

# voice

FALL 2009 VOLUME 14, ISSUE 2

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## “Four Generations Overcoming Addiction” campaign launches this fall

Recovery blogs, Web site, online video stories spark multigenerational dialogue about addiction and recovery

Parents who used alcohol, marijuana and other drugs as teens now find themselves talking with their own teenagers about addiction, treatment and recovery. They may also be talking with their older parents about abuse of pain medication or other prescription drugs. Even grandparents find themselves explaining to grandchildren the consequences of their own use of alcohol and other drugs decades earlier.

These generational shifts in how Americans address issues of addiction, treatment and recovery form the core of “Four Generations Overcoming Addiction,” a bold, new national public awareness campaign from Hazelden that offers online video and audio stories; live theater; original research; social media tools such as Twitter, Facebook and YouTube; and Hazelden’s first-ever recovery blog. The campaign goal: inspire a cross-generational conversation about the dangers of drug addiction and the value of treatment and recovery.

“Each generation views the use of alcohol and other drugs through a different lens and cultural filter.”

—Mark Mishek  
Hazelden President and CEO



# Introducing “Four Generations Overcoming Addiction” award

(continued from page 1)

## BREAKING THE CYCLE OF ADDICTION

“We know how powerful personal stories can be in changing lives—now, imagine the power of four generations speaking out together about breaking the cycle of addiction,” says Mark Mishek, president and chief executive officer of Hazelden.

“Each generation views the use of alcohol and other drugs through a different lens and cultural filter,” says Mishek. “And each generation requires a different approach when seeking treatment for addiction.”

With 75 percent of high school students admitting to consuming alcohol (according to National Institute on Drug Abuse figures) and prescription drug abuse rising among older adults, it’s vital that all four generations—children, teens, adults and grandparents—break through the stigma

and speak openly with one another about addiction and the benefits of treatment and lifelong recovery.

“What one generation might not be able to accomplish alone,” says Mishek, “four generations surely can if they speak out together.”

## CONVERSATIONS THAT CHANGE LIVES

Just as Hazelden is renowned for its integrated, comprehensive approach to treating addiction, the “Four Generations Overcoming Addiction” campaign is an integrated, comprehensive program of personal stories involving all four generations in an open dialogue, adds Mishek.

The campaign launches in conjunction with Hazelden’s 60th anniversary and the October implementation of the mental health parity law passed with Hazelden’s support by the U.S. Congress.

A coast-to-coast public education effort will focus on results of Hazelden’s 2009 “Four Generations” Survey involving hundreds of parents and teenagers across the country. The provocative survey gives the generations a chance to reveal their comfort level talking about addiction, question who really serves as role models when teens consider drug use, and address the issue of whether parents should share with teenage children their own personal stories of using alcohol or other drugs.

The campaign also addresses how individuals in recovery can break the cycle of addiction for their children who have a statistically greater risk of developing addiction.

“What’s so unique about Hazelden’s campaign is that most previous anti-drug programs passed moral judgments such as ‘Just Say No,’ used shock

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**PRESIDENT** Mark G. Mishek

**BOARD CHAIR** Rev. Michael J. O’Connell

### INQUIRIES AND LETTERS

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### GET THE VOICE ON THE WEB

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“We know how powerful personal stories can be in changing lives—now, imagine the power of four generations speaking out together about breaking the cycle of addiction.”

—Mark Mishek



## Be a part of “Four Generations” conversations

- Visit Hazelden’s new “**Four Generations**” Web site ([fourgenerations.org](http://fourgenerations.org)), which will offer videos, free downloadable audio/podcast stories from Hazelden alumni, tools to guide conversations about addiction among generations, links to books and DVDs published by Hazelden, and direct links to Hazelden’s help-line.
- Read Hazelden’s new **Recovery Resources Blog** ([recoveryresourceblog.org](http://recoveryresourceblog.org)), a trusted resource on addiction, treatment

and recovery news that will feature up-to-the-minute commentary, online videos, sneak previews of Hazelden books and DVDs, and breaking news for the recovery community.

- Attend **Bill W. and Dr. Bob** at the Illusion Theater in Minneapolis through November 1. Sponsored by Hazelden, this production is in its first professional production outside of New York. The play celebrates the friendship of stockbroker Bill Wilson and Dr. Bob Smith, which led to the founding of Alcoholics Anonymous.

# ness campaign

tactics such as “This Is Your Brain on Drugs,” or limited their focus only to what parents should say to their children,” says Mishek. “But in today’s more complex society, a grown child may need to speak with a 75-year-old parent about addiction to pain medication, or a teenager may be wondering how to get through to a parent who is drinking too much.”

The “Four Generations” campaign builds upon the success of Hazelden’s earlier “Making Recovery America’s Business” campaign, which took aim against myths about addiction in the workplace and focused on ending the stigma against employees who were in recovery.

For more information about Hazelden’s “Four Generations Overcoming Addiction” campaign, visit the campaign site [fourgenerations.org](http://fourgenerations.org) or Hazelden’s Web site at [hazelden.org](http://hazelden.org).



## and activities

- View the **YouTube “Recovery Channel”** featuring video interviews from experts talking about practical steps children, teenagers, adults and grandparents can take if they suspect a loved one is addicted.
- Join the “Four Generations” **Facebook page and Twitter account** designed to build a broad online community of recovery advocates.

## President’s message

Dear Friends,

As the saying goes, with age comes wisdom. And in Hazelden’s case, there is indeed a very special wisdom we celebrate this fall as we commemorate our 60th anniversary. It is wisdom born of experience. Your experience. Our experience. Shared experience.

Over the years, Hazelden has had the extraordinary privilege of being a part of hundreds of thousands of stories of recovery—stories that have influenced our practices, informed our publications, advanced our understanding of the disease, and deepened our commitment to helping more people find and sustain lifelong recovery. We’ve built the Hazelden community together with you—our alumni, customers, students, donors, colleagues and friends—and with our shared experience that recovery is stronger than addiction.

Today, as the seventh decade of Hazelden’s story begins to unfold, we remain keenly focused on providing the most effective clinical care and publishing resources for all who need our help. And we seek promising new ways to address the complexities of addiction for future generations, through education, research and advocacy.

Thank you for being a part of Hazelden’s enduring story of wisdom, freedom and hope.

Mark G. Mishek  
*President and CEO*



## Hazelden to open center in Florida

The Hazelden Foundation Board of Trustees has approved a new recovery center in Naples, Fla., with a target opening date of March 2010. A Hazelden team is developing the center’s clinical delivery model that will feature integrated residential and outpatient services including:

- a comprehensive approach to recovery with programming for up to 18 months post-treatment
- a new model of intermediate level addiction treatment services
- an innovative community recovery center approach incorporating recovery principles in life and work

- community partners in care delivery to reduce treatment delivery costs and provide a continuous support system at work, home and in the community

“We are thrilled to bring back to Florida Hazelden’s ongoing commitment to help more people find and sustain lifelong recovery from addiction,” said Mark Mishek, president and CEO. “We are tremendously grateful for the warm reception we already are receiving in Naples.”

**Watch for updates on the Florida project at [hazelden.org/florida](http://hazelden.org/florida).**

# A Q & A on prescription pain medications

DR. SEPPALA OFFERS ADVICE ON MANAGING PAIN, MAINTAINING SOBRIETY



**Marvin D. Seppala, MD,** serves as chief medical officer of Hazelden and is certified as an addiction medicine specialist by the American Board of Addiction Medicine. Seppala responded to questions about the abuse of and addiction to prescription pain medications. He is coauthor of two Hazelden books on this topic: *When Painkillers Become Dangerous* and *Pain-Free Living for Drug-Free People: A Guide for Pain Management in Recovery*.

**Q:** What's the danger of prescription pain medications?

**A:** Addiction to prescribed pain medications is the fastest growing addiction problem in the United States. Pain medications are second only to marijuana as the most commonly used illicit substance. There is the perception that these are safe medications, because they are prescribed by physicians. However, they are extremely reinforcing, highly addictive, and in the same class of drugs as heroin.

The pain medications that have the greatest potential for addiction are opioids. Some are derived from opium, such as morphine, and others are synthetics that are manufactured, such as methadone. The most commonly prescribed opioids are Vicodin and OxyContin. In fact, the 2008 *Monitoring the Future Study* (by NIDA) showed that 9.7 percent of 12th graders had abused Vicodin and 4.7 percent had abused OxyContin for nonmedical purposes at least once in the past year. Several other common opioids prescribed for pain relief include fentanyl, codeine and Darvon.

**Q:** Why the recent increase in use of pain medications for nonmedical purposes?

**A:** Since 1995, there has been a dramatic increase in the number of prescriptions written for pain medications. Historically, pain was not being adequately treated, so part of the increase in the use of this class of medications is justified. However, with the increase in prescribing, there has been a corresponding increase in associated problems, including addiction. Dramatic increases in emergency room admissions due to opioid overdoses, addiction treatment center admissions for opioid dependence, and deaths caused by overdose on these medications have occurred since the mid '90s. In some states, prescribed methadone used for treatment of pain (not for opioid addiction) has become the most lethal drug, exceeding heroin, methamphetamine and cocaine.

Most people using these drugs regularly for nonmedical purposes are getting them via "doctor shopping"—going to multiple doctors for prescriptions. According to the *Monitoring the Future* study, among persons 12 or older who used pain relievers nonmedically in the past 12 months, 56.5 percent reported that they got the drug from someone they knew and that they did not pay for it.

**Q:** What kinds of effects are produced by these drugs?

**A:** These medications are remarkably useful for the treatment of pain. In fact, they are the only medications that are effective for moderate to severe pain. Heroin is an opioid, and all opioids act in the same manner. They numb pain—both physical and psychological. They provide a euphoric, pain-free, calming sensation. Although they are known for causing people to "nod out," they often provide energy. Simply put, they make people feel very good. Anesthesiologists inject patients all day long with fentanyl, a very powerful opioid, and patients wake up asking what they were put to sleep with because it felt so good.

Taking a large single dose of pain medications can cause severe respiratory depression or death. These medications are only safe to use with other substances under a physician's supervision. Typically, they should not be used with alcohol, barbiturates or benzodiazepines.

**Q:** Who is at risk for becoming dependent on prescription pain medications?

**A:** Anyone can become addicted to these medications if they use enough of them. The most likely to become addicted are those with a family history of addiction or those in recovery from another addiction, such as alcoholism. Genetic risk is the primary risk factor, but a history of trauma, other mental illness, and use at an early age also contribute to risk. Those with chronic non-cancer pain appear to also have a higher risk of addiction.

**Q:** How might using pain medications threaten the sobriety of someone addicted to alcohol or other drugs?

**A:** Anyone in recovery from addiction needs to be very careful while using these medications. It is highly likely that people in long-term recovery will need them for relief of acute pain at some point in their lives. If they recognize the risk and take appropriate precautions, these medications can be safely used, but the risk of addiction can't be eliminated. If they do not, they may find themselves rapidly caught up in opioid addiction. This can happen because the neurobiological changes in the brain associated with past addiction remain intact and can be re-established and triggered by the use of opioids. This can even happen when pain subsides due to the reinforcing nature of pain relief and the power of addiction.

**Q:** How can people in recovery manage their pain and protect their sobriety?

**A:** Managing acute pain may require use of opioid pain medication. If this is necessary, communication with one's physician about the history and risk of addiction is necessary. Structured use of the medications help reduce risk as well. The physician should make all the decisions regarding use of these meds, not the patient. Those who are not in recovery can make good decisions about the use of one or two OxyContin tablets every eight hours, but those in recovery should never be put in the position of making such decisions. It's also important to have someone else control the use of the medication and to let your friends, your sponsor, your family and your Twelve Step group know what is occurring.

**Q:** How does Hazelden help patients manage their chronic pain while in primary treatment?

**A:** During treatment we evaluate pain and, if necessary, use outside medical consultation. We evaluate the use of pain medication and determine alternative means of relieving chronic pain. Physical therapy, massage, acupuncture, non-addicting pain medications and exercise are among the options used. Cognitive behavioral therapies are also provided and are very effective for chronic pain. If people have extreme pain, they may have to transfer to a chronic pain program such as that found at the Mayo Clinic.

**Q:** What are some suggestions for preventing abuse of and addiction to prescription pain medications?

**A:** We need increased awareness about the misuse of prescription painkillers. State medical boards need to examine the problem of overprescribing and offer training about addiction and appropriate prescribing of pain meds. More training is needed for medical students, nursing students and other caregivers. Law enforcement needs laws and resources to shut down "pill mills," Internet prescribers and unscrupulous physicians.

For the individual, it is important to obtain prescriptions from only one physician and to use medications only as prescribed.

“...the neurobiological changes in the brain associated with past addiction remain intact and can be re-established and triggered by the use of opioids.”

## Managing Pain Safely: A Case Study

John is a 58-year-old who is still active and athletic. He makes a medical appointment to discuss his chronic knee pain. John's doctor recommends a knee replacement followed by use of a self-controlled morphine pump to treat post-surgical pain. John shares his history of drug addiction with his doctor. Together, they create an agreement that spells out exact terms for John's drug prescriptions. This written contract also states how his use of the morphine pump will be monitored. In addition, John's plan includes treatment with a physical therapist, massage therapy, acupuncture, and sessions with a Reiki healer. By combining opioids with non-addictive medications, mainstream treatments, complementary therapies to minimize pain, counseling, and support from his Twelve Step group, John maintains his 25-year history of sobriety.

# Understanding spiritual change and its impact on

BY MARTY DUDA

We know that through the Twelve Steps, many people with alcohol and other drug addiction achieve recovery. We know that the spiritual process of the Steps triggers a transformation. People accept their powerlessness, they turn their lives over to “God as we understood Him,” they do a moral inventory and seek forgiveness, they make amends and continue to take personal inventory, they pray, they carry the message to others.

Whether people reach the Steps through mutual-help support groups or by intense orientation from formal treatment, research documents that a Twelve Step approach works. The Steps inspire a dramatic change in our relationships with self, others and a Higher Power. A spiritual change takes place.

“We know about a cognitive component that helps change stinkin’ thinkin,’ and there’s a behavioral component. But the spiritual component is integral to recovery, and it’s time we give it the scientific validation it deserves.”

—Val Slaymaker

But exactly how that spiritual change occurs—or the specific mechanisms responsible for it—is something that has been largely unstudied. That is why Hazelden’s Butler Center for Research has launched an extensive study to examine this process of spiritual change. The study, “Spiritual Transformation and Recovery,” began in October 2008 and will examine various measures of spirituality in 200 Hazelden patients in primary residential treatment.

## SEEKING SCIENTIFIC VALIDATION

“There are several studies that show that Twelve Step Facilitation works, and for 60 years we’ve seen the Steps work their magic at Hazelden,” said Val Slaymaker, PhD, executive director of the Butler Center for Research. “But

we really don’t understand the mechanism of spiritual change and its impact on outcomes. We want to know what changes and when and how it relates to outcomes.

“We know about a cognitive component that helps change stinkin’ thinkin,’ and there’s a behavioral component,” she continued. “But the spiritual component is integral to recovery, and it’s time we give it the scientific validation it deserves.”

Slaymaker, the study’s principal investigator, says the Big Book of *Alcoholics Anonymous* outlines the theoretical explanation of spiritual change. In the chapter “How It Works,” it says self-centeredness and selfishness form the root of an alcoholic’s troubles. “Resentment is the number one offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.” (page 64)

Only by understanding changes in self-centeredness, selfishness, resentment and the development of a desire for closeness with a Higher Power, will we understand how best to facilitate this process among those who struggle, Slaymaker adds.

## THE GRATITUDE-TO-RESENTMENT RATIO

The simplest indicator of spiritual change will be the ratio of gratitude to resentment, said John MacDougall, DMin, director of Spiritual Guidance at Hazelden. “If a patient



has three times the gratitude compared to resentment, then he or she is probably okay. If it's the reverse, we know that person will need more work.”

MacDougall and his staff of spiritual care professionals were consulted in developing the study, which is funded by a grant from the Woodbury Foundation. “It’s really about quantifying the spiritual component of care,” said MacDougall. “We want to gauge the spiritual state of the person. We want to know if there is a different outcome for people leaving treatment with a positive spiritual state versus a less spiritual state.”

## QUANTIFYING FACTORS OF CHANGE

Slaymaker said the study’s subjects will undergo spiritual assessments at intake, midway through treatment, at the end of treatment, and at 1-, 6-, and 12-month follow-up. Specific measures of spirituality will be quantified, including gratitude, daily spiritual experience, the meaning of life, the promise of spiritual awakening, working the Steps, and more.

The study will address the following questions:

- What is the extent and nature of changes in resentment, self-centeredness, selfishness and aspects of spirituality over the course of treatment with a Twelve Step-based approach?
- Which aspects, if any, change? When? And for whom? Can we identify who will struggle most at the outset?
- Do changes in these constructs follow the theoretical path outlined by Bill W. and Dr. Bob many years ago? Can we use changes in self-centeredness, selfishness, resentment and spiritual development to predict post-treatment alcohol and drug use rates, quality of life and Twelve Step program involvement?

The data will be completed and analyzed in 2011 and the findings will be disseminated via scholarly publications and research presentations. The study’s intent is to inform clinicians of the spiritual components that are most effective at influencing change.

“We hope the results of this study will give treatment providers a better understanding of the process of spiritual change and its influence on outcome,” said Slaymaker. “We hope to better identify the characteristics of patients who will struggle so that we can target specific treatment efforts earlier in the process. Ultimately, it is all about helping more people find and sustain recovery.”



## The Dan Anderson Renewal Center at Hazelden: Inspiring spiritual renewal for 25 years

Hazelden’s Dan Anderson Renewal Center invites guests to “Be transformed. Again.” For 25 years, the Renewal Center has specialized in Twelve Step-inspired recovery retreats and programs that nurture and inspire spiritual fitness.

“Our retreats invite people to live at a mindful pace, to connect with others on the spiritual journey and with their higher power, and to experience the joys of lifelong recovery,” says JoAnn Campbell, the Renewal Center’s spiritual care coordinator.

Retreats focus on the spiritual core of recovery and provide tools to enrich daily spiritual practices. Topic-specific retreats cover areas of concern commonly experienced by those in recovery such as forgiveness, anger and resentment, honest communication, grief, and codependency.

The Renewal Center experience includes daily staff lectures on the Twelve Steps and Big Book, evening alumni lectures, morning and evening group sharing along with quiet and comfortable lodging, wholesome and delicious meals, yoga classes, and access to Hazelden’s wooded and lakeside hiking trails, fitness center (including pool, jogging track, basketball, and racquetball courts), meditation center and Serenity Corner bookstore.

### CALL TODAY AND PLAN YOUR STAY

The Dan Anderson Renewal Center is located on Hazelden’s Center City, Minn., campus. All-inclusive rates include programming, lodging and meals. Learn more about the Renewal Center’s variety of affordable retreats and programs by visiting [hazelden.org/renewalcenter](http://hazelden.org/renewalcenter) or by calling 800-262-4882.

# A spiritual person helps lead a very spiritual place

BY MARTY DUDA

Rev. Michael J. O'Connell is a Twelve Step guy to the core. "I will have 30 years of recovery on Feb. 29, 2010," said O'Connell, the new chairperson of the Hazelden Board of Trustees. "But I really don't mark my sobriety by years, but rather one day at a time."

Given his long-term recovery and 42 years as a Roman Catholic priest, it's not surprising that he was attracted to the Twelve Steps, the cornerstone of Hazelden's model of care. "I remain profoundly dedicated to ongoing recovery and the spiritual aspects of the program," he said. "Steps Three and Eleven remain foremost in my life. Spirituality is the core of Hazelden's Twelve Step model of care, and we need to keep focused on that."

For him, the Twelve Steps are a program of action. "I follow the Twelve Steps, and the Twelfth Step is about giving back," said O'Connell. "My privilege to serve on the Hazelden Board offers me an opportunity to do Twelfth Step work."

## A PASSION TO HELP

As a priest in recovery, O'Connell is well qualified to counsel individuals and families impacted by addiction, and he has done so often. He served on the Johnson Institute Board of Directors for six years, so he's comfortable referring individuals to assessment and connecting people to Twelve Step groups.

Helping others, especially the poor and disadvantaged, has been a passion of O'Connell's. He has served the archdiocese of St. Paul and Minneapolis since his ordination as a priest in

1967, after studying at The Saint Paul Seminary. He has been pastor of Church of the Ascension, a multicultural parish community on the near North Side of Minneapolis, since 1999. He also served as rector of The Basilica of Saint Mary in downtown Minneapolis from 1991 to 2008. While there he founded the popular Basilica Block Party, an event that helped



"Spirituality is the essence of Hazelden and the treatment of addiction—and for life itself. We must not lose sight of that."

increase The Basilica's membership and raised money to restore the famed church. The Basilica is noted for its pastoral care and work with the poor.

O'Connell also founded The Jeremiah Program, a provider of housing and educational support services to single women and their children in the Twin Cities. And he's recognized for his dedication to interfaith relations as a member of the Downtown Interfaith

Pastors Association and the Jay Phillips Center for Jewish Christian Learning Board. He has worked closely with clergy and congregants of the Minneapolis Jewish, Christian and Islamic congregations to promote interfaith dialogue and understanding. He remains active on the boards of several other nonprofit organizations.

## THE ESSENCE OF HAZELDEN

"Father O'Connell has a remarkable record of community service and leadership, and we're extremely lucky to have him at Hazelden," said Mark Mishek, president and CEO of Hazelden. "He's a real visionary and a strong advocate of the Hazelden mission and Twelve Step path of recovery."

As Board chair, O'Connell's charge and that of the Board is to oversee the affairs of Hazelden and provide governance for its operations. "I'm excited, energized and hopeful to advance the Hazelden mission and hold true to its vision and values," said O'Connell, who replaces Norbert Conzemius in the volunteer position. "We have the Board and management capacity in place to solidify our reputation as an alcohol and drug treatment and recovery leader, delivering on our promise of providing the best chance for the greatest number of people to experience lifelong recovery."

Hazelden is currently engaged in strategic planning; serving more people with affordable, high quality care is a key goal. Enhancing the spiritual focus of Hazelden is also a priority, from O'Connell's view.

"Spirituality is the essence of Hazelden and the treatment of addiction—and for life itself. We must not lose sight of that."

## More about Rev. Michael J. O'Connell

The Rev. Michael O'Connell graduated high school in 1959 from St. Thomas Academy in St. Paul, earned a B.A. in philosophy in 1967 from The Saint Paul Seminary in St. Paul, achieved his M.A. in pastoral studies in 1984 from the University of St. Thomas, and received an honorary Doctorate of Laws

degree this year from Saint John's University in Collegeville, Minn.

After his ordination as a Roman Catholic priest in 1967, he served the Minneapolis and St. Paul Archdiocese in the following capacities:

- Associate Pastor, Church of St. Thomas the Apostle, Minneapolis, 1967-1973
- Archdiocesan Director of Permanent Diaconate Program: Founding Director, 1973-1984

- Archdiocesan Director of Vocations, 1974-1976
- Pastor, Church of Saint Cecelia, St. Paul, 1975-1991
- Vicar General and Moderator of the Curia Archdiocese of St. Paul and Minneapolis, 1984-1991
- Rector, The Basilica of Saint Mary, Minneapolis, 1991-2008
- Pastor, Church of the Ascension, Minneapolis, 1999-present

# Books that inform and inspire

Visit [hazelden.org/bookstore](http://hazelden.org/bookstore)  
or call 800-328-9000.

## Letting hope open the door—with Karen Casey

Beloved recovery author and spiritual leader Karen Casey reminds us that it is hope—the ability to push past fear and open our minds to new possibilities—that empowers us to bring about positive change in our lives. Yet she acknowledges, amid personal tragedy and the turmoil of world events, it can be difficult to sustain a sense of hope for tomorrow.

In her newest Hazelden book, *Cultivating Hope: Weekly Readings to Open Your Heart and Mind*, Casey reveals everyday ways we can access the awesome power of hope. For each week of the year, Casey offers a guiding principle with an accompanying essay that can lead each of us toward inner peace and a positive outlook.

“When hope opens the door to possibilities, we have to decide if we want to change or live as we have always lived,” writes Casey. “Giving up the known for the unknown is not a decision made lightly. Fortunately, we have the example of others to help us see the prudence in following our hearts and making the change that will lead us to a better experience now and tomorrow,” she observes.

Among the themes Casey explores are healing through the expression of love, gaining a fresh outlook by understanding our anger, and freeing ourselves of constraint by letting go of judgment.

“The time is ripe for change. The world seems to be in turmoil, and I think it’s because many of us are in turmoil, too, that our inner world is manifested in the outer world we share,” Casey suggests. “But I also think cultivating hope will lead to inner peace that can anchor us in a mind-set that says, ‘I can see a better day ahead, for me and for those I love.’”



### **Cultivating Hope**

Weekly Readings to Open Your Heart and Mind

KAREN CASEY

**\$13.95 / 2904** / Paperback, 160 pp.

AVAILABLE IN OCTOBER

## More new titles this fall from Hazelden



### **Without a Job, Who Am I?**

Rebuilding Your Self When You’ve Lost Your Job, Home, or Life Savings

ABRAHAM J. TWERSKI, MD

Many of us confuse who we are with what we do. It’s no wonder, then, when faced with the loss of a job, home, or life savings, that we struggle not only with keeping our heads above water, but perhaps more profoundly with maintaining self-esteem. Whether you are out of work and money or are afraid of ending up there, *Without a Job, Who Am I?* offers a system of support to help you stay motivated and persevere, as well as develop lasting values and a solid sense of identity no matter your material circumstances.

**\$14.95 / 9983** / Paperback, 156 pp.

AVAILABLE IN NOVEMBER



### **Lifelines**

A Suicide Prevention Program

MAUREEN UNDERWOOD, LCSW, JOHN KALAFAT, PHD, AND THE MAINE YOUTH SUICIDE PREVENTION PROGRAM, LED BY THE MAINE CDC

*Lifelines: A Suicide Prevention Program*, Hazelden’s new evidence-based program developed for students ages 12 to 17, helps everyone in a school community recognize when a student is at potential risk for suicide and understand how and where to access help. Components include materials for administrative consultation, faculty and staff training, a parent workshop, and a student curriculum.

**\$149.00 / 2759** / Manual, DVDs, CD-ROM

AVAILABLE IN NOVEMBER



### **The Turning Point**

Breaking the Cycle of Addiction and Incarceration

Part of the Hazelden Community Corrections Program

*The Turning Point* is a powerful DVD designed for men who have suffered from alcohol and other drug addiction, causing “insanity” in their lives, including criminal involvement and harm to family, work, and other important relationships. Viewers will hear from more than 25 African American men in different stages of recovery and reintegration as well as counselors, community activists, a neighborhood pastor, and a drug court judge.

**\$150.00 / 7919** / DVD with facilitator’s guide

AVAILABLE IN OCTOBER

# SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

— John MacDougall



## The dark past is the greatest possession you have

Many recovering people have shame and guilt over the things we have done wrong in the past. The process of taking Steps Four through Nine provides a path to move from shame to guilt, from guilt to responsibility, from responsibility to amends, and from amends to freedom.

We often start on this path with shame. Shame is not a useful tool for recovery. It is just a negative, clingy feeling that tells us we are no good. The short version of the difference between shame and guilt is: “Guilt says I made a mistake, shame says I AM a mistake.” Guilt is about what we have done. Shame is about who we are.

As we take our Fourth Step, we do a searching and fearless moral inventory of ourselves. We write down the exact facts about the wrongs we have done. This moves us from a general sense of shame to a specific sense of guilt about what we have done. As we take our inventory, we notice that one way to tell the difference between a character defect and a symptom of addiction is the question, “Would I do this when clean and sober?” If the answer is “no, I only do it when drunk and high,” then it may be a symptom of my disease rather than a character defect. However, if I still do it when sober, then it is a character defect, and I need God’s help in removing it.

At Step Five, we admit to God, ourselves, and another human being the exact nature of our wrongs. Were the wrongs caused by drunkenness? Or were our wrongs really our own desires, and we just got drunk to get up the nerve to do what we always wanted

“We are called not to forget our wrongs, but to offer them to God for transformation into our greatest possession.”

to do? Either way, we are responsible for what we have done, and we need to accept responsibility for our part in whatever happened.

At this point, many people think that the process is done. We have admitted our wrongs. Now it is time to “put them behind us.” No, the process is not done. There are more Steps.

If we admit our wrongs and put them behind us, they are well placed to bite us in the butt. We need Steps Six through Nine. At Step Six we become entirely ready to have God remove our character defects. At Step Seven we ask God to do this. In Steps Eight and Nine we plan and make amends wherever possible.

Time does not heal all wounds. However, our wrongs can be transformed into a source of healing

for ourselves and others. On page 124 of the AA Big Book, we read:

“Cling to the thought that, in God’s hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them.”

We are called not to forget our wrongs, but to offer them to God for transformation into our greatest possession. It is precisely the shame we have felt, it is the pain we have caused,

it is the failure we have experienced, it is the wrongs we have done that make us uniquely qualified to receive our fellow alcoholics and addicts and hear them without turning away.

On page 84 we read:

“No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear.”

By embracing our dark past, taking responsibility for it, making amends, and seeing how our experience can benefit others, we heal—and we are a source of healing for others. The dark past becomes the turning point in our lives, and the greatest possession we have.

*John A. MacDougall, DMin, is the director of Spiritual Guidance at Hazelden in Center City, Minn.*

## Patient Aid: Your help is needed more than ever

In the world of recovery, there is a long-standing tradition of alumni, friends and family members giving generously to help others who still suffer. We give support through sponsorship and other service work, share our stories at meetings and with friends and family, and make financial contributions to organizations like Hazelden who can transform those dollars into help and hope. Last year Hazelden provided more than \$5.3 million in patient aid—and the need is greater than ever today.

In 2009, Hazelden has redoubled its efforts to reach out to those who have been affected by unexpected financial difficulties including recent job loss, salary reduction or home foreclosure. In June, Hazelden launched an effort to raise \$1.5 million in donor support for patient aid by the end of the year—\$500,000 more than originally planned. As of July 31, more than \$750,000 for patient aid has been raised, reports Nancy Appel, executive director of Development.

“We know we’ve set an ambitious goal, but the increased giving we’ve seen during the first half of 2009 gives us great optimism,” says Appel. “Hazelden is blessed with an especially committed community of donors who understand the destructive power of addiction and who, more importantly, believe in the gift of recovery.”

Patient aid is Hazelden’s greatest area of need this year. *Please help as you are able.* To make a gift to Hazelden’s Lifesaver Patient Aid Fund, please call **888-257-7800** or give online at [hazelden.org/giving](http://hazelden.org/giving).

### More ways you can be involved

- Volunteer** If you would like to volunteer at one of our locations or in one of our programs, please call 800-257-7810.
- Share your story** Let us know how your life has been changed by our work. We share your stories with those who don’t yet know the power and promise of recovery. Please mail your stories to Development, PO Box 11, BC 2, Center City, MN, 55012-0011, or email to [giving@hazelden.org](mailto:giving@hazelden.org).
- Refer others** The best way for us to reach more people who need our help is by word of mouth. If a Hazelden program has changed your life, tell others.
- Connect** Reach out to the recovery community through Hazelden’s Facebook, Twitter and You Tube links. Go to [hazelden.org/connect](http://hazelden.org/connect) to learn more.

## Moyers appointed vice president of Foundation Relations



Hazelden’s William C. Moyers has been named vice president of Foundation Relations for Hazelden. In this new role, Moyers will lead Hazelden’s development efforts in addition to continuing to provide leadership of Hazelden’s Center for Public Advocacy.

“William brings a deep understanding and strong commitment to advocacy, philanthropy and ‘carrying the message’ about recovery to his new role at Hazelden,” said Mark Mishek, president and CEO. “With William’s leadership, I am confident that Hazelden will reach even further in increasing philanthropic support to ensure that all who need treatment will find it and the stigma of addiction will be overcome.”

Prior to joining Hazelden in 1996, Moyers was an award-winning journalist with CNN, *Newsday* and various other news organizations. He is the author of the best-selling memoir, *Broken*, and a popular recovery journal/DVD, *A New Day, A New Life*. Moyers has appeared on *Larry King Live* (CNN), *The Today Show* (NBC) and *The Oprah Winfrey Show*. His work has been featured in *The New York Times*, *Chicago Tribune*, *The Los Angeles Times* and *Newsweek* magazine. He also writes “Beyond Addiction,” a nationally syndicated column on addiction-related issues for Creators Syndicate.

### Join our alumni community

The best part of recovery is sharing it! Learn about upcoming recovery events, activities and service opportunities for Hazelden alumni and friends at [hazelden.org/alumni](http://hazelden.org/alumni).

With chapters across the country and abroad, Alumni Relations creates opportunities to strengthen and enhance recovery through education, fellowship and service.

## Record number of students participate in August 20 commencement

Representing the largest number of students to participate in a Hazelden Graduate School of Addiction Studies commencement, 57 students were awarded diplomas in the school's tenth annual commencement exercises on Thursday, August 20, at the Cork Center on Hazelden's Center City campus. Fifty students were awarded the master of arts in addiction counseling degree, and seven students were awarded the certificate in addiction counseling.

Dr. Valerie Slaymaker, the school's chief academic officer and provost, welcomed graduates and their families to the ceremony. She noted that the graduating class hails from the United States as well as Ireland, England, the Netherlands, Canada and New Zealand. Flags of the six countries were displayed at the ceremony.

Chadwick Walker delivered the class representative address, reminding fellow graduates that "We have been taught the importance of living the life that we ask of our clients, or in the words of Mahatma Gandhi, to 'become the change you want to see in the world.'"

Cheryl McKinley, chairperson of the Hazelden Graduate School Board of Governors, delivered the commencement address. She challenged the graduates to "carry the message into new frontiers and become the leaders we need."

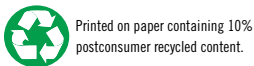
"The field of recovery needs you and, even more so, the suffering patient needs you," McKinley said.

Through scholarly activity and clinical experience, students at the Hazelden Graduate School of Addiction Studies gain knowledge and skills in the integrated disciplines essential to counseling excellence. And, as the graduating class was reminded by McKinley, every excellent counselor has the potential to help thousands of addicts and their families find recovery.



(Above) Michael Demask, PhD, dean of the Hazelden Graduate School of Addiction Studies, congratulates graduate Tammy Torgerson. Torgerson was among 50 students awarded the master of arts in addiction counseling degree. (Left) Cheryl McKinley, chairperson of the Hazelden Graduate School Board of Governors, delivered the commencement address.

Learn more about graduate school programs and offerings at [hazelden.edu](http://hazelden.edu).



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[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. 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.



**Hazelden locations**  
CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
NAPLES, FLORIDA (not pictured)  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA

