



ALINA LODGE

LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

PO Box G | Blairstown, NJ 07825

1.800.575.6343 | 908.362.6114



alinalodge.org • haleyhousewomen.org

SUMMER 2015

“We want the funk. Give up the funk. We need the funk. Gotta have that funk...”

...and we had it in style. The DJ kept the disco tunes going and Brian Travolta rocked on the dance floor! A few brave souls joined him, some mixed and mingled, and others reminisced about their days at “Camp Alina”. The speaker, Gemma, was an absolute treat, and it seemed that many could relate to her. She was, hands down, the highlight of the day!

The kids ran around, fueled by sugar, with their faces painted after their pony rides. Lunch was delicious and the ice cream truck was impossible to pass up! Most importantly, there was a strong sense of fellowship.

A big, huge thank you to everyone involved in this year’s picnic: the dedicated committee who brought endless ideas and solutions, the staff who did majority of the legwork, and the students who helped prepare for the day. Also, thanks to all the people who traveled from near and far, and to every, single donor whose generosity continues to help more recovering alcoholics and addicts. We surpassed our fundraising goal and totaled \$255,555 in funds! All these proceeds will benefit both Alina Lodge and Haley House! This means more opportunity to help the reluctant to recover achieve a sober life beyond their dreams!

Being our one and only fundraiser of the year, so many stepped up and gave, not only from their pockets, but also of themselves. A great, funk-a-delic time was had by all, and we have new memories to last!

Thanks so much,

Erin
Erin Cohen Pena, Picnic Co-chair



How do we live successfully in recovery?



Addiction is a family disease; it effects the addict *and their families.*

Twelve step programs for all participants are readily available in all communities. The

networking in these groups really works. Reaching out to help another assists our personal healing process. At the same time, we realize we are not alone. Sponsorship is a crucial ingredient, as this person can help guide another through many trials and tribulations.

The twelve steps work well as a positive road map that supports a healthy and safe recovery. Left to our own

devises we become the center of our own universe and we tend to make poor decisions. A sponsor helps assist us pass this obstacle and we eventually practice step three. “We make a decision to turn our will and our lives over to the care of God as we understand him.” This sounds easy, however it is often difficult. Step three teaches us about trust and when we begin to master that aspect of recovery, **TRUST**, life becomes more bearable.

My suggestion is, read the twelve steps often and perform a reality check. This exercise keeps me informed on “how is Michael doing in practicing his program?” We all realize life has its trials and tribulations and we who participate in twelve step programs have a positive guide to a safe and healthy life and life style.

One of the steps I often do is step 10. “Continue to take personal inventory and when I am wrong promptly admit it”. I encourage you all to revisit this step on a regular basis. When our character defects pop up, we should address them. If we remain true to our program and to ourselves, we will have a better way of life, one day at a time.

I wish to all a healthy and happy summer, have fun relax and keep in touch with us.

Gratefully,

Michael Hornstein

Michael Hornstein
Executive Director

2015 FALL CONFERENCE

Offering 6 CEU Clinical Credits
for CADC and Social Work Licenses

Friday, October 9

featuring

DR. PHILIP HEMPHILL

Chief Clinical Officer
at Lakeview Health, Jacksonville, FL

presenting

Boundaries and Ethics: Why do I need this course?

8:30 am - 4:30 pm



Dr. Hemphill is the Chief Clinical Officer at Lakeview Health in Jacksonville, FL. He has served as the Director of the Professional Enhancement Program at Pine Grove Behavioral Health and Addiction Services for 12 years. He was responsible for the management and clinical supervision of professional patients in an intensive outpatient/residential setting struggling with

addictive and personality disorders. He assisted with evaluation, treatment planning, direct clinical care, fitness for duty issues, staff training, vocational and professional reintegration, workplace monitoring, staff development, coaching, and administrative management of the program.

He has presented papers and workshops at national conferences and published articles in the field of trauma, personality disorders, and addictions during the past 25 years.

He has been an adjunct professor at Tulane University School of Social Work for the past 17 years and Assistant Clinical Professor at LSU Health Sciences Center, Department of Psychiatry for the past 15 years.

Objectives - Participant will be able to:

- Learn effective professional boundaries and coping strategies for self-management
- Increase personal and professional self-awareness
- Identify relevant considerations when professional obligations conflict or ethical uncertainties arise
- Establish a set of specific ethical standards to guide one's practice
- Gain strength in identifying core values and stressful life circumstances
- Develop cognitive and emotional skills to help manage future professional stressors and circumstances

Email Promise

We promise to never share your email, nor sell it to any other entity. It is for the sole purpose of emailing Lodge information, event flyers, newsletters, etc.

Please help us go GREEN!

(and save money on postage too!)

Submit your email to reneeh@alinalodge.org or call 800-575-6343 and sign up for our eblasts!

Thank you for your consideration

2015 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 delicious kosher hot dogs, to the coffee mugs, disco ball necklaces, the shuttle bus, pony rides, raffle prizes, children's items – and much more. Of course our food vendors donate all the food we serve at the Gratitude Picnic.

Anthony & Son Bakery, Inc.

Steven Berkowitz

Virginia and Ray Davis

Gail & Al Hein

Isabel and Dick Heini

Martz Trailways - Scott Henry

Kelly and John Lambert

Land of Make Believe

North Warren Pharmacy & Gifts

Erin and Diego Peña

Pocono Pro Foods

Restaurant Equipment Gallery

Sammy's Kosher Market - David Perlow

Seashore Fruit & Produce Co., Inc.

Schiff's Food Service, Inc.

U.S. Food

Susan and Frank Walsh

Donald Yurga and Daniel Jensen

Thank you to the Picnic Committee!!

Who attended meetings, planned, made centerpieces, designed ads, fundraising tasks, made tons of phone calls, blew up 1,000 balloons, setup and cleaned up. Your tireless dedication is so appreciated. We would not be able to have the picnic without the committed teamwork of this wonderful committee. Thanks to you, we accomplished the three missions of the Picnic.

- 1) We exceeded our fundraising goal of \$250,000 for the Scholarship Fund. This total is amazing and will help those who do not have the financial resources for treatment.
- 2) The students had so much fun, and learned that yes "we can have fun in sobriety!" They see the living legacy of HOPE in all of our guests.
- 3) The best part of our job is seeing the alumni celebrate their sobriety. It brings a smile to all of our faces. We had a great crowd and the spirit of that day will stay with us all year. Thank you to all who came.

Renee Harman

Director of Development

2015 Gratitude Picnic Committee

Chairpersons

Kevin Brennan
Erin Cohen Peña

Committee

Dr. Michael Allison
Alatia Bradley Bach
Steven Berkowitz
Al Hein
Gail Hein
Isabel Heini
Kelly Lambert
James McCann
Andy Olson
Rory Shaw
Jody Sydow
Susan Walsh

Staff

Laurie Andrysiak
Cindy Bizik
Ginny Davis
Renee Harman



**2015
GRATITUDE PICNIC
CONTRIBUTORS**

Stewards of the Lodge
Robert and Jane Berry

Gratitude Circle
Rita and Joel Cohen
Susan and Frank Walsh

Recovery Circle
Kiki and Thomas Neely
Linda and Robert Parsley
Sally and Win Shaw

Leadership Circle
Steven Berkowitz
Michael Hornstein
Michael Noyes
Irene and Edward Shaw

Benefactor
Michael Allison
Alatia and David Bach
John Southworth
Summit Behavioral Health

Champions
Judith and Robert Calvert
Michele and Rudolph Graf
North Warren
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Kathy and Doug Tomkins
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Support Foundation

The 3 Legacies were at the Picnic!



Laurie Andrysiak

Unity, Service and Recovery, the 3 legacies handed to us by the founders of AA were alive and present at the Alina Lodge Gratitude picnic.

On June 6th Alina Lodge staff welcomed alumni, family and friends back to the Lodge with open arms. On the day of the picnic everyone arrived with clear eyes, gratitude on their faces, happy, joyous and free! We are not only united in the common problem of alcoholism and drug addiction, we are united in the celebration of life today! The unity we

feel either coming through the Lodge or having a loved one come through the Lodge is a bond that we share.

Many volunteers helped to make the picnic possible this year. What better place for service than a place that helped hope become fact for you or your loved one? I've been on the picnic committee for 5 years now and it always amazes me how tirelessly outside volunteers help make the day special. I always tell anniversary celebrants that returning to the Lodge to speak to the current students is the most important service commitment they will have. Returning to the Lodge to help the day of the picnic is also an important service commitment, it's helping the Lodge keep going and showing the current students what life can hold after they go through Alina Lodge.

I always mention "I didn't get sober to be miserable," what would be the point of getting clean and sober if our lives didn't get better? Now life will always be life with its ups and downs, twists and turns, disappointments, setbacks and illnesses, but if we keep doing the next right thing it does change for the better. The alum returning to the campus on the day of the picnic with happy faces filled with gratitude show the current students it's worth it. Mrs. Delaney always said "I never said it would be easy, I said it would be worthwhile."

You don't become a drug and alcohol counselor to become famous or wealthy. There is no special expense account or private parking space here at Alina Lodge. It's a calling. People become counselors to help, some want to give back what was given to them. For the counselors and staff at Alina Lodge it is a joy to see people return for the picnic. We are a small part of the miracle, I know what we are doing is worthwhile.

Recovery has given us a chance to be happy, joyous and free! To live the lives we are capable of living, to show up for those we love daily and to be counted on. Alina Lodge is a special place where recovery can grow and flourish. There is no better place to be than picnic day at the Lodge witnessing miracles!

Warm Regards-

LAURIE
Alumni Coordinator



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Save the Date!

Wednesday, September 16th
NEW YORK CITY ALUMNI GATHERING

Friday, October 9th
PROFESSIONAL CONFERENCE:
Ethics and Boundaries
Dr. Philip Hemphill, Chief Clinical Officer
at Lakeview Health

Tuesday, November 10th
FALL LUNCHEON
Featuring Gary Fisher of Cirque Lodge

Tuesday, December 8th
HOLIDAY LUNCHEON
Speakers to be announced

California Alum Gathering



Donna Pittala and Bill Robbins just had the opportunity to visit Palm Desert for a fabulous conference. The desert is a beautiful place as are the alum that all got together for a night of good food and great company (and funky shoes!). Sabrina put it all together, Betsy drove in from LA, Tom and wife Danna have a place there, Joline has been in Palm Springs for a long time now and raised her family there. Molly and Eden are new to the area and loving the whole desert life style. It's just so much fun to see alum, compare all the same but different stories, straighten out the old gossip and catch up on everyone's new lives. Wherever you live, if we are putting together an Alum get together, please join us it's really a very relaxing and enjoyable evening. Can't wait for the next get-together!

A story from an Alumnae

I arrived at Alina Lodge on January 10, 2010 a broken woman. Several days prior to my arrival I was arrested at 7 am on my way to work with a blood alcohol level of .22. A family intervention ensued and I was sent for treatment at the Lodge. I come from an alcoholic family and my mom died at the age of 57 from complications due to alcoholism. I was pregnant with my first child at the time and ended up recognizing my own alcoholism and started AA. I stayed sober for 13 years. Then complacency set in and I relapsed for 8 1/2 years. My drinking and drug abuse had really progressed. I hurt my 3 children and all those around me. I went to jail 5 times and was convicted of a drug felony. I lost my real estate business, my house and my nice cars. I had to file bankruptcy and had a mental breakdown that included extreme anxiety and depression. I wanted to kill myself.

My stay at Alina Lodge and Haley House gave me a foundation again. It was very hard and I cried a lot and was angry. I received grief counseling, anger management and a new Higher Power. I had the best counselor imaginable and she helped me regain my footing and work the first 7 steps and prepare for amends. I spent 10 1/2 months at the Lodge and then went to Haley House. I was scared but I did what was suggested because I wanted to continue to rebuild my life. At Haley House I got a sponsor and continued to work the steps. I had several jobs and the last one was working in the kitchen at the Lodge. I attended meetings and worked with a counselor. There were chores and commitments in AA. Early recovery was not easy for me, but it was part of a journey that has resulted in a beautiful life. An important reason I have stayed sober is service. I sponsor 5 women, and I am Secretary of a large 2 hour speaker/discussion meeting. I allow God to guide me in all things. I have overcome fear by switching to faith. I have made amends and have relationships with my children and family that I never dreamed of. I have tremendous gratitude because my life is blessed and the Promises have come true.

Allison Wislar

Rebecca Prystash, LCADC

Anger Management Specialist
Haley House



I joined the Haley House team in 2008. Since then I have seen firsthand the complexity of the issues and challenges our women face in early recovery. Those problems may include custody of children, pending divorces, family estrangement, unemployment, and financial difficulties to name a few. The natural instinct of the resident is to want to "fix" the external and this often becomes their focus.

They are too often unable to cope with the fear of facing the wreckage they have caused while in active addiction.

From the first time we meet with a client until the day of their discharge one of the primary goals is to help them accept at a gut level, that "all decisions should be made putting their recovery first". The acronym for SLIP is introduced; sobriety loses its priority. They are taught that recovery starts from the inside out and that by putting the drink or drug down, they have made a great beginning. We start to build on that.

Most of our residents get to us having an enormous amount of shame, guilt, anger, and psychic pain. We see a lot of spiritual confusion. Not everyone will respond to standard traditional treatment approaches. This is where creativity comes in. For example, we have used children's storybooks as a tool to help women identify their authenticity or to help with feelings experienced by those who have a history of being bullied. Art is used regularly to interpret feelings a client may be unable to express verbally. We acknowledge and utilize the healing power of music and we encourage the women to sing, dance, and to play instruments. To confront social anxiety and awkwardness we like to expose the women to opportunities where they learn to have sober fun and push through uncomfortable feelings by using their tools and sober supports. It is our intent to help them learn that sobriety is attractive. If this is achieved then it becomes easier for a client to place her recovery first.

It's great to see a resident begin to identify what needs to be healed and what needs to be changed. I have witnessed women recover from hopeless states and resume lives that resemble one of usefulness and sociality. Entire families are often reunited and healed. At the end of their stay our women have a network that will cheer their successes and support them through their growing pains. By placing recovery first these women are able to move forward with a design for living that works. I consider it a blessing that I am able to be a piece of the amazing puzzle we call recovery.

2015 SPRING ANNIVERSARIES

MARCH

JJ B.	1 Year
Andy O.	4 years
Stuart M.	7 years
Steve C.	4 years
Eileen M.	9 years
Ben L.	2 years

APRIL

Tommaso C.	1 year
Dave E.	45 years

MAY

Greg S.	3 years
Rob K.	3 years
Dick C.	30 years
Joe J.	33 years
Amanda K.	2 years

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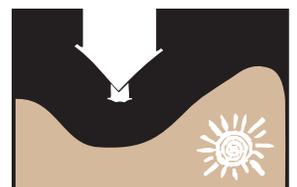
Susan R. Nordstrom
*Haley House
Program Administrator*

Dare to Be

When a new day begins, dare to smile gratefully.
When there is darkness, dare to be the first to shine a light.
When there is injustice, dare to be the first to condemn it.
When something seems difficult, dare to do it anyway.
When life seems to beat you down, dare to fight back.
When there seems to be no hope, dare to find some.
When you're feeling tired, dare to keep going.
When times are tough, dare to be tougher.
When love hurts you, dare to love again.
When someone is hurting, dare to help them heal.
When another is lost, dare to help them find the way.
When a friend falls, dare to be the first to extend a hand.
When you cross paths with another, dare to make them smile.
When you feel great, dare to help someone else feel great too.
When the day has ended, dare to feel as you've done your best.
Dare to be the best you can -
At all times, Dare to be!

- Steve Maraboli, *Life, the Truth, and Being Free*

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