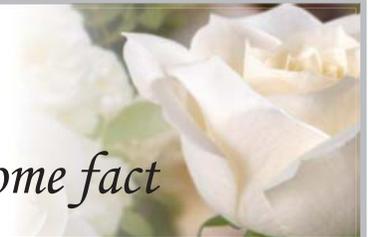




# ALINA LODGE

*There is a place where Hope can become fact*



*Celebrating 60 Years of Clinical Excellence*

JANUARY 2017

## *Happy 60th Anniversary Alina Lodge!*

### ALINA LODGE

#### *A Brief History*

Every great venture begins with a dream, Ina Travis had a dream of creating a retreat for alcoholics to come where they could work the steps in a relaxed atmosphere. Alina Lodge is the evolved result of that dream. The Lodge was originally modeled after the spiritual retreat/farm High Watch Farm in Connecticut. To build her dream she enlisted the help of friends Al Silverman and Geraldine and Tom Delaney. After Ina's untimely death shortly after she started the Lodge, Mrs. Delaney assumed leadership of Alina Lodge.

In the early days of the Lodge, people stayed only 2 to 4 weeks; there was a pool and dances on Saturday night. Mrs. Delaney, always innovative, changed the program over the years to meet the needs of people seeking recovery. The stay steadily increased to an individualized, long-term, indeterminate length of stay to treat the "reluctant to recover" relapse prone client. Mrs. Delaney often said that the students made all the rules. She observed what worked and implemented rules and structure accordingly. Her tough, no nonsense, non-permissive, 12 Step approach to treatment was instilled in the staff. Mrs. Delaney instituted a smoke free policy in 1985 and Alina Lodge became the first nicotine free rehab in the United States. Criticized by many, Mrs. D held firm in her conviction that smoking is an addiction and she wouldn't allow smoking in her program.

In 1993, after 4 decades of operating Alina Lodge, Mrs. Delaney stepped down as Executive Director and became Chief Executive Officer Emeritus. The search began for a replacement for Mrs. Delaney. Jim Mell, former Family Director stepped in as Director for several years. In 1998, Mark Schottinger was recruited as the new Executive Director to help carry on the traditions of Alina Lodge, as well as updating the Lodge's services and facilities. The goal was to keep the no nonsense, non-permissive model that had proven so effective and add a multi-disciplinary approach allowing Alina Lodge to treat co-occurring disorders and multiple addictions. This proved to be successful as more people benefited from the Lodge's services.

In 2008, Michael Hornstein was recruited to be the Interim Executive Director and The Board asked him to make this permanent in 2009. Michael has brought a sense of stability and

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adheres to Mrs. Delaney’s structural program. Having had that close personal friendship with Mrs. Delaney as an alumni, allowed him insight into her innovated philosophy as well as her understanding for the necessity to change with the times. He brings that with him today which has helped Alina Lodge return to the forefront of the treatment facilities.

Alina Lodge is entering its 60th year as a pioneering institution in addiction treatment. Building on our history, experience and strength, the Lodge will continue to improve, be innovative yet remain true to its clinical roots.



## INA’S STORY

Ina Rudolph was a German actress who married Neumar Trevis, an artist and art critic. During the war it became evident to the couple that Nazism was in error. She and her husband gathered as many of their possessions as they could and quietly made arrangements to move to Holland. As the situation in Nazi-ridden Germany worsened, Ina assisted many of her close friends to escape from the country. Ina used a passport that she had “borrowed” from one of her brothers as well as her own passport. With these documents, many Jewish couples gained safe passage from Germany. Each time Ina did this, she placed her life in jeopardy. This kind of selflessness was to characterize her life.

A heavy pattern of drinking began for Ina and she discovered all her efforts at abstinence were in vain. At the sudden death of her husband, she contacted AA, knowing she must recover. Ina was filled tremendous gratitude to all of her friends in AA. In an effort to repay her debt of gratitude, she began working at a sober house as a cook at Ailanthus Hall in Parsippany, New Jersey. After the Hall closed, she convinced Al Silverman, a friend and attorney, to assist her in purchasing a house for alcoholics in Kenil, New Jersey in 1951. This was the first Alina Lodge, named for Al Silverman and Ina Trevis.



Ina’s dream was to start “a place in the country for recovering alcoholics.” She found the property in Hardwick Township, outside of Blairstown, New Jersey, known as Little Hill. The property was run down and in terrible condition, however, there were over 80 acres, and an old house with a long and beautiful history. Part of the money was loaned to her with unsecured notes from Tom and Geraldine Delaney. This became the new site of Alina Lodge. A small group of trustees and volunteers were enlisted to help run the Lodge including the Delaneys. Unfortunately, the untimely death of Ina from a heart attack shortly thereafter, left the small group to run the Lodge themselves. It was then that Mrs. Delaney assumed leadership of the Lodge.

60 years later, thanks to the dedicated efforts of staff, volunteer and trustees, Ina’s dream lives on.

1947	1951	1957	1959	1963	LATE 60’s	1970’s
Geraldine O. Delaney stopped drinking April 23rd, 1947.	Ina Trevis & Al Silverman (a.k.a. Alina) opened a home for alcoholics in Kenil, NJ.	Blairstown property purchased to start Little Hill-Alina Lodge. Ina passes away and Geraldine Delaney steps in as Executive Director.	Little Hill Foundation is incorporated to operate Little Hill-Alina Lodge. First Board of Trustees meeting is held.	Mrs. Delaney began the non-permissive approach.	Buddy system and non-fraternization policy established at Alina Lodge.	The addicted population changes due to the 60’s revolution Gratitude Hall opens.

# MRS. DELANEY



Mrs. Delaney's first introduction to AA was when her brother Oscar sobered up with the help of Bill Wilson. It was 7 years later, after battling her own alcoholism that she found herself, one of the first women, in the rooms of AA.

"Mrs. D" was a pioneer in the field of alcoholism treatment and was instrumental in the treatment and recovery of many alcoholics and their family members. She inspired thousands of people to regain their lives and to live sober. Through her own example of 50 years of sobriety, Mrs. Delaney helped people come to believe that "hope can become fact". She believed it - she lived it and devoted her life to helping alcoholics, addicts and their family members. She felt that with discipline, structure and "tincture of time", recovery was possible. Although she was tough as nails, those who knew Mrs. D knew she truly loved her students. As she said, "I loved them enough to tell them the truth".

Mrs. Delaney spent a lot of time with Lois Wilson and the Alanon women in the early days since there were so few women in AA. As a result, she became a strong believer in treating the family and developed one of the first in-house family residential programs. She often said the family can undo in five minutes what has taken five months to put together.

Mrs. Delaney was loved and respected and yes, feared by many -there is a large group of alumni who got sober by attending Alina Lodge and yet another group who sobered up when threatened with a visit to "The Lodge".

Born in Stonington, IL, Mrs. Delaney was the wife of the late Thomas F. Delaney. She received her formal education at Knox College in Galesburg, IL and the University of Illinois. She was honored with an honorary Doctorate of Humane Letters from Seton Hall University and has received numerous awards throughout her career.

60 years later, Mrs. Delaney's legacy lives on at Alina Lodge. All of us at Alina Lodge are grateful to Mrs. Delaney for fashioning a brilliant program that continues to save lives and restore hope. We are honored **to carry her traditions and teachings.**



**1973**

The Family Program at Alina Lodge was established.

**1974**

Family Hall was one of the first residential buildings in the US established for the treatment of relatives of alcoholics.

**1975**

Alina Lodge accredited by Joint Commission on Accreditation of Hospitals.

**1981**

Hope Hall, a residence hall for men was completed, changed to women's dorm about a year later (Currently named Noble Women's Center).

**1985**

March 1st - Alina became the nation's only tobacco-free rehab center.

**1993**

April 24th - Mrs. Delaney retired as C.E.O. of the foundation but continued as Chief Executive Officer Emeritus. Jim Mell steps in as Executive Director.

**1998**

July 9th - Geraldine O. Delaney passed away. Hundreds attend memorial service at Blair Academy. February 8th - Board of Trustees names Mark Schottinger Executive Director.

# Michael's Story



I arrived at Alina in the middle of the winter in 1981. I was sure my life was finished, as I was not too happy about having to reside in a treatment center without a 28 day time frame. Before I left Miami, I conned my mother-in-law out of \$200 for my passes to NYC, little did I know, and she was a good person.

When I arrived at Newark airport, in a loud Robins Egg blue sport jacket that could be seen from a great distance, a man by the name of Simone grabbed me. I politely told him to let go of me. He had the wrong person. Well, he won and the drive was horrible. He sang along with the radio in a very loud voice and told me I would reside in a building called the Roost. I could not believe what I had done to myself.

Back to the beginning. How did a nice young man like me learn to drink too much? I went to college in NYC and did not think I drank more than others. However, I did and really was a good student. I became a pharmacist and took drugs for hangovers and just about everything else. I managed to do this for many years, married, had three sons, owned a successful pharmacy and lived an upscale life. One day after about fifteen years, I suddenly became aware I had an addiction problem. Life was not going well in any area; career, family and health. The good Lord watches over us and during a routine inspection by an agent from

the Board of Pharmacy, TROUBLE occurred. I was under the weather and reeked of alcohol. He did an audit and I was informed I was short many pills.

I found life at Alina Lodge different than anything I had known previously. I failed two prior short term treatments, which did not please my professional board. I had a wonderful counselor, Bill Littlefield, who worked well with me. Sister Pat was in charge as Mrs. D was on her winter Florida hiatus. Sister Pat had a voice that had such a peaceful sound and I wanted that peace. Time went by. I met Mrs. D and eventually left the Lodge with the coveted key chain. It was not easy and so many times I wanted to just go home. I was convinced if I completed this I had a chance. Mrs. D told us there was a recovery here for anyone who wanted it. Bill Littlefield had the standard answer. "We will not keep you one day longer than necessary." Obviously, I wanted this and today I have 36 continuous years of sobriety.

Returning home was not without issues. I had to get a bread and butter job for a few months, Delaney's orders. I did attend A.A., kept in touch with the Lodge and became a FATHER again. This time an involved one. I changed careers and for the next twenty five years worked in education. I had a glorious time and was happy I kept my Pharmacy license and used it sparingly usually in the summer break from school. In 1995 I was chosen as the High School Science Teacher of the Year for all of Miami Dade County. This was a huge accolade. In 2000, I was teacher of the year for my High School and Region, and a state finalist in that capacity. In May of 2008 I retired.

Every Saturday during Mrs. D's Florida vacation I would drive to Naples and spend Saturdays with her. A great friendship and mentorship ensued. I became an addiction counselor in Florida and practiced The Alina therapy plan "This is reality therapy and it is yours if you accept it". I worked part time for the Fort Lauderdale Commission on Alcoholism and became a successful addiction counselor. I used the revenue from that gig to fund college for my three sons. I came to the Lodge often and in 1985 became an alumni representative for Florida Alumni. I felt so honored Mrs. D asked me to do that. I also met Isabel Heint the Long Island Alumni representative. In 1994 I became a full-fledged board member. One day I was asked by the then Board President, Gail Hein, to be a member of the Executive Committee. I was so honored. From 1998 to 2000 I served as Board President, by that time I had held several positions on the Executive Committee. I remained a board member until 2008.

One spring day in 2008, Tim Case called and asked if I could be interim Executive Director. I thought he was joking and Tim became serious. He stated that I was an addiction clinician, a former board member, an associate of Mrs. D, and a business man. I had to think about leaving home, my life and family. The next call was from Rita Cohen, a close friend and a very persuasive person. Then Isabel Heint called and in Scottish brogue stated "Mrs. Delaney arranged your retirement in Heaven. You must go." My son Frank spoke for his brothers, "we would not have had the wonderful life you provided for us if it wasn't for Alina Lodge." I resigned from the Board and arrived on August 4th 2008. During my first year as Executive Director Toni Curry, who headed the Executive Director search committee, telephoned one day and stated, "Since you are at the helm I sleep at night. All the candidates we interviewed did not have the passion and credentials you have." The permanent Directorship was offered and I accepted. I am approaching my tenth year in this position and I am so fulfilled. I have been blessed with tremendous people on the Board of Trustees and three great Presidents, Tim Case, Rita Cohen, and Sally Shaw. My staff is wonderful, they are all part of my story and the success of Alina Lodge. We are all part of a great team. I have become a respected member of the treatment industry. Thank you Tim, Rita, Isabel, my three sons and lastly Toni. This is the place where Hope becomes Fact.

1999	2000	2001	2002	2004	2006	2007	2008
Bi-annual I Clinician's Educational Conference Series began.	Merkle Hall, Mrs. Delaney's home on Route 94 was sold.	Memory Hall was expanded.	New clinical programs developed for multiple addictions and dual disorders. Fire suppression was added to all buildings on Campus.	A Groundbreaking was held for Haley House, a Women's Transitional Living home.	Groundbreaking for Wastewater Plant and the Geraldine O. Delaney Meditation Center and Chapel.	Completion of much needed Wastewater Treatment Plant and the Geraldine O. Delaney Meditation. Alina Lodge 50th Anniversary celebration. Haley House opens its doors to its first residents.	Michael Hornstein was recruited to be the interim Executive Director. Dining Room was renovated.

# Alina Lodge Celebrates Our 60<sup>th</sup> Anniversary



2017 is a very momentous year for Alina Lodge. It's our 60<sup>th</sup> Anniversary and we will be celebrating this milestone with an elegant Garden Party to be held on June 3<sup>rd</sup>, 2017, on the grounds of Alina Lodge. It is our hope that you will mark your calendar to save this date and join us for our special celebration.

### What to expect at the Garden Party:

- Loads of beautiful white flowers under a sparkling white tent.
- Enjoyable and delicious hors d'oeuvre hour.
- Delicious food served elegantly on pretty white plates.
- Music, two wonderful speakers.

Bring your appetites and celebrate with us under the tent. We have much to be grateful for.

**Our Vision:** To see Alina Lodge continue to be recognized as a national leader in long-term rehabilitation for relapse-prone alcoholic, drug-addicted, dual-disorder adults and their families. To maintain the unique and effective clinical model developed in 1957 by Mrs. Geraldine O. Delaney, while also remembering to continue to incorporate innovative techniques, just as she always did.

Time is the centerpiece of Mrs. Delaney's philosophy or as she would say, "the tincture of time." She realized that serious addiction would take time to overcome, and that's why 28-day programs often didn't work for hard-core addicts. Alina Lodge is steadfast in its ongoing commitment to providing time along with outstanding treatment for healing and recovery. The length of stay varies with each person. Students come to Alina Lodge because they need to get well. To do so, they must practice the solution day by day until it becomes their natural way of life before they can be discharged. Therefore, students never know when they will be discharged, which prevents them from "holding the pose".

Alina Lodge is effective because of the overall philosophy, the non-permissive rules, and the behavioral imperatives Geraldine O. Delaney developed and tested over many years.

**Our Mission:** To provide affordable long-term residential treatment to alcoholics, drug addicts, and those with co-existing disorders, along with a strong commitment to healing the entire family. To continue to specialize in clinical treatment for chronic relapse prone patients who are experiencing life-threatening and or serious consequences due to their addictive disease.

## 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 300 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*

2009	2010	2012	2013	2014	2015	2016
Michael Hornstein accepted the permanent position of Executive Director of Executive Director Residence was purchased in Blairstown. An exercise gym was added for students	An Eating Disorder program was officially added to the Clinical program.	Alina Lodge received accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). Michael Hornstein was invited to address Parliament in the UK on Substance Abuse treatment in the United States.	Curry Hall was dedicated in memory of Board Member Toni Curry.	Intimacy Specialty group was added to the Clinical program for Men.	Alina Lodge accredited by Joint Commission on Accreditation of Hospitals. Family Hall was modernized and renovated.	Intimacy Specialty group was added to the Clinical program for Women. Alina Lodge opened a Medical Detox Unit located in the historic Stone House.

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Jackie Ré  
*Haley House  
Program Director*

# Save the Date!

**Tuesday, April 4th**  
**SPRING LUNCHEON**

Speaker: Dick Conaboy

**Friday, April 21st**  
**SPRING CONFERENCE**

Presenter: Dr. Cardwell C. Nuckols

*A Co-Occurring Clinical Seminar: Treating the Opiate Addict with a History of Early Life Developmental Trauma*

**Saturday, June 3rd**  
**GARDEN PARTY**

Celebrating Alina Lodge's 60th Anniversary  
4pm to 7pm

**Saturday, October 7th**  
**UP, UP & AWAY 5K and 5MILE**  
At the Blairstown Airport

PRE-SORTED  
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