



AdCare Alliance

ADCARE HOSPITAL ALUMNI NEWSLETTER | JUNE/JULY 2016

Getting Back to Basics with Wally P.

AA Historian and Author Presents at AdCare Rhode Island

■ AdCare alumni, staff, and patients enjoyed fellowship, food, and an evening with Back to the Basics of Recovery author, Wally P. A prominent AA historian, Wally P. is the originator of the Back to Basics Beginners' Meetings that were so successful in the 1940's and 1950's, producing a 50-75% recovery rate. "It's all about saving lives" said Wally P., "by getting back to the basics of recovery and preventing relapse."

Wally took folks at AdCare Rhode Island through the Twelve Steps of AA in 72 minutes on Friday, May 20th. "It's especially important for newcomers to take the Twelve Steps quickly and often," said Wally, who referenced words such as "next," "at once," "immediately," and "we waste no time" that are used in "The Big Book" to describe taking Steps One through Nine.

Wally focused on three concepts of the "original" AA program that are often overlooked today. They are: (1) the verbal Fourth Step Inventory, (2) the expanded Ninth Step that includes forgiveness, as well as restitution, and (3) the written Eleventh Step (Prayer and Meditation). He demonstrated how to make a verbal Fourth Step Inventory quickly and often by using an assets and liabilities checklist from the "Big Book".

Assets and Liabilities Checklist for Fourth Step Inventory

Liabilities

Watch for –
Resentment
Fear
Selfishness
Dishonesty
False Pride
Jealousy
Envy
Laziness

Assets

Strive for –
Forgiveness
Faith
Unselfishness
Honesty
Humility
Trust
Contentment
Action

Wally P. Lectures on the Early Days of AA at Worcester Historical Museum

An audience of AdCare alumni, friends, and staff gathered at the Worcester Historical Museum on Saturday, May 21st, to hear a lecture by Wally P. on AA in the 1940's and Why it Worked. In addition to getting the newcomer to Step Twelve quickly, Wally emphasized the role of the sponsor as "a spiritual guide or closed-mouthed, understanding friend."

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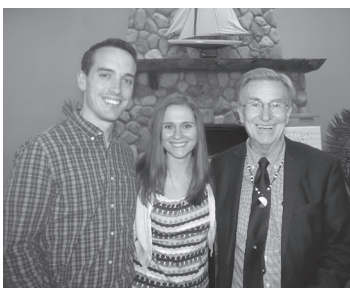
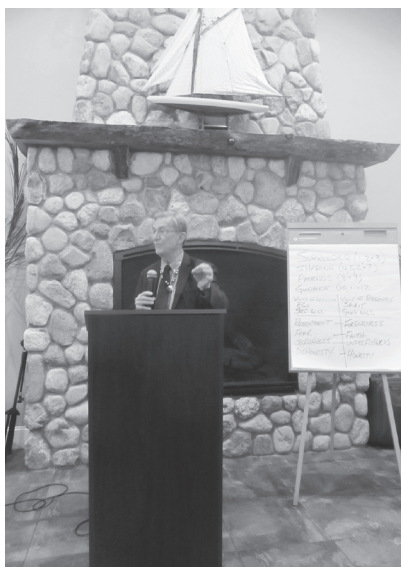
Carrying the Message

"It was fun for a while until I crossed the line"

■ I started drinking when I was 18 and my drinking progressed until the age of 51. I didn't have the courage for social interactions and felt I needed to drink. It was fun for a while until I crossed the line in my early forties. I lost a lot — a couple of homes, jobs, the respect of my daughter, and time — a lot of time.

I was admitted to AdCare repeatedly. The last time I was admitted, I decided to get special one-on-one counseling. "I guess I was sick and tired of being sick and tired, so I put down the drink." Since I've stopped drinking, my life has steadily improved. I've been able to realize my lifelong dream of buying a horse. I've purchased a home and work at a good job. My relationship with my daughter has improved as well. I'm a grandmother and enjoy spending time with my grandchildren. I especially enjoy giving my grandson horseback riding lessons. If I were still drinking, I wouldn't be a part of their lives or have a horse to enjoy and share with others!

I lead a happy life — waking up each day feeling clear, good, and strong. I talk to God each night and am grateful for the many blessings in my life today.



What Are YOU Grateful For?

- 1 _____
- 2 _____
- 3 _____
- 4 _____

For Friends and Family ...

THERE'S HELP FOR YOU AND YOUR FAMILY

■ My husband Joe B. has an addiction to alcohol — recently he was admitted to AdCare Hospital in Worcester, Massachusetts for detox.

Five days later he came home and the next day started the Intensive Outpatient Program at AdCare Outpatient Services in North Dartmouth. Joe attends classes faithfully and enjoys the knowledge the staff has to offer. He now has a purpose in life. It's as if he has a job to go to every day and he can't wait to tell me about his day and what he has learned and the people he has met. The staff at AdCare are friendly, concerned about their clients, and want to help.

On Wednesday evenings we attend meetings together to try to understand what we are going through as a couple dealing with his addiction. The staff does a good job getting everyone to participate. It also helps to understand that others have some of the same issues and are able to talk about them. My husband likes the meetings and is attending his second round of classes. Come and visit a class!

“ On Wednesday evenings we attend meetings together to try to understand what we are going through as a couple dealing with his addiction. ”



FAMILY AND FRIENDS INFORMATIONAL PROGRAMS

AdCare's complimentary Family Programs are designed to educate loved ones about substance use and provide support for family members. Family Programs are open to anyone concerned with the substance use of a family member or friend.

AdCare Boston Outpatient

1st & 3rd Wednesday of the month, 6:30 PM

AdCare Quincy Outpatient

1st & 3rd Thursday of the month, 6:00 PM

AdCare North Dartmouth Outpatient

2nd & 4th Wednesday of the month, 6:00 PM

AdCare West Springfield Outpatient

2nd & 4th Wednesday of the month, 6:00 PM

AdCare Worcester Outpatient

2nd Wednesday of the month, 5:00 PM
4th Wednesday of the month, 6:00 PM

AdCare Warwick RI Outpatient

2nd & 4th Tuesday of the month, 6:30 PM

AdCare Hospital

Family and Friends Support Group
Every Thursday at 6:30 PM

AdCare Rhode Island

1st & 3rd Wednesday of the month, 6:00 PM

“Accept hardship as the pathway to peace.” — Serenity Prayer (second half)

■ Suffering is a truth of life. We all experience suffering whether or not we are sober. Don't expect that everything is going to go smoothly or be easy to accept. If you expect tough times, you will not be shocked when they inevitably arrive. You will not be thrust into a horrible pity party.

The wonderful thing is that you don't have to make tough times worse than they already are. If you follow the path of your recovery program, you will experience tough times without making them worse by having a bad, ungrateful attitude. You will survive and you will eventually know peace. As the second half of the Serenity Prayer reminds us: “Accept hardship as the pathway to peace...Take this imperfect world as it is, not as you would have it be...Trust that by surrendering your will to your Higher Power, God will make all things right so that you may be reasonably happy in this life and supremely happy with God in the next.” This will help you stay sober and not make tough times worse.

Expect suffering as a part of life, not as some injustice that is shocking and wrong. Expect suffering even if you are practicing a good recovery program. Stick faithfully to your recovery program and you will not make tough times worse and eventually you will know peace. Never abandon your program of recovery and your faith that it will work.

AdCare Worcester Alumni Committee Is Off and Running

■ Chosen by Jane Jolly, Director of Outpatient Operations, for their solid commitment to recovery and AdCare Outpatient Services, members of the AdCare Worcester Alumni Committee met for the first time in May. The Committee has been tasked with brainstorming fun quarterly events for alumni. Suggestions include outings, musical performances, special speaker presentations, and recovery walks! For more information about AdCare's Alumni Program, please call Community Services at 508-799-9000, ext. 4058.

RECEIVE THE ADCARE ALLIANCE ONLINE

■ Help us do our part in keeping the planet green. Receive the ADCARE ALLIANCE online. Visit adcare.com Alumni and enter your information. Be sure to include your email address.

Life changes, one day at a time

BY ADRIAN WALKER, BOSTON GLOBE COLUMNIST, MARCH 27, 2016

■ I don't drink alcohol. More precisely, I don't drink anymore.

For some people, this is not the kind of thing that would be worth mentioning publicly. But for me, quitting is a relatively recent development, a revelation, and — quite possibly — a lifesaver.

I stopped drinking a little over a year ago. That was years after I noticed that I drank a lot more than I used to, and well after “I'm going to stop” had taken its place as the annual New Year's resolution I knew I had no intention of keeping.

But if the road to sobriety was a winding one, so was my path to becoming an alcoholic.

I've learned over the past year that alcoholism often runs in families, and that many drinkers start in their teens, or even earlier. None of that is true of me. My parents barely drank at all, and into my 20s I was a very light drinker, too.

That changed when I fell in love with journalism, around my junior year of college. Many of my journalism classes started in the classroom, with the discussions of our newfound craft continuing at the bar across the street from campus. We'd talk about stories all night long — good stories, bad stories, what extra steps might have made a lousy story less terrible. My journalism education was conducted over 500 Heinekens, and it was fabulous.

Eventually, I moved into my first real journalism job, at my hometown Miami News. The post-deadline drink was a daily staple among the newsroom's young reporters. The notion that beers, or margaritas, could be a problem would have been greeted with snickers.

After The News broke my heart by folding in 1988, I moved to Boston to work for the Globe. In the move to a city where I knew no one, bars furnished a ready-made social life. I settled in, for what became a long stay.

It's hard to say, in retrospect, when the party becomes something darker and more difficult. One clue is when your drinking buddies disappear every few years — lost to more rewarding pursuits like marriage and families, or to sheer fatigue — but you can't seem to leave the bar stool behind.

I thought of drinking as a reward at the end of a day's work, not an obstacle to getting the job done. I quit alcohol, in part, because that distinction had become harder to maintain.

One frigid night last February, walking home from yet another bar, I knew I was done. I called a friend in Alcoholics Anonymous who offered to take me to a meeting at 7:30 a.m. on a Saturday. My first thought: “Don't they have any later meetings?”

I started getting sober in a church basement in South Boston. I was embarrassed to be there — until I realized we were all there for the same reason. Beginning to address my disease was a relief, not a burden. Being a drunk had been the burden. Quitting, on the other hand, has been liberating.

I tell this story mainly because I've come to appreciate that there are a lot of people like me — people who know they've lost control of their lives, but who can't picture what nights and weekends without alcohol could look like. After all, booze makes you more popular, and funnier, and more attractive. Who would give all that up?

I didn't realize how many things drinking had pushed out of my life, until I began to get them back.

Except that it never really did any of that for me. (Mostly it made me moody and argumentative.) Sobriety doesn't cure every ill, but it's given me the return of my true self.

Thirteen months ago I worried that I was witnessing the loss of all my fun. Now I think the good times have barely begun.

WALLY P., continued from page 1

Other key concepts and practices of AA in the early days of the Twelve-step movement were:

Call the newcomer on a regular basis to offer encouragement and support.

Read the appropriate parts of the “Big Book” to the newcomer. The newcomer is in no physical or emotional condition to read, let alone comprehend, the “Big Book” by him or herself. Therefore, read and explain the appropriate parts of the book to the newcomer, specifically those 50 or so passages that pertain directly to taking the Twelve Steps.

The healing is in the sharing not in the writing. Sit down with the newcomer and guide him or her through the Fourth Step inventory. If necessary, write the inventory while the newcomer does the talking.

Assist the newcomer with his or her amends.

Work together on the newcomer's amends. Be the first person the newcomer sees after an amends is made.

Share guidance with the newcomer. Show the newcomer that you believe in and are practicing two-way prayer on a daily basis.

Co-sponsor the next newcomer. Have the newcomer accompany you as you work with the next person. This way, the newcomer will gain confidence in his or her ability to guide others through the recovery process.

(*Faith with Works Publishing Company*, Wally P., 2005, Rev. 1/08)

More about Wally P.

Wally P. is an archivist, historian and author who, for more than twenty-three years, has been studying the origins and growth of the Twelve-step movement. He is the caretaker for the personal archives of Dr. Bob and Anne Smith. Wally P. receives no income from his books, presentations, or workshops. He considers his work to be part of his Twelfth Step work for which he cannot be paid.

What is a Sponsor

The “Big Book” authors describe a sponsor as a spiritual guide, (sharing) partner, or or closed-mouth, understanding friend.



Practicing Recovery

Exercise

Mix up your fitness routine. Hike, play basketball, tennis, swim or practice yoga. Yoga relieves stress, increases flexibility and balance, improves strength, and calms the mind.

Set healthy boundaries ...

Healthy boundaries are part of successful recovery for everyone. A healthy boundary is a line that defines where you and your responsibilities end and where a loved one and his or her responsibilities begin. This means recognizing your needs and feelings as important!

Be of service

An important part of recovery is being grateful for having the gift of recovery and wanting to give back to others. Giving back can also help you stay focused on recovery and connected with others. By helping and sharing your own experiences you may help someone discover peace in their life or experience some relief during a tough day or time.

Be mindful

The practice of mindfulness is simply being aware of what is happening right now!