

LITTLE HILL FOUNDATION



alinalodge.org • haleyhousewomen.org • northwarrencounselingcenter.org

SPRING 2019



William Robbins, LCSW
Executive Director

Message from the Executive Director

I must say I have spent a lot of time lately thinking about both our founder, Mrs. Geraldine Delaney and our most recent Executive Director, Michael Hornstein. As I embark on my own stewardship of Little Hill Foundation and work with our Board of Trustees to create a vision of our future, I inevitably keep returning to our past. I recently had the opportunity to sit down with Renee Harman, our Director of Development, and peruse a stack of old photos of our campus and the women and men that embarked on the journey of developing Alina Lodge. I have listened to our Clinical Director, Gerry Gunnels, a clinician here for over 35 years, tirelessly teach our clinical staff about the principles of recovery that Mrs. Delaney espoused. I have watched Michael, at over 80 years old, find the balance between focusing on the clinical needs of the students at Alina Lodge and the philanthropic and fiduciary needs of the organization at large. I have learned about the scarcity of quality sober living homes for women that led to the building of Haley House in 2007 as well as our local community's needs for quality mental health and addiction treatment that led to the creation of North Warren Counseling Center in 2018. And lastly, I have spoken to the men and women that have returned to our spiritual grounds here at Alina Lodge to celebrate their sobriety from their 1st year up to their 45th. We have a rich history indeed.

Yet, some may speak of Alina Lodge as antiquated, out of touch or old, as if our history in helping thousands of men and women get sober is simply that...history. They may suggest that these "old" principles of acceptance, commitment, gratitude, humility, surrender, and willingness are no longer applicable. I reject that perspective. I believe that these spiritual principles remain the very foundation of sobriety and it is what we focus on in treatment every day. Our history, our time, our experience makes us unique and highly effective.

Time has allowed us the opportunity to gain expertise. Time allows our men and women the opportunity for their brain to begin to heal from the cunning and baffling disease of addiction. Time allows for emotional vulnerability. Time allows for the development of spiritual growth. Time allows for a true authentic self to emerge. Time allows for experience and a treatment approach that works. If you need help, please reach out. We are here for you. After all, it's about time.

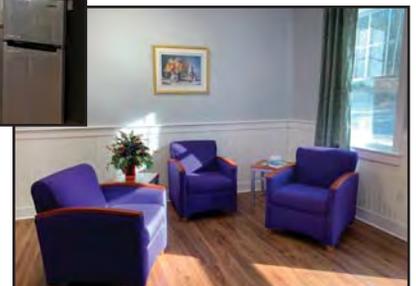
With love and respect,

Bill

Noble Women's Center Project - COMPLETED!

We are so happy to report that the long-awaited addition to the Noble Women's Center has been completed and opened for use in early February. The addition offers 2 bedrooms with handicapped accessible bathrooms, a large group room with kitchenette and a spacious recreation room with plenty of storage for supplies. The entire building now encompasses a total of 12 bedrooms.

All of us at Alina Lodge would like to thank our very gracious and generous donors who helped make this dream become a reality. You have enabled us to give 24 women a very comfortable and spacious place to call home during their stay with us. Thank you.



2019 GRATITUDE PICNIC

Alina Lodge Goes

HOLLYWOOD

We are so excited to announce this year's Gratitude Picnic will be held on Saturday, June 8th from 12pm to 4pm. Our guest speaker will be **James Wahlberg**. James is the Executive Director of the Mark Wahlberg Youth Foundation and Founder and CEO of Wahl St. Productions. He will share his powerful story with us. James directed the film "The Circle of Addiction". We are honored to have him as our speaker and hope that you all can save the date and join us for a fun and inspiring day!

Our 2019 Picnic Committee has been hard at work planning all the details. The day begins with hors d'oeuvre hour in the Chapel at 12pm. This will be a family friendly event with lots of fun activities for the children under the "kid's tent". So bring your spouse, your parents, your children, your sponsor and friends. Spend the day with us, walk the grounds and enjoy!

Admission to the picnic is free, however, we are strongly requesting RSVP's so we can be prepared. Alina Lodge, Haley House and North Warren Counseling Center remain not-for-profit organizations with some of the lowest rates in the country. The way we are able to do this is with the help of the many people who support our mission with a donation. The Picnic, while free of charge, is the major fundraiser for the Scholarship Fund. Please consider supporting these special places with a Sponsorship or a Journal Ad. 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.

This is not just a fundraiser - it is a celebration of life in recovery. Join us and be a shining example to our current students that they too can live a happy life in sobriety. That is what is at the heart of this event. Let the 'hope' shine through you.

Want to be more involved? You can be! Attend the Picnic or volunteer at the event, buy a raffle ticket or include a special message in the ad journal. By doing any one of these things, you will be supporting the Scholarship Fund. For more information about the Picnic Committee or volunteering at the event, please call 800-575-6343 and ask for me. I hope to see you on June 8th!

With Gratitude,
Renee Harman



2019 Gratitude Picnic Committee

CHAIRPERSON

Erica Norris

COMMITTEE MEMBERS

Steve Berkowitz
Andrea Brancato
Catherine Clarke
Ally Christie
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Annie Johnson
Cheryl Klobe
Kelly Lambert

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Erin Peña
Liz Shaw
Calvin Sierra
Jody Sydow
Molly Tomkins

JAMES WAHLBERG FOUNDER AND CEO WAHLST PRODUCTIONS WWW.WAHLST.COM

Wahlberg has been working in the field of media production for more than 20 years and brings a wealth of creativity and expertise to Wahl St. Productions projects and clients. From pre-production to post-production; to marketing a film or project once it's ready for release, Wahlberg works with clients and the Wahl St. team to ensure first-class productions that accomplish client goals and objectives.

Wahlberg has co-written, co-produced and co-directed many films, including *If Only* and *A Different Kind of Tears*, two of Wahl St.'s most recent productions that were created to shine a light on the nation's opioid epidemic. He has traveled from coast to coast showing *If Only* to hundreds of thousands of young people, educators, parents, community leaders and others to create a meaningful dialogue about substance use disorder and treatment.

The middle child in the famous family of nine siblings, Wahlberg has been Executive Director of the Mark Wahlberg Youth Foundation since its inception more than a decade ago. He is an advocate for substance use disorder treatment, an active member of the Catholic community, a devoted husband and father to three children.

2019 PICNIC RAFFLE!!

3 Fantastic Prizes

- 1st Prize \$2,500 Visa Gift Card
- 2nd Prize \$ 300 Ticket Master Gift Card
- 3rd Prize \$ 200 Gift Card to Ruth's Chris Steak House

Only \$100 each!

Tickets may be purchased by calling Renee Harman at 800-575-6343

with Visa, MC, AMEX or Discover card.

Or order online (be sure to write raffle ticket in the reference section) www.littlehillfoundation.org

All proceeds support the life-saving mission of Little Hill Foundation.

Only 400 tickets will be sold!

Passing on the Hope – you can help!



Laurie Andrysiak
Alumni Coordinator

Have you considered writing a testimonial for Alina Lodge or Haley House? Nothing demonstrates how well these programs work as a testimonial from an alumni. What comes from the heart goes to the heart and it can only come from an alum. These quotes and stories have the greatest impact on our community – what words of hope would you send to someone who is struggling today?

When you share your feelings about the time you spent at Alina Lodge and Haley House it projects what people can hope to gain if they take the time to recover.

Your testimonial can be anything you want, as long as you want. Inspire someone to live a life of recovery with your words. We use them on the website, newsletter articles, quotes here and there. If you would like to do this, please email me at lauriea@alinalodge.org and sign it the way you are comfortable with having it published. You can use your initials, first name last initial, or sign it as Alum from 1980 (year discharged). It is a nice way to pass on the hope though!

To all of you that sent holiday cards and notes to the staff it means the world to us. We are so grateful you are doing well, leading happy sober lives. The reason we come to work each day is to help others. We get to see miracles happen ... people change, they get new lives, they continue their education, go for careers they only dreamed of, meet new people, have significant fulfilling relationships and come back and tell us all about it at our Gratitude Picnic. Which, by the way, is June 8th! It's the one day of the year that the entire staff is here on the campus and is looking forward to you coming back to visit! Mark your calendars. Stop by and enjoy the day with us as we celebrate each other, the precious gift of sobriety, the work put forth and the promises coming true!

If you would like to be a part of the fun upcoming events at Alina Lodge, please contact me! We are always looking for volunteers to help with the Gratitude Picnic in June, the Up, Up and Away 5K in October, speaking commitments and much more. Just call the main number 908-362-6114 and ask for Laurie in the Alumni Department, I'm looking forward to hearing from you.

ANNIVERSARIES Celebrated at Alina Lodge

NOVEMBER		Barbara C.	14 Years
Zeki U.	1 Year	Robert P.	35 Years
Kelly L.	7 Years	Michael N.	35 Years
Stuart M.	11 Years		
DECEMBER		JANUARY	
Bob B.	40 Years	Jimmy W.	1 year
Al H.	42 Years	Wendell G.	14 Years
		Sue U.	4 Years

Alina Lodge Alumni Story – 'The Greatest Blessing.'

I had serious legal challenges when I arrived at Alina Lodge, my family was devastated. I was broken, lost and still stubbornly clutching onto a delusional reality. I wasn't entirely convinced that I wanted to be sober from all substances, or that I was even capable of such a feat.

But things changed for me in a big way at Alina Lodge. It didn't take long for me to recognize that the primary difference between Alina Lodge and my previous treatment center was in the way I was treated by the staff and clinical team; I wasn't expecting such sincerity and respect, I wasn't even sure if I deserved it.

The Lodge nurtured the atmosphere that enabled me to safely dig deep and follow the terrifying path of self-discovery. Along the way a sense of willingness developed, wherein I was finally able to accept my situation and appreciate the opportunity I was given – the opportunity to embark on recovery in such a safe and loving environment.

It was here where I experienced my first bouts of laughter and joy in sobriety, where I saw glimpses of a stable, peaceful future. While my stay at the Lodge was undoubtedly one of the most challenging periods of my life, it was ultimately the greatest blessing.

Yasmin ♥

Pathway of Hope

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.

If you would like to engrave a brick on the Pathway of Hope, please call the Development Office at 800-575-6343.



News from Haley House

The Enneagram as a Tool for Relapse Prevention

One of our programs that I am most excited about at Haley House is our Enneagram Group. You may be asking "What is the Enneagram?" First, I would like to tell you more about the "why" behind our using the Enneagram as a tool for relapse prevention.



Jackie Ré
Director of Haley House

- The Enneagram is an instrument of spiritual formation
- It is compatible with 12-step recovery principles
- It is non-pejorative
- Enneagram work is empowering and transformational
- It is a very self-engaging process, which leads to greater motivation to change

Now for the "What?"

- The Enneagram is an ancient symbol that dates back over 2,500 years; it was originally used at the cosmic level and involves mathematical and complex formulas regarding the unfolding of the universe and its cosmic laws; the laws of One, Three and Seven concerning the universality of creation, the law of creation, and the law of maintenance respectively.
- In more recent decades, the Enneagram has been used as a personality map. It describes nine different ways that people interact with the world.
- It is a powerful tool for change because it unites many psychological insights with spiritual and contemplative components.



At Haley House, we have a weekly Enneagram group that provides the residents with a model to help them understand underlying motivations and patterns of interactions. Growth occurs as each resident develops her "inner observer," practices awareness and finds new possibilities for action. The Enneagram serves as empowerment to become invested in the change process and is a catalyst for 12-step spiritual growth.



A story from Haley House alum "Unclenching My Fists"

I came to Haley House in March 2013 fresh out of a 28-day treatment center. It was the longest period that I had ever been separated from alcohol since I took my first drink. I had progressed from drinking at every opportunity to drinking every day and could not imagine a life without it. In order to drink I slowly gave up all that was once important to me and was barely a shadow of the person I had once been or wanted to be. But I could not stop. Even when I had every intention of saying goodbye to alcohol, I might stay dry for a few days only to end up drunker than ever. I could no longer live with alcohol, but I couldn't live without it and I was almost certain that I couldn't endure the struggle for much longer.

Thankfully I was nudged into a treatment center, and I went forward with the attitude that I'd give what they said a shot, and if it didn't work, I could always go back to my desolation. But they gave me hope, and at the end of my stay it was suggested that I go to Haley House.

I arrived fearful, angry, and petrified of drinking again, yet I did not want to change. But they provided me with guidance, and as my fists slowly unclenched, I became more willing to accept that direction. At Haley I was taught to, and given the gift of, focusing on recovery first (even though I tried to concentrate on everything else). When I was getting ready to move out into my own apartment it was encouraged that I remain in the area and staying close was truly heartening. I can still remember my counselor saying, "As long as you don't drink, there's nothing we can't help you get through."

Today I have a sponsor who I do step work with, am an active member of my home group, and have wonderful friends, all of which are a result of the direction and encouragement I received at Haley House. I get to be a student, am employable, and I also get to be a member of my family again. I get to be present for life today, and to know happiness and freedom from the commands of alcohol. This new life unfolded at Haley House as they took me in and showed me how to live.

Kim P.
HH Alum

Save the Dates!

Tuesday, April 9th
SPRING LUNCHEON

Friday, May 3rd
SPRING CONFERENCE
Offering 6 CEU's

Thursday, May 16th
MINNESOTA ALUMNI GATHERING

Saturday, June 8th
GRATITUDE PICNIC

Saturday, October 19th
UP, UP & AWAY 5K

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



North Warren Counseling Center



BluJean Casey,
MA, LAC, NCC

What is Mindfulness?

BluJean is a Primary Counselor at North Warren Counseling Center who provides treatment for those with mental health and substance use disorders. BluJean's background focuses in trauma-informed care utilizing Mindfulness and Cognitive Behavioral Techniques.

What is mindfulness and how do you practice it?

Mindfulness is a term used to describe a way of responding to stress that allows you to get out of old mental patterns which worsen stress and decrease problem solving. Mindfulness is a tool that is beneficial for people struggling with mental health and substance use disorders, but it is just as useful for everyday stressors. Practicing mindfulness means increasing your awareness of the present moment without judgement.

Here is a quick exercise: sit in a safe, quiet space and close your eyes. Notice the sounds you hear – maybe your breath, the heat blowing, or sounds from the street. Notice what you can smell and feel – maybe the chair beneath you or the smell of the air freshener. Notice where you are holding tension in your body, and check-in with yourself emotionally – what mood are you in? If thoughts come to you, simply notice them as if you are waving to a friend then let them pass by. Try not to make judgements about your thoughts or feelings being "bad" or "good." Instead just notice them.

One of the most important aspects of mindfulness is the choice to refrain from judgement, which decreases our emotional reactivity to our thoughts.

There are a few of reasons why mindfulness is helpful for stress. The first is that it is a way to take up space leaving less mental room for ruminating or worry. Second, becoming more aware of your own physical and emotional statuses can help you to better identify your needs for early stress relief intervention, which reduces the risk of mounting stress and emotional burnout. Third, mindfulness is a practice which allows you to separate thoughts from emotions to help slow down your emotional reactions, so that you can respond to life with thoughtfulness and purpose.

Segal, Z., Williams, M., Teasdale, J. (2013). *Mindfulness-based cognitive therapy for depression* (2nd ed). New York, NY: The Guilford Press.

You are invited to join



ALINA LODGE RECOVERY STONES

For more information and to learn how to get started, search for us in Facebook Groups or visit www.AlinaLodgeRecoveryStones.com



**ONE KIND WORD CAN CHANGE
SOMEONE'S ENTIRE DAY!**



Help us spread a positive message through the world one word or phrase at a time while bringing positive attention to Alina Lodge.

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SAVE THE DATE

ALINA LODGE GOES
HOLLYWOOD

ANNUAL GRATITUDE PICNIC
SATURDAY ■ JUNE 8TH ■ 2019

12pm – 4pm

Announcing special speaker:
James Wahlberg
Executive Director, Mark Wahlberg Youth Foundation

Family Friendly Event

All proceeds to benefit the Scholarship Fund
for Alina Lodge and Haley House

On the grounds of Alina Lodge
61 Ward Road, P.O. Box G, Blirstown, NJ 07825
800.575.6343
www.LittleHillFoundation.org

ALINA LODGE

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