



ALINA LODGE

# LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

PO Box G | Blairstown, NJ 07825  
1.800.575.6343 | 908.362.6114



alinalodge.org • haleyhousewomen.org

SPRING 2018

## 2018 GRATITUDE PICNIC

### *A Tour of Italy at Alina Lodge*



We are looking forward to hosting another Gratitude Picnic – and we have special guest speaker that will knock your socks off! This year – we are going Italian! A pizza truck, biscotti, cannoli, lemon ice and more Italian fare will be served beginning with a hors d’oeuvre hour in the chapel. Admission to the Picnic is free, however, we are strongly requesting RSVPs so we can be prepared. This will be a family friendly event this year with lots of fun activities for the children under the ‘kids tent’. So bring your spouse, your parents, your children, your sponsor or friends from your home group. Spend the day with us, walk the grounds and enjoy the music and food. We would love to see you!

Alina Lodge and Haley House 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.**

With Gratitude,

Reneé Harman

PS: Get involved! Attend the Picnic, send your support, 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. If you have any questions, please call 800-575-6343 and ask for me. Picnic begins at 12 noon!

**2018  
PICNIC COMMITTEE**

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Gail Hein

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Catherine Clarke  
Kitsy Curtin  
Liza Davies  
Lainey Geroulo  
Al Hein  
Michelle Jensen  
Cheryl Klobe  
Kelly Lambert  
Erica Norris  
Erin Peña  
Liz Shaw  
Calvin Sierra  
Jody Sydow  
Averell Thors  
Amy Yenason

### **We are honored to have Ryan Leaf,**

Former College and NFL Star Quarterback, Behavioral Health Advocate, as our special guest speaker at the Gratitude Picnic this year. In 1998, Ryan was the number 2 pick in the NFL draft behind Peyton Manning. Football was his life, but the pressure to perform on such an elite level was more than he was prepared to deal with, ultimately leading to the demise of his professional football career. “Lying to Myself: The Ryan Leaf Story” is moving and takes you through his struggles with mental health, drug abuse, subsequent addiction treatment, jail and ultimately a life in recovery. Today, Ryan Leaf is a voice for the recovery community. His mission is to reach anyone in need of hope. At one time, Ryan felt completely consumed by his mental health issues and the only way to pacify his pain was with drugs. Out of that desolation, he hopes to inspire others to begin their road to recovery to see that happiness and health can always be achieved. Ryan’s wish is to be an example that a better life is always possible.



## Message from the Executive Director

### LITTLE HILL FOUNDATION HAPPENINGS



Ken Tedesco  
Operations/Business  
Administrator

We are pleased to announce the employment of our new Operations/Business Administrator, Kenneth Finni-Tedesco. Ken has a very impressive resume with a number of years of experience in addiction treatment. He joined our staff in November 2017. Little Hill Foundation is proud to announce we will be opening the North Warren Counseling Center (NWCC) in downtown Blairstown later this year. We have been working on this project for quite some time. The building is renovated and ready, the license for the counseling center will be forthcoming in the next few months. Ken will be leading the charge in administrating NWCC. This will be an Outpatient and Intensive Outpatient Center for both adults and adolescents seeking help for mental health and addiction.

In 2016, to further assist our clients we expanded our treatment options to include a full medical Detox Unit on the Alina Lodge campus. As we continue to grow, we are excited to offer those same Detox services to the entire treatment community. Patrick Howlett, our Outreach Coordinator, has developed relationships with other treatment providers to make a smooth transition from Detox to the pathway of recovery.



Bill Robbins  
Chief Clinical Officer

Due to the nature of today's addiction treatment, Alina Lodge has the need for more than a Clinical Director. We are pleased to announce Bill Robbins as Chief Clinical Officer working in unison with Gerry Gunnels, our Clinical Director. Bill has been a Men's Counselor at Alina Lodge since 2012. We are happy to have him leading our clinical team with Gerry.

All good things must come to an end. Ginny Davis, the long-time Executive Director Assistant, has decided to retire after the spring Board meeting and pass the torch to a new generation. Ginny was a valuable asset to me personally. I am happy for her and sad at the same time. I personally wish Ginny a beautiful retirement.

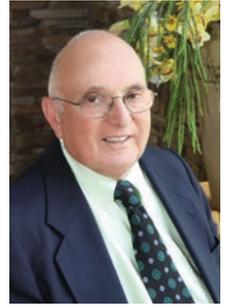
The construction of the Noble Women's Center addition will commence as soon as the weather breaks. You will notice a special box on the enclosed donation envelope. If you wish to support this effort, please check the Capital Campaign box.

Haley House Director, Jackie Re, must be congratulated on a great job filling all the beds and creating a wonderful environment of recovery. This is by far one of the most superior halfway houses in the treatment community. It is as close to in-residence treatment you can get with a comprehensive curriculum developed by Jackie. Congratulations Jackie.

To all our friends and supporters, I want to personally thank you for your support. The Little Hill Foundation and all of its components are very sound today and well respected in the treatment community. This is due to your generosity. We are in a good place financially. Our Scholarship Fund is helping so many and because of your Annual Fund donations we are able to keep our operating costs at a minimum. From the bottom of my heart, thank you for your kindness.

Our annual Gratitude Picnic is June the 9th. Join us in having fun in Alina Lodge's version of Little Italy. Be prepared to dance the Tarantella!

MICHAEL HORNSTEIN  
Executive Director



Michael Hornstein  
Executive Director



Ginny Davis  
Executive Director  
Assistant



### SPRING CONFERENCE, Friday, April 9th, 2018 featuring Philip Hemphill

8:30am - 4:30pm Cost: \$80 per registrant

Alina Lodge is honored to have Dr. Hemphill present **Through the Looking Glass: A Journey Into Understanding Personality Disorders and Addiction**. This conference is approved to offer 6 CEU Clinical Credits for CADC and Social Work Licenses.

Dr. Hemphill has presented papers and workshops at national conferences and published articles in the field of trauma, personality disorders, and addictions over the past 25 years. Dr. Hemphill has been an adjunct professor at Tulane University School of Social Work for the past 17 years and Assistant Clinical Professor at LSU Health Sciences Center, Department of Psychiatry for the past 15 years. He received his master and doctoral degrees from Tulane University.

**Registration for the conference begins at 8:30am along with a complimentary Continental Breakfast, the presentation will begin at 9am sharp. A Buffet Lunch will be provided to all attendees at 12:30pm. Tours of Alina Lodge will be given at the end of the lunch hour for anyone interested in seeing the campus. For more information, please call Silvana at 908-362-6114, or email silvanat@alinalodge.org.**

#### COURSE OBJECTIVES:

Upon completion of this training participants will be able to:

1. Identify three ways individuals with personality disorders impact addiction treatment and develop three strategies for managing them.
2. Comprehend and describe the three pathways for developing co-occurring disorders which integrate biological, psychological, systemic, and addictive interventions.
3. To construct a risk assessment typology, using evidence based practices, to measure low, moderate, and high risk factors derived from public health and decision making theory.
4. To formulate an effective framework and model involving SUD and Co-Occurring Disorders.

## ***A Message from Haley House***

# **The Power of the Network**

As my time as a student of Alina Lodge was coming to an end, I started feeling somewhat uneasy...

I felt like I had formed a very firm foundation of sobriety, recovery and spirituality at the Lodge, however I had felt this way leaving residential treatment many times before....and did not maintain long term recovery.... how was this time going to be any different?

Then the GOOD NEWS was shared with me...I would continue this journey of sobriety at Haley House, a Transitional Living Home for Women, Operated by the Little Hill Foundation. I had grown to trust Alina Lodge, and I was confident that they had my best interest at heart, so even though I was a little wary of the "unknown", I took the suggestion, and continued my sobriety journey at Haley House.

It was explained to me that I learned how to "get sober" at Alina Lodge, and I would learn how to live sober at Haley House, and this statement became very true!

The first thing I learned at Haley House was the importance of working the twelve steps of recovery with a sponsor and attending twelve step meetings I also learned the importance of a network of WOMEN in my life, and the benefits of letting women get to know me and being honest about my feelings with them. These concepts had always sounded good "in theory", but in my past experiences, somehow it just never happened. There were many days at Haley House where the women and my sponsor "loved and carried me", until I could love myself. The Women of Haley House became my family, my sisters...my counselor became my mentor, and my sponsor became my "soft place to land". I was learning how to trust others, and LIVE SOBER.... something I had NEVER been able to do in the past, and it started feeling good. I made friends who I trust and love like my family. I also found a very loving God of my understanding and started building a very special relationship with my God. I learned to meditate, and I learned the importance of self-care. I left Haley House with a very strong foundation of sober life skills, and I will be forever grateful to Haley House for teaching me how to live a happy, joyous and free life of sobriety.

Fast forward to February 2018. I am so grateful to say that I am now a Resident Advisor at Haley House. I am so thankful to be able to share my experience, strength and hope today with women who are eager to live sober! The energy at Haley House is amazing...and I love watching the women grow in their sobriety daily. It is invigorating to hear the women laugh and watch them bloom...and it warms my heart to see the women carry and love each other through trying and difficult times. The Miracles that happen daily at Haley House are beautiful, and to watch the women experience life on life's terms without using a drink or a drug is nothing short of miraculous.

As I am writing this article, I am looking forward to taking some of the women of Haley House to a movie and dinner later today, while some of the other women of Haley House are going snow tubing. We take our recovery seriously, and we laugh and have lots of fun as well.

I never in a million years thought I would say this, however I say this from my heart and my core...I AM A VERY GRATEFUL TO BE AN ALCOHOLIC and so grateful for ALL the gifts sobriety has given me and my family. I will be forever grateful to Haley House for teaching me how to live sober and giving me the foundation for living this beautiful life of recovery....

My heart is so full!

CHERYL KLOBE

## **Note from Seton Hall**

As part of the Seton Hall Physician Assistant Program, students are required to complete more than a dozen four to eight week clinical rotations in various medical fields. Alina Lodge recently became a clinical site, and we feel fortunate to have been the pioneers for our program. The majority of our time at Alina was spent working alongside Dr. Greenfield, evaluating students to understand their medical needs during the recovery process, and assisting with medication and dose adjustments. We also shadowed the counselors—shout-out to Eileen, Thérèse, and Megan! —marveling daily at how caring and invested each counselor is in EACH student. Though each student is unique, the goal remains the same—recovery, sobriety, and healthy-living.

We are immensely grateful for this opportunity at the start of our medical careers. Addiction is a disease that one must deal with for their entire life—a concept largely misunderstood by us and many other health professionals. It has been eye opening to see addiction first hand. Thank you to Dr. Greenfield, the counselors, and staff of Alina Lodge for your kindness and willingness to share your wisdom and experience with us. And a special thank you to the students of Alina Lodge for allowing us to witness and learn from a small piece of your journey. We are eager to incorporate all we have gained from our time at Alina into our future as PAs.

Sincerely,

Audrey and Jennifer

2nd Year Physician Assistant Students

## It's a We Program



Laurie Andrysiak  
Alumni Coordinator

Since the beginning of AA, what has proven to help keep people sober is one alcoholic helping another.

The benefits of calling and talking to another alcoholic far outweigh the uncomfortability of reaching out. If you want what we have you will do what we do.

Identify – Other people in recovery feel just like you do. They have the same thoughts and feelings. They have been through similar situations

and have gotten through them maintaining their sobriety.

Share – If another person in recovery is on the outside of your problem they have a clearer view. They can make observations and suggestions without being emotional and reactive.

Cheering Section – The Group of Alcoholics and Addicts you are friends with want you to succeed. This is life or death for us and it is our mission to help the next sick and suffering alcoholic. Your successes are our successes. It's good to have other people around you that are positive, living in the solution. It will make you feel good; it's contagious this attitude of gratitude. It will boost your self-esteem if you take direction and keep doing the next right thing.

Keep You in Check – The minute we think we've got this we are at great risk of relapse. When old behaviors return such as complacency, negativity, greed, anger, or ego step up to take over, others in the program can see it and call us out on it.

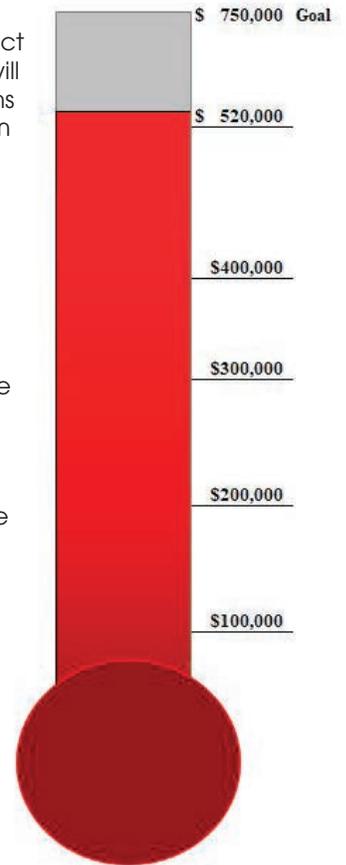
Bonus – I stop thinking about my problems when I am helping another alcoholic with theirs.

The above is every bit as important to someone with 30 years of recovery as it is to the newcomer. My sponsor recently shared her opinion with me "it isn't the big things we drink over Laurie, it's the hang nails". The small things that eat at us that we feel uncomfortable sharing. I am grateful to be part of a We program.

## Noble Women's Center Project – We are almost there!

Exciting News! We will be breaking ground on this project in the next few months! We will be adding two new bedrooms with bathrooms, a group room as well as a new recreation space for the women's community. This project has been on our agenda for quite some time now, and all construction approvals have been received. Our fundraising goal for this Capital project is \$750,000. We are almost there!

We are staying true to the 'one building at a time, one day at a time' philosophy. The good news is our campus is in great shape, but Capital projects do come up from time to time. If you are inspired to help complete this project, contact Renee Harman at [reneeh@alinalodge.org](mailto:reneeh@alinalodge.org), or to make a donation, check off the Capital Campaign box on the enclosed white envelope and mail it in! It's that easy.



## ANNIVERSARIES

Below are Anniversaries of Alumni that returned to the Lodge to celebrate on a Saturday evening. Thank you for coming back to pass the hope on to the current students!

### October Anniversaries

Nell W. 2 Year  
Rick S. 30 Years

### December Anniversaries

Sue U. 2 Years  
Barbara C. 13 Years  
Al H. 41 Years  
Peter R. 17 Years

### November Anniversaries

Averell T. 2 Years  
Wendell G. 13 Years  
David S. 14 Years  
Carol R. 41 Years

### January Anniversaries

Amy Y. 1 Year  
Erica N. 2 Years  
Mike M. 34 Years  
Elisa B. 10 Years

## Save the Date!

### Tuesday, April 10th

#### SPRING LUNCHEON

11:30am Speaker: Alice McAteer, Alumni

### Friday, April 20th

#### SPRING CONFERENCE - 6 Clinical CEUs

Featuring Dr. Philip Hemphill  
presenting Managing Personality Disorders

### Saturday, June 9th

#### 60TH GRATITUDE PICNIC

Tour of Italy, 12:00pm

### Saturday, October 13th

#### UP, UP & AWAY 5K

at the Blairstown Airport



Megan Hein  
MA, LCSW

One of the gifts of counseling at Alina Lodge is working with families. Not only does this serve a practical purpose in helping us as clinicians gather a more accurate snapshot of our students' addictions, but it also allows us the opportunity to treat addiction as a family disease. Just as addiction is a family disease, recovery is a family process. When I began working at Alina Lodge, Mrs. Delaney's quote "The family can undo in five minutes what has taken us five months to accomplish" was shared with me. In working with our students over the years, it has become clearer and clearer to me how impactful the family's support is in the recovery journey.

The earliest recognition of "chronic drunkenness" as a disease came about in the American Temperance Movement, accompanied by recognition of the family as a vessel through which alcohol addiction could be transmitted across generations. In an 1881 article entitled "Drugs that Enslave", Dr. H.H. Kane stated: "Very often the relatives, not understanding the meaning of certain symptoms, distressed beyond measure by the pitiful pleadings of the sufferer, will interpose and at once put an end to treatment, thus unwittingly and with well meaning doing the patient injury of the gravest kind". This growing understanding of the role of the family in addiction increased paved the way for Al-Anon, Families Anonymous, and other such groups providing support

and fellowship for families touched by addiction.

From the beginning of the process, family members are asked to participate in Alina Lodge's family program, designed to offer education, guidance and accountability for suffering family members. Once a student has arrived here, family members often breathe a sigh of relief, sensing that the nightmare is over. However, it takes time to dismantle the dynamics of a family facing addiction. A task of early recovery is for willing family members to attend to their own individual growth. We ask all family members to commit to an ongoing recovery lifestyle, leaving behind old, unhealthy patterns of relating to each other. When our students recognize that their loved ones are growing and changing, it can be motivating (albeit alarming to them!) to witness a shift from unhealthy patterns, such as codependency and enabling, to that of boundaries and health. There are many definitions of codependency, but essentially a codependent is someone who cannot function as oneself and whose thinking and behavior is instead influenced by another (in this case, the addict).

Conversely, families who do not or cannot commit to changing these patterns demonstrate to their loved one in treatment that old behaviors remain acceptable. While it is a joy to witness families who commit to change, it is unfortunate to witness those families whose old dynamics remain. We cannot know outcomes for our students when they leave treatment, but, unfortunately, as clinicians, we can begin to recognize areas of concern that present themselves repeatedly throughout our professional experience. Our job then becomes constantly working to point these concerns out to our students and their families. It is always our hope to see families emerge from this experience as healthy, strong and recovering. As a family member of an alcoholic myself, I feel fortunate to offer a strong family component to treatment here at Alina Lodge.

## AN ALUMNA'S STORY

I was a student at Alina Lodge in 2015. By the time I arrived at Alina, I had lost all ability to connect with another human being, and I no longer knew who I was. I had lost everything meaningful to me, and was full of complete despair. I had spent years in isolation and had become a shell of a person. I was deep in my addiction and on death's door. Looking back I know I was the type of alcoholic that was not going to stop until someone or something stopped me. I am very lucky that Alina stopped me and not death, because that's where I was headed.

I lived in a community setting with up to 30 other women at any given time. Everyone had a roommate and we were frequently switched to different rooms. Looking back I think it was genius on Alina's part to have the living situation set up this way. I was not a nice person, and my community of women taught me that I cannot behave in unacceptable ways like I did in my addiction and expect to have people in my life who care about me. I couldn't run to staff and have them fix it for me, just as my family had done for me for so many years. I had to clean up my own mess. The community taught me that I am the problem, and it helped me realize that I spent majority of my life stepping on the toes of others and blaming them for all of my pain. I had a complete inability to look at myself before Alina, I didn't know how.

At Alina I had to show up. No matter what. I had to attend group, lectures, and meetings despite how I felt, even if I wasn't feeling well. I had to do things I didn't want to do, all the time. At the time it felt unreasonable, but I realized that in my addiction I never did what I said I was going to do. My actions never matched my intentions, I was never present, and I didn't care.

Today I have two years sober and am a person of integrity thanks to Alina- I do what I say I am going to do. I am able to show up for my family, for work, and most importantly for myself despite how I am feeling. The concept of showing up despite how I feel was a critical skill to be learned. Alina will forever be in my heart, and the gratitude I feel is tremendous.

- Percy M.

## 2018 PICNIC RAFFLE!!

### 3 Fantastic Prizes

- 1<sup>st</sup> Prize**     **\$3,000 Visa Gift Card**
- 2<sup>nd</sup> Prize**     **\$500 Ticketmaster Gift Card**
- 3<sup>rd</sup> Prize**     **\$200 Gift Certificate for authentic Italian dinner at Becco's Restaurant, 46<sup>th</sup> St., New York, NY**

**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](http://www.littlehillfoundation.org)**

**All proceeds support the live-saving mission  
of Little Hill Foundation  
Only 400 tickets will be sold**

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*Save the Date*

## Annual Gratitude Picnic

**June 9th beginning at 12 noon**

Pizza Truck, Italian food and Biscotti!

Children's Activities

Special Guest Speaker

*Benvenuti to Alina Lodge!*

PRE-SORTED  
FIRST CLASS MAIL  
U.S. POSTAGE  
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