders particularly helpful.

In addition to the knowledge gained, each trainee receives printed materials and treatment



Says Kris VanHoof-Haines: “The training presents Hazelden with an unprecedented honor to support our troops during war time.”

curricula. At the end of the training, participants are asked to develop an action plan to describe how they will implement what they’ve learned.

The broad continuum of services and products at Hazelden “makes us uniquely qualified to provide well-rounded training to Navy counselors,” said VanHoof-Haines. “This training effort has demanded a huge collaboration among our treatment and mental health counselors, educators from the Graduate School of Addiction Studies and our Professionals in Residence program, and curricula trainers from our Publishing division. Staff have rallied to provide unwavering support and stepped up big time to make this training something we can all be tremendously proud of.”

—Marty Duda

## voice

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# Building on a legacy of leadership



Dan McCormick, Interim President and CEO

Hazelden's presence as a leader in the field of addiction and recovery has been felt for six decades. Our history of innovation and knowledge is second to none.

Hazelden is where the Minnesota Model of care evolved, and it's an organization that literally gave its model away—sharing its perspectives with all who sought to emulate it. It's an organization that acquired *Twenty-Four Hours a Day* in 1954 and built on that core text to become the world's largest publisher of addiction and recovery materials. Hazelden's commitment to training, education and research has followed.

As interim president and CEO of Hazelden, it's my honor—in even a small way—to help Hazelden build on its legacy of strong leadership. Leadership is not a one-person job, but rather the responsibility of many who share a common mission and vision. It demands a cadre of dedicated individuals who can inspire the voices and faces of recovery.

Ellen Breyer, Hazelden's most recent president and CEO, is one such person. She dedicated the last six years to leading Hazelden. Under Ellen, Hazelden implemented an ambitious strategic plan with key goals. Increasing access to treatment and improving outcomes were the core objectives, and success has been achieved

in both areas. Better yet, a solid foundation has been laid to realize even greater gains.

Leadership can be defined in many ways. I see it as the process of creating an environment for individuals to step forward and take action. As you read this issue of the *Voice*, you'll find evidence of numerous leadership initiatives at work. You'll read about Hazelden's integrated approach to treating patients with co-occurring disorders—the critical mental health component of care that has gone largely unheralded for years (page 7). You'll read that we've teamed with leading experts from Dartmouth Medical School to publish a program that clinicians and centers can use to address co-occurring disorders (page 6). You'll see that the U.S. Navy and Marine Corps has turned to Hazelden to train its addiction professionals (page 2). And you'll read about MORE® (My Ongoing Recovery Experience), our innovative recovery management program for adult primary residential patients (page 16).

As the Board of Trustees conducts a national search for a full-time president and CEO, the work at Hazelden continues. The work of leaders like William Cope Moyers, executive director of our Center for Public Advocacy, continues to carry the message that addiction is a disease and treatment works. The work of leaders in our Research, Recovery Services and

Publishing divisions continues to identify more evidence-based practices to treat and prevent addiction. And Tim Sheehan, PhD, senior vice president and provost of our Graduate School of Addiction Studies, and his staff continue to educate future leaders in the addiction field.

As Hazelden considers its future directions and commitments, it needs to continue to leverage its leadership position to advance the vision that all who seek recovery will find it and that the stigma of addiction will be overcome. Leaders in any field inquire, inspire, innovate and give shape to new ideas by reflecting on the past, understanding the present, and anticipating the future. No organization is better suited to do this than Hazelden.

Hazelden will seek other leaders who share a common mission and collaborate to form a global voice for addiction and recovery. By remaining true to our mission and values, Hazelden will remain strong. The strength of Hazelden is in our unceasing commitment to helping others and the recognition that our work has only just begun. ■

*Dan McCormick was named interim president and CEO of Hazelden on April 7. He is a managing partner of the Chancellor Group Inc., a health care consulting firm in Minneapolis.*

## Jeon, Fox Gillis, Munson, Robert named to Board positions

Andrew A. Jeon, MD, was elected to the Hazelden Foundation Board of Trustees, while Susan Fox Gillis and Lester Munson were elected to serve on the Hazelden Chicago Board of Directors, it was announced at the June Board meeting. Jeon is the president and chief executive officer of Partners Harvard Medical International in Boston. Fox Gillis is an associate judge in the County Division of the Circuit Court of Cook County in Chicago, while Munson is a senior writer and legal analyst for ESPN and ESPN.com. Paul E. Robert was named in February to the Hazelden New York Board of Directors. Robert, of Brewster, N.Y., is a retired chef and a former owner of The Complete Kitchen stores.

**Rev. Michael O'Connell** was elected vice chair and chair-elect of the Hazelden Board of Trustees. He is expected to succeed Norbert Conzemius as Board chair next year.

The Board of Trustees paid tribute to three individuals who ended their terms as members of the Board. **Gay Parker** and **A. Warren Adam** each completed nine years on the board, while **Lavinia Johnston** ended a three-year term. The Board extends its sincere thanks and appreciation for their valuable service and leadership.

# Step Eleven: Cultivating conscious contact with a Higher Power

Step Eleven — continued from cover

as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

## FOR BELIEVERS, ATHEISTS AND AGNOSTICS

Before practicing the Twelve Steps, Bill had been a skeptic about spiritual matters. This personal history of doubt qualified him to answer atheists, agnostics and other AA newcomers who rebelled at any suggestion of prayer or meditation, let alone belief in God.

Bill’s response to objections was pragmatic: Just try it. You’ll discover that Step Eleven works, and that “almost the only scoffers at prayer are those who have never tried it enough.”

By the time atheists and agnostics in treatment reach Step Eleven, they’ve come to some resolution about the “God language” of the Twelve Steps, says Scott Chapman, a spiritual care counselor at Hazelden. “The phrase ‘God as we understood Him’ is a reminder that we’re not about telling others what they should believe. We’re only suggesting that you begin with your own understanding of a Higher Power. It’s a phrase that expresses real respect for each individual and his or her own intuition.”

Chapman adds that many people in treatment turn to the immediate experience of the AA fellowship as their Higher Power. The acronym GOD can stand for Good Orderly Direction that comes from any source—even a Group of Drunks.

Specific instructions for receiving spiritual direction through prayer and meditation are included on pages 85-88 of the Big Book. These are organized under three basic headings: what to do in the morning, throughout the day, and at night.

## IN THE MORNING

“On awakening let us think about the twenty-four hours ahead,” notes the Big Book. “We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”



Of course, people in recovery often face uncertainty. Even when we’re open to good orderly direction, we can still be unclear about moment-to-moment choices in daily life.

In response, the Big Book suggests that we “relax and take it easy.” Instead of struggling, we can wait patiently for an answer to come. Over time, we’ll find that “what used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.”

The Big Book further suggests that we end our morning meditation with a prayer to receive guidance throughout the day for the next action to take. And the sum total of our needs in this area can be summarized in one phrase: Thy will, not mine, be done.

Fred Holmquist, director of the Lodge Program at Hazelden, emphasizes the timing of morning meditation and prayer.

“The directions for what to do on awakening are truly about what to do on awakening,” says Holmquist. “These are not things to be done on going to the bathroom, on making coffee, or on feeding the cat. Rather, it’s on *awakening* that I do a litmus test of my spiritual condition by thinking about the 24 hours ahead. If I’m already full of self-pity,

dishonesty or self-seeking motives, then this is a practice that literally gets me out of bed on the right foot.”

## THROUGHOUT THE DAY

After grounding our day in morning practice, we can stay open to guidance while moving through events at work or home. When we’re feeling emotionally unbalanced or confused, we can simply stop for a moment and ask our Higher Power for an appropriate thought or action.

At especially difficult times we can repeat a helpful passage from our reading or a particular prayer that we find meaningful.

## AT NIGHT

During his lectures about Step Eleven, Holmquist emphasizes the unity of the Steps. In fact, Steps Four to Nine prepare us for most of the processes described in Steps Ten and Eleven. This is especially clear in the Big Book’s list of questions to ask at night as we review and end each day. For example:

- *Were we resentful, selfish, dishonest or afraid?* “This means asking how I did on my Fourth Step today,” says Holmquist.
- *Do we owe an apology?* “This is asking about how I did on my Steps Eight and Nine.”
- *Have we kept something to ourselves which should be discussed with another person at once?* “This means: How did I do on Step Five today?”

“In Steps Four through Nine, I clean up the wreckage of the past,” Holmquist adds. “In Steps Ten and Eleven, I clean up the wreckage of today—how my imperfections as a human complicate my life. These two steps define what it means to completely give ourselves to this simple program.”

## RELEASING SELF-WILL

At any point in recovery, especially in the early stages of making conscious contact with a Higher Power, our inspiration can falter. We can fall into the trap of being certain about what would work best—and then praying for a Higher Power to rubber-stamp our decision.

## BILL'S RESPONSE TO OBJECTIONS WAS PRAGMATIC:

Just try it. You'll discover that Step Eleven works, and that "almost the only scoffers at prayer are those who have never tried it enough."

John MacDougall, DMin, director of Spiritual Guidance at Hazelden in Center City, offers an analogy to help us understand the flaw in this approach. It's based on a childhood memory: He grew up in New York City during the days when you could buy gum from vending machines in the subways. You put a penny in a slot, pulled a red lever, and got a stick of gum.

"A lot of people have a concept of prayer that's just like that," says MacDougall. "We've been good. We've prayed. We've pulled the red lever. So where's our stick of gum? We expect to get just what we asked for. What AA is saying is: Open up to what *God* wants us to do. In the words of Step Eleven, we pray 'only for knowledge of His will for us and the power to carry that out.'" (see MacDougall's column on Step Eleven on page 11)

## EXPANDING THE PRACTICE

The instructions in the Big Book and *Twelve Steps and Twelve Traditions* are sufficient to begin a powerful practice of prayer and meditation. However, they are not intended to be complete. In fact, we are encouraged to explore the world's religious traditions for ways to extend and enrich our practice.

Elene Loecher, program and spiritual care director at Hazelden's Dan Anderson Renewal Center, finds inspiration in insight meditation, a practice with roots in ancient Buddhism. One technique from this tradition is called *noting*—simply noticing each sensation or thought as it arises in our field of awareness. Loecher says that this gives people a way to quiet their mind in a way that they never thought possible.

"The whole point is to enter the present moment and practice bare attention," says

Loecher. "This means observing events without adding any story or interpretation. Making up all our judgments about events is what creates all our emotional turmoil in the first place. When we meditate, then we become aware of how we do that. Our thoughts become more calm and clear."

This kind of clarity is one of the many rewards of practicing Step Eleven. Another is a newfound lightness and sense of ease. Trying to arrange the world to conform to our desires takes a lot of effort. Giving up that self-centered quest frees up energy for sobriety, for joy—and for the life of service described in Step Twelve. ■

For an expanded version of this story, visit [hazelden.org/voice](http://hazelden.org/voice).

Step Twelve will be featured in the next *Voice*.

## Resources to help work Step Eleven

A variety of resources exist for taking your prayer and meditation to a deeper level. You can begin with publications such as:

**Alcoholics Anonymous** (the "Big Book"), first published in 1939, presents core concepts of recovery from addiction. A fourth edition published in 2001 features 24 new personal stories of recovery.

**Twelve Steps and Twelve Traditions** (the "Twelve by Twelve") offers further suggestions for living each of the Steps and explains principles that help the AA fellowship to maintain its unity of purpose.

**Sought Through Prayer and Meditation** by Geno W. and William G. Borchert, offers insights from the Wolfe Street Center's popular "Hour of Power" program for Step Eleven practice (see page 13).

**The 12 Step Prayer Book (Volumes 1 & 2)** by Bill P. and Lisa D. offers 183 passages in each volume that can assist you with the daily practice of Step Eleven.

**Step 11: Partnership with a Higher Power** by Mel B. presents the basics of prayer and meditation from the practical perspective of an AA "old-timer."



### Steps 8-12: A Guide to the Big Book's Design for Living with Others

by Joanne and James Hubal is one of three workbooks based on *A Program for You*, a best-selling guide to the Big Book.



In addition, you can connect with other people in settings designed to promote reflection and contemplation. Hazelden's **Dan Anderson Renewal Center in Center City** offers **topic-specific retreats** that are relevant to Step Eleven practice. Examples from the 2008 schedule include "Meditation: Antidote to Self-will Run Riot" (Oct. 19-23) and "Prayer and Meditation: The Path to Conscious Contact" (Dec. 14-18). Both retreats are led by Elene Loecher, program and spiritual care director of the Renewal Center. Loecher has practiced meditation for long periods of time in Thailand and India and is skilled at adapting meditation practices to Twelve Step principles.

**The Lodge Program** at Hazelden, a residential program in Center City that offers a Twelve Step immersion experience, is another great resource for enhancing one's spiritual life. In addition, the **Lavinia Neill Meditation Center** in Center City offers outstanding space for meditation. The center is open to everyone who has appropriate access to Hazelden, including patients, clients, students, and guests of the Renewal Center, the Lodge Program, and Family Program. The Meditation Center is open seven days a week from 6 a.m. to 10 p.m. and is reserved for quiet reflection.

For more information about any of these publications or programs, call 800-257-7800 or 651-213-4200. You can also send an email to [info@hazelden.org](mailto:info@hazelden.org).

# Hazelden publishes new evidence-based program to address co-occurring disorders

BY SUSAN MARICLE

When addiction and mental health disorders co-occur, the statistics can be troubling. Researchers estimate that about 65 percent of patients in addiction treatment settings also suffer from a psychiatric disorder. These disorders are non-severe and severe, with the severe representing more debilitating and chronic mental health problems.

Most experts agree that having a co-occurring disorder leaves the patient at risk for a sub-par treatment experience. Examples of negative outcomes that researchers have identified for these patients include dropping out of treatment early, frequent transfer of the patient between clinicians, and recidivism or relapse.

The Substance Abuse and Mental Health Services Administration (SAMHSA) advocates an integrated system of mental health and addiction services. The continuity and quality of such a system is in the best interest of everyone, from patients to providers to funders. Hazelden has long agreed with this finding, being a provider of integrated treatment services as well as a publisher of resources that integrate treatment of addiction and mental health.

In September, Hazelden will publish a groundbreaking, multiformatted, manualized educational program for addiction and mental health programs that treat co-occurring disorders. The Hazelden *Co-occurring Disorders Program* (CDP) is the first evidence-based program to offer a truly integrated approach to address the non-severe mental disorders that often co-occur with addiction. Non-severe mental health disorders include mood, anxiety, adjustment, and personality disorders. Severe mental health disorders include schizophrenia, severe bipolar disorder, schizoaffective and major depressive disorders.

The most well-known program for severe mental illness and substance use disorders is the evidence-based IDDT, or Integrated Dual Disorder Treatment model, which, like CDP, was created by faculty from the Dartmouth Medical School.

## DARTMOUTH EXPERTS AUTHOR PROGRAM

CDP was developed and authored by national leaders in the research and treatment of co-occurring disorders. The program authors are faculty members of Dartmouth's Psychiatric Research Center, Department of Psychiatry, Community and Family Medicine Department, and Dartmouth Medical School. They include: Mark McGovern, PhD; Robert E. Drake, MD, PhD; Matthew Merrens, PhD; Kim Mueser, PhD; and Mary Brunette, MD.

CDP integrates evidence-based principles from the IDDT as well as best practices in cognitive-behavioral, motivational enhancement, and Twelve Step facilitation therapies.

While the IDDT was designed to treat severe illness, it wasn't designed for addiction treatment settings for patients with non-severe psychiatric disorders. An addiction treatment context is what CDP provides.

## IMPROVING OUTCOMES

"Every addiction agency, just like every mental health treatment agency, is interested in improving outcomes," explains coauthor Kim Mueser. "We know that people with co-occurring disorders tend to have worse outcomes than those with only one disorder. For addiction treatment providers, their incentive for learning how to treat co-occurring disorders is that this knowledge will make them more effective in their primary mission in treating addiction."

"No other comprehensive manualized program that integrates evidence-based practices exists for people with non-severe mental health and substance use disorders," explains Richard Solly, a senior acquisitions editor at Hazelden.

Most addiction treatment providers recognize that patients with non-severe co-occurring disorders are already under their care. Whether you work in an addiction or a mental health setting, CDP provides you with the information and tools to develop program policy, practice and resources in order to deliver the best care possible to all patients with co-occurring disorders.



## THE SEVEN COMPONENTS

The seven components of the program are designed to be used by agency directors, administrators, supervisors and clinicians. Each of the five curricula includes clinicians' materials and a CD-ROM of reproducible handouts for patients. The program is designed for adult patients, as well as their family members, who are participating in residential or outpatient programs. The materials have been developed within the context of addiction treatment programs, but are equally useful when applied in a mental health or criminal justice program that offers or seeks to offer integrated treatment for co-occurring disorders.

**Clinical Administrator's Guidebook** (item 2982, \$85). Offers key stakeholders in your agency the tools to assess the seven key areas of organizational effectiveness in order to deliver the best possible services to persons with co-occurring disorders.

**Curriculum 1: Screening and Assessment** (item 2976, \$195). Helps you detect, identify and treat mental health disorders in the context of substance use disorders. CD-ROM includes assessment forms and screening measures.

**Curriculum 2: Integrating Combined Therapies** (item 2977, \$295). Helps you focus on the patient's relationship with substances as well as the mental health disorder. Motivational enhancement, cognitive-behavioral, and Twelve Step facilitation therapies help you engage change, assist change, and sustain change in clients.

**Curriculum 3: Cognitive-Behavioral Therapy** (item 2978, \$265). Research shows that CBT is useful for treating non-severe co-occurring psychiatric disorders in an addiction treatment setting. This curriculum helps you use CBT to address common psychiatric problems such as depression, anxiety, bipolar disorder, social phobia, and post-traumatic stress disorder.

**Curriculum 4: Medication Management** (item 2979, \$165). The component provides vital, current information for medical directors and clinicians

# MENTAL HEALTH SERVICES A KEY COMPONENT TO CARE, Hazelden leads with integrated approach to co-occurring disorders and addiction

BY MARTY DUDA

Time was when the mental health component of addiction care was a best-kept secret at Hazelden. But those times are long gone.

“There was the fear that if you treated the mental health disorder, you’d get away from treating the person’s addiction,” says Sue Hoisington, PsyD, executive director of Hazelden’s Clinical Services. “Some people feared we’d lose sight of our mission—that we’d become a mental health facility and depart from the Twelve Steps and chemical dependency focus. But nothing could be further from the truth.”

Today, it’s not a matter of treating one or the other, continues Hoisington, who joined

*CDP— continued from page 6*

about the psychiatric symptoms of intoxication and withdrawal, ways to collaborate with the patient, ongoing monitoring of co-occurring symptoms, and more.

## **Curriculum 5: Family Program** (item 2980, \$495).

Research shows that treatment is more effective when family members are involved. This curriculum includes a 15-week family educational program.

A 90-minute DVD, *A Guide for Living with Co-occurring Disorders: Help and Hope for Clients and Their Families* (item 2981). This DVD, considered the seventh component of the program, also offers a summary overview of the full program and features interviews with some of the CDP authors and patient testimonials.

For outcome fidelity and consistency of delivery, it is recommended that customers use the complete program (item 2999, \$1,295). However, if you are already delivering integrated treatment of co-occurring disorders but need to fill in gaps or enhance areas, components can be purchased separately. Comprehensive training and ongoing support for the program will be provided by Hazelden and the faculty of the Dartmouth Medical School.

The *Co-occurring Disorders Program* will be available for ordering in September. For more information or to order, call 800-328-9000 or visit [hazelden.org/cooccurring](http://hazelden.org/cooccurring). ■

Hazelden’s mental health team 20 years ago. “We need to address addiction and co-occurring disorders—depression, anxiety, trauma, eating disorders, and more—concurrently. It used to be that mental health disorders and chemical dependency were viewed as separate, and they competed against each other. It’s really only been in the last 10 years that we as a field have come to accept that an integrated model which addresses both the addiction and mental health issues concurrently in a single treatment site is best.”

## **SEPARATE BUT CONNECTED**

Leslie Adair, manager of the Mental Health Clinic at Hazelden’s Center for Youth and Families in Plymouth, Minn., agrees. “Addiction and co-occurring disorders need to be treated simultaneously. They are two distinct problems, but they’re very much connected. If you don’t address the mental health diagnosis, the patient will not successfully engage in treatment. And if he or she is not engaged, there will be no recovery.”

Indeed, an integrated approach to a person with addiction and co-occurring disorders is the most effective approach. Hoisington notes that the addiction field has been slow to embrace change. It has lived a long time with myths such as “Just quit drinking and your depression will go away.”

Hoisington recalls a patient named Bob who had two problems: alcoholism and depression. Bob had received outpatient treatment for his addiction, but he relapsed and had multiple consequences as a result of his addiction. He checked himself into residential treatment at Hazelden’s Cronin Unit in 1992.

“During his first treatment at Hazelden, Bob’s depression improved,” says Hoisington. “But about six months later he was back at Hazelden. He said to me, ‘Sue, I did everything they told me to do. I went to three meetings a week, got a good sponsor, had a good job, my wife and I were getting along, and I stayed away from the users and boozers. But I still felt like crap. I said to myself, if this is what recovery feels like, I don’t want it.’”



**Says Sue Hoisington: “What sets Hazelden apart is our staff expertise, the scope of our services, and a fully integrated model to address addiction and co-occurring disorders concurrently.”**

Bob’s depression had gotten worse, and he needed more. During this treatment, he started on anti-depressant medication, was able to manage his depression and alcoholism, and today he enjoys long-term recovery. “It was a real wakeup call for me in my career,” says Hoisington. “It told me that for some of our patients, we really needed to look deeper than just the chemical dependency.”

Hoisington, in only her fourth year at Hazelden when Bob got help, has contributed to the steady growth of Hazelden’s mental health services. Hazelden has long been a leader in addressing the mental health issues of its patients, from the early 1960s, when Dan Anderson melded psychologists with the interdisciplinary team, to today, when Hazelden provides a sophisticated, integrated approach for people with co-occurring disorders.

## **INCREASINGLY COMPLEX PATIENTS**

The need for mental health services is clear, as more and more patients present with increased acuity and complexity. Today at Hazelden over 60 percent of adult patients in residential care present with a co-occurring mental health disorder (whether previously diagnosed or identified by Hazelden), and more than 70 percent of young people (ages 14-25) at Hazelden’s Center for Youth and Families (HCYF) have at least one co-occurring disorder.

*Co-occurring disorders— continued on page 8*

# Hazelden leads with integrated approach

*Co-occurring disorders* — continued from page 7

Each patient at Hazelden undergoes a complete mental health assessment, and those with a co-occurring condition are assigned a mental health professional. The mental health assessment includes psychological testing and an interview and psychiatric assessment as needed. Delivered by licensed mental health professionals, these assessments determine whether the patient is mentally stable to receive care and match the level of service to the severity of mental health issues. Cheryl Buechner, manager of the Center City Mental Health Center, identifies this assessment process as vital to treatment and recovery.

The mental health team of psychologists, psychiatrists, marriage and family therapists, and social workers becomes fully integrated with the overall treatment plan for each patient. Education on co-occurring disorders, including lectures, is provided for patients and family members. Patients receive one-to-one sessions with a mental health professional as often as needed, as well as group therapy. Groups meet regularly to address specific disorders. Patients also benefit from a range of therapeutic approaches such as biofeedback, pain management, lifestyle balance, stress management, and insight therapies. Psychiatrists provide expert medication management.

The mental health staff is involved in all aspects of treatment, says Hoisington. For instance, that means that groups that address eating disorders and trauma are co-facilitated by a mental health professional and addiction counselor. Knowledge of one's co-occurring disorder helps the treatment staff be proactive and individualize care to prevent problems. The mental health staff also helps ensure that continuing care plans include

recommendations for follow-up care to address patients' co-occurring disorders.

The growth in Hazelden's mental health services has been phenomenal, says Hoisington. "We now have a full-time psychiatrist at each of our residential centers. In 1989, when I started here, we had one psychiatrist for three hours a week, and two hours of that was dedicated to a lecture and the other hour to patients. We have at least one psychologist assigned to each unit, with a ratio of one psychologist for every eight patients. Our outpatient services in Minnesota, Oregon, New York and Chicago offer a consulting mental health team of psychiatrists and psychologists. In addition, we train six new psychologists and four new psychiatrists in the area of chemical dependency and co-occurring disorders every year in our internship and fellowship programs."

## 'WHAT SETS HAZELDEN APART'

A 2005 survey found that about half of addiction treatment centers in the United States offer mental health services, but there is great variability. "What sets Hazelden apart," says Hoisington, "is our staff expertise, the scope of our services, and a fully integrated model to address addiction and co-occurring disorders concurrently. No one in the field except Hazelden offers all components identified by Dual Diagnosis Capability in Addiction Treatment, the tool to measure addiction treatment program services for persons with co-occurring disorders."

Hazelden is also proud that its mental health and chemical dependency staffs are cross-trained. That is, the mental health team receives training in addiction and the CD staff receives training on co-occurring disorders.

"I'm impressed with the quality and thoroughness of patient assessments at Hazelden," says Bob Poznanovich, president of Addiction Intervention Resources (AIR), a referent to Hazelden. "A lot of times, we don't know what's going on with a client. I'm comfortable with Hazelden's ability to assess and deal with those coexisting issues that can often make or break recovery. Hazelden does much more in the mental health area than it gets credit for."

For more on Hazelden's mental health services, visit [hazelden.org](http://hazelden.org) or call 800-257-7800. For a longer version of this story, visit [hazelden.org/voice](http://hazelden.org/voice). ■

## Pamphlets for adults, adolescents with co-occurring disorders

Two pamphlets—*A Guide for Adults with Co-occurring Disorders* and *A Guide for Adolescents with Co-occurring Disorders*—have been prepared by Sue Hoisington, PsyD.

The pamphlets, part of the Hazelden Client Pamphlet Series, provide direction for individuals with co-occurring mental health and substance abuse disorders. For more on the pamphlets, call 800-328-9000 or visit [hazelden.org/bookstore](http://hazelden.org/bookstore).



## Development Update

### Changed forever by recovery

Just recently we opened the mail and found a donation along with a Father's Day card addressed "Dear Staff of Hazelden." Written on the card were these words:

*Days before my Dad's death he said, "The first part of my life I had troubles, but the second part of my life I was at peace. I've had a good life."*

*It was Hazelden that made the difference in my Dad's life. He was there in 1975. He used what he learned and applied it in his life to help many others.*

*Thank you for helping my Dad find peace and purpose in his recovery. Thank you for helping him change his life. It made all the difference.*

*In honor of David H. McElDowney. I love you, Dad. Connie*

These words provide a glimpse into a family that was changed forever by recovery. Thank you donors for all you do to provide financial support that makes recovery possible for more people each year.

Here's a sampling of recent gifts received to support and enhance our work:

- More than 100 golfers, dinner attendees, sponsors and volunteers participated in the Second Annual Chicago Golf Classic, held June 11. Nearly \$100,000 was raised to support Hazelden in Chicago. Lead sponsorship was provided by the Philip H. Corboy Foundation.
- The Diermeier Foundation contributed \$15,000 to support a pilot project to introduce a Sibling Program at Hazelden's Center for Youth and Families (see page 14).
- A generous contribution from James A. Taylor supported a collaborative research project between the Butler Center for Research at Hazelden and the University of Minnesota Department of Psychiatry entitled, "Young Adults with Addiction: Impulsivity, Brain Dysfunction and Recovery."
- The Frederick & Margaret L. Weyerhaeuser Foundation provided \$40,000 to expand educational offerings for professionals who work with youth.

### Ways you can help

**Volunteer:** Volunteer at one of our locations; please contact us at 800-257-7810.

**Share:** Share your story and let us know how your life has been changed by our work; please mail your stories to Development, PO Box 11, BC 2, Center City, MN, 55012-0011, or send an email to [giving@hazelden.org](mailto:giving@hazelden.org).

**Refer:** If a Hazelden program has changed your life, tell others!

**Contribute:** Help others through your financial contributions; call 888-257-7800 or give online at [hazelden.org/giving](http://hazelden.org/giving).

— Nancy Appel,  
executive director of Development

# Graduate School's Eileen O'Mara retires



Eileen O'Mara

Eileen O'Mara, EdD, retired Sept. 1 from her position as assistant dean of the Hazelden Graduate School of Addiction Studies. O'Mara was with the Graduate School from its inception in 1999, when the first class opened to a handful of students. Building on the conceptual framework of Tim Sheehan, PhD, she developed the academic program of the school to reflect the integration of Twelve Step facilitation, addiction and counseling theory.

O'Mara has published articles in professional journals and magazines on the impact of counter transference and burnout of addiction counselors and on the importance of clinical supervision. She has presented at national and international conferences. O'Mara coauthored with Michael Demask, PhD, an article demonstrating the Hazelden Graduate School's model of teaching group therapy to masters level students in *The Journal of Teaching in the Addictions*. A second article validating the Group Leadership Effectiveness Scale (GLES)

has been submitted for publication in the same journal. The GLES measures effective group leadership skills, something that could have great application in the field.

With students coming to the Graduate School from all over the world and nearly every state, it was common for O'Mara to consult with students on academic and personal adjustment concerns. But exceeding her compassion for the school's students was the respect she commanded as a teacher and mentor.

"Eileen brought years of expertise to the school, having spent the majority of her career in counseling education and in treating people with addiction," said Sheehan, provost of the school. "She was instrumental in advancing the school's curriculum and core syllabus, and she played a key role in the school's growth and accreditation. She was particularly skilled in group dynamics, a course she taught since her arrival to Hazelden. The students loved her, and she will be greatly missed."

As for the future, O'Mara is completing studies to become a Healing Touch practitioner and will be opening a small counseling and consulting practice focusing on program development for organizations, addiction counseling and Healing Touch. "I'm grateful for the opportunity to have touched so many students—young and old alike—and to have been touched by so many wonderful people at Hazelden," O'Mara said. "The Graduate School offers a unique program, marrying theory and practice. I am delighted with its success and wish the staff and students well as the school trains students to provide quality addiction counseling."

## Forty-seven honored at Graduate School commencement

Congratulations are in order for 47 students who took part Aug. 14 in commencement exercises for the Hazelden Graduate School of Addiction Studies. Thirty-nine students received master of arts degrees in Addiction Counseling, while eight earned certificates in Addiction Counseling. The 2008 graduates are from five countries (China, The Netherlands, Iceland, France and the United States) and 13 states.

### Those receiving master of arts degrees in Addiction Counseling include:

Elizabeth M. Adams, Cleveland, Ohio  
Kim Lewis Albers, Lindstrom, Minn.  
B.B. Buskirk, Fox Island, Wash.  
Debra Ann Chrapkiewicz, Harvard, Ill.  
Tim Craley, Washington, D.C.  
Carey B. Davidson, Prescott, Ariz.  
Kelly A. Egan, Missoula, Mont.  
Robert John Fox, Minneapolis, Minn.  
Allison M. Freundsuh, Lindstrom, Minn.  
James Gallagher, Sarasota, Fla.  
Jennifer Grant, Taylors Falls, Minn.  
Joy Elizabeth Halstead, Minneapolis, Minn.  
Lori K. Hanson, Olivia, Minn.  
Jerry Lee Holt, Brooklyn Park, Minn.  
Erin L. Hutton, Madison, Wis.  
S. Kolbrún Indridadóttir, Reykjavik, Iceland  
Julia Iverson, Minneapolis, Minn.  
Brandon Jones, Gainesville, Ga.  
Jaime Lee Kirek, Mahtomedi, Minn.  
Marie Landwehr, Lindstrom, Minn.

Stewart J. Leedham, St. Croix Falls, Wis.  
Tiffany Roe Leek, Nashville, Tenn.  
Elizabeth Lemon, Gulf Shores, Ala.  
Kristie Lee Lervick, Minnetonka, Minn.  
Sean Mansfield, Osceola, Wis.  
Lindsay J. Mars, Mahtomedi, Minn.  
Jennifer L. Matson, Walla Walla, Wash.  
Cynthia A. McConville, Hudson, Wis.  
Christian Morris, OSB, St. Joseph, Minn.  
Elicia Munns, White Bear Lake, Minn.  
Monica O'Connor, St. Louis, Mo.  
Victoria A. Odde, St. Paul, Minn.  
Roger Pedrick, Waconia, Minn.  
Brenda Lee Rausch, Osceola, Wis.  
Christopher Schmid, Onalaska, Wis.  
Joanne K. Schmitt, Hong Kong, China  
Robert L. Schnell, Tyler, Minn.  
Mary E. Scripps, Stillwater, Minn.  
Jane F. Wilka, Minneapolis, Minn.

### Those receiving diplomas from the Certificate in Addiction Counseling program include:

John Kennicott Culver, St. Paul, Minn.  
Peter M. Holmes, Minneapolis, Minn.  
Rudy Messchaert, Amsterdam, The Netherlands  
Martha Pierson, Lindstrom, Minn.  
Marianne Post-van der Roest, Amsterdam, The Netherlands  
Sandi A. Quinn, Lindstrom, Minn.  
Yvonne Schol, Bedarieux, France  
Leo F. Vickerman, Minneapolis, Minn.

### Connect with peers through the Hazelden Graduate School Alumni Association

Alumni of the Graduate School of Addiction Studies and the pre-1999 Counselor Training Program and Clinical Pastoral Education Program are encouraged to connect with peers through the Grad School's Alumni Association. An alumni reunion was held on Aug. 14 at the Pleasant Valley Apple Orchard following commencement exercises. To learn about upcoming activities and become involved, send an email to [HGSASalumni@hazelden.org](mailto:HGSASalumni@hazelden.org) or check out [hazelden.org/gradschoolalumni](http://hazelden.org/gradschoolalumni).

## Join us for A Night to Remember on Sept. 25

Hazelden's great tradition of A Night to Remember will continue on Sept. 25 at cities across the country. Hazelden alumni, family and friends are invited to come together on this special Thursday evening for fellowship and a collective moment of silence at 8 p.m. CDT to reflect on the gift of recovery.

Events are planned in 16 locations, including cities where Hazelden has a center (Center City, St. Paul, New York, Chicago, and Newberg, Ore.) and cities where two or more can gather. Other areas planning events include Boston, Bermuda, Carolina Beach, N.C., Chagrin Falls, Ohio, Detroit, Omaha, Neb., Phoenix, South Bend, Ind., Toledo, Ohio, Toronto, and Washington, D.C. If you are unable to attend in person, please join us in spirit for a moment of silence at 8 p.m.

**In St. Paul**, guests will enjoy a Mississippi River cruise aboard the Anson Northrup, with a presentation by the Renewal Center's Elene Loecher and music by the Nattering Nabobs. **In Chicago**, Gary Stromberg, author of *The Harder They Fall*, will share his experience, strength and hope at the Chicago facility. **At our New York center**, Lodge Program director Fred Holmquist will be the guest speaker. **In Newberg**, Brenda Iliff, clinical director of the Women's Recovery Center, will share her insight, wisdom and strength for everyday recovery. John MacDougall will speak **in Boston**. To register and for more information on all events, call 888-257-7800, ext. 4588 or visit [hazelden.org/alumni](http://hazelden.org/alumni).



## Nakken, Vitrano honored at Alive and Free

The "attitude of gratitude" was prominent on May 2-4 in Center City as about 300 people participated in the 29th annual Alive and Free celebration of recovery. Jane Nakken received the 22nd CARE Award, and Judy Vitrano earned the Ree Lasker Award.

The CARE Award, which stands for Consistent Activity in Recovery and Education in the field of addiction and recovery, recognized Nakken for her 34 years of dedicated service to the field, including 25 years at Hazelden. Nakken held many positions at Hazelden, including manager of Treatment Service at Pioneer House from 1981-1987, director of the Center for Public Policy in the early 1990s, and vice president of the Hazelden Institute, where she was a leader in developing the Women Healing conferences and Hazelden's 50th anniversary celebration. She has also authored 17 pamphlets and books, several anonymously.

Judy Vitrano was gracious in accepting the Ree Lasker Award, which recognizes outstanding volunteerism to Hazelden and the recovering community. Vitrano has been a faithful volunteer to the Alive and Free celebration and to the Older Adult Program and medallion ceremonies of the Hanley Center (formerly Hanley-Hazelden) in West Palm Beach, Fla.



Judy Vitrano (left) and Jane Nakken

### ALUMNI CALENDAR Visit [hazelden.org/alumni](http://hazelden.org/alumni) for event updates

#### INDIANA

**SEPT. 13:** Lodge Workshop, Betty Davis-Reynolds, Indianapolis

#### MINNESOTA

**SEPT. 4-7:** Promises Unit Reunion, Center City

**SEPT. 14:** Second Sunday Retreat, William Cope Moyers, "Beyond Broken," Center City

**SEPT. 18-21:** Jellinek Unit Reunion, Center City

**SEPT. 19-21:** Northwoods Recovery Retreat Weekend, Grand Rapids

**SEPT. 20:** Lodge Workshop, Will Hudson, Grand Rapids

**OCT. 12:** Second Sunday Retreat, John MacDougall, "Gratitude," Center City

**OCT. 16-19:** Silkworth Unit Reunion, Center City

**OCT. 20:** Twin Cities Gay Men's Chorus, Wesley United Methodist Church, Minneapolis

**NOV. 7:** Comedian Mark Lundholm, Augsburg College, Minneapolis

**NOV. 8:** Lodge Workshop, Betty Davis-Reynolds, Bloomington

**NOV. 9:** Second Sunday Retreat, Mic Hunter, "Life Lessons," Center City

**DEC. 7:** Fellowship Club Open House, St. Paul

**DEC. 14:** Second Sunday Retreat, Fred Holmquist, Center City

#### OREGON

**OCT. 17:** Sober Cooking, Liz Smith, Portland

**NOV. 21:** Third Friday Supper Club, Newberg

**DEC. 12:** Holiday Glow Bowling, Tigard

#### TEXAS

**DEC. 6:** Renewal Center Road Workshop, Elene Loecher, Dallas

#### LODGE AND RENEWAL CENTER ROAD WORKSHOPS

To register or for more information, please call 800-262-4882.

#### UNIT REUNIONS

To register, call 800-262-4882.

#### SECOND SUNDAY RETREATS

Held from 9 a.m. to 3:30 p.m. at the Center City, Minn., campus. They include lectures, relaxation, and group discussions. They are open to anyone in a Twelve Step program. Cost is \$12 and includes a buffet lunch. For more information, call 800-257-7800.

#### WEEKLY AND MONTHLY FELLOWSHIP MEETINGS

**MINNESOTA: CENTER CITY** hosts Medallion Night on the third Thursday of the month at 7 p.m. in Bigelow Auditorium (call 651-213-4786 to schedule medallion presentations) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center. **Fellowship Club** in St. Paul hosts an open speaker AA meeting on Fridays at 7 p.m. **The Center for Youth and Families** in Plymouth hosts Alumni Night on the last Saturday of each month at 7:30 p.m. with a guest speaker.

**CHICAGO:** Hazelden in Chicago offers weekly AA meetings Wednesday through Monday, an open Al-Anon meeting

and Overeaters Anonymous meeting Mondays at 6 p.m., Families Anonymous Tuesdays at 6 p.m., Women's Fellowship Wednesday at 7 p.m., an alumni Speaker Meeting each Friday at 7 p.m., and Teen AA from 8:30-10:30 p.m. each Saturday.

**NEW YORK:** Open AA meeting held each Friday at 7 p.m. at McBurney YMCA.

**OREGON:** Our Springbrook facility in Newberg hosts weekly Twelve Step meetings, including AA Monday at 7:30 and Wednesday (for women) at 7:15 p.m., Al-Anon Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon Monday at 7:30 p.m., and Narcotics Anonymous Thursday at 7:15 p.m.

#### ALUMNI CHAPTERS

Alumni chapters meet in several cities across the country. They serve as valuable peer group fellowships for hundreds of alums, with a core objective of linking new alumni to the recovering community. For information on chapters, call 888-257-7800, ext. 4105.

#### ALUMNI REFERRAL LINE

Alumni can call a new toll-free referral line for immediate assistance: 877-429-5082.

## Minnesota fall events feature northwoods retreat, recovery comedian, Gay Men's Chorus

A range of special events for alumni and friends is set this fall in Minnesota.

**A Northwoods Recovery Retreat Weekend** will be held Sept. 19-21 at Camp Hiawatha in Grand Rapids, Minn. The event features speaker meetings and campfires Friday and Saturday night, a Lodge Workshop by Will Hudson on Saturday morning, and morning meditation on Sunday. Fall colors, fellowship and a great venue will lend to a spiritual weekend. Attend just the Lodge Workshop or the entire weekend.

**The award-winning Twin Cities Gay Men's Chorus** will perform *Through a Glass, Darkly*, an oratorio that delves into the life of a methamphetamine addict, at 7 p.m. Monday, Oct. 20 at the Wesley United Methodist Church in Minneapolis. The concert is free. The special performance was commissioned by Dr. Stan Hill and is underwritten by Alan Braun.

**Comedian Mark Lundholm** will present an evening of recovery comedy on Friday, Nov. 7 at 7 p.m. at Augsburg College in Minneapolis. The event is sponsored by Alumni Relations and the StepUP Program of Augsburg College. Cost is \$20. Lundholm has had his own Showtime Special, appeared on Comedy Central, and written and starred in his own one-man theatre show, *Addicted ... A Comedy of Substance*.

For more information, call 888-257-7800, ext. 4588.

## Springbrook social draws 500; Schulstad receives CARE Award

Hazelden's Springbrook campus reached out to alumni and the recovery community on July 18 as more than 500 people turned out for fellowship and fun at the fifth-annual Ice Cream Social and Barbecue.

Recovery comedian Mark Lundholm filled the audience with laughter, and a touching ceremony honored Mel Schulstad with the first CARE Northwest Award. The CARE Award stands for Consistent Activity in Recovery and Education and recognized Schulstad for outstanding service to the recovery community. Schulstad is a regular volunteer at Springbrook and is chairman of the Seattle-based Alliance for Recovery. In 1973, he cofounded the National Association of Alcohol and Drug Abuse Counselors.

The Friday evening event was the kickoff to the annual alumni reunion on Saturday that featured a workshop by Hazelden author Karen Casey. "The power of community was in evidence throughout the weekend, where groups of alumni met up with the friends they made during their treatment stay," said Debbie Voorhees, coordinator of the event.

## SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

— John MacDougall



### I'm not 'burning out' because I'm not on fire

Step Eleven is about our relationship with God. The most important thing we can do in Step Eleven is not a certain type of prayer or meditation, it is remembering which one of us is God and which one of us is a human. Most of us will get the answer right if we are asked, but often we behave as if we were God. That's how burnout enters our lives.

If we answer the call to serve others, and if we take employment in the service of others, we can mistake the urgency of people's needs as a guide to how "on fire" we should be to help.

Step Eleven asks us to pray and meditate to have conscious contact with *God as we understand Him*, praying only for knowledge of His will for our lives and the power to carry that out. It does not mention praying for power to carry out our will. When we decide what is right, and we work very hard to make it happen, we burn out from the effort, especially when our work doesn't have real results.

Instead of trying to force results, Step Eleven has suggestions. It suggests that we "carry the vision of God's will into all of our activities." To do that, we are asked to pray at the beginning of the day that our motives "be divorced from self-pity, dishonest or self-seeking motives." Then, as we face uncertainty in our day, we are asked to "ask God for inspiration, an intuitive thought or a decision." The "Big Book" says we should relax and don't struggle. With practice, this becomes a working part of the mind. When we encounter problems, instead of pushing until they give way, we let go and look to our Higher Power for inspiration. We pray that we be shown all day what the next step is to be. Many recovering people call this "the knowledge of the next right thing to

do." We don't have to figure out the whole story, just the next right thing for us to do.

If the vision we carry all day is the vision of our will, of how we want people to behave and how we want everything to be, then we will end up tired and "burnt out," because most people don't really want to fulfill our vision for their lives.

If the vision we carry all day is the vision of God's will, then we don't have to struggle to make it happen, because God is in charge, not us. We are free to see how we can live up to God's vision for us, rather than resorting to the basest tactics of those whom we would control. The "Big Book" says, "We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

I remember the first time the Narcotics Anonymous group had a dance in a church I served as pastor. The church gave permission, thinking of a sedate dance from decades ago. An 85-year-old church trustee was passing by during the dance and encountered loud music, smoke and laser machines, crowds and noise. We had no residential neighbors, so it was very loud. He was angry, bordering on apoplectic. He stormed into the church and demanded, "Who's in charge here!" The disc jockey responded, cheerfully, "Oh, God's in charge, but I can try to help you!"

We cheerfully rejoice that God is in charge, and we are just here to help.

**John A. MacDougall**, DMin, is the director of Spiritual Guidance at Hazelden in Center City, Minn. He may be contacted at [jmacdougall@hazelden.org](mailto:jmacdougall@hazelden.org).

## *A New Day, A New Life:* A welcome companion for people in early recovery

“It’s easy to stop using alcohol and drugs; I did it a thousand times,” says William Cope Moyers in the DVD that accompanies Hazelden’s new guided journal, *A New Day, A New Life*. “The hard thing is to stay stopped. Treatment is not the end. Treatment is the beginning of a life-long process called ‘recovery.’”

“Staying stopped” is what *A New Day, A New Life* is all about. Moyers and five others who share their stories in the DVD put faces and voices to recovery, and through them, we understand more clearly how non-discriminating the disease of addiction is. The men and women who speak so honestly about their Twelve Step journeys come from diverse backgrounds, yet they have one important thing in common. Their brains—like the brains of one in 10 Americans—are “wired” differently. “When I ingested drugs or alcohol, a switch in my brain ignited that I couldn’t turn off,” explains Moyers.

Research has shown that addiction is not a matter of an individual’s strength, moral character, willpower or weakness. It has to

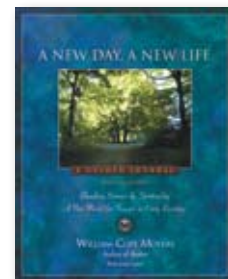
do with brain chemistry. Both the DVD and journal build on the science of addiction, underscoring for those in early recovery the fact that they have a *disease*. Although there is no cure for addiction, there is, fortunately, a solution. That solution is recovery, and *A New Day, A New Life* is designed to guide people with addiction through the cornerstone of recovery—their important first year.

Incorporating the wisdom and practicality of the Twelve Steps, the 365-day journal offers those in early recovery ways to make their living environment safe and sound so they can give their recovery the attention it deserves. Each day, readers are offered a piece of information, a message of guidance or inspiration, a contemplative question, or a meditation that they can respond to by writing down their thoughts and feelings in the space provided. As readers progress in their Twelve Step journey, the explorations in the journal deepen. Recording fears, expressing confusion, anger, doubt, remorse or joy in writing allows journal keepers to “turn over” what they

cannot change and change what they can. The journal can be a non-judgmental friend and a tool with which to measure personal growth, and the six individuals on the DVD bring the topics in the journal to life.

Because those new to recovery are especially vulnerable, both the journal and the DVD talk candidly about the people, places and things that can trigger a relapse and offer strategies to avoid this pitfall. *A New Day, A New Life* makes the rich and challenging first year of recovery a little less daunting as fellow travelers on the path to serenity shine the light that leads the way.

— Cynthia Orange



### **A New Day, A New Life**

BY WILLIAM COPE MOYERS WITH JODIE CARTER  
0636 / \$29.95 / 25-minute DVD and journal (432 pp.)

## *Cyber Bullying: A Prevention Curriculum for Grades 6-12*

Cyber bullying—the willful and repeated act of harming others electronically (through email, instant messaging, Web sites, chat rooms, social networking sites, cell phones and other electronic means)—is a relatively new issue. But it has clear consequences and needs to be addressed. That’s why Hazelden has published *Cyber Bullying: A Prevention Curriculum for Grades 6-12*.

The consequences of cyber bullying can be far-reaching. Victims may experience low self-esteem, poor academic achievement, difficulty making friends, loneliness, depression, and suicidal thoughts and tendencies. Reports of suicide following incidents of cyber bullying have been in the news.

About one-third of all teens using the Internet have been bullied, and as more students become “wired” at increasingly younger ages, this rate will increase. We also know that bullying in any form is tied to a host of other behavior problems, including substance abuse.

Education and prevention are keys to halting cyber bullying. The Hazelden cyber bullying curriculum is authored by nationally renowned experts in the field of bullying prevention. It will help:

- increase student and parent awareness of cyber bullying
- equip students with the skills to treat others respectfully using cyber technology
- give students the tools to get help if they are cyber bullied
- develop schoolwide policies and procedures

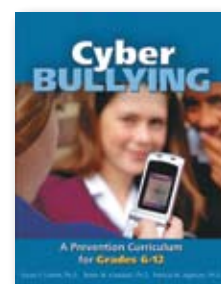
The curriculum meets national education standards and can be used in conjunction with the research-based *Olweus Bullying Prevention Program*.

*Cyber Bullying: A Prevention Curriculum for Grades 3-5* will be published in February 2009.

### **Cyber Bullying: A Prevention Curriculum for Grades 6-12**

BY SUSAN P. LIMBER, PHD, ROBIN M. KOWALKSI, PHD,  
AND PATRICIA W. AGATSTON, PHD

7313 / \$99.00 / Facilitator guide with CD-ROM



## Living a balanced life in the wake of severe mental illness

Tom Smith and his wife, Fran, were the idyllic, middle-class American family. Two years into their happy marriage, they had twins, Kevin and Karla. Their world shifted suddenly in 1996, when Karla, at 19, fell into her first major depression. Medication and counseling helped, but in 1998, she experienced her first major manic episode and was diagnosed with bipolar disorder. Karla stabilized, went back to college and earned a 4.0 GPA, and was about to graduate in 2002, when she slipped into another severe manic stage that cycled into depression. She was admitted to a behavioral health care center but released after 10 days, against her parent's wishes. Three days later, Karla found a rifle and killed herself.

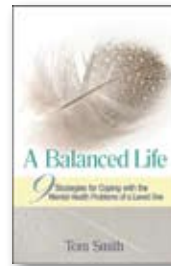
"She was 26, beautiful, intelligent and charming, with a promising future. And she was dead," writes Tom Smith in his new book, *A Balanced Life*.

Every year, millions of adults and children are disabled by serious and chronic mental illness, and millions of families like the Smiths are deeply impacted by their loved one's condition. Their lives spin out of balance as they struggle—often with little or no support—to cope with behaviors they may not understand. In the wake of Karla's suicide, the Smiths grew determined to give others affected by mental illnesses the guidance and support they wished they had received. They founded the Karla

Smith Foundation ([karlasmithfoundation.org](http://karlasmithfoundation.org)), and Tom has written extensively about severe mental illness.

*A Balanced Life* is a straightforward blend of information and reflection that incorporates nine clear-cut strategies for coping with a loved one's severe mental illness. Medication, counseling, self-esteem, self-care and warning signs are among the topics discussed. "It gives them a structured planning process for building a support system for themselves so they don't burn out," said Sid Farrar, director of Content Development at Hazelden. Since people with mental illnesses often abuse drugs and alcohol, Farrar said the book addresses substance abuse and co-occurring mental disorders and is consistent with Twelve Step principles and practices.

It is easy to feel overwhelmed and alone when mental illness strikes a loved one. *A Balanced Life* provides families and friends with the answers and support they need to make order of chaos and find hope when they thought all hope was gone.



— Cynthia Orange

**A Balanced Life**  
BY TOM SMITH  
7396 / \$14.95 / Paperback, 140 pp.

## Sought Through Prayer and Meditation

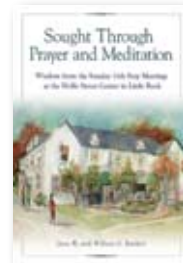
Each year, thousands of men and women cross the threshold of the Wolfe Street Center in Little Rock, Ark., hoping to find some semblance of peace and serenity in their troubled world. Many of them attend the "Hour of Power," a weekly Sunday morning meditation meeting focused on heightening one's spiritual awareness and growth by focusing on Step Eleven of Alcoholics Anonymous.

In the new book, *Sought Through Prayer and Meditation*, 52 spiritual thoughts and postulates from those "Hour of Power" meetings have been captured to provide readers a weekly dose of meditation. The book chronicles the best of those prayers, meditations and insights as originated with recently deceased cofounder of the Wolf Street Center, Geno W., and recast and expanded upon by Hazelden author

(*The Lois Wilson Story*, Hazelden 2006) and screenwriter William G. Borchert.

"It is, in a sense, patterned after the program of Alcoholics Anonymous itself where constant repetition of its concepts and principles build a strong foundation for sobriety," according to the book's introduction. "So too can the thoughtful repetition of specific spiritual concepts reinforce that foundation and enable one to build a strong spiritual life based upon a 'conscious contact with God as we understood Him'—the only certain solution to the disease of alcoholism."

**Sought Through Prayer and Meditation**  
BY GENO W. WITH WILLIAM G. BORCHERT  
7383 / \$13.95 / Paperback, 120 pp.



### More new titles from Publishing

***The Essential Family Guide to Borderline Personality Disorder*** by Randi Kreger offers readers the tools to get off the emotional roller coaster and build better relationships with loved ones with BPD. It answers questions family members most want to ask about the symptoms and treatment of BPD.  
2624 / \$14.95 / Paperback, 250 pp.

***Love First: A Family's Guide to Intervention (second edition)*** by Jeff Jay and Debra Jay is the newly revised and expanded edition of their top-selling book on intervention. It builds on the core materials of the Jays' classic book with the most up-to-date scientific information and intervention techniques available. New material focuses on the needs of adolescents, aging adults and professionals.  
7395 / \$15.95 / Paperback, 320 pp.

***Hi, I'm Bill and I'm Old: Reinventing My Sobriety for the Long Haul*** by William Alexander provides personal reflections and insights to help attack the challenges of recovery that come with aging. Alexander takes readers on a journey of discovery and helps them overturn the clichés of aging, revealing how to let go of old ideas, experience meditation in a new light, and discover the virtues of idleness. Alexander is author of *Cool Water and Still Waters*.  
7399 / \$14.95 / Paperback, 200 pp.

***Facts about HIV/AIDS*** by David A. Paulson, MD, is a pamphlet that answers common questions about the disease, how it is spread, its treatment, how to live with it, and, most importantly, how to avoid it. It also provides valuable information for people who are in addiction recovery, including how HIV affects one's sobriety and what the recovering person can tell his or her partner, family, sponsor and fellow AA members.  
7929 / \$2.95 / Pamphlet, 25 pp.

***The Book of Ethics*** edited by Cynthia M. A. Geppert, MD, PhD, and Laura Weiss Roberts, MD, informs and challenges health care professionals, students, and faculty with a thorough and compassionate examination of the dilemmas faced when providing care for individuals with substance abuse problems.  
3014 / \$34.95 / Paperback, 150 pp.

***Legal and Ethical Issues*** by David Washington, JD, and Michael Demask, PhD, is a concise guide tailored for professionals whose jobs depend on knowing laws and ethical standards as they pertain to addiction counseling. It uncovers the complexities of client confidentiality, describes the nuances of informed consent, and lays out classic legal cases that define a counselor's role in commonly encountered scenarios. Washington is a federal administrative law judge and Demask is dean of the Hazelden Graduate School of Addiction Studies.  
3922 / \$5.95 / Pamphlet, 32 pp.

# News Update

## Hazelden receives James W. West Quality Improvement Award

Hazelden was honored by the National Association of Addiction Treatment Providers (NAATP) on May 19 with the James W. West Quality Improvement Award. The award, which recognizes commitment to quality improvement, was presented at the NAATP annual leadership conference in Indian Hills, Calif.

Hazelden received the award for a quality improvement project that decreased adverse drug events (ADEs) by 72 percent on its Center City campus. The process improvement has been implemented at all Hazelden residential facilities. ADEs, often called “medication errors,” are a concern to health care organizations nationwide, so this successful Hazelden project has received widespread attention. It has been featured in journals of the Joint Commission four times and was one of four “best of the best” improvement projects presented at an Institute for Healthcare Improvement National Forum in 2002. In June, it was featured in *Behavioral Healthcare* magazine.

Medication errors often go unreported, because caregivers have perceived the problem as a performance issue and hesitate to report them. At Hazelden, changing the attitude of staff from one of blame to one of learning created a shift in the culture that made it possible to reduce ADEs.

Chris Lind, Certified Addictions Registered Nurse, project owner and executive director of Medical and Health Services, initiated the project on the Center City campus in 1997. She and Jon Zeipen, manager of Patient Safety and Security, accepted the award for Hazelden. “The

entire Center City nursing and pharmacy staffs were instrumental in helping to achieve the goals for this project,” said Zeipen.

## Fals-Stewart accepts Dan Anderson Research Award

William Fals-Stewart, PhD, professor in the School of Nursing at the University of Rochester in Rochester, N.Y., received the Dan Anderson Research Award on May 20 at the National Association of Addiction Treatment Providers annual conference in Indian Hills, Calif. Val Slaymaker, PhD, executive director of the Butler Center for Research at Hazelden, and Dan McCormick, interim president and CEO of Hazelden, presented the award.

Fals-Stewart earned the award for his study, “Learning Sobriety Together: A Randomized Clinical Trial Examining Behavioral Couples Therapy.” The study illustrates the important role that partner involvement plays in promoting positive outcomes among women with substance use disorders.

## Taws joins Center for Public Advocacy

Helen Taws, former supervisor of the Simmons Unit at the Women’s Recovery Center, is the new director of Hazelden’s Center for Public Advocacy. Taws is part of a team led by the Center’s executive director, William Cope Moyers, that will focus on expanding the public’s understanding of addiction and recovery and influencing public policy. Taws earned a master of arts degree in addiction counseling in 2003 from the Hazelden Graduate School of Addiction Studies.

The Center for Public Advocacy was busy in July helping to mobilize support for the mental health and addiction treatment parity bill in Congress. It joined with groups like Faces and Voices for Recovery to generate grassroots support for the legislation.

The Center also helped restore Hazelden’s presence at the Minnesota State Fair, held Aug. 21-Sept. 1 in St. Paul. After

a two-year absence, a Hazelden booth at the Fair was re-established so that Hazelden could reach out to thousands of Fairgoers. The Center will also participate in Recovery Month in September. To learn more about the Center, visit [hazelden.org/publicpolicy](http://hazelden.org/publicpolicy).

## Sibling pilot program begins at HCYF

Hazelden’s Center for Youth and Families (HCYF) in Plymouth, Minn., began offering in late July a four-day Sibling Program for the siblings of adolescents and young adults with addiction. The psychoeducational program will be offered once every three weeks as part of a six-month pilot program.

Brothers and sisters may attend this program that aims to educate siblings about the disease of addiction, provide them with opportunities for peer support, help them understand the impact of the disease on the family, and build their coping skills and foster resilience. The program will run concurrently with the Parent Program in order to be convenient for parents and siblings to attend their respective programs at the same time. The agenda will include activities such as age-appropriate lectures, journaling or drawing, interactive activities with other siblings and/or parents, educational videos, and participation in the family conference.

“We are fortunate to offer this pilot program at no cost to parents, thanks to a generous grant provided by the Diermeier Family Foundation,” said Jim Steinhagen, executive director of HCYF. “Our hope is that the pilot program generates the interest level that parents and referents expressed in our market research. If the interest is there, we’ll make this program a regular part of our service offerings.”

## CONFERENCES, TRAINING, CONTINUING EDUCATION AND LECTURES FOR PROFESSIONALS

**KEY:** PIR = Professionals in Residence  
CYF = Center for Youth and Families

### MINNESOTA

- Sept. 8-12:** PIR, Center City
- Sept. 11:** Grad School Continuing Education, “The Therapeutic Alliance: Better Outcomes through Engagement,” Daniel C. Frigo, PhD, Plymouth
- Sept. 14-19:** PIR, CYF, Plymouth
- Oct. 1-3:** Judges and Other Officers of the Court Training, Center City
- Oct. 7:** Youth and Addiction: A Hazelden Professional Development Series, “Youth and Co-occurring Disorders,” Adam Grundt, PhD, St. Paul \*
- Oct. 13-17:** PIR, Center City
- Oct. 14:** Youth and Addiction: A Hazelden Professional Development Series, “Adolescent Treatment: Working with Parents and Families,” Carole McNeill, St. Paul \*

- Oct. 21:** Youth and Addiction: A Hazelden Professional Development Series, “Bullying,” Marty Harding, St. Paul \*
- Oct. 26-31:** PIR, CYF, Plymouth
- Oct. 28:** Youth and Addiction: A Hazelden Professional Development Series, “Moving from a ME Generation to a WE Generation,” Jeannine Leonard, St. Paul \*
- Nov. 2-7:** PIR, CYF, Plymouth
- Nov. 12:** Grad School Continuing Ed, “Ethics: The Intersection of Your Recovery as a Professional Counselor with Patients,” Gary Schoener, Center City
- Nov. 13:** Youth and Addiction: A Hazelden Professional Development Series, a one-day conference, Bloomington \*
- Nov. 17-21:** PIR, Center City
- Dec. 14-19:** PIR, CYF, Plymouth
- Dec. 15-19:** PIR, Center City
- Jan. 11-16:** PIR, CYF, Plymouth

- Jan. 12-16:** PIR, Center City
- Feb. 8-13:** PIR, CYF, Plymouth
- Feb. 9-13:** PIR, Center City
- March 8-13:** PIR, CYF, Plymouth
- March 9-13:** PIR, Center City

### CALIFORNIA

- Oct. 17:** Hazelden Addiction Forum, “What Does Evidence-Based Practice Have to Do with Addiction Treatment?” Val Slaymaker, PhD, San Diego \*\*

### HAWAII

- Oct. 24:** “Meeting the Challenge: Treating Addiction in the 21st Century,” Honolulu \*\*\*

### ILLINOIS

- Dec. 5-6:** Women Healing Conference, Chicago

### KENTUCKY

- Sept. 12:** Hazelden Addiction Forum, “Addiction: Working with Parents and Families,” Carole McNeill, Louisville \*\*

### NEW YORK

- Sept. 16:** PIR One-Day Training for Health Care Professionals, New York
- Sept. 19:** Friday Series, Jerry Boriskin, PhD, Hazelden, New York
- Sept. 22-26:** PIR Five-Day Training for Health Care Professionals, New York
- Oct. 30:** PIR One-Day Training for Health Care Professionals, New York
- Nov. 7-8:** Women Healing Conference, White Plains
- Nov. 14:** Friday Series, speaker TBA, Hazelden, New York
- Nov. 20:** PIR One-Day Training for Health Care Professionals, New York
- Dec. 11:** PIR One-Day Training for Health Care Professionals, New York
- Jan. 26-30:** PIR Five-Day Training for Health Care Professionals, New York

# Youth and Addiction workshop series and conference set this fall

“Youth and Addiction: A Hazelden Professional Development Series” will be presented by Hazelden this fall in St. Paul and Bloomington, Minn. The series is for the range of professionals who work with teens and young adults who struggle with substance abuse.

Workshops will be held each Tuesday evening in October at the University of Minnesota’s Continuing Education and Conference Center in St. Paul, and an all-day conference will cap the series on Nov. 13 at the Minneapolis Airport Marriott in Bloomington, Minn.

Workshop topics and speakers include:

- **Oct. 7: “Youth and Co-occurring Disorders”** presented by Adam Grundt, PhD, a senior psychologist at Hazelden’s Center for Youth and Families.

- **Oct. 14: “Adolescent Treatment: Working with Parents and Families”** presented by Carole McNeill, supervisor of the Parent Program at Hazelden’s Center for Youth and Families.
- **Oct. 21: “Bullying”** presented by Marty Harding, Prevention Strategies manager for Hazelden.
- **Oct. 28: “Moving from a ME Generation to a WE Generation”** presented by Jeannine Leonard, spiritual care professional at Hazelden’s Center for Youth and Families.

The Nov. 13 all-day conference will highlight seminars by leaders in the field. David Walsh, PhD, president of the National Institute on Media and the Family, will present “Video Game and Internet Addiction.” Carlton

Erickson, PhD, one of the nation’s leading authorities on the physiology of drug addiction, will lead “I’m Too Young to Have a Brain Disease.” Howard Liddle, EdD, a leading researcher on addiction treatment for young people, will present “Multidimensional Family Therapy.” And Susie Vanderlip, a renowned keynote speaker and member of the Community Anti-Drug Coalitions of America, will present “Legacy of Hope.”

Participants may register for the entire series or just the workshop series or the conference. To register and for more information, visit [hazelden.org/youthconference](http://hazelden.org/youthconference) or call 888-257-7800, ext. 4429 or 4204. CEUs are available. The Youth and Addiction series is made available through a grant from The Frederick and Margaret L. Weyerhaeuser Foundation.

## Oct. 24 Hawaii conference highlights science of addiction, pharmacotherapy, culture

The science of addiction, pharmacotherapy, cultural considerations, and the hope of recovery will be the topics of “Meeting the Challenge: Treating Addiction in the 21st Century,” a one-day conference sponsored by Hazelden on Oct. 24 in Honolulu, Hawaii.

Timothy P. Condon, PhD, deputy director of the National Institute on Drug Abuse, will explain how powerful research tools and scientific advances have shown that addiction is a complex brain disease, while Hazelden’s Chris Lind will

discuss Hazelden’s experience and challenges related to pharmacotherapy in the treatment of addiction. Hawaii’s C. Kimo Alameda will talk about cultural considerations of treatment, and Gary Stromberg, author of *The Harder They Fall*, will share his story and the stories of high-profile addicts who have achieved recovery.

Register online at [hazelden.org/hawaiiconference](http://hazelden.org/hawaiiconference) or call 888-257-7800, ext. 4429 or 4204. Six CEUs available to participants.

## Hazelden to celebrate 60th anniversary on Sept. 11, 2009

Hazelden is planning to celebrate 60 years of building recovery with a 60th anniversary celebration on Sept. 11, 2009 at The Depot in Minneapolis. A few highlights planned include a symposium for professionals presented by leaders from the addiction field; a gala dinner with entertainment for alumni, the recovery community and friends; a panel discussion on Hazelden history; and presentations and book signings by Hazelden authors. The celebration promises something for everyone. More details are still to come.

**March 5:** PIR One-Day Training for Health Care Professionals, New York

**March 25-27:** PIR, Three-Day Training for Health Care Professionals, New York

### OREGON

**Sept. 19-20:** Women Healing Conference, Portland

**Oct. 27-31:** PIR Training for Health Care Professionals, Newberg

**March 2-6:** PIR Training for Health Care Professionals, Newberg

### PENNSYLVANIA

**Oct. 24:** Hazelden Addiction Forum, “Attachment Disorders, Neglect and Addiction,” Fran Williams, Psy D, Lima\*\*

### TEXAS

**Jan. 6:** St. Andrew Public Lecture Series, Margaret Thompson, Plano

**Feb. 3:** St. Andrew Public Lecture Series, Jim Atkins, Plano

**March 3:** St. Andrew Public Lecture Series, Jeannine Leonard, Plano

**April 7:** St. Andrew Public Lecture Series, Jim Steinhagen, Plano

**\*To register for the Youth Conference and Workshop Series,** call 888-257-7800, ext. 4204 or 4429 or email [hazelden.org/youthconference](mailto:hazelden.org/youthconference).

**\*\*To register for Hazelden Addiction Forums,** call 888-257-7800, ext. 4429 or 4204 or email [hazelden.org/addictionforums](mailto:hazelden.org/addictionforums).

**\*\*\*To register for the Hawaii conference,** call 888-257-7800, ext. 4429 or 4204 or email [hazelden.org/hawaiiconference](mailto:hazelden.org/hawaiiconference).

### Professionals in Residence (PIR) training

is offered to professionals with a range of backgrounds who want to study the Hazelden model of addiction treatment. Opportunities are offered at all Hazelden sites. Contact [pir@hazelden.org](mailto:pir@hazelden.org) or 888-257-7800, ext. 4701 for more information on PIR training.

### The Hazelden Graduate School of Addiction Studies

in Center City offers the following professional education programs: Master of Arts (with a concentration in addiction studies) and the Certificate in Addiction Counseling program. Full or part-time enrollment opportunities exist. To learn more or to apply, call 888-257-7800, ext. 4175 or visit [hazelden.org/graduateschool](http://hazelden.org/graduateschool). The Graduate School also offers one-day **Continuing Education** opportunities; call 888-257-7800, ext. 4617 to register.

**The Friday Series,** sponsored by Hazelden and the Freedom Institute, offers free workshops for professionals; for information or to register, call Renee Bryant-Benson at 212-420-9520, ext. 129.

To register for **Women Healing** conferences, call 888-257-7800, ext. 4429 or 4204 or visit [hazelden.org/womenhealing](http://hazelden.org/womenhealing).

**The St. Andrew Public Lecture Series** is free and open to the public; no reservation or preregistration required. Lectures are held at 7 p.m. at St. Andrew United Methodist Church in Plano. CEUs available. Call Melinda Austin at 214-587-5267 for information.

**Contracted and open-enrollment trainings** on curricula published by Hazelden are available. Call 888-257-7800, ext. 4022.

**General contact information: 800-257-7800**

AT WOMEN HEALING CONFERENCES,

## Sonia Lee shares the healing power of music

Someone once said, “Music is what feelings sound like.” Music calms us, ignites memories, and connects us to each other. There is mystery and power in song.

Singer/songwriter Sonia Lee understands the healing power of music. It informs and strengthens her own recovery and gives her a meaningful way to connect with other Twelve Step travelers. “I heard Sonia’s *Chance to Start Over* CD and personally identified with the words to her music and her angelic voice,” said Patricia Broat, director of Hazelden’s popular Women Healing conferences. “Her songwriting touched all aspects of my being—from my

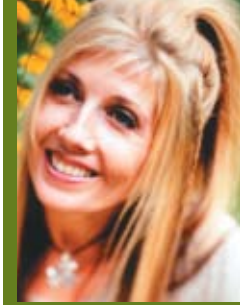
shame and fear to the gratitude and spirit within that I’ve found in recovery. I knew immediately her story and music would be perfect for other women in recovery.”

Lee has already played to rave reviews as one of the featured presenters at the Minneapolis and Tampa Women Healing conferences, and she will be featured on day two of the remaining conferences this fall—Portland, Ore., Sept. 19-20; White Plains, N.Y., Nov. 7-8; and Chicago, Dec. 5-6.

Lee uses storytelling, music, and song to entertain and inspire. Since Women Healing is for professionals who work with addicted

women as well as for women in recovery, Lee talks about how recovery music can be used as a healing instrument to encourage emotional expression, relieve symptoms, stimulate creativity, and promote prayer and meditation.

“When I’m in a room with 200-300 women at Women Healing, it’s awesome,” said Lee. “I know I can talk freely about recovery, and I know they’ll understand.”



Sonia Lee

For a longer version of this story, visit [hazelden.org/voice](http://hazelden.org/voice).

## Innovative MORE program now available for all adult patients



MORE® (My Ongoing Recovery Experience), Hazelden’s cutting-edge, 18-month Web- and phone-based continuing care program, is now available to all patients who complete adult primary residential treatment at Hazelden. In September, the Tiebout and Silkworth units in Center City, Minn., will become the final units to implement the program, completing a MORE phase-in that began two years ago.

“This means that all adult patients who come to our centers in Center City and Newberg, Ore., will receive a first-of-its-kind disease management tool in the addiction recovery

field,” said Janelle Wesloh, director of Recovery Management at Hazelden. “Essentially, MORE extends the treatment experience by 18 months—something unprecedented in the field. By providing unparalleled support during early recovery, we aim to improve treatment outcomes; eliminate or shorten episodes of relapse; and improve the quality of life of those we serve.”

MORE is not a replacement for, but rather an adjunct to, the core continuing care objectives traditionally recommended by Hazelden: attend Twelve Step meetings, get a sponsor, attend weekly continuing care groups, receive individual therapy for co-occurring disorders, and more.

MORE participants benefit from a personal recovery coach who engages each patient, helps them develop a comprehensive relapse prevention plan before leaving treatment, and supports their recovery via phone and personal messaging. The recovery coaches are licensed alcohol and drug counselors. The Web component offers ongoing support via essential relapse-prevention content and interactive tools in seven in-depth online modules.

Twenty-two full-time staff members trained in recovery management and coaching are dedicated to MORE. For more on MORE, please call 866-355-MORE or visit [hazelden.org/more](http://hazelden.org/more).



[hazelden.org](http://hazelden.org)  
800-257-7800

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

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction.

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