

LITTLE HILL FOUNDATION



ALINA LODGE

North Warren
Counseling Center

alinalodge.org • haleyhousewomen.org • northwarrencounselingcenter.org

SUMMER 2018



Michael Hornstein
Executive Director

What a "Magnifico" day we had on June 9th. The "Tour of Italy" Gratitude Picnic was filled with love, laughter, recovery and fellowship. First and foremost, we want to thank everyone who helped to make this year's Picnic a success, beginning with Ryan Leaf, our special guest speaker, who shared his experience, strength and hope and that anyone can live a happy and full life in sobriety. We would also like to express our deepest gratitude to Steven Berkowitz and Gail Hein, our Picnic Co-Chairs, Picnic Committee, volunteers, and staff who worked tirelessly for months, organizing and raising funds.

The Gratitude Picnic is a tradition at the Lodge and we all look forward to it every year. It gives hope and shows how the gift of sobriety manifests itself in the lives of students, alumni, and their families. In the words of Mrs. Delaney, "I never said it would be easy, I said it would be worth it." A big thank you to all who contributed to the Picnic, helping us raise over \$300,000 for the Scholarship Fund for Alina Lodge and Haley House.

To Greg and Hon and all the kitchen staff, I say BRAVO for preparing a delicious medley of Italian fare, from the hors d'oeuvre in the Chapel, biscotti, Italian cookies, cannoli and lemon ice, were thoroughly enjoyed by all. Our guests had so much fun spinning the prize wheel and winning extravagant prizes. The new Alina Lodge 2019 Calendar was a big hit, great music, fun children's activities, and a signed cookbook raffle were among the highlights of the day. I'm certain everyone left with an abundance of gratitude.

It brought me such joy to look around and see everyone having such an amazing time. Over 266 guests with 23 children came together in sobriety to celebrate recovery and hope. We look forward all year to this celebration of sobriety, where former students return and we witness the promises coming true in their lives.

Blessings, and Arrivederci!

Michael Hornstein
Executive Director

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Gail Hein

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2018 Gratitude Picnic Gift-In-Kind Donors

Join us in thanking the following people and businesses who contributed everything from prizes, jewelry, food and centerpieces.

Thank you to everyone for making the Gratitude Picnic an amazing event.

Sterling Reputation – Steve Berkowitz

Dempsey Uniform – Frank Mullery

Culligan Water – Andy Ball

US Food Service

Schiff's Food Service

Anthony & Sons Bakery

Race's Farm

Laurie and Ted Andrysiak

Carol and Stephen Bauder

Laura Brininger

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Megan Hein and Nick Wallwork

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Jackie Ré
Director of Haley House

Over a decade ago, Little Hill Foundation identified a need in the area for women seeking a safe and structured environment after completing primary treatment from Substance Use Disorder, and before returning home or living entirely on their own. One of the most difficult challenges our clients face is “living day to day life sober”, as the residents have learned and practiced in treatment. Although transitioning is exciting and highly anticipated, it is also a source of anxiety and doubt.

We firmly believe in the need for praxis and structure with compassionate support to provide a stable foundation before our residents are fully reintegrated.

Haley House was envisioned and built as a labor of love, and to bridge the divide by providing a transitional living home that encourages and provides a safe, nurturing, and supportive living experience. Residents receive treatment with diverse counseling modalities accompanied by a strong 12-step component. Our integrated services, compassionate staff and holistic approach contribute to our successful track record with women who are recovering from addiction.

Our 12-week group curriculum addresses the key themes that are critical to long-term recovery. These include:

- Disease of Addiction
- Thoughts, Feelings & Emotions
- Values, Beliefs & Spirituality
- Character Assets and Defects
- Codependency & Boundaries
- Assertiveness, Communication & Conflict Resolution
- Self-Esteem & Body Image
- Family Disease & Family Recovery

- Denial & Acceptance
- Relationships
- Relapse Prevention

In addition, our residents are provided with monthly didactic groups on nutrition and women’s issues; these are led by nurses and professionals in our area. We have also incorporated a strong spiritual program that includes Enneagram & Relapse Prevention work, as well as self-care and gender-specific concerns for women in recovery.

As most of us are aware, during active addiction, the disease takes precedence in our lives. Once we start to embrace recovery, our desires and goals change. At Haley House, women begin to develop strategies that support long-term sobriety. Recovery is more than adherence to the “do’s and don’ts” of a sober lifestyle. We believe it is equally important to explore activities and hobbies that help our residents find new and exciting things to engage in; to find out what having fun without substances feels like. To this end, Haley House plans at least two events per month to remind our women what it is like to experience pleasurable feelings without the influence of a drug. Some of the many 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 regularly scheduled activities and enjoying time with other recovering women are key to sustaining long-term recovery and a happy, joyous and free life!

I would like to close with one of the foundational principles of Haley House: with the support of staff and senior residents, residents learn the importance of establishing authentic connection with others through networking with peers, alumni and women in recovery. These essential connections, a connection with a Higher Power, and being of service to others are the principles our residents learn and practice daily. Haley House is indeed a very special place where Recovery becomes Reality.

Alina Lodge is excited to update you on the progress of the Noble Women’s Center Renovation. The completion of Noble Women’s Center should come to fruition Fall of 2018. The Noble Women’s Center will provide the women’s community beautiful new residence rooms, a spacious community living area, and student meeting rooms. We are so grateful to all who have contributed to the capital fund, and have helped make the “Hope” of Noble Women’s Center become “Fact”. If you are inspired to help us reach the fundraising goal for this project, please use the enclosed donation envelope and don’t forget to select the Capital Campaign box.



On Forty Years - Alum Story

When I was five years sober Mrs. Delaney was thirty-seven years sober. I asked my sponsor; “How does Mrs. Delaney know what she knows?” To me she was wisdom manifest. My sponsor replied; “Well, you have to go through what Mrs. Delaney went through in order to know what Mrs. Delaney knows.” I was both baffled and dismayed. I knew I’d never be a bootlegger.

The fact was, at five years I still thought of recovery in terms of my addiction. The evolution by which that thought process changes is as insidious as time itself. It wasn’t until I had thirty-seven years, having done what Mrs. Delaney told me to do; “Never take half measures! Go to meetings! Practice the steps! Take responsibility! Grow up! Put the flowers in the vase upside down!” -That I came to a place of sobriety/clarity that unfolded to me what Mrs. Delaney had. It takes thirty-seven years to get thirty-seven years.

Mrs. Delaney had self-knowledge. Mrs. Delaney knew who she was.

At forty years of sobriety I say; “You cannot picture or imagine what sobriety is.” It is conceived beyond the confines of words in the very expression of life. With “hope” you can come to believe I’ve been where you are, and I am certain you want to be where I am. Live your life as you have only been able to dream. That’s what happens when you find out who you are! No greater gratitude can burst from me but for the gift I got from Mrs. Delaney and Alina Lodge. I got me.

Susan Durant
08/02/1978-08/02/2018



Sally Shaw
President,
Board of Trustees

On behalf of the Little Hill Foundation Board of Trustees, I would like to thank Renee Harman, our Development Director, and her staff as well as the kitchen and maintenance staffs along with the picnic co-chairs, Steve Berkowitz and Gail Hein and their committee for the wonderful Gratitude Picnic recently celebrated here at Alina Lodge. We enjoyed outstanding food and entertainment as well as a truly inspirational message from Ryan Leaf, our guest speaker. Our appreciation goes out to each and

everyone of you involved in making this a memorable day for students and guests alike. There is a lot going on within the Foundation, most visibly the enhancements being made to Noble Women's Center. We are looking forward to being able to provide the women students with more meeting and recreational space, along with adding a couple of bedrooms and baths to the building. In addition, the windows are being installed as well as several other much needed improvements.

Another enhancement to the Foundation that has been added during this transitional time is North Warren Counseling Center which is now fully operational. Treatment will follow the general philosophy of the Foundation while providing valuable outpatient services for the members of the local community.

All of this takes both emotional and financial assistance and we are grateful for the loyalty of our donors who have supported us throughout the years. I would be remiss not to acknowledge the recent retirement of Virginia Davis, the Administrative Assistant to the Executive Director. Ginny had been with the Foundation for over 30 years and in her most recent position had served along with her other responsibilities as the liaison between the Executive Director and the Board of Trustees. We came to depend on Ginny not only for her knowledge of the workings of the Foundation, but also for her assistance in preparing for the semi-annual Board of Trustees meetings. Thank you, Ginny. We will miss you.

Lastly, I would like to thank Robert Parsley for his years of service to the Foundation as a member of the Board of Trustees, and to welcome Steve Berkowitz and Rita Cohen back to the Board as well as our newest Board Member, Duane LeGate.

As Always, with Gratitude,
Sally S. Shaw



Little Hill Foundation is pleased to present



North Warren Counseling Center



Ken Tedesco
Operations/Business
Administrator

North Warren Counseling Center (NWCC) represents Little Hill's ongoing commitment to treat those suffering the effects of Substance Abuse by expanding services to the Outpatient Levels of care. This new service line represents an expansion in our continuum of care and an enhancement to the long-term residential treatment Little Hill Foundation has pioneered over the past 60 years. It provides an opportunity to share our expertise with a broader clientele directly impacting our local community.

Located in the heart of Blairstown, NJ the new program is community based and will offer both behavioral health and substance abuse treatment consisting of Intensive Outpatient Program (IOP) and Outpatient (OP) levels of care. This will complement and work in harmony with the existing mission of Little Hill Foundation.

At the IOP level there will be two treatment options each meeting 3 days per week. The 1st for adolescents and the 2nd for Adults. Both programs will provide a comprehensive range of services consistent with research-based trends to address primary addiction and any co-occurring behavioral health issues.

The OP level of care will consist primarily of traditional outpatient with clients meeting their individual therapist and/or attending a group once each week. Clients will range in age from 14 through older adult. The treatment components are made up of:

- Individual therapy
- Small group therapy
- Psychoeducational lectures
- Family counseling
- Life skills education
- Early intervention
- Peer support groups
- 12-Step Education
- Health Education

Little Hill Foundation is excited to embark on this new endeavor and wishes to express our gratitude and sincere appreciation for the loyal support we have received making projects like this a reality.

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SAVE THE DATE

October 13th 9:30am



USATF Certified Courses

5K and 5 Mile courses available

The Up, Up & Away 5K/5 Mile Run is a family-focused day of events! The Blairstown Airport provides a festive, open-park atmosphere. Race starts at 9:30 am and festivities continue until around noon. All proceeds benefit Alina Lodge, Haley House and North Warren Counseling Center. The Up, Up & Away 5K/5 Mile Run provides an excellent opportunity to promote your business. Please contact Andy Ball for more sponsorship information:
andy@MainStreetEventsNJ.com

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