



LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

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1.800.575.6343 | 908.362.6114



alinalodge.org • haleyhousewomen.org

SPRING 2017



Sally Shaw
President,
Board of Trustees

Message from The Board President

My first trip to Alina Lodge was in mid-August 2003 to visit our daughter who had arrived there 6 weeks earlier. Coming from the bustling Virginia suburbs, the austerity of the grounds and buildings was my first inclination that there was something entirely different going on at Alina Lodge and our hopes for success were stirred. Over the next year until our daughter was transitioned to Florida, I made 10 more trips to visit and learn and watch, sometimes painfully, as our daughter accepted a life of sobriety. I came into possession of a book entitled "Hope" the story of Geraldine Owen Delaney, Alina Lodge & Recovery by Dick B. which filled in some of the gaps, yet after each visit and attending family sessions, I felt I had learned more about the challenges of treatment and recovery than any book could teach.

As Liz continued treatment and remained sober, our commitment to Alina Lodge and the Little Hill Foundation also continued. We attended the fund raising "Gala" in 2005 and 2006 and Liz joined us for the 50th Anniversary Gratitude Gala at the Livingston, New Jersey Hotel Westminster in 2007. Who

would have thought that a treatment center in Blairstown, New Jersey, could exist for that many years still carrying on with Mrs. Delaney's beliefs in discipline, structure, non-permissive comingling and HOPE? Yet, here we are about to celebrate the Lodge's 60th year, its Diamond Jubilee with a festive garden party! The durability of our program speaks volumes on how we have been able to restore the lives of hundreds of students and their families during these six decades of service while many of our competitors have fallen by the way side.

Now as I still make 4 or 5 yearly trips to the Lodge as a proud member of the Little Hill Foundation Board of Trustees, I would like to join in the invitation to all of our alumni, their families and our many friends and supporters to partake in the celebration on June 3rd of 60 years continuous operation of Alina Lodge as well as the 10 years anniversary of Haley House.

With Gratitude,
Sally Shaw

2017 SPRING CONFERENCE

Friday, April 21st

Featuring Dr. Cardwell C. Nuckols

8:30am - 4:30pm

Cost: \$80 per registrant

Registration for the conference begins at 8:30am along with a complimentary Continental Breakfast, the presentation will begin at 9am sharp. A Buffet Lunch will be provided to all attendees at 12:30. Tours of Alina Lodge will be given at the end of the lunch hour for anyone interested in seeing the campus. For more information, please call Renee at 908-362-6114, or email reneeh@alinalodge.org

Course Objectives:

Upon completion of this training, participants will be able to:

1. Analyze the subjective experience of the opiate addict and comprehend what "normal" means to them.
2. Define management techniques helpful in the treatment of trauma related disorders (PTSD, 3 self-injurious behavior, personality disorder, dissociation, developmental immaturity of the prefrontal cortex, etc.)
3. Outline several psychotherapeutic techniques useful in helping the opiate addict manage negative feeling states.
4. Describe the use of pharmacological agents (example-buprenorphine and naltrexone) in the treatment of the opiate addicted population.
5. Characterize the importance of discharge planning and extended care and support.



Alina Lodge is honored to have Dr. Nuckols present **A Co-Occurring Clinical Seminar: Treating the Opiate Addict with a History of Early Life Developmental Trauma**. This conference is approved to offer 6 CEU Clinical Credits for CADC and Social Work Licenses.

Dr. Nuckols is described as "one of the most influential clinical and spiritual trainers in North America". He has served the behavioral medicine field for over 40 years and for the last 25 years is considered one of the leading experts in the world on addiction and recovery.

Dr. Nuckols is widely published, having authored more than 65 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series. Dr. Nuckols' background includes advanced work in such areas as medical research, pharmacology, neurobiology and psychology.

2017 Garden Party

Celebrating the 60th Anniversary of Alina Lodge

June 3rd, 3pm - 7pm



Renee Harman
Director of
Development

I hope you will join the staff, Board and current students for our 60th Anniversary Celebration, right here on the grounds of Alina Lodge. There is so much to be grateful for. Since 1957, we have been blessed with talented leadership, in the form of Board Members and management, dedicated counselors, support staff and generous philanthropy. Not many treatment centers can say that!

Admission to the Garden Party is free, however, we are strongly requesting RSVP so we can be prepared. This wonderful afternoon will begin with on-site valet parking and an hors d'oeuvre hour in the Chapel. There will be entertainment for the children and the Prize Wheel will be back too! Sister Pat Walsh, Marijane Van Ost and Michael Hornstein will be speaking in Memory Hall followed by an elegant dinner under the tent.

60 years! Many things have changed over time, but not the important things. People come and go, buildings change, and our clinical program gets better and better. Alina Lodge remains a not-for-profit organization and continues to offer low cost, long term treatment with one of the lowest daily rates in the country. I checked.

The way we are able to do this is with the help of the many people who support our mission with a donation. The Garden Party, while free of charge, is the major fundraiser for the Scholarship Fund. Please consider supporting this special place with a Sponsorship or a Journal Ad. Sponsor and Journal ad forms can be found on the website and you can donate right there on the Support the Mission tab - just type Garden Party in the comments box. Every dollar makes a difference to a student in need.

This is not just a fundraiser - it truly is a way to celebrate the legacy of Mrs. Delaney, Alina Lodge and the many people who were able to get well here. Join us and be a shining example to our current students that they too, can live a happy life in sobriety. That is what is at the heart of this event. Let the 'hope' shine through.

With gratitude,

Renee Harman

Honorary Garden Party Committee



Steven Berkowitz
Alatia Bradley
Rita Cohen
Gail Hein
Erin Cohen-Peña
Susan Walsh

Garden Party Raffle

Win a Royal Caribbean Cruise

Valued at \$4,000

Cruise from any Royal Caribbean port, no expiration date, no blackout dates

\$100 tickets, Only 400 tickets!

**Tickets may be purchased by calling
Renee Harman (800-575-6343 ext. 233)
with Visa, MC, AMEX or Discover card**

All proceeds from the raffle support the Scholarship Fund

Spring Luncheon Speaker



Richard P. Conaboy, Jr., alumni

Richard Conaboy is the Vice President of Clearbrook Treatment Centers. He joined their staff as Administrator and Clinical Director in 2001.

He has been involved in professional counseling since 1975, beginning at the State Correctional Institution at Rockview, conducting psychiatric and educational assessments of inmates.

A graduate of Marywood University, with a bachelor's degree in psychology, Richard has garnered more than 300 continuing education credits pertaining to drug and alcohol abuse, and recovery. He has 31 years of recovery today and is active in helping others to get sober and lead productive lives.

We are not a glum lot! ...



Jackie Ré
Director of Haley House

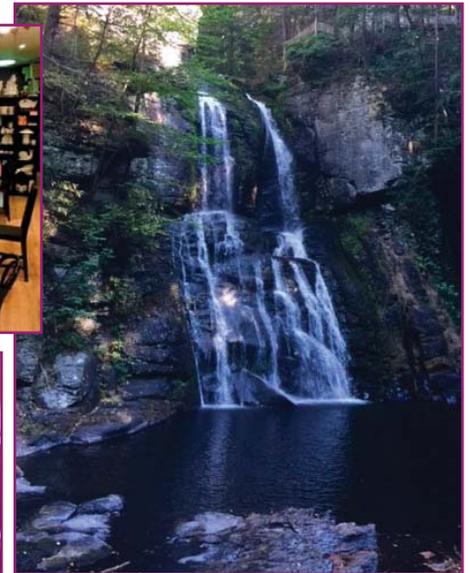
One of the joys of recovery is discovering that the possibilities for fun are unlimited as we grow in awareness and become more productive and free. When we are in the midst of our addiction, the disease always takes precedence in our lives. Once we begin to recover,

our goals change. At Haley House, women start to develop strategies that support long-term sobriety. There is more to recovery than adhering to the "do's and don'ts" of a sober lifestyle.

We believe that it is important to explore hobbies and activities that help our women to find new and exciting things to engage in and find out what having fun without substances feels like. Haley House plans at least two offsite events per month to remind our residents what it is like to experience pleasurable feelings without the influence of alcohol or drugs. Some of the benefits of participating in these activities include: improving social skills, decreasing sense of isolation, increasing motivation, lowering stress and anxiety while boosting self-esteem. Having regular activities and enjoying time with other recovering women are key to sustaining long-term recovery, and leading to a life that is joyous, happy and free!

Some of our recent activities include the following:

- Painting
- Bronx Zoo
- Ceramics
- Snow Tubing
- Overnight Camping trip
- Bowling
- Lakota Wolf Preserve
- Canoeing/Kayaking
- Stepping Stones - tour and lunch
- Water Park
- 7 President's Beach for the day
- Hawk Mountain
- Hiking Trails



What kind of an AA member are you?



Laurie Andrysiak
Alumni Coordinator

Newcomers to AA and NA want to know how to get sober/clean. What's just as important to those of us that have some time in recovery is how to **stay sober/clean**. I recently heard a woman in my home group speak of how she had long term sobriety, 15 plus years and went out. It's a progressive disease so of course her emotional, physical and spiritual bottoms were worse during her relapse. When she made it back, miserable, emotionally drained, full of remorse, guilt and shame, she asked another who had relapsed after long term sobriety "what happened?" His response was, "What Kind of an AA member are you?"

This is a powerful question each of us should ask ourselves. Are you the kind that walks in late, leaves early, doesn't help with set-up, clean-up, who doesn't share, who doesn't have a sponsor, isn't accountable? Are you helping a newcomer, active in service work, going to meetings, working the steps, doing the things you did in the beginning that worked?

It is our responsibility to keep the doors of AA and NA open. We need to stick around and keep helping new men and women coming through the doors, in order for the program of recovery to survive and thrive. Imagine our children needing AA/NA someday and it doesn't exist.

In the early days of AA there was no sugar coating. They said "You don't say 'no' to AA". Today if I call people trying to fill a speaking commitment, it takes 3 or more calls to find someone willing to show up. The person that takes the commitment has a much better chance of staying sober. They are still connected; they are more interested in helping others than helping themselves.

I love my life and I am forever grateful. I wouldn't have this life if I weren't the AA member I am. If the phone rings and I'm asked to go speak, I say "yes". Of course I would rather stay home or do something else but I say "yes". I have served in several positions in my home group: coffee maker, leader, secretary, GSR. If I stay in the middle of AA I have a much better chance of staying sober, of keeping the life I have today. I have learned all of this by watching and listening to people whose sobriety I admire. I want what they have. I am not unique. There are many others that do the same. It all begins with the question: What kind of AA member are you?

ANNIVERSARIES

November Anniversaries

Rob N. 4 Years
Greg S. 4 Years
Wendell G 12 Years
Betsy G. 5 Years
Karen M. 5 Years

December Anniversaries

Kelly L. 5 Years
Al H. 40 Years
Lynn S. 1 Year

January Anniversaries

Anthony D. 3 Years
Peter R. 6 Years
Sydney P. 3 Years

February Anniversaries

Mark V. 1 Year

AN ALUMNI STORY

When I arrived at Alina Lodge, I was convinced I was broken beyond repair, and that I was going to be the worst "case" any of the staff at Alina had ever seen. Unaware of it at the time (but very quickly found out), I was suffering from "terminal uniqueness." I remember sitting in my counselor's office and saying to him, "I hope this place survives me." At this point, I had already attempted several 28 day programs to no avail; I left against medical advice from some, was asked to leave a couple, and successfully completed only a few. I was certain Alina was not going to yield a different outcome for me.

I was resistant at first because it was the first time that I was anywhere long enough to be challenged to work on myself. I was never excited about long term treatment, but I began to realize the incredible opportunity that my family had given me by sending me to Alina. There are countless people in this world inflicted with the same disease of addiction who will never have the opportunity to recover at such an amazing place. I can say without a doubt in my mind that agreeing to go to Alina Lodge and making a decision to take advantage of everything they had to offer has saved my life. I learned more about myself in the 16 months that I spent there than I did in countless years of outpatient therapy.

Alina Lodge gave me the solid foundation of how to live an honest, sober life; I recently just celebrated 3 years of sobriety. I have an amazing group of guys in Minneapolis who support me in good times and bad. I am a member of AA and have a home group, a sponsor, and I sponsor guys in the program. This journey has allowed me to be a part of my family again. My relationship with my family is better than I ever thought it could be. Last but certainly not least, I have a Higher Power in my life, and I have learned to love myself. Each day I choose to do the next right thing. I strengthen my relationship with my higher power, my family, my friends, and my love and acceptance of self.

-Matt B.

Miami Alumni Gathering

We just had a wonderful Miami alumni gathering at the Biscayne Bay Yacht Club on January 29th. All that attended enjoyed a wonderful afternoon of friendship, stories, laughter and hope. We would like to thank Robert Parsley for hosting this event!

Upcoming Alumni Gatherings Come One, Come All!

Delray Beach Alumni Gathering
March 23, 2017, Thursday at 6:30p.m.
Cabana El Rey

Minnesota Alumni Gathering
May 3, 2017, Wednesday at 6:00 p.m.
The Retreat

*Please give Laurie call at 908-362-6114
so I can add you to the headcount!*

Save the Date!

Thursday, March 23

DELRAY BEACH ALUMNI GATHERING
at Cabana El Rey

Tuesday, April 4th

SPRING LUNCHEON
Speaker: Dick Conaboy

Friday, April 21st,

SPRING CONFERENCE
Presenter: Dr. Cardwell C. Nuckols

Wednesday, May 3rd

MINNESOTA ALUMNI GATHERING
at The Retreat

Saturday, June 3rd

60TH ANNIVERSARY GARDEN PARTY
on the grounds of Alina Lodge

Saturday, October 7th

2ND ANNUAL UP, UP & AWAY 5K
at the Blairstown Airport

Understanding Reality Therapy



Michael Hornstein
Executive Director

Reality Therapy was developed in 1965 by Dr. W. Glasser. Mrs. Delaney was very fond of this therapy due to the fact it was easy to combine with the 12 steps of Alcoholics Anonymous. During my sobriety, I have often used Reality Therapy as a way to solve issues.

Reality Therapy is founded on the principals of choice theory and has developed into a widely recognized form of therapy. Parents as well as professional in the fields of education, mental health and social services have embraced the fundamentals of this method, which suggests that all human issues occur when one or more of five basic psychological needs are not met and that an individual can only control his or her own behavior. Glasser believed that when someone makes choices to change his or her own behavior, rather than attempting to change someone else's, that person will be more successful at attaining his or her desires.

Reality Therapy focuses on the current issues affecting a person seeking treatment rather than the issues that person has experienced in the past. It encourages that person to change any behavior that may prevent him or her from finding a solution to those issues. It draws attention away from our past behaviors in order to focus on the present. Present needs are always more relevant. This therapy helps people understand their own needs and desires and not things outside of their control. Reality Therapy encompasses sensitivity and empathy in an authentic way. It very much assists family problem situations and helps people develop closer bonds. Reality Therapy encourages problem solving and is based on the idea that people experience mental distress when their basic psychological needs are not met. These needs are:

Power: A sense of winning, achieving, or sense of worth.

Love and Belonging: To a family, to a community, or to other loved ones.

Freedom: To be independent, maintain your own personal space, autonomy.

Fun: to achieve satisfaction, enjoyment and a sense of pleasure

Survival: Basic needs of shelter, survival, food, sexual fulfillment.

Addiction survivors often feel shame and blame themselves for all the problems they have created. The process of self-forgiveness can be used to assist recovering people in abandoning their self-critical view. We must begin to unconditionally accept ourselves as people worthy of love and respect. In hurtful situations, focusing on the past produces anger. In sobriety, anger causes emotional discomfort and hinders recovery. Healthy relationships are important and we must ask ourselves these four questions

- **What do I want?**
- **What am I doing to get what I want?**
- **How will I know if what I am doing is working?**
- **How will I accept the outcome?**

In conclusion, alcoholics and drug addicts in recovery tend to be self-critical and participate in blame. Self-forgiveness and focus on repairing relationships provides recovering people a venue through which they can forgive themselves and others. For the past four decades Reality Therapy has been part of the Alina Lodge treatment program. Personally, I was asked many years ago by my supervisor when I was a counselor for the Broward County Court System in Ft. Lauderdale, what was I doing in my groups that made them so successful? The answer was simple, Reality Therapy.

Michael Hornstein
Executive Director

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