

voice

News, Features and Opinion for Recovering People and Professionals

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NEW FACILITIES, EXPANDED PROGRAMMING

Spring brings growth and transformation to Hazelden

A newly opened center in Naples, Florida, and completion of a major expansion project at its Oregon campus will allow Hazelden to help more people find lasting freedom from addiction.

"Hazelden is known the world over for providing expert treatment for the disease of addiction. We understand that effective addiction treatment is about delivering the right level of care to the right patient at the right time, and we are thrilled to expand our programming and capacity to reach and serve even more people," says Mark Mishek, president and CEO of Hazelden.

Addiction treatment at the new and expanded facilities in Florida and Oregon is rooted solidly in Hazelden's signature model of care—Twelve Step-based, personalized, and clinically integrated addiction treatment addressing the needs of body, mind and spirit. In addition, several programming innovations are being introduced.

COMMUNITY-BASED FOCUS IN FLORIDA

Hazelden's newest treatment center in Naples, Florida, incorporates Hazelden's unparalleled, Twelve-Step model with a recovery community approach. The result is a supportive care network for patients with seamless interactions among Hazelden, acute care providers, and other community-based organizations and resources.

"We are excited about delivering addiction treatment in an independent living setting," explains Michael Demask, PhD, executive director of Hazelden in Naples. "We are focusing on

Florida—continued on page 2



Hazelden's new center in Naples, Florida (above) opened in April 2010, and a grand opening event for the expanded facilities at Hazelden's Springbrook campus in Newberg, Oregon (at right), was held on April 23, 2010.



EXPANDED FACILITIES AND NEW TRAUMA PROGRAMMING IN OREGON

A year of new construction and renovation wrapped up at Hazelden's Springbrook campus in Newberg, Oregon, in April, ushering in a new season of care at the center.

"We have literally doubled the size of what was once our residential treatment services unit," announces Jan Vondrachek, executive director of Hazelden at Springbrook.

The expansion brings more than additional square footage, explains Vondrachek. It allows extended care patients to live on site while continuing treatment. *Oregon—continued on page 3*

PRESIDENT'S MESSAGE

— Mark G. Mishek



Dear Friends and Fellow Travelers,

This spring finds Hazelden at a very exciting and transformative place in our 60-year journey with:

- the opening of our new treatment center in Florida
- a major facilities expansion at our Oregon campus
- development and expansion of specialized treatment programs for health care professionals and for patients with co-occurring trauma conditions
- the introduction of Web-based intervention and recovery tools

Indeed, Hazelden is charting new territory. We continue to grow and transform, to push forward, to build greater awareness and understanding of addiction, and to find increasingly effective solutions. All of these efforts and initiatives have the common goal of helping more people find and sustain lifelong recovery from addiction. On an institutional level and on an individual level, growth and transformation are what recovery from addiction is all about.

With these new opportunities to grow, to change and to transform the world around us, hope springs anew this season at Hazelden. We move forward with gratitude to all of you, our companions on this journey.

Mark G. Mishek
President and CEO

voice

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PRESIDENT Mark G. Mishek

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INQUIRIES AND LETTERS

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Community-based focus in Florida

—continued from cover

teaching our patients how to be successful in their recovery in the context of community—including interactions with family, treatment peers and the larger community.”

This approach requires a supportive, vibrant community, and Naples certainly fits that bill with committed local partners, providers, and leaders who embrace and support Hazelden's work, adds Demask.



Hazelden's Cup coffee shop, located in the new Hazelden complex in Naples, is open to the public.

Hazelden is conveniently located in the heart of the Naples Gulf Shore community, a short distance from the city park, library, medical center, beaches, churches and retail areas. The two-story commercial and condominium complex includes 12 residential units with capacity for 47 patients. Each unit has a loft with two bedrooms, two bathrooms, a full kitchen, balconies and access to an outdoor patio area.

The comfortable, contemporary condominium living allows for a less structured environment than most residential addiction treatment programs. Treatment options include:

- Residential Addiction Treatment—a 24/7 treatment program with clinical care and on-site condominium living
- Day Treatment with Community Living—a one- to two-month treatment program with 25 hours of programming each week and on-site condominium living
- Intensive Outpatient Addiction Treatment—a six-week treatment program, two evenings each week plus all day Saturdays

Outpatient detoxification services are also available, allowing for medically supervised tapering off of addictive substances.

“We couldn't have selected a better place to transform lives through our community-based model of care,” says Brenda Iliff, MA, LADC, clinical director of Hazelden in Naples. “Having a supportive community that believes in Hazelden's mission makes a real difference for patients in all stages of recovery,” she adds.

The Naples programs will use technology in new ways to blend recovery practices into the patient's everyday life and work, adds Demask. For example, from day one patients will have access to Hazelden's exclusive Web-based MORE® program, providing 24/7 online access to resources, support, and fellowship during and after treatment—throughout the first 18 months of recovery.

“Research tells us that patients who actively engage in continuing care after treatment are more likely to remain abstinent,” explains Demask. “MORE gives our patients the tools and support they need when they leave treatment so they don't feel they're going it alone.”

Another Hazelden first in Naples is Hazel's Cup coffee shop. Located on the first floor of the Hazelden complex, Hazel's Cup is open to the public. It is designed as a gathering place for people in recovery, friends and family members.



Informal gathering places at Hazelden's center in Naples are designed for patient comfort and sense of community.

“We couldn't have selected a better place to transform lives through our community-based model of care.”

— Brenda Iliff, clinical director of Hazelden in Naples

Oregon—new programming and possibilities

—continued from cover

“New patients coming into treatment will now have the opportunity to interact with people who have experienced 30, 60, or even 90 days of sobriety. This fully integrated continuity of care helps to build a more robust treatment community,” says Vondrachek.

The \$10 million expansion project was a year-long undertaking that resulted in:

- creation of more than 22,000 square feet of new space and about 6,500 square feet of remodeled space
- relocation of extended care patients to on-campus housing to enhance continuity of care
- addition of 11 primary care treatment beds—plus 32 new beds for extended care—for a total of 95 beds
- complete renovation of the patient dining hall

“We intentionally incorporated more natural lighting into the new spaces, creating a very open, casual and comfortable place to be,” says Vondrachek. “With the new design, we have built-in flexibility between extended care and primary care space and services, so we are much better able to meet changing market demands.”

“Trauma and addiction are closely linked, and effective treatment requires integrated programming to address the co-occurring conditions in a comprehensive way.”

—Jan Vondrachek, executive director of Hazelden's Springbrook center

In addition to the bricks and mortar expansion, Hazelden's Springbrook center is expanding its mental health services with new, highly-specialized trauma programming designed for both primary and extended care patients.



The bright and expansive new dining facility at Hazelden's Springbrook campus is designed to be a hub of activity and fellowship.

“Addiction and trauma are closely linked, and effective treatment requires integrated programming to address the co-occurring conditions in a comprehensive way,” says Vondrachek. Trauma may result from a variety of experiences: an abusive childhood, an accident, combat, sexual abuse, a natural disaster and more. Individuals diagnosed with post-traumatic stress disorder (PTSD) often turn to alcohol or other drugs to escape the pain of trauma.

The integrated approach at Hazelden's Springbrook campus provides trauma-informed services delivered alongside addiction treatment. These services include screening and assessment to determine the severity and complexity of PTSD and trauma-related symptoms; psychoeducation to understand trauma, its effects, and the symptoms of unresolved trauma; group therapy to teach skills for managing traumatic stress and co-occurring addiction symptoms; and individual therapy to provide support and validation.

Hazelden's Springbrook center is also well known for its specialized addiction treatment program for health care professionals, a program that will be expanded to Hazelden's Center City campus later this year.

“We are grateful to the patients and staff who have weathered the inconvenience of construction,” says Vondrachek. “With our lovely new spaces, expanded treatment capacity and new programming, we're ushering in a new season of care for our patients—and that means greater opportunities for hope and healing for our patients and their families.”

New law strengthens coverage for addiction treatment

Q&A

Today, millions of Americans who need help for addiction to alcohol or other drugs have an important new resource: their own health insurance.

A new federal law expands access to treatment by prohibiting most insurance plans from restricting coverage or imposing unequal limitations on treatment for addiction and mental illness. Plans are now required to match coverage for addiction treatment and mental health treatment to coverage for medical or surgical care—including out-of-pocket expenses, deductibles, and co-payments.

William Moyers, Hazelden's vice president of Foundation Relations, has been a familiar face on Capitol Hill over the past several years, working with policymakers and lawmakers on the historic parity effort and advocating for greater access to addiction treatment for the millions of Americans who need it. Moyers responded to questions about the parity law and what consumers need to know to access coverage.

Q: How will people know what their level of coverage is for addiction treatment?

Consumers need to be asking their providers. Consumers are in the driver's seat here. Even though insurers and employers are aware of this new law and their required compliance, it's really up to the consumer to make sure you or your loved ones receive the resources for addiction treatment you need and deserve. My message to consumers is: Know your rights; ask questions; get clarification. Basically, don't be afraid to stand up and speak out for the benefits you're entitled to under the law.

Q: What are the basic requirements of the new law?

The key requirement is that employer-sponsored group health plans can't discriminate in their coverage of addiction and mental health benefits. Now, this doesn't mean plans are required to cover these services, but if they do, they must have financial requirements and treatment limitations that are no more restrictive than those placed on medical or surgical benefits. Out-of-pocket expenses, co-payments and deductibles—they all need to be equitable, across the board. Same with all of the medical management criteria used in a plan, meaning standards around medical necessity, prior authorization, utilization review and the like.

Q: Are there exceptions?

Yes. Small businesses with 50 or fewer employees are exempt. Also, the new federal law protects stronger state laws that mandate coverage for addiction and mental health treatment.

Q: What happens if I seek treatment resources that aren't within my plan's network?

Choosing to go out-of-network may no longer mean you're out of luck. An insurer that provides benefits for addiction and mental illness treatment and that provides out-of-network coverage for medical and surgical benefits must provide equal out-of-network coverage for addiction and mental illness treatment.

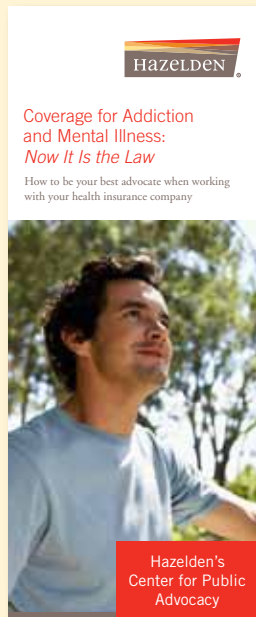
Q: What should I do if I'm denied treatment or my options are restricted?

The new law requires that your insurer must—when you request—provide you with the reason for denial. If the plan says service was not medically necessary, you are entitled to request and receive the plan's medical necessity criteria specific to mental health and addiction treatment coverage.

Q: What should consumers know before contacting their insurance providers about coverage for addiction treatment?

A: Hazelden's Center for Public Advocacy has put together a tip sheet for consumers that outlines whom to contact and what to ask. It includes a glossary of health insurance terms to help inform and guide conversations with insurance providers. You'll find these materials online at hazelden.org/speakout.

The parity law has been a long time coming. It signals a new day—and new help—for millions of still suffering alcoholics and addicts. Now it's up to consumers to make sure they or their loved ones receive the resources for treatment they need and deserve.



Hazelden's Center for Public Advocacy has developed a tip sheet for consumers about the impact of the new parity law on coverage for addiction treatment. Download your copy at hazelden.org/speakout.

Kypri earns Dan Anderson Research Award for e-SBI work

Kypros Kypri, PhD, senior research fellow at the School of Medicine and Public Health at the University of Newcastle, Australia, has earned Hazelden's Dan Anderson Research Award for his development of a Web-based alcohol screening and brief intervention tool, known as e-SBI.

Sponsored by the Butler Center for Research at Hazelden, the award honors a single published article by a researcher who has advanced the scientific knowledge of addiction treatment and recovery.

Kypri earned the award for his study, "Randomized Controlled Trial of Web-Based Alcohol Screening and Brief Intervention in Primary Care," published in *Archives of Internal Medicine* (vol. 168, pages 530-536). The study was a randomized controlled trial of Web-based alcohol screening and brief intervention among a large group of university students seeking medical help at a primary health care facility. At six-month and one-year follow-ups, e-SBI participants reported lower alcohol consumption and fewer academic problem behaviors relative to controls. The free Web-based program involved screening, assessment, and personalized feedback about consumption levels compared with peers and medical guidelines.

"E-SBI is less threatening to many non-treatment-seeking drinkers than a face-to-face intervention [making] it a promising approach to reducing unhealthy use of alcohol, particularly among young people who bear a heavy burden of alcohol-related harm," wrote Johanna Dean, MSc, director and research psychologist at the research and evaluation company Kypri & Dean Pty Ltd, who nominated Kypri for the award.

"This work illustrates how effective quick, confidential, and electronic screening and brief intervention can be to improve health and functioning," said Valerie Slaymaker, PhD, chief academic officer in the Butler Center for Research at Hazelden. Slaymaker noted that Kypri's research and the research of others in the field have contributed to Hazelden's ongoing development of online intervention tools.

Kypri will accept the award and a \$2,000 honorarium in May at the National Association of Addiction Treatment Providers (NAATP) annual conference.

The award is named for the late Dan Anderson, PhD, the former president of Hazelden and one of the major architects of the Minnesota Model, the interdisciplinary approach to addiction treatment that has been replicated worldwide. Recognizing outstanding research and conducting research of its own are the primary objectives of the Butler Center for Research, the research arm of Hazelden.



Kypros Kypri, PhD
Senior Research Fellow
School of Medicine and Public Health
University of Newcastle, Australia

Ramstad joins Hazelden as senior policy adviser

Former U.S. Congressman Jim Ramstad of Minnesota, a longtime champion for addiction treatment, will assist Hazelden as senior policy adviser on federal legislative and policy issues related to addiction, treatment and recovery. Ramstad, a Republican who served in Congress from 1991 until last year, will focus on health care reform and implementation of the new parity law that expands access to addiction and mental health treatment.

"Congressman Ramstad's personal passion and his legislative leadership will help not just Hazelden but our entire field at a crucial time in the public policy arena," says Mark Mishek, Hazelden president and CEO.

Ramstad was chief co-sponsor of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act. Under the new law, which takes full effect this year, most insurance plans are required to cover addiction and mental illness equally with other physical illnesses.

Kypri's research and the research of others in the field have contributed to Hazelden's ongoing development of online intervention tools.

Seeds of hope planted through South Africa

HAZELDEN'S TIM SHEEHAN EXPLORES INTERNATIONAL ADDICTION TRAINING AND EDUCATION POSSIBILITIES


BY CORRINE CASANOVA

When Tim Sheehan, PhD, dean and director of Institutional Effectiveness at the Hazelden Graduate School of Addiction Studies, visited Cape Town, South Africa, in February, he carried Hazelden's mission of helping more people sustain lifelong recovery from addiction not only in his suitcase, but also in his heart.

Cape Town's Harmony Clinic, a residential therapeutic addiction treatment center, led by CEO Steven Thompson, sponsored Sheehan's 10-day trip. The clinic was particularly interested

"South Africa has deeply entrenched concerns about alcohol and drug dependency and is still reeling from the ramifications of apartheid," says Sheehan. "While part of the population is financially stable with intact families, another segment hasn't been able to advance because of intergenerational poverty. For example, one township I visited was initially designed for 2,000 people but now has over 40,000 people, with no easy access to either water or electricity. Some township residents work in neighboring vineyards and are paid in wine. It's tough to reach them with help," he explains.

Sheehan spent one evening with an ambulance service, paired up with local paramedics who regularly deal with issues related to alcohol and other drug use. During their shift, the crew responded to calls in neighborhoods populated by makeshift living quarters built from sheet metal, plastic and pieces of cardboard. Sheehan



"I was honored to be a part of such an experience, and I feel indebted to Harmony Clinic for their vision and uncompromising commitment to the cause."

—Hazelden's Tim Sheehan of his recent visit to Cape Town, South Africa

in finding innovative ways to educate and train addiction professionals from the area. To facilitate this, Sheehan led a forum on improving treatment effectiveness for over 30 area professionals. Currently, addiction counseling is not regulated in South Africa.

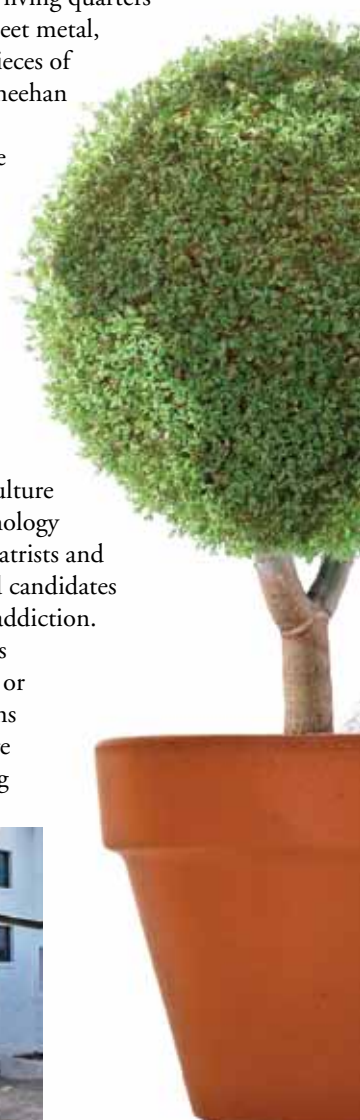
Sheehan was selected for the international project because of his unique background as a clinician, researcher, author and academic. His main objective was to begin a dialogue about addiction and recovery. Sheehan toured Cape Town to see how patient care is delivered in different settings. Throughout his journey, he witnessed some of South Africa's unique challenges with addiction, but also found some striking similarities to life in the United States.

"It doesn't matter where you are in the world, addiction is a disease that does not discriminate," Sheehan observes.

The landscape of South Africa is as diverse as the 48.7 million people living there. The country has 11 official languages. Cape Town is on the southern tip bordering both the Atlantic and Indian Oceans. Amidst the bustling downtown, panoramic views of the mountains and water lies intergenerational poverty. About 32 percent of the residents live below the poverty level.

also toured a day clinic, a hospital, another treatment center and community centers. He exchanged information with nearly everyone he met. Sheehan described the experience as being a part of a larger community of learners where everyone learned from each other.

Sheehan was especially energized by open discussions about creating different training paradigms to address South Africa's shortage of addiction professionals, exploring options that would be well suited to South Africa's culture and challenges. College graduates with psychology degrees, psychologists, social workers, psychiatrists and people in recovery were all identified as good candidates to receive further education and training in addiction. Possible addiction counseling training venues discussed included Hazelden online training or workshops. To help educate nurses, physicians and mental health professionals in health care settings, Sheehan looked at options including



developing a consortium of local treatment providers or specialized clinics such as Harmony Clinic to work collectively to train practicing health care professionals.

“The dialogue between Hazelden and Harmony Clinic is ongoing and filled with possibilities,” says Sheehan. “The seeds have been planted, and I am excited to see how they might grow.”

“It doesn’t matter where you are in the world, addiction is a disease that does not discriminate.”

—Tim Sheehan, dean and director of Institutional Effectiveness at the Hazelden Graduate School of Addiction Studies



As with the South Africa educational exchange chronicled here, the Hazelden Graduate School of Addiction Studies facilitates faculty and student awareness of addiction education needs from a global perspective.

EDUCATING HEARTS AND MINDS TO ADDRESS ADDICTION

—Jessica Stoltenberg



Jessica Stoltenberg will be receiving a master's degree in Addiction Counseling from the Hazelden Graduate School of Addiction Studies this spring. Stoltenberg chose to enroll in the graduate school after transitioning out of a high-powered career in the pharmaceutical and medical device industries.

What attracted you to Hazelden’s graduate program?

The flexibility of the program was important, and the fact that it would ultimately prepare me to become a Licensed Professional Counselor. So many organizations focus on treating addiction as an acute episode, while Hazelden’s philosophy of viewing addiction as a chronic, progressive disease requiring a lifelong learning process appealed to me. Ultimately, I chose Hazelden because of the faculty and the opportunity to learn from some of the leading clinicians in the field.

I was at an important juncture in my life both personally and professionally and needed to make a change. I’ve always cared deeply about issues of addiction, mental health and homelessness. In the past I experienced these issues from the top down, meaning I was the one writing the check for the cause. Now I’m learning about these issues from the bottom up.

What kinds of obstacles did you have to overcome?

There were three big obstacles for me. The first obstacle was learning to become an intern at age 54. In my previous career, I was in charge of managing employees and interns around the world, so this was a real shift in thinking. The second obstacle was learning about self-care. It has been important to understand and practice wellness in my everyday life. During my career in the corporate world, I was so compelled to deliver strong results that I sacrificed my physical, spiritual and mental well-being. The third obstacle was humility. As a counselor, when people open up to me, I understand the responsibility that goes along with that. It’s about a sacred trust. That was huge for me.

What has surprised you about Hazelden’s graduate program?

I was surprised how it has given me so many opportunities to learn more about myself. I came from a hard-charging business environment where I was trained to not express feelings or vulnerability. I had to get past that in order to resonate with patients. The graduate school professors recommend going through personal counseling to become better equipped to deal with our own issues and emotions. In the corporate world, I spent time worrying about outcomes after I got home. Through the training here, I’ve learned to make contributions, but then let it go knowing my patient is in the hands of other capable clinicians, their peer group or their Higher Power.

What do you plan to do after you graduate?

I’m a lifelong learner so I’ll continue to learn more about addiction and recovery as they pertain to poverty, mental health and homelessness. I will also begin work as a licensed addiction counselor for University of Minnesota Fairview Medical Center where I held an internship. As a result of my education, I’m better equipped to serve and feel as if I’m making a real difference in people’s lives.

The Hazelden Graduate School of Addiction Studies (HGSAS) is a private, accredited institution committed to providing excellence in education. Our innovative and comprehensive academic programs integrate academic training and direct clinical experiences to build professional competency in the field of addiction counseling. Unlike any other graduate school, students are immersed in a culture of addiction science and practice, encompassing a full range of treatment services for youth, adults and families. For more information on the graduate school, go to hazelden.edu or call 888-257-7800, extension 4175.

Do you know of graduates from the clergy, counselor, master’s or certificate programs who are not receiving mailings or emails from the HGSAS? Send information to HGSASalumni@hazelden.org.

About My Drinking debuts this spring

BY CORRINE CASANOVA

Visitors to Hazelden's Web site, hazelden.org, will soon have an opportunity to take a free, confidential online alcohol screening designed to measure potential drinking problems. *About My Drinking* is a unique collaboration between Hazelden and Evolution Health Services who developed an evidence-based screening and brief intervention tool, *Check Your Drinking*, that Hazelden has adapted and expanded to further address the needs of people who score on the high end of the scale.

When people have specific health care questions, they often first turn to the Internet for answers. Today, about 8 percent of people who search the Internet for health information use the key words "problems with alcohol and drugs." While Web-based tools that allow an honest self-evaluation of alcohol consumption are nothing new, *About My Drinking* is different, explains Sid Farrar, editorial and trade director of Hazelden's Publishing division.

"The evidence-based online screening assessment tool used in *About My Drinking* is free, confidential and easy to complete. It not only helps people assess their current level of drinking, but also guides them in making decisions about next steps. For example, those who score low on the severity scale can learn about ways to cut back on drinking. Those who score at the high end of the scale have the opportunity to learn more about alcohol abuse and dependence or to call a toll-free number to get help."

About My Drinking works like this:

- Visitors go to the hazelden.org, and log on to *About My Drinking* to create a confidential, anonymous online account.
- Visitors complete the screening questionnaire and receive a score. A series of questions developed with standard motivational interviewing techniques prompts them to develop a plan for cutting back or quitting, according to their score.
- Visitors with a high screening score have the option of entering three different tracks containing more in-depth information and guidance.

Track 1, Help a Loved One, is for people who want to learn more about helping someone with a drinking problem. Visitors will find answers to questions such as *What is an intervention? What is addiction?* and *When is it alcohol abuse?* They will also learn about different treatment program options, how to stop enabling, codependency and the importance of mutual-help support groups such as Al-Anon. Relevant quotes from select Hazelden books contain links to allow visitors to dig deeper into specific topics of interest.

Track 2, Learn about Alcohol and Addiction, helps those who are concerned about their own alcohol or other drug use. Visitors learn about the effects of alcohol and other drugs on the body, treatment options, the brain and addiction, the detoxification process, and peer support groups such as Alcoholics Anonymous and Narcotics Anonymous.

Track 3, Ready to Make a Change, is for visitors with a high screening score who believe they may be dependent on alcohol or other drugs. Here and elsewhere throughout the site, visitors are encouraged to call a special Hazelden toll-free number if they would like to get a professional assessment or learn more about addiction treatment. If they decide they want to make a change on their own and aren't yet considering entering a treatment program, they can follow the directions in this track for a self-guided program of abstinence from all mood-altering substances. In this case, they are encouraged to get rid of all alcohol, other drugs and paraphernalia; avoid drinking and using situations; begin attending Alcoholics Anonymous or Narcotics Anonymous meetings, and find a sponsor. In addition, they are given information to help them develop their own abstinence program by putting together plans to avoid relapse, live a healthy lifestyle and work the first three Steps of Alcoholics Anonymous.

No matter how visitors score on the survey, they are always given the option to talk with a Hazelden representative about assessment or treatment options. Throughout the *About My Drinking* site, visitors have access to products and services that span Hazelden's full continuum of care, from addiction prevention to recovery management.

"We believe that *About My Drinking* will give people one of the most robust and effective screening and brief intervention tools available. It's a powerful way for Hazelden to reach out and help more people find freedom from addiction."

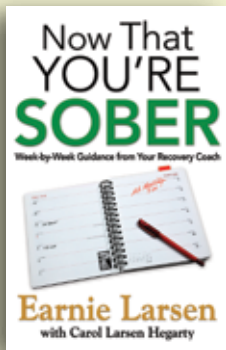
—Sid Farrar, editorial and trade director of Hazelden's Publishing division



Books that inform and inspire

Visit hazelden.org/bookstore
or call 800-328-9000.

New titles this spring from Hazelden



Now That You're Sober

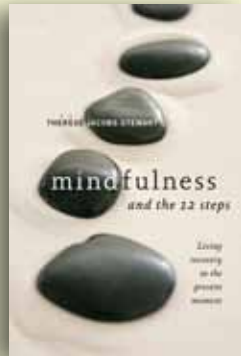
Week-by-Week Guidance from Your Recovery Coach

EARNIE LARSEN, with
CAROL LARSEN HEGARTY

When you are new to recovery, having a trusted recovery coach at your side who guides and inspires you as you maneuver through the pitfalls and triumphs of daily life is a gift. This new release from Hazelden provides you with a trusted recovery coach—in book form: *Now That You're Sober*. This book, with its structured week-by-week format, provides practical ways to use the Twelve Steps in daily life. Larsen's weekly motivational essays translate into lively pep talks that offer a new spin on common recovery topics. Readers are exposed to Twelve Step principles typically found in traditional aftercare programs.

\$14.95/4512/Paperback, 286 pp.

AVAILABLE IN **APRIL**



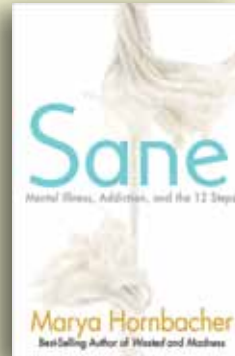
Mindfulness and the 12 Steps

THERÉSE JACOBS-STEWART

Mindfulness is an ancient Buddhist philosophy that helps you focus on the present moment. You don't need to practice Buddhism to benefit from this approach. While the Buddhist philosophy of mindfulness is not new, author Thérèse Jacobs-Stewart's approach to it is. *Mindfulness and the 12 Steps* explores how to use the concept of mindfulness when practicing the Twelve Steps and developing your own spiritual path. The result is an awakening of new thinking and fresh insights into what it means to live fully—body, mind and spirit—in the here and now. The book includes stories from Buddhists along with the author's own personal story of recovery as a practicing Buddhist.

\$14.95/2862/Paperback, 208 pp.

AVAILABLE IN **MAY**



Sane

Mental Illness, Addiction, and the 12 Steps

MARYA HORNbacher

People struggling with both mental illness and addiction have unique challenges that others in recovery might not relate to when working the Twelve Steps. *Sane* explores the Twelve Steps through the eyes of someone with co-occurring disorders.

New York Times best-selling author Marya Hornbacher does this with authority. She shares intimate details of her own struggle with severe mental illness and addiction while taking readers on an honest and illuminating examination of the Twelve Steps. *Sane* focuses on both the challenges and the healing power of the Twelve Steps for those with co-occurring disorders. It's a must-have for those seeking stability when approaching sanity and sobriety one day at a time.

\$14.95/3029/Paperback, 200 pp.

AVAILABLE IN **JUNE**



But He'll Change

End the Thinking That Keeps You in an Abusive Relationship

JOANNA V. HUNTER

Joanna V. Hunter, a domestic violence survivor, helps women face, head on, the excuses they tell themselves that keep them in abusive relationships. *But He'll Change* includes her personal triumphant story and the stories of dozens of other women who have survived and escaped from domestic violence. Hunter helps women build strength and hope as they begin to make positive change in their lives. Readers will learn how to operate not as victims, but as survivors—understanding the power they hold to change their lives.

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AVAILABLE **NOW**

SLOGANS AND SELF-TALK FOR RECOVERING PEOPLE

—John MacDougall



I'd rather be a cause of the future than a result of the past

There are many things about my life that I didn't like.

I didn't like being a battered child.

I didn't like riding in the car as a child for days at a time in complete silence on family vacations because my parents were fighting.

I didn't like the two-quart green Rubbermaid pitcher of martinis in the refrigerator that seemed to be the rocket fuel for the family fights.

I don't like the physical symptoms of being beaten that persist to this day.

I don't like the nightmares.

I don't like the fact that I had a happy houseful this past Christmas with nine people—wife, daughters, sons-in-law, grandchildren—without an unkind word spoken, and with genuine love and affection. Why didn't I like it? Because the ghosts of Christmas past still are stronger in me than the realities of Christmas present. Everyone else had a fine time, and I looked as if I did, but the joy is still limited by the past.

This year, it's only Christmas that is still damaged by the past. That has hung on to this day. From being in my recovery program, and having a Higher Power, I am mostly out from under the tyranny of the past. This has, at times, required a determined and willful refusal to pay attention to my past, and required a stubborn focus on what I actually want for my present and my future.

As long as I think of my life as being a result of the past, it probably will not change. It won't change *because the past will not change*. In the summer of 2001, I wrote in this space, "Forgiveness is giving up hope for a better past." I need to accept that my past happened exactly the way it did.

"As long as I think of my life as being a result of the past, it probably will not change."

Then I considered the opposite of being a result of the past, and decided to try being a cause of the future rather than the result of the past. I started to behave in the opposite way to my former behavior, just to see what the results would be.

I had avoided touching people, because all touch had been bad. One day, in a hospital corridor, I saw a female friend. She said, "Oh, good. You're here. I need a hug." My first instinct was to give a flimsy excuse and run away. I didn't give hugs. But I turned toward her and pantomimed a hug. She didn't notice that I was as rigid as I could be, and she went away happy. I thought, "Huh, I can do this."

I had felt incapable of many things. I took Emergency Medical Technician training to get a sense of mastery over injuries. Shortly after qualifying, I got out of the ambulance at the scene of a major auto accident. Outside, I looked for an authority figure, and went up to a policeman. He said, "Don't look at me—we called YOU!" Not long after, a sense of confidence followed.

Now, I'm 60 years old. With the rest of my life, I'm going for impact...to cause positive change in the future, rather than simply heal from the past. To cause positive change, we have to have a purpose. I like the "primary purpose" statement from *Narcotics Anonymous*: "that no addict, anywhere, need die from the horrors of addiction," (*Narcotics Anonymous*, 5th ed., page xv).

Having found a path to sobriety and healing in fellowship with God and our recovering friends, we can be a cause of a future "happy destiny" (to quote AA) for the alcoholic and addict who still suffers today.

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

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



Blaha named Hazelden chief financial and administrative officer

James A. Blaha, a Twin Cities nonprofit business leader, joined Hazelden as chief financial officer/chief administrative officer in March. In addition to serving as Hazelden's principal financial strategist, Blaha will oversee the organization's finance, support services, human resources and information technology areas.

Prior to joining Hazelden, Blaha served as chief financial officer at Walker Methodist, a senior health care, housing and assisted living organization in Minneapolis. His financial and administrative expertise includes an extensive background in health care and nonprofit organizations.

EXTENDING THE REACH OF HOPE

—William Moyers



Times change, challenge remains the same: How to help more people

All roads may not lead to Hazelden. But there is no doubt that the end of Pat Butler Drive is the portal to the promise and possibility that is the essence of the first step in the journey of recovery.

Over the decades, thousands of people addicted to alcohol or other drugs have taken that difficult step at Hazelden's front door on the main campus in Center City, Minnesota. It's the admissions entrance many of us know simply as "Ignatia."

Later this year Hazelden will roll out a new strategic plan that reflects these changing times.

I am one of them. In 1989, I walked out of a crack house in New York City and ended up in treatment at Hazelden. Two years later, flattened by a full-blown relapse and unable to walk, I went back through that front door in a wheelchair pushed by a nurse, Chris Lind. Her omnipotent smile and gentle words reassured me that I was safe again, no matter what.

Some things haven't changed since then. Chris is still here, though with vastly expanded duties. And so am I, not as a patient but as a grateful recovering addict and alcoholic responsible for helping to bolster Hazelden's mission to treat addiction and transform lives. That hallway from the front door to Ignatia, the medical unit, is still uniformly textured by the soft sandy-red bricks and whitewashed cinder blocks that were first laid when the main campus was built in the 1960s. People still count their first hours in sobriety in the same patient lounge. And the nursing station remains the anchor in the center of the unit, an island of medical expertise and human compassion focused on tending to the mind, body and spirit of those on the way down from that last high.

But a lot has changed too, since I first came to Hazelden. Today most addicted patients need treatment for mental illnesses, and treating these co-occurring conditions requires more space and

effort. There are fewer beds to meet the demands for services, especially for adolescents. Hazelden has expanded to Oregon, Chicago, and New York, and we are opening our newest facility in Naples, Florida, this spring. A fully-accredited graduate school is educating and training addiction treatment counselors. And technology requires Hazelden to rethink how to deliver electronic products and services that complement and go far beyond the traditional 28-day treatment regimen.

"Hazelden is not an organization that rests on its laurels," says Mark Mishek, president and CEO. "We have incredibly exciting opportunities ahead. And already we have our work cut out for us in 2010 as we continue to deliver on our mission to help more people."

To succeed, Hazelden has mounted an ambitious effort to raise at least \$7.5 million from donors this year to support these vital components of our mission:

- \$1.2 million for the construction and renovation of the patient entrance and the medical unit (Ignatia)
- \$2.5 million for the endowment of the Hazelden Graduate School of Addiction Studies
- \$1.5 million for patient aid to expand access to treatment for people who cannot otherwise afford it
- \$2.3 million to support ongoing operations and other projects

Work starts soon on the construction and renovation of the patient entrance and medical unit. When it is done later this year, the physical space will bear little resemblance to the entrance of old.

What won't change, though, is Hazelden's 60-year commitment to create the opportunity for thousands of people to take that first step through the front door of Hazelden and onto the road of recovery.

William Moyers is vice president of Foundation Relations for Hazelden.

Leading addiction medicine expert joins Hazelden

Omar Manejwala, MD, is the new medical director at Hazelden in Center City. A psychiatrist and addiction medicine expert, Dr. Manejwala will lead teams of physicians and clinicians who provide patient care and will oversee expansion of Hazelden's specialized addiction treatment program for health care professionals at the Center City campus.

"What attracted me to Hazelden was an experience I had while at the Dan Anderson Renewal Center years ago. I felt a sense of serenity that made me want to come back here someday," recalls Dr. Manejwala. "What brought me here a decade later as medical director was the chance to be a part of an organization with a reputation for using best practices and evidence-based approaches in addiction treatment while being committed to Twelve Step principles and practices."

Prior to joining Hazelden, Dr. Manejwala served as associate medical director at The Farley Center at Williamsburg Place in Virginia, an addiction treatment center known, in particular, for its health care professionals program. He is a fellow of the American Psychiatric Association and a diplomate of the American Board of Addiction Medicine. "We are thrilled to have Dr. Manejwala on the Hazelden team," says Hazelden chief medical officer Marvin D. Seppala, MD. "There is no one who better understands Twelve Step recovery in relation to psychiatry and addiction medicine. Dr. Manejwala emphasizes this approach in his care of patients as well as in his work to inform and advance the field of addiction medicine and psychiatry."



Omar Manejwala, MD
Medical Director
Hazelden Center City

Find inspiration for your journey at a Second Sunday retreat

Mark your calendar and plan to attend an upcoming Second Sunday retreat at Hazelden in Center City, Minnesota. Listen to presentations by popular recovery speakers, experience the seasonal beauty of Hazelden's lakeside campus and wooded walking trails, and enjoy a sumptuous buffet luncheon.

The Second Sunday retreat runs from 9:00 a.m. to 3:30 p.m., costs \$15.00 per person, and is open to anyone 18 years of age or older involved in a Twelve Step program. Registration is at the Cork Center on campus. Upcoming presenters and topics include:

- June 13—"From His Broken Soul," by singer/songwriter/pianist John McAndrew
- July 11—"The Urge for Isolation: Where It Comes from and How to Face It in Recovery," by Hazelden's Dorie Reiter
- August 8—"Sanity Will Have Returned": The Promise of Step Ten," by Hazelden's John MacDougall

Learn more about these and other Hazelden events at hazelden.org.

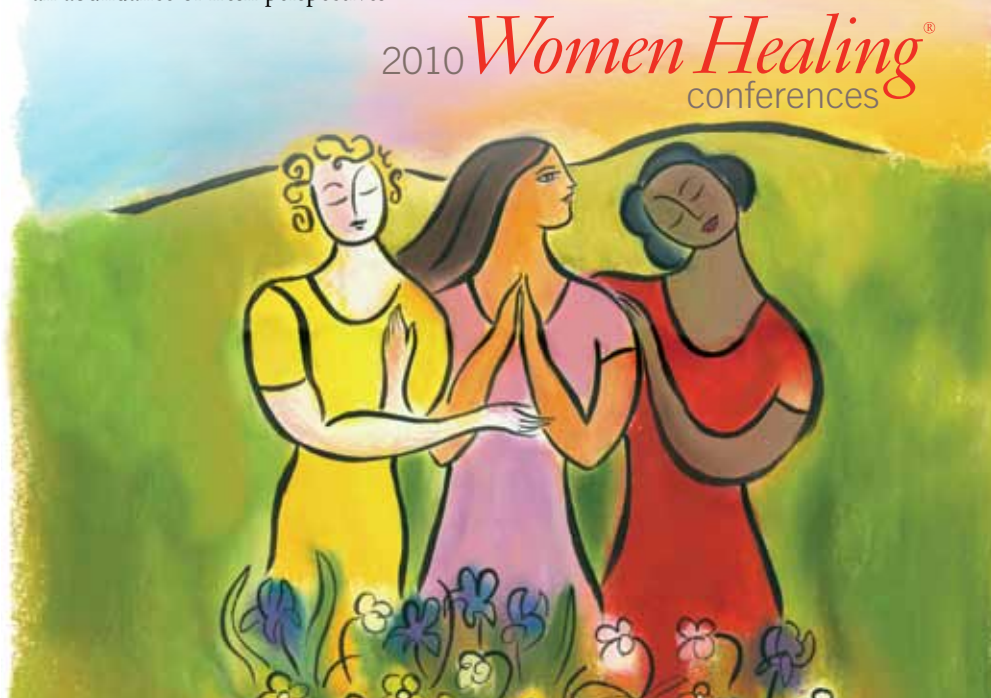
2010 Women Healing conferences focus on opening your heart to recovery

Don't miss an extraordinary opportunity for personal and professional growth—Hazelden's 2010 Women Healing conference. The first conference of the year was held in April in the Twin Cities, but three conferences remain:

- May 21–22 in Tampa/Safety Harbor
- September 17–18 in San Diego
- December 3–4 in Chicago

Whether you join the conference for one or both days, you will find an abundance of fresh perspectives

and fascinating topics to help you "open your heart to recovery" through learning, sharing and caring. Day One is designed for professionals who work with women suffering from addiction, with presentations by leading clinicians and trainers. Day Two is a celebration for women from all walks of recovery, focusing on presentations designed to inspire, challenge and guide participants. Learn more at hazelden.org/womenhealing.



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
NEW YORK, NEW YORK
NEWBERG, OREGON
PLYMOUTH, MINNESOTA
ST. PAUL, MINNESOTA

