



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

SPRING 2015



Judith Lyman Shipley

March 16, 1935 -
December 16, 2014

A tribute to my friend Judy.

I attended Judy Shipley's memorial service. The tributes to Judy from her family and friends was heartwarming. She surely was an amazing woman; a magnificent and loving mother; a dedicated volunteer to her many causes; an ardent philanthropist and above all, a great spouse to her husband Walter. Judy taught all who knew her so many lessons regarding helping others in need. She set an example with her warm smile and her positive thoughts. Judy believed in not worrying about the future or regretting the past. One of Judy's quotes was "give until it feels good". While this was her philanthropic mantra, it was about much more than fundraising.

Judy was a good friend of mine and Alina Lodge for a very long time. Judy along with her husband Walter are ardent supporters of Mrs. Delaney's Alina Lodge. Judy served on the Board of Trustees from 1996 to 2002 - during the difficult time after Mrs. D's retirement. She was a quiet but integral part of our leadership team and instrumental in creating our fundraising culture. The HOPE book, Mrs. Delaney's biography was written by Dick B, a friend of Judy Shipley's. All expenses for that publication, which is still in use today, have been paid for by the Shipley family.

I could go on and on about my many memories of Judy, but I will always cherish the memory of us sitting in her warm and friendly kitchen in her home in Summit eating a hero sandwich. To me, Judy Shipley will always be the 'hostess with the mostess'. I have learned so much from her and am grateful to have had her in my life.

Rest in Peace, Judy.

Gratefully,

Michael Hornstein
Executive Director

Bring on the Funk!

The Annual Gratitude Picnic - June 6th

We are looking forward to hosting another Gratitude Picnic this year - and we have a special guest that will be HUGE fun!

The committee has selected 1970's Disco as our theme, and we are going all out to bring disco back - **just for the day!** I hope you will join the staff, Board and current students for a day of fun in recovery. The day starts at 11am and will include a fantastic speaker - Gemma B. from Los Angeles, great music, Cold Stone Ice Cream, a special guest and fun activities for the children!

I cannot put into words the amount of joy the Gratitude Picnic brings many people. It is not just a fundraiser - it truly is a way to celebrate sobriety and the long road one must travel to get there (some roads are longer than others!). It is a shining example to our current students that they too, can live a happy life in sobriety. The 'hope' shines through every alum that joins us that day.

So bring your spouse, your parents, your children, your sponsor or friends from your home group. Spend the day with us, walk the grounds and enjoy the music and food. We would love to see you.

The picnic, while free of charge, is the only annual fundraiser for the Lodge. Please consider supporting this special place with a Picnic Sponsorship or a Journal Ad. All proceeds from the 2015 Picnic will support the Scholarship Funds of Alina Lodge and Haley House. 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 picnic in the comments box. Every dollar makes a difference!!

Can't wait to see you on June 6th!

Erin Cohen Peña, Picnic Co-Chair Kevin Brennan, Picnic Co-Chair



2015 PICNIC COMMITTEE

Chairpersons

Kevin Brennan
Erin Cohen Peña

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

Annual Spring Conference April 17th

“PARENTS ACADEMY”
presented by



Dr. Andrea Barthwell,
Director at Two Dreams Outer Banks
Treatment Center

Course Description: Identify the behavior that clinicians see in patients who have been using since an early age; create a recovery plan and discuss assessment techniques based on this behavior.

LEARNING OBJECTIVES:

- To define and discuss path to use, abuse, and dependence.
- To explain behavior found in patients who begin using at an early age, and discuss the variables to their use.
- To identify assessment techniques for clinicians to use on patients who started using at an early age.
- To discuss additional solutions and techniques for clinicians through cases studies.
- To create a concise recovery plan for clinicians to use based on these principles.

Andrea Grubb Barthwell, M.D., F.A.S.A.M., is an internationally renowned physician that has been a pioneer in the field of addiction medicine within the American Addiction Society of Medicine (ASAM) and a contributor to the field of alcoholism and addiction treatment. She is a past president of ASAM, was awarded Fellow status, and is certified by the American Board of Addiction Medicine (ABAM). Dr. Barthwell has been widely regarded by her peers as one of the “Best Doctors in America” in addiction medicine.

Dr. Barthwell is the founder and Chief Executive Officer of the global health care and policy consulting firm EMGlobal LLC and Director at Two Dreams Outer Banks Treatment Center. President George W. Bush nominated and the United States Senate confirmed her to serve as Deputy Director for Demand Reduction in the Office of National Drug Control Policy (ONDCP). As a member of the President’s sub-cabinet, Dr. Barthwell was a principal advisor in the Executive Office of the President (EOP) on policies aimed at reducing the demand for illicit drugs.

Dr. Barthwell’s career has been as diverse and successful as the patients for whom she advocates. Her career has been comprised of a unique balance of research and practice, and reflects her steadfast commitment to merging scientific inquiry with the human side of addiction.

\$80 per registration

6 CEU credits • Buffet Lunch

Contact Cindy Bizik for more information
800-575-6343 • cindyb@alinalodge.org

Message from the President

Happy Spring!



Rita Cohen

I am pleased for the fifth year to present the message from the Board as its President.

Working with our Executive Director, Michael Hornstein, and our leadership team, has been incredibly humbling for me. When I look back at the road we have traveled, it makes me excited about the journey ahead of us.

In 2014 we saw the beginning of infrastructure enhancements which we plan to continue through 2015. Family Hall has been brought into the modern era and as 2015 begins, we are looking at making major improvements to student facilities.

Our first priority is always each student and the therapeutic program for the student’s family. Our clinical program, led by Gerry Gunnels, is strong and consistent. Alina Lodge’s clinical team is fully accredited and capable of handling the most difficult addiction cases. Since 1957, Alina has remained steadfast to the core principles of our treatment program: commitment to the 12 step AA philosophy of recovery and a strong belief in the healing power of the “tincture of time.”

Times are tough and to all of you who have supported our mission, I send out a great big thank you. Expenses continually go up and yet we strive to keep the cost of admission to Alina Lodge and Haley House as low as possible. This can only be done through the financial support of generous donors. As a not-for-profit as described in our web site under Supporting the Mission, there is no lack of opportunities to give a tax deductible gift. For details, please call the Development Office at the Lodge, or visit the website at www.alinalodge.org. There is nothing quite like giving a gift that can save a life!

Words cannot express how positively your contributions affect both the lives of addicts entering the doors of Family Hall and the lives of their families. The gratitude that both express in countless testimonials, as they continue their joint path toward recovery, are motivating and inspirational. If you are considering contributing to Alina Lodge or Haley House, I encourage you to do so. It feels good to make a difference in the lives of others.

Respectfully,

Rita Cohen, President, Board of Trustees
Little Hill Foundation Operating Alina Lodge
and Haley House

Save the Date!

April 14th

APRIL LUNCHEON

Speakers: Lindsay H., alumnae, Brooke P, parent of alum

April 17th

SPRING CONFERENCE

Featuring Dr. Andrea Barthwell presenting Parents Academy

May 12th

MAY LUNCHEON

Speakers: Liz S., alumnae and Alison F., parent of alum

June 6th

GRATITUDE PICNIC

1970's Disco!! Speaker: Gemma B.

2015 Florida Alumni Gathering



Spirituality – an important ingredient.

The campus of Alina Lodge lies in the valley in Blairstown, New Jersey at the foothills of the Kittatinny Mountains. The clients who are known as students are learning a new way of life so they can become successful in sobriety. The magic ingredient is the 'tincture of time'. Spirituality is a major part of the sobriety program. On November 19, 2007, Tamar D. Earnest, MD, wrote this beautiful poem about the spirituality program at Alina Lodge.

Behind the Black Gate

Behind the Black Gate
Lies a bowl shaped valley,
Deep enough to hold the hate and fear,
Wide enough to cradle the guilt and shame.
Wrought iron bars are set far enough apart
To let the past slowly slip away,
And allow the future to soak in.

Deer walk the trails,
Munching garden plantings,
Coming and going freely from dawn to dusk.

Hawks, roosting in tall trees set on the hillside,
Watch hopefully for dinner to scurry by.

Family and lovers are left behind
Only pictures remind them of those on the outside.
Their dark past has brought them here
And haunts their thoughts.

No phone calls enter,
And only letters leave.

Students, wrapped in thick sweaters,
Heads bent against the wind,
Walk the paths with purposeful strides,
Traveling round and rund,
But not out.

Behind the Black Gate
Lies a bowl shaped valley,
Wide enough to cradle the gratitude and love,
Deep enough to support the hope and recovery.

Wrought iron bars are set far enough apart
To allow the future to soak in
And let the past slowly slip away.

Why It's Important to Celebrate



Laurie Andrysiak

I work with an "Old Timer" he has over 40 years in recovery. He doesn't like to celebrate his sober anniversary. He is a humble, hardworking, dedicated to the program man but he doesn't like to draw attention to himself. He's a no frills kind of a guy. Every year facilitators, counselors and just good friends from Alina Lodge stop by his home group on the evening he is celebrating to honor and support him. His sobriety is an accomplishment. It is a never ending maintenance of his spiritual, emotional and physical condition, one day at a time.

He told me he celebrates to help the newcomer. He was taught that you show up for your anniversary so the newcomer will see that it works. If you work a program, go to meetings, work with and use a sponsor, maintain a contact and trust with a higher power and keep doing the next right thing one day at a time you will keep the precious gift of sobriety for another day.

I have heard that you should share your experience, strength and hope on the month of your anniversary by sharing your story. What it was like, what happened and what it's like today. Our literature says that we won't regret the past nor wish to shut the door on it. It's important to mention the past and keep us right sized, remembering what happened and where we are today. The moment we forget the past and think we got this thing... we have our sobriety well in hand... our ego takes over and we are heading for a relapse.

A dear friend of mine relapsed after over 30 years of sobriety. She told me that she wasn't thinking about drinking but she wasn't thinking about not drinking either. She stopped going

to meetings, talking to other alcoholics, thinking about her alcoholism.

Today I choose to think about my alcoholism from the moment my eyes open in the morning. I celebrate my anniversary each year with my home group to give others hope that sobriety is possible. I bring my children each year. I am a sober mother today. I also want them to know that there is a safe place, a place where the solution is if they ever need AA. I show up regularly at my home group, go to business meetings, make coffee, set up and clean up to help make sure the rooms of AA stay open. I put my name and number on a phone list and greet the newcomer. I try to do what others did before me to maintain my sobriety and help the newcomer.

In 2014, 38 alums returned to the Lodge for chicken dinner on a Saturday evening to celebrate their anniversary. Last Saturday night a former student told me it was a "healing experience" for him to come back to the Lodge and celebrate.

I tell all alum... it's the most important speaking commitment you will have! Come back to the Lodge and share your experience, strength and hope with the current students. We can't keep it, our sobriety/clean time, if we don't give it away!

If the Saturday evening you would like to come and celebrate is already filled please consider taking a regular speaking commitment. I'm always looking for AA speakers for Thursday evenings and many holidays there are 10:00 a.m. speaking commitments available. Just call Laurie at the Lodge. I look forward to hearing from you!

Warm Regards-
LAURIE
Alumna Coordinator

An Alumnae's Story

On February 1, 2012 my life truly changed for the better. I just did not quite know how much it was going to change.

I came through the gates of Alina Lodge broken and full of shame and remorse. I could barely make eye contact with anyone, let alone myself. I had just gotten my second DUI and had lost my job. I was and felt like a hopeless alcoholic. I had many consequences of my drinking. I was very sick in my disease.

It took seven months of slowly learning about the disease of alcoholism and surrendering every day to a new way of living.

I learned from the counselors and staff at the Lodge what alcohol alone had done to my body. I slowly started to rely on a spiritual approach to living. I started reaching out to people and to rely on a God of my understanding. I started to unnumb and feel my feelings which were both terrifying and joyful.

My relationship with my children and family has improved greatly. I know now what it means to be an authentic whole woman and mother. I know how to be there for other women and also myself.

I was in the eating disorder program at the Lodge and learned how the disease of addiction can manifest itself in many forms. Alina Lodge addresses co-occurring disorders which is a blessing.

After my seven month stay at Alina Lodge, I agreed to go to Haley House for six months. It was there that I learned about the importance of implementing what I learned in rehab. I went to A.A. meetings, got a sponsor and developed an amazing network which I still have today. The staff and counselors at Haley House helped me to grow and gave me much needed support. I continued working on my steps and rebuilding my life. Today I am a woman who is happy and purposeful. I love looking people in the eye today and give them a genuine smile. The promises of the program are coming true today a day at a time. I am very grateful for my Alina Lodge and Haley House family.

Andrea B.

The Next Right Step

August 8, 2010. It was only one flight of stairs down to the basement of the church. Each step took me someplace to try something I never imagined would be part of my life.

All I knew is that I wanted to help my son. Maybe this place and these people could teach me how to do just that.

Fear and desperation brought me to my first Families Anonymous meeting.

Never saying a word, just crying uncontrollably, scared stiff I would see someone who knew me, I made it through the meeting and left really hearing only one comment:

"Just take the next right step."

The next week I went back. And the next and the next and the next.....

It took months of FA meetings for me to begin to see that this step was for MY recovery; not at all about teaching me how to "make my son get well" or "getting my son back" as I had thought.

It was becoming clear that all the things our family had done for our son out of love and concern had done absolutely nothing to help him. It was a startling discover. Our best intentions to help him were doing just the opposite. Slowly, very slowly, I came to understand that addiction is a family disease and I must take the next right step towards my own recovery.

Seven treacherous months later, our son took the next right step. His late night decision to ask for help was huge. In a matter of about 24 hours filled with non-stop phone calls to FA friends, to numerous rehab facilities, and stressful conversations with our son, he made the decision. The next right step was to be Alina Lodge. Within another 24 hours he was onsite in New Jersey.

Without hesitation, I can honestly say that stepping into Alina Lodge was the next and the best step for our son and for our family. The outstanding professional and caring staff and the long-term program of recovery were truly amazing. Each small step, each day, each week, each month led to hope and healing and life.

My dad always told my sister and me, "Nothing is worth having that is not worth fighting for."

Recovery from the family disease of addiction is worth fighting for.

It's hard work.

It's a lifetime and a lifestyle choice.

Alina Lodge was and continues to be with us every step of the recovery journey.

With unexplainable gratitude,

Ann C.



John Thomson

Addiction gives you wings

and then takes away the sky is a phrase which captures the futility and insidious nature of addiction. This was the topic of one of my first lectures at Alina Lodge last summer. During my lecture I wrote Addiction gives you wings and then... I asked the students to come up with a line to complete the phrase. Although I hoped for some good participation the level of creativity was surprising. One student completed the phrase with, "and then you come crashing down." Another student said, "And then Alina Lodge makes you

too fat to fly." Very funny and insightful, I could not have come up with these myself.

The most profound aspect of working as a counselor at **Alina** is how much I learn from the students. Being around the students I am constantly reminded of the struggles I went through in my early recovery. After working in multiple treatment settings the opportunity to work in a setting that specializes in long term inpatient treatment was compelling because time is an element that is frequently overlooked. Alina Lodge uses the tincture of time as an integral part of their philosophy. Many of our students are willing to go to unbelievable lengths to protect their addiction because accepting responsibility for their recovery is a painful experience for them. Avoiding pain becomes a constant motivation that perpetuates their addictive behaviors. By accepting the help and embracing the process at Alina Lodge, these students are taking steps toward freedom from their addiction. This is a necessary step but there is still work to be done.

Students need time to make mistakes in a safe setting where a relapse of attitude does not mean a relapse into substance use. A place where crisis becomes a teaching opportunity. Crucial recovery skills need time to be developed. Navigating through the stormy waters of early recovery leads to resilience and the ability to manage frustration constructively. The saying "A smooth sea never makes a skilled sailor" epitomizes the change in thinking necessary to stop seeking comfort and avoiding pain and lays the groundwork for a successful recovery.

I was warned that the level of entitlement and reluctance to recover are something of an anomaly and that I would be expected to deal with denial, criticism, arrogance, and argumentativeness constructively. Overcoming challenges has become an important part of my personal philosophy and Alina Lodge provides me with endless opportunities. My journey has led me to the gates of Alina Lodge and being allowed to be a part of the process is both humbling and rewarding. It is a truly unique experience.

John Thomson, CADC

Men's Counseling Team at Alina Lodge

FROM THE ADMINISTRATOR OF HALEY HOUSE



Susan Nordstrom

Regardless of the amount of past treatment experiences or periods of sobriety, continuing care is key.

Haley House strives to provide a safe environment with structure and an on-site therapist to support women phasing back into daily life. Each woman has her own complex history and deserves an overlapping weave of services to develop a strong fabric for life. Change is the necessary action and commitment for long term recovery.

Haley House is the bridge between in-patient addiction treatment and sober independent living. We initiate a gradual transition from living in a therapeutic environment to full time independent living.

Haley House addresses co-occurring disorders such as Eating Disorders, PTSD, Trauma, Depression and Anxiety. Qualified addiction counselors, licensed professionals and caring support staff are available to assess, and treat women who struggle with these issues. We hear it said that if you're the same person walking out of treatment that walked in, you're leaving with the person who uses.

While at Haley House, a resident begins establishing their network of support including attending 12-step meetings and establishing friendships, and finding a sponsor. These relationships are the foundation of early recovery. Working, volunteering, addressing life skills deficiencies and healing family relationships are all essential. Living a productive daily life to its fullest is a philosophy we strongly believe in.

Watching the women of Haley House change is a privilege I am honored to have.

Susan Nordstrom, Haley House Program Administrator

www.haleyhousewomen.org • 908-362-5417

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BRING ON THE FUNK!

ANNUAL GRATITUDE PICNIC

SATURDAY, JUNE 6TH, 2015

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ENTERTAINMENT, DJ, GREAT FOOD, FUN & FELLOWSHIP

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