



ALINA LODGE

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(908) 362-6114 • www.AlinaLodge.org

AlinaLodge.org • HaleyHouseWomen.org

SPRING 2020



William Robbins, LCSW
Executive Director

Message from the Executive Director

SELF-EXAMINATION

4th Step: “Made a searching and fearless moral inventory of ourselves”
pg. 59 The Big Book of Alcoholics Anonymous

One of the most fundamental parts of working clinically with our students at Alina Lodge and our residents at Haley House is to help our men and women look at themselves in the most clear and honest way possible. If done in a thorough manner, this gives our student/resident a better chance at sustaining sobriety. One of the hallmarks of addiction is self-deception, both of the addiction and of the parts of oneself that need to change in order to be sober. Our clinical approach to removing this self-deception is at the core of our work and imbedded throughout our clinical programming. We believe that being honest with our students/residents in a loving and safe manner is the most compassionate way to help them in their sobriety. This journey of self-discovery is fully integrated in our individual therapy and group experience. It is found in assignments given such as the Life Story, a thorough autobiographical examination of one’s life, our Enneagram group, trauma work, and of course in the 12-step work that our students/residents engage in. Step 4 is such an important part of this process of knowing self, and if you have ever completed a 4th step yourself, you may be able to relate to the difficulty of completing the 4th column of your inventory!

Robert Berry, our Board President, reflected in the 2019 Spring Newsletter the many challenges we face. The addiction treatment industry continues to rapidly change, with many of these changes threatening our core approach to sobriety that we know works. On pg. 64 in *The Big Book of Alcoholics Anonymous*, the 4th step is explained in more detail. It reads, “A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. . . . If the owner of the business is to be successful, he cannot fool himself about values.” I highlight this passage because one of the most important parts of my first year as Executive Director was to facilitate an “Organizational 4th step.” This process included a formal session with our entire staff, gathering informal feedback from the treatment community, and several meetings/sessions with our board of trustees. Just as our students/residents need to be honest with themselves in order to sustain sobriety, our organization also required an honest self-examination of our strengths and weaknesses. This past year has afforded us the opportunity to complete this task and build a foundation for our sustained success. Our staff has been working tirelessly to enhance our treatment program and I am eager to share the new opportunities and exciting ideas in the months ahead.

I can’t express enough the excitement, hope, and faith that I have about our future.

2020 Spring Refreshers at Alina Lodge

Does your program need a refresher?

Are you feeling spiritually centered?

Do you need to return to the Lodge to get grounded and focus on what’s important?

Step away from the chaos of daily life and renew the foundation of sobriety that you gained at Alina Lodge. Alina Lodge is now offering Alumni Refreshers. We will be facilitating these multiple times throughout the year. The first annual Spring Refresher is being offered to graduates of Alina Lodge with continuous sobriety.

2020 Spring Refresher dates:

***March 23-28: 5-day refresher \$1,250**

***March 23-25: 3-day refresher \$ 750**

First come, first serve... limited sessions available.

Returning alumni will follow the current Student programming, including abstaining from technology and nicotine.

Come back to Alina and reconnect with your program! Call today for more information on how to return to the simplicity and serenity of structure at Alina Lodge, or find out how you can help sponsor someone financially to participate in this special gift to their sobriety 908-362-6114.



**2020
Picnic Committee**

Chairperson
Erica Norris

Committee Members

Steve Berkowitz
Andrea Brancato
Catherine Clarke
Virginia Davis
Annie Johnson
Amy McLaren
Liz Shaw
Calvin Sierra

SAVE *The* DATE

ANNUAL GRATITUDE PICNIC

Join us for

“The Magic of Sobriety”

June 13, 2020

featuring Mentalist Performer

Docc Hilford

with a magical message of recovery.

Alina Lodge, 61 Ward Road, Blairstown, NJ



2020 PICNIC RAFFLE!!

*This year we are
having a 50/50 Cash
Raffle!*

Ticket price \$50.00

All proceeds support
the life-saving mission of
Alina Lodge and
Haley House.

Tickets may be
purchased by calling
800-575-6343

The 2020 Gratitude Picnic is going to be **MAGICAL!!**

This year's Picnic will be held on Saturday, June 13th! This year's theme is 'The Magic of Sobriety'. Our guest speaker will be Docc Hilford – a Mentalist Performer with over 30 years of sobriety – check out his bio below. He is amazing!

This is our 11th consecutive picnic – and they keep getting better and better. It's an amazing day celebrating life in recovery and inspiring everyone in attendance. The day begins with hors d'oeuvres in the chapel at 12pm, followed by Docc Hilford in Memory Hall, lunch and the Cold Stone Ice Cream truck!

The Picnic is so much more than a fundraiser. It's a day of fun to show our current students, that yes, they too can have fun without a drink or drug. They too can be happy and celebrate life. It is also a day of inspiration for our staff. Seeing all of our alumni and families and hearing about their lives now, is the best part of our jobs. We hope you will join us and let the 'hope' shine through!

Admission to the picnic is free, however, we are strongly requesting RSVP's so we can be prepared. The Prize Wheel, children's tent, photobooth and magic tricks are going to be fantastic! Spend the day with us, walk the grounds and enjoy the music and food. Want to be more involved? You can be! For more information about the Picnic Committee or volunteering at the event, please call the Lodge and ask for me. Hope to see you all on June 13th!

~Renée Harman

Director of Development & Communications

Want to Support the Scholarship Fund?

HERE'S HOW:

1. Attend the Picnic!
2. Spin the Prize Wheel (or donate a prize!)
3. Buy a Raffle Ticket
4. Sponsor the event
5. Purchase an Ad in the Gratitude Journal

By doing any one of these things you will be supporting the Scholarship Fund of Alina Lodge and Haley House. Forms and more information can be found on our web site www.alinalodge.org or call me – I am happy to speak to you.

Docc Hilford started his magic career as an under-water escapologist at age 16. In the 1980 he was stage manager for Alice Cooper. Later, Docc's Film Noir Magic Show opened for bands such as Aerosmith and Black Sabbath. In 1990 he took editorship of The New Invocation; the flagship magazine for bizarrists and made 27 magic/mentalism videos in the '90s.

Through the years he has been a guest of honor at magic conventions, was a featured speaker/performer at The Smithsonian Institution and in 2001 was honored at Kid-dabra for his comedy kid show. He's written 30 books for the mentalism trade in the 2000's. His L&L Publishing DVD set has sold out and he's happy about an upcoming Alakazam DVD set soon to be released in the UK.

Over a 35yr career, Docc's been a pick pocket, hypnotist, mind reader, illusionist and kid show performer. He specializes in private functions and cabaret shows in hotels. He was a successful trade show worker for several years and along the way he also earned a Doctorate of Divinity from the University of New Mexico, and thanks to the 12 steps and the Big Book, Docc has 30 years of sobriety!

Today Docc lives on Miami Beach and performs for celebrities, athletes and political figures around the world.



WHAT WILL YOUR BRICK SAY?

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.

**Call the Development Office at 800-575-6343
or you can do it all online at www.AlinaLodge.org
and click on the Supporting the Mission tab.**



Spring Conference

Friday, April 3rd, 2020 8:30 am – 4:30 pm

THE NEUROARCHITECTURE OF FAMILY SYSTEMS: We are all Chemically Dependent

Presenter:

Ward Blanchard, MA, MBA, CCS, LCAS



Ward Blanchard is one of the most prominent mental health and Substance Use Disorder professionals in the country for his innovative work with clients and their family systems. Ward founded Blanchard and Associates, LLC over 10 years ago as a private practice focusing on family re-structuring, family case management, and family consulting. In 2017, Ward established The Blanchard Institute, LLC, a dual diagnosis outpatient treatment center that incorporates comprehensive family focused care. Ward and his team approach

treatment for behavioral health conditions through a unique family systems model that utilizes multiple evidence-based modalities in their innovative Blanchard family process.

Ward has a Master's Degree in Psychology—Marriage and Family Therapy and an MBA in Healthcare administration. Specializing in dual diagnosis treatment, Ward obtained his advance addiction counseling education credential through California Association of Alcohol and Drug Counselors (CADC- II). Ward is also a Licensed Clinical Addiction Specialist (LCAS) and a credentialed Clinical Supervisor (CSS).

Ward's experience includes: interventions, admissions, program design and direction, experiential therapy, long term case management, and business administration and revenue cycle management. His passion is centered on educating individuals, families, and professionals as he has presented extensively at national conferences, hospital systems, continuing medical education events, and public service events. Ward has an altruistic enthusiasm around educating the professional community about family systems, SUDs, dual diagnosis disorders, the opioid epidemic and chronic pain.

COURSE DESCRIPTION:

The concept of how mental illness and/or SUDs "impacts the whole family" is a common therapeutic ideal most professionals have heard before; however, the professional community is rarely provided the information and education on the neurological changes identified patients, families, loved ones, or other caregivers experience when involved in a relationship with someone suffering from a mental illness or substance use disorder. Ward Blanchard's presentation reviews the most up-to-date neurological findings in helping professionals understand what exactly the words "family system disease" means, what evidence-based treatment options are most effective, and what role professionals play in the treatment of the family.



Laurie Andrysiak
Alumni Coordinator

The Magic of Sobriety

My definition of the Magic of Sobriety is witnessing someone living a life that is the complete opposite of the life they were living in addiction. To the observer it appears magical. To the person in recovery it is the result of hard work, constant vigilance, spirituality and implementing the program in their daily lives. The AA slogans are used to help the person in recovery stay on course. The simplicity of the words is genius and to observers magical. Live and Let Live, Easy Does it, But for the Grace of God, Think, Think, Think and First Things First. The positive, lifesaving impact getting sober has had on the life of the addict/alcoholic and the lives of all the people around him/her is magical to witness also.

Once a personality change has occurred sufficient to sustain recovery the sky is the limit! After successfully completing treatment at Alina Lodge with enough time given to change, accept and implement a strong recovery program... magical things begin to happen. Students no longer have to live in fear that they did something they don't remember because they were under the influence. They didn't hurt anyone today. They can be counted on to show up and participate in life. They are a present parent, child, sister, brother, employee, friend to all around them. They are focused on what they need to do daily to maintain their sobriety.

It is magical and miraculous to witness gratitude, acceptance, honesty, integrity, compassion, self-knowledge, love, willingness, hard work, empathy, helping others, trust, career and scholastic achievement, families reuniting, children being born, marriages, graduations, self-care, self-support, family participation, contributing to your community, helping others get sober and clean and living a full life. This is why we all love coming to work each day at Alina Lodge and Haley House. See ya at the Picnic! Laurie

Alina Lodge Alumna Story

I chose to come to treatment at Alina Lodge because I was not able to maintain sobriety despite attending AA and having treatment at other facilities. A friend of mine who had attended the Lodge a number of years previously and who had maintained sobriety since her stay, suggested that I seek treatment at Alina Lodge. I initially didn't think I needed that kind of "extreme" treatment, but a year after she recommended it, I conceded that what I had been doing to get and stay sober had not been working. I came to the conclusion that I had nothing to lose by spending an extended, indeterminate, length of time working on myself and my sobriety.

At Alina, I found an environment of support and calm that I had not experienced in any other treatment center. The routines were soothing to me and the attitude that time was of the least of my concerns helped me to put my life and my sobriety into perspective. I began to learn how to build relationships with other people, especially women and to see how these relationships were essential to maintaining sobriety. I trusted the staff to make many decisions for me and to see that they came from a position of caring, not of criticism or control.

The lessons I learned at Alina continue to influence my sober life today. The emphasis on "sobriety first and the rest will follow" is part of my philosophy of life today. I take the lessons and principles learned at Alina Lodge into my most important work today, helping another woman achieve and maintain sobriety.

Liza D.



Daniel P. Greenfield,
MD, MPH, MS, FASAM



Alexander B. Kudryk,
MD, ABIM, ABAM, FASAM

The "American Society of Addiction Medicine" ("ASAM") is the premier physicians' organization which promotes training, ongoing medical education, and specialty certification for physicians who work with addicts and alcoholics in the areas of clinical care, education, and research.

With the recent appointment of our Psychiatric Consultant and Trustee, Daniel P. Greenfield, MD, MPH, MS as a Fellow of ASAM, both of Alina Lodge's medical staff members - - Alexander B. Kudryk, MD and Dr. Greenfield - - are Fellows of this important national organization. In addition, Dr. Kudryk is an Attending Physician at Robert Wood Johnson - Somerset Medical Center, and Dr. Greenfield is Clinical Professor of Neuroscience (Psychiatry) at Seton Hall University.

We congratulate both of our physicians for their appointments to these prestigious Fellowships, in recognition of their longstanding contributions to the treatment of addicts and alcoholics.

Anniversaries Celebrated at Alina Lodge

November

Rob N.	7 Years
Greg S.	7 Years
Ray T.	32 Years
Charlie B.	30 Years
John M.	30 Years
Calvin S.	4 Years

December

Al H.	43 Years
Mark V.	4 Years
Catherine C.	6 Years
Matt C.	2 Years
Michael C.	2 Years

February

Priscilla G.	1 Year
Katie W.	1 Year
Julia S.	1 Year
Jake M.	2 Years
Jimmy W.	2 Years
Mike M.	36 Years

News from Haley House



Jackie Ré
Director of Haley House

Addiction as a Tri-fold Disease; Recovery as a Holistic Approach Body, Mind and Spirit

Addiction is a disease that affects the whole person - body, mind and spirit. It is a process that often begins with a spiritual malady, an overall feeling of loneliness, and a lack of purpose and meaning in one's life. In addition, lack of effective coping strategies and a history of negative thinking patterns often lead to a sense of hopelessness and poor impulse control with increased emotional reactivity; all of which further perpetuates the spiraling, cyclic and deteriorating nature of addiction.

Recovery is the reverse process, a healing that begins with the body and the brain. The first weeks and months, depending upon the length and severity of usage, drug of choice and individual variables, are a critical time for the addict. Physical and emotional withdrawal, coupled with consequences from drinking and/or drugging (ranging from legal, relational, vocational, financial, etc.) leave the newly recovering

loved one in a very vulnerable and volatile state. According to Evans & Sullivan (2001), a protracted withdrawal syndrome can occur with symptoms persisting for months, and even years after cessation of substance use. For these reasons, newly recovered persons are extremely susceptible to relapse. This typically leads to greater consequences and further internalizes shame, making it difficult to make any progress without structure, support and intensive therapeutic work.

Alina Lodge provides the education, structure and therapeutic support needed to withstand the stress and issues of this critical time. As the physical (body, brain) begins to heal, those in recovery can begin to think with a clear mind, and their ability to focus is enhanced so that they may begin the internal and spiritual work needed to live a sober and clean life. Our treatment professionals can then better assess for psychiatric, emotional and spiritual needs, providing targeted and compassionate care through a psychospiritual approach.

Time is the centerpiece of our founder's, Mrs. Delaney's philosophy or as she would call it: "the tincture of time." Alina Lodge is steadfast in its ongoing commitment to providing time in a safe and caring space, along with a psychospiritual, holistic approach to treatment that promotes healing and recovery. Students come to Alina Lodge because they need to get well in order to live. Here they have the opportunity to learn and practice the solution day by day until it becomes their natural way of life.

Save the Dates!

Friday, April 3rd

PROFESSIONAL'S CONFERENCE

Offering 6 Clinical CEU's

Featuring Ward Blanchard

Tuesday, April 14th

SPRING LUNCHEON

Speaker: Paul T., Alumnus

Thursday, May 6th

MINNESOTA ALUMNI GATHERING

The Retreat

Saturday, June 13th

GRATITUDE PICNIC

Featuring Docc Hilford

Monday, October 5th

MALINDA MATTAR MEMORIAL

GOLF TOURNAMENT

Saturday, October 17th

UP, UP & AWAY 5K/5 Mile

For more information call the
Development Office at 908-362-6114



ALINA LODGE



Haley House

*We invite Alumni,
Families & Friends
to our*

Spring Luncheon

Tuesday, April 14, 2020

Please join us at 11:30am

Speaker:

Paul T., Alumnus

Please RSVP to:

lauriea@alinalodge.org

908-362-6114



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*Our students have life-long addictions.
We give them a lifetime of support.
From admission, to discharge, to
alumni services –
we are there for those who seek help.*

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www.alinalodge.org

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www.haleyhousewomen.org

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