



ALINA LODGE

# LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

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1.800.575.6343 | 908.362.6114



alinalodge.org • haleyhousewomen.org

SUMMER 2016

## Wow! The 2016 Gratitude Picnic can be summed up in this one word. What a day we had!

There were close to 300 people on campus on June 4th to celebrate life in sobriety. You can tell by the pictures that it was inspiring, happy and our students were motivated by the examples of those who came back to show that "yes! It can be done!"

Alan B. shared a stirring message of overcoming the odds. There was standing room only in the Chapel and not a soul was unmoved by his story. AND then we came out to the festivities! The prize wheel was spinning all day - and the prizes that were given

*Continued on page 2*



## Opioid Addiction

*A clinical article from the Executive Director*

Many of our clients are in treatment with addiction to opioids. It does not matter how this addiction originated, it has occurred. The following is an article explaining opioids and their potential to addict people.

Generally all pain medications that contain opiates are referred to as opioids. While opiates are a natural painkilling drug found in plants, opioids are synthetic drugs (man-made), which are chemically engineered to have the same function and effect as opiates. Both opiates and opioids are highly addictive, powerful, and often prescribed by doctors in the US for chronic pain treatment. This is despite overwhelming evidence of increasing health problems in patients using these drugs.

Years before, the term "opiate" was used for drugs similar to opium that contain pain-relieving properties and produced from opium poppy. However, in more recent times, synthetic pain medication drugs (or partly synthetic) drugs which emulate opium are referred to as 'opioids,' so as to not be confused with naturally occurring opiates.

Opiates, as referred to originally, included the list below

- Morphine
- Codeine
- Heroin (semi-synthetic)
- Opium

The Synthetic "opiates" or opioids included the ones below

- Codeine
- Vicodin
- MS Contin Kadian (morphine)
- Oxycontin, Percoset (Oxycodone)
- Dilaudid (hydromorphone)
- Duragesic (fentanyl)

Opioids are currently marketed under the names: OxyContin, Percocet, Vicodin, Percodan, Tylox and Demerol among others.

Opioids are about the most addictive drugs produced and sold in the pharmaceutical market. Many addictions initially start with an injury and the need for chronic pain treatment. This often entails a prescription of an opioid medication to relieve moderate to severe pain and discomfort. Gradually, as the effectiveness of the pain medication is diminished, the patient seeks higher and higher doses of the drug and before long he or she discovers that life without the drug is unbearable. This is the dangerous word tolerance - one needs more and more of the drug to achieve the same results.

In an article written in the NY times, Azam Ahmed, states that "fentanyl is 40 times stronger than heroin." We seem to only learn about the deaths of celebrities. Examples of this are Philip Seymour Hoffman of a heroin overdose and the singer Prince of an overdose of fentanyl. However in the US, countless thousands perish each year from this deadly addiction. A kilogram of heroin yields approximately \$80,000 wholesale; however, a kilogram of fentanyl is approximately 20 times more valuable in the illicit drug trade. Fentanyl is often added to heroin to increase the drug's potency and effects.

What can we do to help people achieve recovery? This addiction requires long term intensive treatment and aftercare. Our legendary founder named this approach the "Tincture of Time". In today's world, Mrs. Delaney's words mean the 8 portions of the limbic system, the portion of the brain that seems most involved with addiction needs time to heal and be re-trained to function without the reinforcement of the addictive drug.

MICHAEL HORNSTEIN

## 2016 GRATITUDE PICNIC CONTRIBUTORS

### Stewards of the Lodge

Robert and Jane Berry

### Recovery Circle

Rita and Joel Cohen  
Sally and Win Shaw  
Susan and Frank Walsh

### Leadership Circle

Kiki and Thomas Neely  
Linda and Robert Parsley, III  
Irene and Edward Shaw

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Michael Allison  
Alatia and David Bach  
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Summit Behavioral Health

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Steven Berkowitz  
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North Warren Pharmacy & Gifts  
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Erin and Diego Peña  
Karol Sullivan  
Leslie Zinn

### Sponsor

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Rebecca and Michael Han  
Gail and Al Hein  
Patti and David Hobson  
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Anonymous  
Jessye and Shane Light  
Michael Noyes  
Elinor and John Olson  
Jean O'Neill  
Pine Grove Behavioral Health  
Eva Smith  
Michele Soffer  
Jody Sydow  
Susan and Joseph Uva  
William A. and Shirley P. Yolles Support Foundation

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were simply AMAZING! Thank you to Steve Berkowitz and Sterling Reputation. The children's tent was buzzing with the clown and little ones playing games. We had a blast playing Alina Lodge Trivia and pulling the winning raffle ticket. We are happy to announce that our winner won Royal Caribbean Gift Certificates worth \$4,000.

A huge thank you to everyone involved in this year's picnic: our dedicated Picnic Committee, staff and volunteers who work tirelessly for months on this event. To each and every donor whose generosity continues to help more recovering alcoholics and addicts receive treatment - thank you from the bottom of our hearts. We are honored to have your support and you enable us to sustain our mission. 261 donors helped us to exceed the fundraising goal and totaled over \$259,000 in funds raised.

So many people put their hearts and talents to work making this a day that everyone can enjoy - and we are forever grateful for their friendship.

Renee Harman  
Director of Development



## 2016 PICNIC COMMITTEE

### Chairperson

Erin Cohen Peña

### Committee Members

Dr. Michael Allison  
Alatia Bradley Bach  
Steven Berkowitz  
Catherine Clarke  
Alison Fellingine  
Al Hein  
Gail Hein  
Cheryl Klobe  
Kelly Lambert  
Rob Noble  
Michael Noyes  
Andrew Olson  
Brooke Phillips  
Liz Shaw  
Rory Shaw  
Jody Sydow  
Susan Walsh

## 2016 Gratitude Picnic Gift-In-Kind

*The Lodge is a very special place . . . .  
acts of kindness happen every day.*

*Join us in thanking the following people and businesses who contributed everything from the jewelry, the delicious kosher hot dogs and the shuttle bus. Other items include the donation of the raffle prizes, children's items – and much more. Of course our food vendors donate all the food we serve at the Gratitude Picnic.*

**Sterling Reputation - Steve Berkowitz**  
**Martz Trailways - Scott Henry**  
**Virginia and Ray Davis**  
**Alison Feline and Scott Rubman**  
**Dan and Renee Harman**  
**Gail and Al Hein**  
**Kelly and John Lambert**  
**Land of Make Believe**  
**Restaurant Equipment Supply**  
**Sammy's Kosher Market - David Perlow**  
**Schiff's Food Service, Inc.**  
**Sysco**  
**US Foods**  
**Susan and Frank Walsh**



## FALL CONFERENCE

Friday, October 7, 2016

Featuring

**Heather Hayes, M.Ed., LPC**

### **HIDDEN INTERVENTION PITFALLS:**

***A blueprint for Intervening in the presence of undisclosed, advanced psychiatric and co-occurring conditions; Increasing Engagement And Decreasing Trauma***

High-level negotiator, mental health expert and Intervention leader Heather Hayes has developed a blueprint for safely and securely intervening on individuals when previously undisclosed, advanced psychiatric conditions manifest. Whether it is Dementia, Anorexia Nervosa, Delusional Disorder, Paranoid Schizophrenia, or any psychiatric disorder, traditional intervention protocols do not apply and if improper intervention techniques are applied, the outcome can be devastating for all those involved. Heather Hayes will be sharing her highly sought after process and protocol for safely and effectively intervening on patients struggling with psychiatric issues, improving assessment protocol, and securing optimal outcomes for interventionists, families, and the facilities that treat them.

#### **Objectives:**

Participants will be able to describe the myths and pitfalls of improper intervention techniques in the presence of undisclosed psychiatric conditions

Will be able to demonstrate an understanding of the medical differences in intervention candidates struggling with psychiatric disorders

Will be able to discuss the importance of the family systemic dynamics and critical need for family treatment for optimal outcomes



*Heather Hayes is a Master's Level, Licensed Counselor, Board Registered Interventionist (CIP), co-founder of Hayes Davidson and Associates (HDA) and Certified ARISE Interventionist. Heather is currently in private practice in Atlanta, Georgia. She received her B.A. from Emory University and her M.Ed. from Antioch University. Mrs. Hayes has over*

*30 years of experience working with addictions and other disorders. She specializes in the treatment of adolescents/young adults, trauma, complex mental health issues and the full spectrum of addictive disorders. Mrs. Hayes is the former President of the Network of Independent Interventionists and presents nationally and internationally on the issues of Addiction, Co-occurring/ Psychiatric Disorders, Disordered Eating, Trauma, Adolescent/Young Adult Issues and Social Media; she has been published in these areas and is currently collaborating on several writing projects on these topics and more. In addition, she gives back to her community by volunteering her time as the psychological profiler for the Forsyth County Sheriff's Department Hostage Negotiation and SWAT team. She is a Professional Member of the Independent Educational Consultants Association (IECA). IECA is the nation's leading professional organization for independent educational consultants working in private practice.*

# Save the Date!

**Friday, October 7th**

FALL CONFERENCE

Featuring Heather Hayes speaking on *Hidden Intervention Pitfalls*

**Saturday, October 15th**

UP, UP & AWAY 5K, 5 MILE RACE

at the Blairstown Airport

**Tuesday, November 15th**

*\*please take note of the date change\**

HOLIDAY LUNCHEON

Speaker: Becky Flood, from New Directions for Women in California

*Luncheon days begin in the Chapel at 11:30 followed by lunch at 12:30*

*Don't forget to call 908-362-6114 and RSVP if you plan on attending any of the above events.*

## ANNIVERSARIES

### MARCH ANNIVERSARIES

Kevin R. 1 Year  
Andy O. 5 Years

### APRIL ANNIVERSARIES

Matt B. 1 Year  
Brandon H. 1 Year  
Ben L. 3 Years  
Ally C. 1 Year  
Molly T. 1 Year

### MAY ANNIVERSARIES

Saul E. 5 Years  
Elaine V. 16 Years  
Jody S. 5 Years  
Sydney P. 3 Years  
Tommaso C. 2 Years

### JUNE ANNIVERSARIES

Sharon L. 40 Years  
Mike M. 14 Years  
Cheryl K. 2 Years



Laurie Andrysiak

## Keeping it green

It is important to remember where we came from. I always watch a former student's face when they look around the dining hall as they enter to celebrate their anniversary. It is an emotional experience, it takes people right back to day one when they came to the Lodge. What they felt like; the guilt, the shame, the regret, the anger, the denial.

It is important to "Keep it Green." To me the phrase "Keeping it Green" means remembering exactly what happened, what it was like on day one when you walked through the doors of Alina Lodge, AA or NA. Keeping this fresh in our minds. The promises state that we won't regret the past nor which to shut the door on it. I believe they are speaking about using the past as a tool, if we remember what happened and what it was like, we will reinforce to ourselves that we are right where we are suppose be. We have earned our seats in AA and NA. There is no going back to our old lives. We belong in the fellowship.

To keep it green I suggest go to beginners meetings, take speaking commitments at rehabs and de-toxes, offer to help the newcomer. Each time we listen to a newcomer or see one walk through the door of our home group it keeps it green for us, it keeps the disease fresh in our minds. We remember what it was like when we came in. We realize it hasn't gotten any better out there, in fact it's gotten worse, the disease is progressive and deadly and we never want to go back there.

Each time we tell our story, even just to one person, we revisit our past. It's unfortunate when the memory of just how bad it was fades and we begin to take our sobriety for granted. That is why helping the newcomer in the program is so important. If we pass on the precious gift of sobriety that was given to us, we will be able to keep it.

So keep it green and never forget *but live in today*. I recently heard that the word **HOPE** stands for HOLD ON PEACE EXISTS. I love that. What better thing to tell the newcomer and remember ourselves.



## 2016 MINNESOTA ALUMNI GATHERING

*Happy, Joyous and Free are the Minnesota alumni men eating steak and sharing laughs on May 11, 2016*

*Alums from all decades gathered on this super evening in sobriety.*



Hosted by

**Little Hill Foundation**

operating Alina Lodge and Haley House

### SAVE THE DATE:

**Saturday, October 15<sup>th</sup>, 2016**

We will be hosting a 5K/5 Mile Run/Walk! We are excited to work with the community, and the Blairstown Airport to coordinate this event. All proceeds to benefit the missions of Little Hill Foundation operating Alina Lodge and Haley House.

This unique race is truly one of a kind for this area, beginning and ending at the Blairstown Airport. It is being held during prime Fall Foliage for the area and is a USATF NJ sanctioned event and certified course (500 point event). This event, promoting a healthy life style, goes hand in hand with the missions of Alina Lodge and Haley House. So mark your calendars and check your email for updates and news regarding the Up, Up & Away Race.

- Music and Great Giveaways
- Fun Run
- Trophies for Top Three finishers
- Awards for 10 year age groups
- Water and Fruit at the finish
- Bib Chip timing
- Spray and Water Stops

#### Fee Schedule

\$25.00 Pre-Registration until October 7

\$30.00 Late Registration thru October 15 Race Day

USATF-NJ 2016 Members save \$3 until October 7

**FUN RUN Fee** \$5.00 (Race Day Registration only - must be at least 7 years old)

**Look for more information coming soon to our Web Site and Facebook page.**

## Pathway of Hope

The pathway of Hope at Alina Lodge is a tribute to all those traveling on the road to recovery. By adding a brick, you affirm your own journey, honor those you love and encourage all our residents, guests and visitors.

For a donation of \$250, you can leave a lasting testament. These bricks can be inscribed with a message honoring a counselor, a loved one, a memorial, or your name and sobriety date. Whatever option you choose, you will be making a difference in a life of another. All donations support the life-saving mission of Alina Lodge.

**If you would like to engrave a brick on the Pathway of Hope, please call the Development Office at 800-575-6343.**



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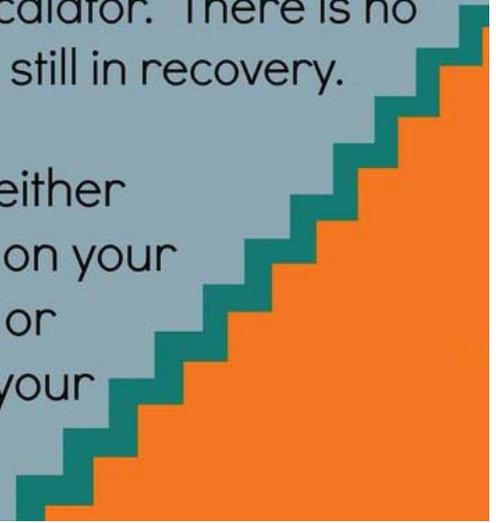
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*Alumni Coordinator*

Susan R. Nordstrom  
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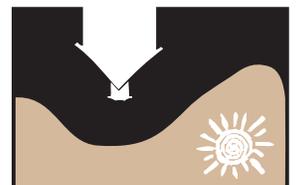
Sobriety is like going up the  
down escalator. There is no  
standing still in recovery.

You are either  
working on your  
sobriety or  
feeding your  
disease.



Operating Allina Lodge & Haley House  
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**LITTLE HILL FOUNDATION**



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