

LITTLE HILL FOUNDATION



Haley House



ALINA LODGE



North Warren
Counseling Center

alinalodge.org • haleyhousewomen.org • northwarrencounselingcenter.org

FALL 2018

Michael Hornstein Retires



How does one say good bye? With great difficulty when you love your employment. The time has come for me to step into the role as Executive Director Emeritus (as an advisor). The Little Hill Foundation which consists of Alina Lodge, Haley House and North Warren Counseling Center are special places. Alina Lodge is past 62 years old with a structured long-term program that has helped many a person to live a good sober life. I personally found that serenity here in 1981 – 38 years ago.

I never imagined that one day I would be Executive Director. The journey of recovery does many good things for us. Next to being a dad to my three sons and grandpa to my five grandchildren, this was a joy for me. I adored leading Little Hill Foundation for a decade.

Change in our industry, some good some not, has kept our team hopping. Why do we continue to be successful? We have a dedicated talented staff of collegial people. We focus on our mission. Help the chronic relapser (reluctant to recover) maintain sobriety. Our success statistics are good. Most of our students return for anniversaries on a continued basis.

Haley House, our female halfway house is very successful, and the rooms are filled under the leadership of Jackie Re. We now have North Warren Counseling Center under the directorship of Jennifer Russo. For a new facility it is very busy. Blairstown needed an outpatient and mental health treatment center it seems to be growing by leaps and bounds.

I delightfully passed the torch to the next generation, Mr. Bill Robbins. On January 1st, Bill will be the new Executive Director. A young, vibrant, intelligent and respected gentleman. He will be the one to maintain our mission. In preparation for my departure, we have worked hard to ensure the stability, quality and sustainability of Alina Lodge, Haley House and North Warren Counseling Center. I am confident that all three entities will thrive under Bill's leadership.

The gracious generosity of our supporters astounds me every year. They donate collectively one million dollars annually. Our success depends on philanthropy - Scholarships are vital and maintaining the physical campuses is equally important. Our supporters, large and small, helped us every step of the way. With my deepest gratitude, thank you.

I could not have accomplished the past decade of success without a team of assistance. I personally must thank all of the employees of Alina Lodge, Haley House and North Warren Counseling Center who arrive at work daily with enthusiasm and admiration for the Little Hill Foundation's mission. Thank you one and all my fabulous co-workers in every department for the love you have given me.

Michael Hornstein

Thank you Michael Hornstein and Congratulations on your Retirement

Michael has been the Executive Director of Little Hill Foundation since 2008. In the ten years that followed he established a comradery amongst the staff, standards of excellence for the clinical program and so much more. He began with the title of 'Interim Executive Director' and eventually agreed to take the job permanently. His accomplishments begin with remodeling and refurbishing Family Hall, the building of Curry Hall, remodeling of the Roost and Gratitude Hall, incorporating an exercise gym for the students, establishing the men's and women's gardens, the expansion

of the spirituality program, opening the Detox Unit and finally, just this year, the building addition to Noble Women's Center and the opening of the North Warren Counseling Center. While carrying on the traditions and beliefs of our long-term philosophy, he has educated the industry and spoke at Parliament.

We are so honored to have worked with him and learned from his example. His priority has always been the student – and their ability to complete treatment. In that spirit, Michael has enabled the giving of 405 Alina scholarships and 99 Haley House scholarships with a combined value of over \$11 million.

Little Hill Foundation has thrived through Michael's inspiration and guidance. Even though he is retiring, expect to see him consistently as he will now become Executive Director Emeritus. William Robbins, our Chief Clinical Officer, will become our Executive Director on January 1st, 2019, and looks to continue the legacy of this very special place.

Michael's belief in the mission and his drive to always do better has taken Little Hill Foundation to a level we can all be proud of.

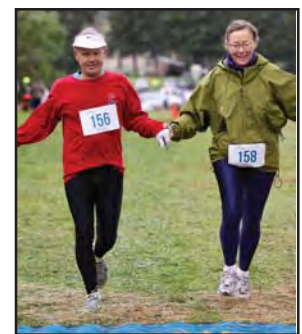
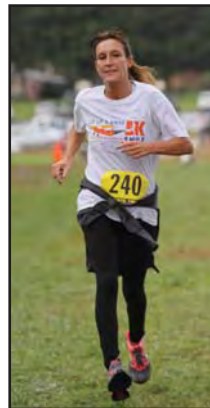
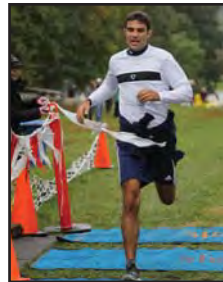
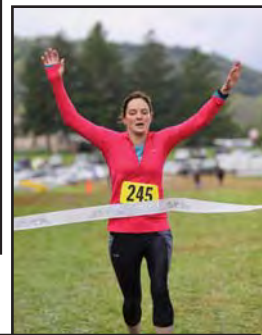
*The staff of
Alina Lodge, Haley House
and North Warren Counseling Center*



Renee Harman
Director of
Development

Up, Up and Away 5K/5 Mile Run

What a rainy day we had at our 3rd annual Up, Up & Away 5K/5Mile Run for Recovery! But it did not dampen our spirits – over 130 people came out to run or walk the course surrounding the Blairstown Airport. The National Anthem was sung beautifully by Isabella Messina. A special thanks to the Blairstown Airport, and to our sponsors and volunteers. Despite the rain, this event raised more than ever before to support the missions of North Warren Counseling Center, Alina Lodge and Haley House. Thank you everyone!



THANK YOU SPONSORS

Little Hill Foundation is deeply grateful for your support!



Join us in honoring

Michael Hornstein

at our

Holiday Luncheon

Tuesday, December 11th

Cathleen Moynihan will be our speaker.

Please RSVP to 908-362-6114



A story from an Alina Alum

My story before Alina was one of many broken promises and failed attempts at sobriety. I had tried several treatment centers and various methods of recovery, but to my consternation I could not get my life on track. I finally surrendered to the recommendations of those about me and made the decision to give Alina Lodge a try. Little did I know that this was the start of an incredible journey and a new lease on life. It was hard at first, the structure, the groups, the discipline that was being instilled... But... little by little I began to change. I was surrounded by an amazing staff who ALWAYS had my best interests in mind. These people loved me before I could love myself. I had many days where I struggled but also many where I experienced happiness, joy, and peace. The greatest gift, however, has been the building of my relationship with God. It started as something small but has transformed into more than I can imagine. Today I walk a free man. I know a level of serenity that I didn't think was possible!

Thank You - Sean M



Laurie Andrysiak
Alumni Coordinator

Gratitude List

When I was newly sober I was filled with self-pity and self-loathing. My sponsor suggested I make a gratitude list daily. Write 5 things each morning that I was grateful for. The "poor little old me's" weren't getting me anywhere. Sometimes it was as simple as "I'm alive, I'm sober, I have a home to live in, etc." I dreaded hearing those folks in the rooms of AA that said they were grateful to be an alcoholic and how wonderful their lives were.

I wanted what they had but I didn't know how to get it. So, I followed direction.

I write a gratitude list each morning. It's usually on a paper towel in my kitchen as I drink my coffee. What's important is that I do it. It's a gift I give myself. I concentrate on the good things in my life and it helps me maintain a positive attitude in recovery. I believe that people that do a daily gratitude list don't take anything for granted. Today I have me, I am ok with exactly who I am, I am comfortable with being me. That usually goes on the list after I am sober. I have noticed I can track my progress in recovery by what I'm writing daily. Today I believe being positive is a choice. The glass is half full for me, not half empty.

Gratitude lists can help people lead healthier lifestyles. They can help with lowering stress, lowering blood pressure, combating depression, promoting a feeling of wellbeing. This does not come immediately, time takes time and there is no quick fix to feeling better.

Do you encounter negative nillies in your life? Chronic whiners and complainers? Well I will bet you they aren't doing a gratitude list daily.

Everyone has events that transpire in their life. It's the way that we navigate through life that can inspire others. How do you deal with stress? How do you deal with self-pity? This is a great tool for all: start writing a gratitude list daily. Meditate on what you have written. Life is precious and for today we are all ok trudging the "Road of Happy Destiny".

ANNIVERSARIES Celebrated at Alina Lodge

June

Calvin S. 3 Years
Jody S. 7 Years
Andy O. 7 Years
Matt C. 1 Year
Sharon L. 42 Years

July

Yasmin M. 1 Year
Kelly F. 1 Year
Tommaso C. 4 Years
Lindsay H. 9 Years
Peter R. 18 Years

August

Cathy G. 42 Years
Susan D. 40 Years

Mark V. 2 Years
Shelley G. 1 Year
Brad M. 25 Years

September

Liz M. 2 Years
Dave E. 48 Years
Lyn S. 3 Years
Matt L. 3 Years
Janine M. 11 Years

October

Beth H. 1 Year
Catherine C. 5 Years
Michael C. 1 Year
Jacob M. 1 Year
Andrea B. 6 Years



Jackie Ré
Director of Haley House

Illicit drug use and substance abuse continues to be on the rise from a global perspective. According to Yoo (2012), the UN Office on Drugs and Crime (UNDOC) reports global use and misuse is expected to increase, with approximately an additional 65 million people with chemical dependence in the near future. This dependence on substances, as the disease of addiction progresses, adversely affects the individual's ability to be a productive member of society. The

purpose of this article is to explore the factors influencing delayed career development for those with Substance Use Disorder (SUD) and Co-Occurring Disorders. Of particular interest is which career interventions are most effective in treating this population. At Haley House, we focus on the integration of personal and career counseling treatment goals for women suffering from SUD, with an inclusion of recovery-related principles and a holistic approach. Based on seven years of experience, I believe that some of the key factors that influence delayed career development include: low self-esteem, arrested psychological and emotional development, preoccupation, and the family/system aspect of the disease, including enabling and entitlement issues, along with lack of consistency in school and the workplace. In the course of my research, I have found that low self-esteem and low self-efficacy, coupled with external and internalization of the stigma of addiction and mental health illnesses, along with the complexity of comorbidity, all contribute to a delay in career development. Studies also demonstrate the need to address the whole person, and to include recovery-related concepts within the career counseling framework. In addition, research findings support the need for an experiential learning environment, as well as a greater understanding of addiction and collaborative effort on the part of the career counselor.

According to Donnell & Mizelle, "substance abuse is the most common and clinically significant co-morbid disorder among adults with severe mental illness." They defined severe mental illness as persistent in duration and which also causes behavioral functioning that interferes with daily living activities, (p. 41). Working with the dual diagnosis population presents increased challenges with treatment compliance as well as effectiveness of "standard interventions" due to the complicated nature of both diseases. They also find that "employment and the nature of work are important, if not essential, to the lives of most people," (p. 41). This speaks to the importance of vocational counseling, along with the difficulties and challenges to be expected in the treatment of this population. Historically, treatment facilities for SUD and Co-Occurring emphasize the education of the disease concept, cognitive-behavioral changes, and relapse prevention. Gainful employment was frequently viewed as an outcome or measure of a successful recovery, as opposed to part of the initial treatment planning, especially in in-patient and residential settings. Vocational work is not always done in parallel, and there is an industry mindset of placing "recovery first," and rightly so, given that if one is to relapse, there likely will be a resultant lack of employment. Conversely, those with SUD/dual diagnoses not in treatment, but seeking career counseling, will likely not succeed if their addiction and interpersonal issues are not amply addressed. As indicated by Graham, it is essential to affirm that career counselors have the skills needed to work with addicts; however, further education on addiction and comorbidity is critical, as well as addressing counselor bias, in order to be an effective collaborator.

Experiential learning and working with a counselor in a community setting are powerful interventions that allow for role-

modeling, coaching, real-time feedback and emotional support, as well as empowerment of the client. As the research indicates, this can be done in the framework of job search, attending job fairs, and/or participating in a vocational fieldwork component as part of a treatment program/plan. At Haley House, the clinical team works closely with the resident to establish clear, attainable and measurable career goals while assessing readiness and motivation.

It is clear from multiple sources that incorporating recovery-related themes and concepts within the career counseling approach is very effective in terms of outcomes. I would like to see more studies done on effectiveness of treatment planning including the personal, spiritual and vocational dimensions, and the various tools and techniques that have been most successful. According to Brown & Lent (2013), personality and traits affect the career development process, and "an understanding of clients' personalities (especially their levels of emotional stability, extraversion, openness, agreeableness, and conscientiousness) has implications for career counseling," (p. 322). I believe that the use of the Enneagram is most effective with this population, as it serves as a personality typing tool that addresses psycho-social, spiritual and vocational aspects. In addition, the Enneagram is a powerful relapse prevention tool, in both group and individual settings for SUD and Personality Disorders. At Haley House, we have successfully implemented Enneagram work as part of a weekly group curriculum, peer feedback, and during one-on-one therapy sessions. The work provides recovery and 12-step principles in an Enneagram framework for personal, career and spiritual growth. In this way, the Enneagram is both an assessment tool and intervention that incorporates nearly all of the research findings; i.e.: recovery-related principles, holistic approach in treating personal/emotional and career aspects, collaborative effort, the understanding of personality traits, and prospective occupational choices to be explored.

Reference List Can be furnished upon request

Story of Hope from a Haley House Alumna

As I sit here at my desk contemplating my life these last 5 years of sobriety, the only word that comes to mind is blessed. It is not because I found the job of my dreams as a boss of a nonprofit that helps kids in need, or because I live in an amazing apartment, or even because I have my family back. It is because I have peace within myself. I can look into the mirror today and know that everything is fine and that I will never be alone. Haley House helped pushed me to reach deep inside and find the woman I am meant to be. When I entered that house, I was scared, selfish, stubborn, and a victim of my circumstances. The women there taught me how to be present in life and how to let go of my control and trust in a higher power of which I choose to call God. Struggles and sadness will always be out in the world trying to take me down, but Haley House and AA have taught me how to handle the situations with grace, faith, and strength. Today I can wake up and not dread the day of being a slave to a substance. Today I wake up and breathe in peace knowing that God has me and no matter what happens my life will work out the way it is meant to be as long as I continue to do the next right thing. Thank you Haley House for your love and support when I was at my worst.
Sincerely, Liz D.

A Holiday Message

On behalf of Alina Lodge, Haley House and
North Warren Counseling Center –
Happy Holidays!

During this season of Thanksgiving we would like to thank YOU! Thank you for your service work, for your contributions and for your friendship. May all of you have a very happy holiday season and a joyous and healthy New Year!



North Warren Counseling Center



Jennifer Russo,
MA, LPC, LCADC

The holidays are approaching us! With that being said, let's discuss some ways to plan a sober holiday while committing to lifestyle choices that support recovery.

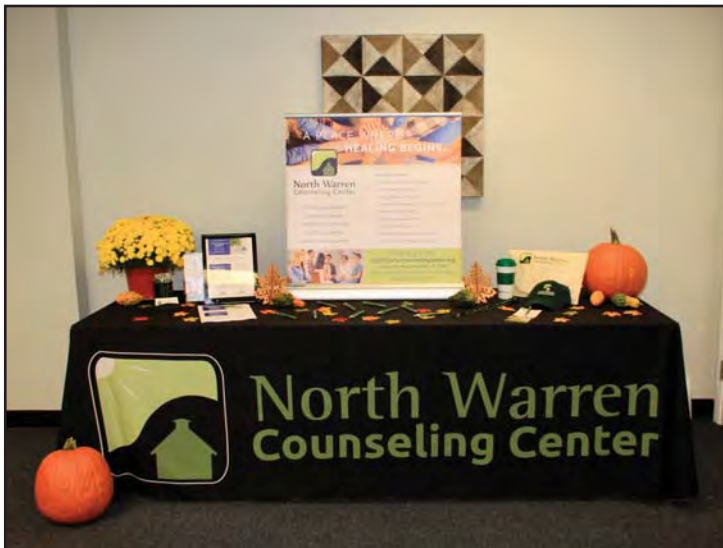
Holidays are a wonderful time of the year, but also a stressful time of the year. They can bring on lots of happiness, as well as stress—with triggers of regret, money, grief, and or loss. If you or your loved one is newly sober, or is spending their first holiday sober, it is important to have an identified plan to maintain recovery.

For the individual diagnosed with a substance use disorder—be honest with yourself and others. If spending time before or after dinner is a tricky time, either because of alcohol use or other family pressures, cut your time short. How the saying goes, "short and sweet", if you need to hit up a self-help meeting afterwards, or call a sober contact, then do it. Planning for an alternative holiday or nearby meeting is an insurance policy on your sobriety. Be your own transportation or have your own means to alternatives. They usually have special holiday meetings going on the entire day well into the night. Start asking around the meetings of what is happening in your area. Don't forget to "pause and breathe", being around family means being around all different personalities. Remember, "principals and not personalities", "keep it simple". It's new for you and for others, but the most important thing is that you take care of you.

For the family members—be open to your loved one's plan. Have a conversation with them and be clear on boundaries with each other. It's a parallel process—you need to be honest with yourself and others too. Let go of judgments or guilt from the past. If the goal is for you and your family to do your best to enjoy the holidays as much as possible, then let that be it. Take the pressure off each other of needing everything to be "perfect, or like how it use to be". Letting go of expectation is necessary.

The gift of recovery for everyone is eventually being able to move forward and grow, **this requires change**. Accepting all the changes, may be the challenge but the challenge that is accepted with open arms. Let go and just let be. Happy Holidays.

Thank you everyone for your support! We had a successful open house with formal ribbon cutting! Special thanks to: Mayor Adele Starrs of Knowlton, Prosecutor Richard Burke of Warren County, Captain Scott Johnsen of Blairstown Police, Renee Harman Director of Development & Communications for Little Hill Foundation, Steve Berkowitz- Trustee of Little Hill Foundation, William Robbins of Alina Lodge, Sally Shaw-Board President of Little Hill Foundation, Michael Hornstein -Executive Director of Little Hill Foundation, Jim Perry-Hardwick Committeemen & IT Support of Little Hill Foundation, Jennifer Russo- Clinical Director of North Warren Counseling Center, Patrick Howlett -Director of Marketing for Little Hill Foundation, Mayor Stephen Lance of Blairstown, Senator Steve Oroho, Freeholder Deputy Director Jason Sarnoski, Mayor Frank Desiderio of Frelinghuysen, and Patrick Sheehan representing Congressman Josh Gottheimer.



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*Making a Difference –
Today, Tomorrow and Always*

The tiny dragonfly is a powerful symbol of strength, courage, and change.

Its amazing flying abilities allow it to migrate across the sea, move in any direction, glide and change course in a flash.

This agility and adaptability make all the difference in its survival.

We hope the dragonfly inspires you to spread your wings, fly high, and make a difference, today, tomorrow, and always!



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