

Addiction – It's Everyone's Business

Sharon Hartman, BS, ACPS, Program Director/Adult Extended Care

The story is familiar. Everyday a spouse loses a partner, a child loses a parent or a parent loses a child to addiction, either through separation, divorce or most devastating of all – death. Those who have been affected by addiction know that it is an insatiable disease. The toll that it takes on individuals and families simply cannot be measured. How can you measure the loss of health, sanity, trust, integrity and relationships? Family members often watch helplessly as loved ones spiral downward into the depths of this devastating disease.



Sharon Hartman

In addictions treatment, we often speak of “enabling systems” that support, and often unwittingly, perpetuate the progression of the illness. Certainly it is true, addiction is parasitic and cannot thrive on its own. It requires several “hosts” that will support it as it moves along an increasingly destructive path. The single most damaging thing that we can do is to look the other way and keep silent, to tell ourselves that it is “none of our business”.

Addiction is not a tidy little disease that remains within the parameters of the home. We see it also taking its toll in the workplace - and the numbers are staggering. The Substance Abuse and Mental Health Services Administration (SAMHSA) 1999 National Household Survey revealed that 60% of current illicit drug users, age 18 years or older, are full-time workers. The National Institute on Drug Abuse (NIDA) estimates that one in every five workers ages 18-25 and one in every eight workers ages 26-34 use drugs on the job. We as a community and businesses as a whole simply cannot afford to hold onto the old stereotypes portraying users as unemployed, irresponsible “bums” copping their drugs and drinking their booze in alleys and under bridges.

The reality is that alcoholics and addicts expend great energy trying to remain “functional” even in the throes of their disease. Sadly, many will lose their families and their financial security before the “problem” is addressed on-the-job. The ability to continue working reinforces the delusion that they are in control. More than one family member has heard the addict's defense, “I hold down a job, I pay the bills – get off my back, I'm not out of control”.

So it would seem. Yet, the United States Chamber of Commerce estimates that afflicted workers function at 66% of their normal capacity. Think of it – for an employee earning \$10 an hour, this adds up to an annual corporate loss of \$6,800 in wages alone! According to Fred Hafer, Chairman of GPU, Inc. and author of “The

Cost of Doing Nothing”(1998), the chemically dependant employee is tardy for work about *three times* as often as his peers. This same employee also requests early dismissal *twice* as frequently, is 2.5

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times as likely to have an absence from work in excess of seven days. He/she is also 3.6 *times* more likely to be involved in on the job accidents, is *five times* more likely to file a worker's compensation claim, and is more likely to be involved in the theft of company property than his non-afflicted peers. According to an article published in the Eastern Pennsylvania Business Journal (1998), the estimated *bottom-line cost of substance abuse to business is \$75 billion annually.*

Despite these overwhelming numbers, employers are often reluctant to address a substance abuse problem on the job fearing consequences for their involvement in their employees' “personal problems”. However, addiction is not only a “personal problem” it's a personnel or an “us” problem. For every employee who is addicted and whose job performance suffers, another employee, and sometimes several other employees, have to compensate and carry the extra burden. As addiction progresses, the addicted individual often develops interpersonal problems with co-workers, experiences mood swings and arguments that serve to increase job stress are common. If



Message from the President

Change is in the air...almost everywhere you look around the Caron Foundation you can witness change. On our Wernersville campus, we are in the midst of the Master Campus renovation and refurbishing plan. When we reach completion at the end of the year, 2002, approximately \$9.5M in facility improvements will have been invested in the Caron campus. The sole purpose of these renovations and additions is to facilitate the most effective delivery of Caron's life changing and saving treatment services.

In New York, where nearly 25% of Caron's patients have historically originated, a new strategic plan will help to dramatically increase Caron's presence and delivery of service to our alumni and friends in New York. Over the next six months, Caron plans to open an Intake and Admissions office that will provide a smoother transition for individuals from New York to access Caron's treatment services in Wernersville, PA. We will also implement a broad range of re-entry services to assist the New Yorker's return to their community. Those services will include case management, aftercare services, assistance in finding a local sponsor, daily meetings held at Caron Foundation and development of social activities in a recovery-oriented environment. While these services will be available for all of Caron's patients, the primary focus will be to assist adolescents and young adults with the very difficult transition from treatment back to their school environment.

Nationally, we are hoping that in the very near future you'll begin to see more about Caron in the media. We have taken a more aggressive approach in this area as well. We believe that Caron's services are vital, and yet, so many individuals and families in desperate need of what Caron has to offer are not aware of Caron or its life-saving and changing services. We believe that increased media exposure will help people in need find their way to Caron.

The most important and notable improvements continue to be those that are focused on the delivery of care to our patients. Some of these improvements include increasing the staff-to-patient ratio, providing additional staff and treatment during the evening and weekend hours and by increasing the length-of-stay for all of our residential programs. Providing our patients with easier access to professionals such as our two full-time physicians, four clinical psychologists, director of the women's program and a female member of the clergy are at the core of what Caron is all about. All of this adds up to providing the very best treatment for every one of the thousand-plus patients that will come to Caron seeking help during the year 2001.

Yes, change is all around us, and it will continue to be all around us, as we remain committed to the vision of our founders, Dick and Catherine Caron. Like them, we are always looking for new and more effective ways to help individuals and their families suffering from the disease of addiction.

Doug Tieman
President and CEO

Caron CHIT CHAT Chatter

is published by Caron Foundation

The Caron Foundation is a not-for-profit organization with a mission to provide an enlightened and caring treatment community in which those affected by the disease of addiction may begin a new life.

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Kenneth D. Gill, Jr.

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Caron Treatment Programs

Adult Services
Medical Services
Adolescent Center
Adolescent Extended Care
Center for Self Development

Men's Extended Care
Wernersville, PA
800-678-2332

Counseling Services
Wyomissing, PA
610-678-2332

Extended Care for Women
Mohnton, PA
610-777-1869

New York City Regional Office

New York, New York
212-949-6134

www.caron.org



The Campaign for Caron's Future ... Building on Success

The Campaign for Caron's Future, Caron Foundation's first major capital development initiative in over 10 years, is on track for success. Based on the positive momentum of the campaign, Caron's Board of Directors approved increasing the fund raising goal from \$6M to \$6.5M. To date, the campaign has raised over \$5.85 million.

The Campaign for Caron's Future national chairman, Hank Price, attributes the unprecedented success thus far to the way the campaign has been enthusiastically embraced by Caron's alumni,

friends and local community. "It is truly amazing to me how our alumni and friends have responded to the needs of the foundation," stated Mr. Price. "We went into this campaign with a sense of cautious optimism and we have been pleasantly surprised at the results. We wanted to raise our goal because we still have a number of unmet facility needs". Price noted that The Campaign for Caron's Future will continue through December 31, 2001. Price further noted that, "We want to reach out to all those who care about Caron's future. We are at a pivotal time in Caron's rich 40-plus year history. This is probably the foundation's most important undertaking and we want to extend our

reach to as many people as possible."

A number of campus projects have already been completed. These include, renovation of the dining room, the addition of the

young women's extended care house, as well as a new atrium entrance and elevator providing handicapped accessibility at the adolescent center. The new admissions and medical services center has recently been completed and opened in early March.

The campaign was bolstered by a \$1M challenge grant from an anonymous donor and a \$300,000 Challenge Grant from The Kresge Foundation. These grants have been instrumental in attracting and leveraging support from Caron's diverse constituency base. Doug Tieman, Caron's President and Chief Executive Officer, stated, "These challenge grants are extremely important. They not only enhance our ability to increase charitable support, but they also validate the ambitious objectives set forth in the master campus plan".



The newly added Young Women's Extended Care Facility



Caron Foundation Awarded Kresge Challenge Grant

The Caron Foundation has been awarded a \$300,000 challenge grant from The Kresge Foundation to benefit the "Campaign for Caron's Future." The money will be used as part of a national fundraising effort to

renovate and add new facilities to Caron's campus.

The Kresge Foundation, created by Sebastian S. Kresge in 1924 is an independent, private foundation that seeks to make

grants to institutions or organizations operating in the areas of higher education, health and long-term care, arts and humanities, human services, science and the environment, and public affairs.

R E C O V E R Y

TOOL BOX

During on-going recovery, many of us experience fluctuations in willingness. We start to feel better. Life becomes routine with work, meetings, family and friends. For many recovering individuals, this can be a high-risk time. Many of us begin to forget what brought us into recovery and why we needed to change our lives. As recovery brings us increased gifts/responsibilities, we forget to be vigilant, we forget to pray, meditate, be grateful and we return to our self-important lifestyles and self-centered way of thinking. For many in recovery, the good life can result in complacency.

Complacency can take different forms. You may simply lose your desire to practice any recovery skills or you may find yourself bored by 12-step meetings. You may simply find yourself too busy to attend meetings or spend time with recovering supports. Sometimes, we are unaware that our motives or priorities to recover have even changed.

If you find yourself in this dangerous pattern, there are some things that you can do to get back to the precious life that recovery offers you.

- If you find yourself bored, shake up your program by going to a different meeting, calling someone new, or taking on a service commitment.

- If time constraints are problematic, re-evaluate your priorities. Remember what it was like to be active in your addiction/codependency and how much time those behaviors consumed.

- Practice daily maintenance skills such as taking time to pray/meditate in the morning or make a call to a support person in the evening. It doesn't replace a meeting, but can keep you connected during a busy schedule.

- Attend a 12-step convention, a spiritual retreat, or a workshop to give your recovery some additional attention/energy. Activities such as these can really get you back on firm spiritual ground.

- Returning to therapy or asking for additional time/services from your therapist can also support you through difficult periods.

- Schedule some fun! Whether this means taking a vacation, going to the movies, playing Pictionary or going sledding, go out and do it! Laughter is

one of the most powerful healing energies we have available to us.

- Pay more attention to the pace and rhythm of your life. If the pace is too hectic, ask others who have more experience with recovery and balance, for suggestions. Sometimes there are simple time management tricks that elude us.

- Give yourself a break! This might be as simple as taking a few minutes in the middle of a busy day, to take a short walk outside or even just to step out of the workplace to take a few good, deep breaths.

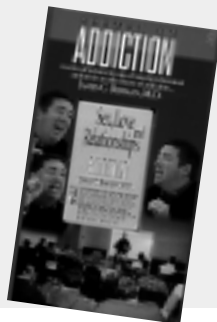
- If time allows, try something new such as a Yoga or exercise class. Join a gym or a baseball team or any other hobby you enjoy.

- Mostly, BE GENTLE AND PLAYFUL with yourself. You are your most precious commodity. There is no other like you. Treat yourself and the life that has been returned to you, as a miracle and a sacred event, for that is what you are, a sacred and most precious miracle in action.

Kate Dreisbach, CAC, CCS
Clinical Coordinator,
Women's Extended Care

Caron's Chief of Staff Shares Videos About Recovery

"Berman on Addiction" is the title of four videocassettes produced by Dr. James C. Berman, Chief of Staff. The series of lectures is meant to be a source of information and a resource for persons seeking access to appropriate treatment. Topics include "How to Manage Pain in Recovery", "The Neuro-Chemistry of Addiction", "Sex, Love and Relationships", and "Addiction and the Family". Videos may be ordered by calling 800-678-2332, ext. 3288.



Recovery Movement Alive in Pennsylvania

The Pennsylvania Recovery Organizations Alliance, Inc. (PRO-A), a statewide organization dedicated to reducing the stigma and discrimination associated with alcohol and drug addiction, attracted more than 300 people from across the state during its first statewide conference, co-sponsored by Caron Foundation, in September 2000. You can join PRO-A, and its 2,500 individual and organizational members, to educate the public that addiction is a treatable illness and millions of people achieve recovery. For more information, contact the PRO-A office at 888-664-7762.

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employers allow this to continue, not only will the addicted employee performance worsen, but companies will suffer as it risks losing “good” employees because they tire of carrying the extra workload.

Many companies have recognized their need to respond to addiction in the workplace and have developed either external or internal employee assistance programs (EAP). These services act to provide help and support to workers who are struggling with addiction. EAP's help employees find treatment without running the risk of losing their jobs. EAP's also can act as an objective third party and assist the employer and employee in developing positive problem-solving strategies that are directly related to job performance.

Another significant service available to companies is interventions. Interventions are professionally facilitated meetings that gather as many concerned parties as possible to objectively confront the addicted individual in a straightforward and compassionate manner. Employers can be pivotal members of such meetings. Without personal entanglement, the employer can speak strictly to the evidence of the substance abuse problem, as it has become evident in the workplace. Often this may be some of the most irrefutable evidence that the individual

What To Say To A Colleague Who Drinks Too Much

Todd Whitmer, senior executive officer at Caron, offers some suggestions to those who want to help a friend or co-worker avoid alcohol-related career suicide. They include:

- **If safety is in question, intervene.** Take the car keys, call a cab, or look your friend in the eye and ask him/her to leave with you.
- **Once he/she is sober, have a talk.** Be specific about what you observed without accusing. Use “I” language: express your feelings such as alarm, fear, or sadness; not what you think is happening to the other person.
- **Express your concern** for your colleague and offer to provide signals when you see inappropriate behavior coming on at the next company gathering.
- **Avoid the role of counselor.** You can certainly show compassion and express your concern. If your company has an employee assistance plan, steer your friend in that direction. If that resource is unavailable, suggest contacting an alcoholism information and treatment center.



will hear. Additionally, the employer can provide support for treatment and clearly outline company expectations. Interventions are highly effective when prepared and executed appropriately.

It takes a lot of foresight and courage to address addiction on all “fronts”. But the potential benefit is obvious – a life is saved. Families and businesses benefit as well, not only financially, but also from a decreased stress level in the work environment.

Whether you are a family member, friend, co-worker or employer, if you suspect that someone you know is suffering with an addiction, do your research and get help. Call an addictions therapist, an EAP, a professional interventionist, a school counselor or your clergy. Learn everything you can about what you can do – then speak out - addiction is everyone's business.

Caron Participates in Substance Abuse Parity Legislation

The important first steps in creating legislation that will change how health plans cover addiction treatment has been introduced by Senator Wellstone and Congressman Ramstad on March 22, 2001. This legislation will make addiction coverage equal to all other medical and surgical treatment conditions currently covered under private health insurance.

Prior to this legislation, addiction treatment insurance coverage was unequal to that of other diseases by having annual and lifetime caps, higher co-pays and deductibles, restricted visit limits, and random and often undisclosed criteria to determine whether treatment services were medically necessary. Seventy percent of Americans have private health care insurance, however those seeking treatment frequently cannot get adequate care because of these limits.

The Partnership for Recovery, of which Caron Foundation is a member, has long stressed that addiction is a chronic, relapsing brain disease that can be successfully treated through a balanced treatment strategy that includes behavioral, biological and social-context elements.

If made a bill, *Fairness in Treatment: The Drug and Alcohol Addiction Recovery Act of 2001* will prohibit discrimination by health plans who offer drug and alcohol addiction treatment services, but will not require that these be part of health benefits packages.

Twenty-three million Americans suffer from addiction, at a cost to the American public of \$400 billion per year in crime, health services, and deaths on highways. This new legislation, if passed, will immediately reduce the burdens placed on our communities AND save millions of lives.

Women Healing Conferences Bring Women and Recovery Together

Women Healing Conference Dates

Seattle, WA - September 28-29

Chicago, IL - Nov. 30 - Dec. 1

White Plains, NY - October 26-27

Forty percent of Americans who suffer from chemical dependency are women, yet only 25 percent who receive treatment are women. A woman who receives treatment for her addiction faces barriers such as social standards, childcare options, and the fact that women can hide their addiction more easily than men.

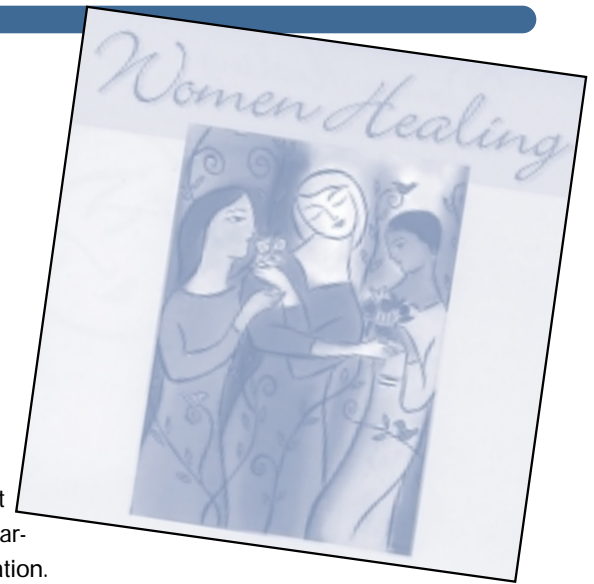
The Caron Foundation, in collaboration with Hazelden and Betty Ford, are presenting five conferences, to bring women and healing together. Through these two-day conferences, these three leaders in drug and alcohol addiction treatment are strengthening the idea that a support system is crucial to a woman's recovery. The conferences show women that getting the help they need is beneficial not only to themselves, but their families and friends as well.

During the conferences, women have the opportunity to learn from some of the nation's most respected clinicians and trainers, as well as celebrate recovery. The

conference is split into two days, the first looks at new advances in the field and targets professionals with a focus on education. By offering professionals, who work with women suffering from addiction, inspiration and education, each party will benefit physically, emotionally and spiritually. The second day celebrates recovery. Women from every stage of recovery are inspired, empowered and educated by simultaneously relaxing and growing in spirit. On this day, speakers present on subjects such as storytelling, spirituality and healing.

During both days of the conference, the resource fair is open. The resource fair offers a wide variety of books, products and services as well as community awareness exhibits. Speakers for both days will be available during the fair to participate in book signings and answer questions that might arise.

Five cities will, or have, hosted women healing conferences this year, including



Philadelphia, Palm Springs, CA, Seattle, WA, White Plains, NY, and Chicago, IL. As the conference travels across the country, nearly 5,000 women will have gathered to celebrate their growing resilience and self-discovery. For more information on the conferences, call the Caron Foundation at 800-678-2332, ext. 3402.

The theme of the Philadelphia conference held in March was **Restoring Connection**. The remaining conferences will apply a theme of **Passages to Recovery**. Marilyn Manson, Ph.D. is the keynote speaker at the Passages to Recovery conferences and will focus on how women react and the challenges they face while going through different stages of life. She will also discuss how those challenges can contribute to addiction.

Shame is the most commonly identified barrier to addiction treatment for women, according to a survey of nearly 200 women in recovery from addiction, and female counselors and therapists who attended the "Women Healing: Restoring Connection" conference, recently in Philadelphia.

Eighty-two percent of the women surveyed on barriers to treatment said the shame of admitting addiction is an obstacle. Owning up to family members is most difficult (60%), with telling the boss and co-workers a close second (55%).

Cost of treatment (75%), addiction denial (62%), lack of family support (57%), and fear of job loss (56%) were identified as the other major barriers to treatment.

The survey is the first in a series to be conducted at the women's conferences to learn and share more about women and addiction.

Shame is the Major Barrier to Addiction Treatment for Women

The survey also found significant differences between the responses of women in recovery and those of professional therapists. Therapists identified a longer list of barriers to treatment, and focused much more (86%) on childcare issues as an impediment than women in recovery (30%). They also identified cost of treatment as an obstacle (78%) more often than women in recovery (58%).

"Therapists may be overly concerned about child care issues and cost barriers," said Susan M. Gordon, Ph.D., Director of Research and Professional Training for the Caron Foundation. "Or they may have experience with women who are not in recovery because of these barriers."

The group surveyed was 30% women in recovery, 26% counselors, and 44% counselors who are also women in recovery.

New York Benefit - A Jazzy Event

On November 16, 2000, the Caron Foundation held its New York City fall benefit at B. B. King Blues Club. The evening honored two important figures in the world of jazz, George Wein, CEO of Festival Productions, a leading producer of jazz and musical festivals throughout the world and Bruce Lundvall, President of



Jazz and Classics, Capital Records, and President of Blue Note Records. Comedian Bill Cosby hosted the event that was chaired by Allen Arrow, Bill Preston and Shelly Shultz.

Following the dinner, there were musical performances by Bobby McFerrin and Cassandra Wilson.

*Above, Bruce Lundvall with comedian Bill Cosby.
Left, George Wein accepts award.*



Caron Redesigns Web Site for Easier Use

Among our newest features:

An online store – That's right. Now you can purchase limited Caron memorabilia without having to get in your car and make the drive to

Pennsylvania. Just click on the "Interactive Features" bar on the home page.

Bulletin Board – Want to contact other alumni in recovery? Then join the fun and start posting your questions and experiences by clicking on "Bulletin Board" under the "Interactive Features" bar on the home page. Be sure to register first and read our disclaimer before posting, as we want all interested parties to enjoy and benefit from this new interactive service.

Assessment Tools – Take a moment to breeze through our quick questionnaires

and we will help you or someone you love determine whether further assessment or treatment is recommended.

In addition to these special enhancements and additions, the Caron web site was recently awarded a Standard of Excellence Award for outstanding achievement in web site design.

The award was presented by the Web Marketing Association, which sponsored the 2000 WebAward Web Site Competition. Contest officials stated that our site "has good information architecture and a good, solid, user awareness. Navigationally, it's very clear."

We hope you enjoy the changes. Check out the site and email us with your comments.

Have you seen our new web site? Visit www.caron.org and you will discover a new look, new features and plenty of resources. The updated, streamlined look is quicker to navigate and easier to follow. It is also filled with the latest information about our programs and services, events and resources – all to maintain the best relationship we can with our patients, alumni and others interested in educating themselves about the disease of addiction.

Caron Foundation Names New Board Members

Jan Dinerstein, President of Dinerstein Group, an executive search group out of New York City, has been actively involved with Caron leadership for several years. As a member of the New York Leadership Council, Jan chaired the annual fund raising benefit in New York in 1999 which netted over \$420,000 and is co-chair of the New York City Development Committee. She was also actively involved with Caron's New York strategic planning committee and will serve on the Personnel Committee of the Caron Board.



Henry (Hank) Price, West Chester, PA, was active in various capacities in the drug and alcohol field for more than 25 years before his retirement. A compassionate and dedicated friend of Caron, Hank is the chairperson for The National Campaign for Caron's Future, which has already surpassed the \$6 Million mark, and has served on the development committee for the past two

years. Hank will continue to serve on the Development Committee of the Board. He and his wife, Kitty, have hosted several alumni and friend receptions in both Pennsylvania and Florida.

Kenneth D. Gill, Jr., Corporate Vice President at UtiliTech, Inc., has been re-elected for a third consecutive term as Chairman of Caron Foundation Board of Directors. Ken is the first alumnus to be named Chairman at Caron.



Caron Completes Heroin Research; Incorporates Treatment Protocol

In order to improve our ability to help the rising number of heroin-addicted patients, Caron initiated a number of research studies to learn about the needs of this population. The study, entitled "Heroin: Challenge for the 21st Century," provided a complex profile of the heroin-addicted patient.

This research conducted by Caron's Susan M. Gordon, Ph.D., Director of Research and Professional Training, found that patients admitted to the Caron Foundation often suffered from severe physical and psychological discomfort during detoxification, had chronic life-threatening diseases, and showed underlying psychological problems and social difficulties with interpersonal relationships. Patients also had histories of multi-drug use and chronic relapse. Both age and gender differences among the heroin-addicted patients were found.

Based on gathered data of our heroin-addicted patient population, along with an awareness that this is a multi-faceted disease that affects bio-psycho-social functioning, we reviewed and revised our treatment protocols to better treat all areas of this disease.

We also reviewed the issue of physical and psychological discomfort that patients experienced while in detoxification. These findings led our medical team to revise the heroin detoxification protocol. A review of the clinical charts of heroin-addicted patients who followed the revised detoxification protocol showed a decrease in the rate of patients who left treatment against medical advisement.

Through research and program development, treatment at the Caron Foundation has come a long way for the heroin-addicted patient. The treatment programs at Caron offer the heroin addict positive outcomes that can lead to a sober and productive life.

The report is available by calling 800-678-2332. Copies will also be available online at www.caron.org after May 1, 2001.

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2001

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San Francisco Bay Area, July 26-29
Scottsdale, October 24-28

For additional information visit
www.benfranklininstitute.com
or call 800-643-0797

FAMILY SERVICES RENAMED Center for Self Development

Congratulations Caron Foundation! The new "Center for Self Development" is an umbrella program that encompasses the Codependency Program (phase I and II) and Life Enrichment Workshops, as well as facilitating the Nicotine Cessation and Compulsive Eating programs, although considered addictive services.

Caron offers specialized experiential programs designed to treat

codependency issues, utilizing a variety of therapeutic techniques including guided imagery, Gestalt techniques, psychodrama and group therapy. Caron's Life Enrichment Workshops are designed to focus on specific needs throughout recovery. For more information and/or dates and locations, call the Center for Self Development at 800-678-2332, ext. 2400, or visit us at www.caron.org.

In Loving Memory of Richard D. Kelley

It was with tremendous sadness that Caron Foundation learned of the passing of Richard D. Kelley on the morning of January 19, 2001. Richard brought many gifts to his role as a therapist, not only to our clients, but to the staff as well. Perhaps one of Richard's greatest gifts to all who knew him was his life as an example of "balance in recovery." Richard loved life and he loved to laugh and his lively sense of humor helped each of us to remember the lighter side of life. At the same time, there was a gentle warmth about him that helped people to feel safe and supported in his presence – he made everyone feel welcome, valued

and equal. His compassion for the individuals under his care, as well as a high level of dedication to his work, were two of his greatest attributes. Richard had the wonderful ability to help people see and do what they "needed" to rather than just what they "wanted" to. He did this while treating them with dignity and fostering a person's belief in themselves and their ability to reclaim their personal power.

Richard Kelley will be missed by all whose lives he touched. He gave unselfishly of himself to help others on the road to recovery. He was a very special man and will be remembered in our hearts. To honor



his memory, the Caron Foundation has established a scholarship fund in his name. This fund will help individuals and families get the treatment they so desperately need. Contributions may be made to the Caron Foundation's *Richard D. Kelley Memorial Fund*.

Huyett Hall Named



On September 24, 2000, the Chit Chat Farms building was officially dedicated and renamed Huyett Hall, in recognition of the late Judge Daniel H. Huyett, 3rd. Shown here from left are John J. Duffy, Esq. and Board Member, children Daniel B. Huyett, Esq., Christina H. Kelso, Cathy H. Whitaker and the late judge's sister, Virginia H. Britton.

Tree Planted in Honor of Alumnus

On September 29, 2000, Caron Foundation planted a tree in honor of Mr. and Mrs. John N. Rodgers,

longtime advocates, friends and supporters of Caron. The tree symbolizes the devotion and commitment to their marriage in recovery.





Alumni Reunion Information
You're Invited

**Caron Annual Reunion
 Saturday, June 23, 2001**

Caron Foundation, Main Campus
 Wernersville, PA
 1:00 p.m.

Speaker: Father Martin
 Entertainment: MC Wendy Caplan

For a brochure to register
 call 800-678-2332, ext. 2110.

THIS IS YOUR ONLY NOTICE!

Alumni & Friends
We need you!!!

Send us your favorite recipes to be
 compiled in a special cookbook.

The proceeds of the sales
 will go towards the
 Helen Fecho Memorial Fund for the
 Rose Kearney House

Please submit your recipes to:

Alumni Office
 Caron Foundation
 Box 150, Galen Hall Road
 Wernersville, PA 19565-0150
 800-678-2332 ext. 2110
 e-mail Mdunkle@CaronFoundation.org



**Alumni Contacts Needed
 for New Graduates**



You can help new Caron graduates by becoming a contact person when they return home. New alumni will appreciate receiving information about local 12-Step meetings and hearing your experience, strength and hope for recovery.

If you are willing to be a contact please complete and return this form to: **Sarah Farcy, Caron Foundation, Galen Hall Road, Box 150, Wernersville, PA 19565-0150**

I would like to be a contact for:

- Chit Chat Farms (Adult Rehab) AA NA
 Caron Adolescent Center (Rehab) AA NA
 Caron Center for Self Development (ACOA, codependency) AI-Anon CODA ACOA

Minimum 1 year sobriety required to become a contact

I give Caron Foundation permission to release my name to other alumni to be used as a contact in their area (please print)

 Name

 Address

 City State Zip

 Phone (Day) (Evening)

 Email

 Program attended Discharge Date

 Signature

Caron Foundation

Regional Support Groups, Events & Workshops

NEW YORK CITY

Caron Alumni Workshop

When: Every Tuesday at 7:30 p.m.

Where: New York Regional Office
130 E. 40th St., Ste. 1201

Cost: \$5 Contribution
No need to pre-register

Psychodrama/Experiential Workshops

When: 2nd Friday of each month
6:00 - 9:00 p.m.

Where: Christ Church United Methodist
60th & Park Avenue

Cost: \$20 per person upon arrival
No need to pre-register

Topics: May 11, 2001 - *"Claiming and Owning
Your Resilient Qualities"*
June 8, 2001 - *"Father Dramas,
What Went Unsaid"*

BUFFALO

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's treatment programs meets on the first Wednesday of every month from 7:00 to 8:30 p.m. at Unitarian Universalist Church, 6320 Main Street, Williamsville, NY.

ORANGE COUNTY

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's 5-day treatment programs meets every 2nd Sunday of the month from 3:00 to 4:00 p.m. at the Gather Inn, Goshen, NY.

HARRISBURG

Caron Alumni & Friends Chapter Meetings

When: 2nd Wednesday of each month
6:30 - 8:00 p.m.

Where: Community United Methodist Church
16th & Bridge Streets
New Cumberland, PA

Purpose: Networking, fellowship and planning activities.

Harrisburg Serenity Breakfast

When: May 12, 2001
9:00 am - 12:00 noon

Where: Grace United Methodist Church
313 Herman Avenue, Lemoyne, PA

Cost: \$10
Sponsored by: Harrisburg Alumni & Friends Chapter

BALTIMORE/WASHINGTON D.C.

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's 5-day treatment programs meets every Saturday at 10:30 a.m. at the Dupont Circle Club (next to Melody Records), 1623 Connecticut Avenue, N.W., 3rd Floor. Dial #300 on the intercom to gain entry.

MICHIGAN

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's 5-day treatment programs meet every other Monday night from 7:00 to 9:00 p.m. at 124 Cass Street (upstairs), Traverse City, MI

FALLS CHURCH

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's treatment programs meets every Monday at 7:30 p.m. at Columbia Baptist Church, Room 317, located at the corner of Washington Street and West Columbia.

FT. PIERCE, FLORIDA

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's 5-day treatment programs meets every 3rd Sunday of the month from 3:30 - 5:00 p.m. (starting February 18, 2001). The address is 3661 Seminole Road, Ft. Pierce, FL. (between Vero Beach and Fort Pierce).

AUGUSTINE, FLORIDA

Caron Support Group

A Caron Alumni Support Group for graduates from any of Caron's 5-day treatment programs meets on the first Monday of each month at 6:30 p.m. at the Trinity Episcopal Church on the corner of King and St. George Streets, St Augustine, FL.

SPECIAL EVENTS 2001

Caron Alumni & Friends Reunion

When: June 23, 2001

Speaker: Father Martin

See invitation on page 10

Soberstock 2001

When: July 14th, 2001

Where: Pat Garrett's Amphitheater
Exit 7 Rte 78 Strausstown, PA

Sponsored by Easy Does It

For tickets or more information call 610-693-5177 or 610-678-2332, ext. 2110

Caron Chapel Services

When: Sunday mornings

Where: Chapel in Villa Building
8:30 a.m. Early recovery/primary
Father Bill Hultberg

11:00 a.m. Advanced recovery/co-dependency
Reverend Charles Beem or
Reverend Robert Lucas

Ministers subject to change due to vacations etc.

Weekend Programs At Caron Center For Self Development

Fall 2001

HOW TO REGISTER

BY PHONE
800-678-2332
Ext. 2400

ONLINE @
www.caron.org

REFUND/ CANCELLATION POLICY:
Cancellations will be accepted and refunds made when requested in writing 7 business days prior to workshop, less a \$50 administrative fee. No refunds will be made for cancellations received less than 7 business days prior to the workshop. Fees are transferable with immediate reschedule of workshop.

CONFIRMATION:
A confirmation letter will be sent. Registration must be received 2 weeks prior to workshop – **NO EXCEPTIONS!**

QUESTIONS?
Please call
800-678-2332,
ext. 2400.

Relationship Healing for Couples

This weekend workshop is designed for couples where one or both partners are in some form of recovery. As couples in recovery begin the healing process, the intensity of intimacy can trigger unresolved wounds of the past. This workshop will help couples develop skills needed to resolve painful relationship dynamics and gain insight into historical issues that may be getting recreated in your present day relationship.

By participating in this workshop, you will be able to:

- identify relationship dynamics that become problematic in partnerships.
- build communication skills and empathy.
- develop the concept that a relationship is its own entity that requires sustenance and nurturing.

Facilitators – Christopher Stamp, ASAC, PP, is an alcoholism and substance abuse counselor and a psychodrama practitioner trained at The Psychodrama Institute of New York and The Hudson Valley Psychodrama Institute. He facilitates a weekly men's group at Freedom Institute and at Arms Acres Outpatient Clinic in New York City. Chris works part-time at NCS in Manhattan as a case manager and counselor. His prior career was in music and film.

Susan Powers, PhD, has a private practice for over 20 years in Greenwich Village and Sag Harbor, New York. She has her doctorate in Clinical Psychology from Fordham University. Susan is trained in Gestalt Psychotherapy and the Rubenfeld Synergy Method. In addition she trained with Sharon Wegscheider-Cruse in chemical dependency and codependency treatment, and with Tian Dayton in psychodrama.

LOCATION: Caron Center for Self Development, Wernersville, PA

COST: \$545 per couple

Includes double occupancy accommodations, all meals on Saturday, breakfast and lunch on Sunday

DATES: September 21-23, 2001 – Friday 7pm - Sunday 2pm

Anger – Taming the Wild Beast

Those of us who grew up with trauma and addiction often have problems with anger later in life. Sudden angry outbursts, cynicism, passive aggression, control and manipulation can all be manifestations of unresolved issues of grief and trauma. Anger, in each of these forms, can eat away at our own insides and the infrastructure of relationships at home or at work. Through the use of experiential techniques, this weekend workshop will allow participants to work with the anger stored in your body and provide an opportunity for expression of feelings.

By participating in this workshop, you will be able to:

- learn to separate past from present anger.
- experientially explore anger related to unresolved trauma and grief issues.
- learn anger management skills and prevention techniques.

Facilitators – Phoebe Atkinson, MSW, CSW, CP, has a private practice in New York City specializing in 12-Step recovery and ACOA issues and often consults in business settings using socio-drama for conflict resolution and communication skills. In addition, she is a staff psychodramatist at Four Winds Psychiatric Hospital in Westchester, NY. Phoebe also facilitates codependency psychodrama groups at Inter-Care (a Betty Ford Provider) as well as The Sexual Addiction Treatment and Training Institute.

Gil Vasquez, CET I, CASAC, has worked in the addictions field for seven years in detox, rehab, partial hospitalization and outpatient settings. He is currently a counselor at Hazelden New York. In addition, he co-facilitates a men's psychodrama and an art therapy group, and sees clients for individual therapy at the Sexual Addiction Treatment and Training Institute. Gil's primary psychodrama trainer is Tian Dayton, PhD, TEP, and he is currently in a training group with Louise Lipman, CSW, TEP.

LOCATION: Caron Center for Self Development, Wernersville, PA

COST: \$295 per person

Includes Double occupancy accommodations, all meals on Saturday, breakfast and lunch on Sunday

DATES: October 19-21, 2001 – Friday 7pm - Sunday 2pm

Self-Exploration with Horses

Equine facilitated therapy is a safe, spiritual, emotional and physical working relationship with horses for mutual learning. The pairing of horses and humans results in making discoveries about unconscious aspects of one's true self. This weekend workshop will help participants develop self-confidence and personal empowerment as well as recognize behaviors that may be blocking potential for healthy relationships.

By participating in this workshop, you will be able to:

- develop and strengthen your ability to establish and maintain boundaries.
- understand and work through fears in your daily life.
- develop a spiritual awareness as to how we are all inter-related in the universe.

No horseback riding will be undertaken. Bring casual clothing appropriate for the weather.

Facilitator – David H. Russell has 20 years experience in the behavior health field and five years experience in equine facilitated therapy. David has a private practice in Camp Hill, PA.

LOCATION: Caron Center for Self Development, Wernersville, PA

COST: \$295 per person

Includes double occupancy accommodations, all meals on Saturday, breakfast and lunch on Sunday

DATES: November 9-11, 2001 – Friday 7pm - Sunday 2pm

ONE-DAY RECOVERY WORKSHOPS
will be offered at various locations.
For more information, visit www.caron.org or
call the Center for Self Development
800-678-2332, ext. 2400.