



caron
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Resource for Recovery & Healthy Living

Fall 2010
I S S U E

Plus:

Recovery Toolbox: How do I get through the holidays sober?

Alumni Profile: Making a Difference

Suggested Readings and Blogs

A Message from the President



*Doug Tieman, President &
Chief Executive Officer*

Plan of Action for 2011-2014

Developing a clear plan for our future has historically allowed Caron to grow its continuum of treatment services across the country, allowed us to strengthen our generous charity care program, and provided us the ability to stay on the “cutting edge” of treatment service delivery.

Caron is currently in the midst of an extensive strategic planning process, which will help us establish a clear “plan of action” for 2011-2014. We embark on this planning process every three years; looking to employees, board members, community leaders, alumni, donors and professionals to share their feedback with us at focus groups conducted throughout the Northeast, Florida and Texas. The thoughtful participation of individuals from these key constituencies has been an integral component to Caron’s ongoing success. They help ensure that Caron continues to provide the very best services.

Some excellent examples of recent initiatives at Caron, which have been a direct result of the strategic planning process, have included the opening of our Caron Texas facility in July of 2010; the development of the Young Adult Continuum of Care on Caron’s main campus in Wernersville, PA, complete with gender-separate and



Caron Alumni & Friends



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gender-specific programs for individuals between the ages of 20 and 25; the opening of Breakthrough at Caron in 2009; the expansion and complete refurbishing of the Caron Renaissance residences in 2009 and 2010; and the opening of a Washington, D.C. regional office in the fall of 2010.

These are just several examples of programs, services and growth initiatives that were recommended as part of Caron’s most recent strategic planning process in 2007-2008. Following the conclusion of our current focus group process, we will present a 2011-2014 Strategic Plan to the Caron Board of Trustees.

Upon approval, I look forward to sharing with all of you our “plan of action” for 2011 through 2014, which will allow us to further expand Caron’s presence within the industry, continue to improve our services, and allow us the opportunities to define new and innovative ways to “help more people better” – a fundamental ingredient of Caron’s core values.

A very special thanks to all those who participated in the strategic planning process. Your involvement is greatly valued, and allows Caron to continue to provide comprehensive addiction and recovery for life!

A handwritten signature in white ink, appearing to read "David A. Reina", is centered on the page. The signature is stylized with loops and a long horizontal stroke extending to the right.



Alumni Profile

Father and Son – Making a Difference

Father and son share their story of recovery, service, advocacy and a mutual admiration for what each does to promote recovery in the community.



Doug Tieman (left) with Casey & John Duffy at a Caron Alumni & Friends Reunion

John J. Duffy, Esq. began serving on the Caron Board of Trustees 31 years ago. At the time, he was five years clean and sober. John has served two terms as Board Chairman and the Board of Trustees appointed him Chairman Emeritus. Over the past three decades, he has brought hundreds of patients to Caron and has made a monthly pilgrimage to campus to share his

strength, hope and healing with our patients. “It is the least I can do,” said John. “Dick Caron was instrumental in my recovery. One day in passing he said to me, ‘You can do this’ and that has been my mantra for 36 years.”

As a prominent Philadelphia attorney, John is open about his recovery. When he shares his story, he has never experienced a negative reaction. In fact he has an office policy that if someone calls about drugs or alcohol, his paralegal is instructed to interrupt him, even if he is in a meeting. His thought – they may not call back and that may be their only chance.

Casey Duffy, John’s son, is the Chairman of Caron’s Philadelphia Leadership Council and is currently Chair of the Development Committee of Caron’s Board. He is also known as The Sober Samaritan, the founder of the website and non-profit of the same name (sobersamaritan.com) which raises funds for Caron that are earmarked for addiction treatment scholarships.

For the younger Duffy, service to Caron came later in his recovery, and to him has become a logical extension of helping the newcomer. “It is the next step of paying it forward,” said Casey. “It is a natural progression of my recovery to give back to the place that saved my life.”



“The payoff of being open about my recovery has been incredible,” said Casey. “But it was a far more difficult individual decision than my father’s.” Casey feels it is something alumni need to think carefully about. He references Christopher Kennedy Lawford’s book where Lawford shares a story about becoming public. Lawford is being interviewed at a radio show and the announcer asks him, “So how does it feel to be a heroin addict?” and he thinks, “My God what have I done?” Casey reflects, “You have to be ready to tell the whole ugly story.”

However difficult it may be, being open about your recovery does give others hope and the knowledge that long-term recovery is possible.

“Not enough of us are standing up and saying ‘I am a person in long term recovery; I am your neighbor; I pay taxes, see you at the grocery store, my kids are in school with your kids – I’m just like you, because I got treatment for my disease – treatment works!’ Someone needs to take that responsibility and step up,” said Casey.

But it is not easy. Over 15 years ago, Casey had 10 years of sobriety and was interviewing for a job. The company required a drug test and Casey said that he didn’t have any problem taking a drug test because he did not drink or do drugs. The interviewer asked, “You didn’t have a problem with it, did you?” and Casey said, “No.” It was obvious that a “man with a past” would not get the job. Now Casey tries to make sure that that question will be asked in a positive light.

Both Duffys share the disease of addiction. Both have found recovery through Caron and have realized a life that is beyond what they could have imagined. Both keep their recovery in front of them by working to get others into treatment and supporting Caron through contributions to the Scholarship Fund and service to the organization and the patients we serve.

To them, it is not about recognition. It is about making a difference in one person’s life. “If I can reach one or two people each month by sharing my story,” John said, “Think of the difference that makes over time. To me, advocacy is not an option, it is mandatory.” However, I would never presume to tell someone that they need to speak out.”

“It is the least I can do,” said

John. “Dick Caron was

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One day in passing he said to me,

*‘You can do this’ and that has
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Alumni Profile

Casey reflects a similar view: “I could be anybody. How many people are there each year that graduate from one of Caron’s programs? The door is wide open for people to get involved at whatever level they feel comfortable. The personal rewards are incredible. It is like taking a baby step and then another baby step. It is like anything else that happens in recovery. How easy it was to get there once you start. Anyone who is reading this

article today, tomorrow or next week, can be on their path to becoming a very important part of the Caron family. Anyone can be one of the people who ‘pays it forward’ and makes a difference in another 100 lives.”

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Philanthropy is also important to both men. “To perpetuate Caron’s existence through charitable giving and service is an absolute necessity,” said John. “Today addiction is rampant across the country. I support Caron because it is such a big part of my life.”

John and Casey are following in Dick Caron’s footsteps when they speak out and when they help others find treatment at Caron. Father and son are quick to applaud and encourage the other’s efforts. “My father blazed the trail in the family. He gave me an example to follow,” said Casey.

John is extremely proud of Casey and the work he has done to promote recovery. When Casey called him to tell him about his Sober Samaritan idea, John hung up the phone with tears in his eyes.





Letter from Alumni



Dear friends,

When I was younger, my dream was always to graduate high school, get accepted to a good college in either California or New York City and pursue a career in fashion. I was passionate about accomplishing these goals. After I picked up my first drink, these dreams slowly disintegrated. Soon after I became deep into my active addiction, I didn't care whether I lived or died anymore. All I cared about was my next fix.

On February 19, 2010, I overdosed. For the next week, my mom searched and searched for an inpatient treatment center for me. Whether there wasn't a bed open or they didn't take our insurance, no place could take me. We thought we were out of options. By the grace of God, my mom came across Caron and they accepted me with open arms. The moment I walked into admissions on February 26, 2010, I got an instant feeling of security and comfort. The people at Caron loved me when I could not love myself. I truly believe that if I didn't come to Caron, I would have died a drug-related death.

Being here, I learned how to live in a healthy, sober way. I got help with all my addiction, trauma, family and mental health issues. Caron gave me hope for myself again. Without the financial scholarship from the people of Caron, I would never have had this amazing opportunity. For that, I am extremely grateful. Thank you for giving me another chance at life and another chance at achieving my dreams.

— Logan W.



pepsi refresh project Kids of Promise

WE NEED YOUR VOTE!

- Caron Treatment Centers' Student Assistance Program needs your vote to help us expand a program to help children affected by addiction.
- Our *Kids of Promise* program assists students by facilitating in-school support groups and providing training to education professionals and the community on working with students impacted by addiction issues in their families.
- The *Kids of Promise* program is in the running for a \$50,000 Pepsi Refresh Project grant during the month of November.
- If awarded, Caron would be able to expand this invaluable program to more schools and community agencies.

For more information, contact Jennifer Stipe at jstipe@caron.org or 610.780.2438.

Vote today...vote every day!

Log onto www.caron.org/pepsi-refresh for voting details.


caron[®]
Student Assistance Program
Supporting sound bodies, minds and choices



Recovery **Toolbox**

How do I **get through** the holidays **sober**?

Compiled by Caron's Recovery Care Services Department.

Special thanks to Scott Stephenson, Elizabeth Wooldridge, Sandy Wentzel, Ryan Bradley, Jena Weller, Amy Mitchell, Anne Feil, Kathleen Epler and Michelle Maloney

The holiday season is fast approaching and for many of us this is a time of gratitude and forgiveness, as well as potential triggers and risk factors. Around the holidays we can experience a multitude of highs and lows: happiness, excitement, potential cravings, and maybe even a little anxiety—just to name a few. Without proper self care and a good program we may find ourselves in a precarious situation. Here are some tips that may come in handy.

DID YOU KNOW?

Many home groups and clubhouses hold marathon meetings. This means for a full 24 hours, there are meetings available on the hour for quick access to sober support.



Often times, others in the program will invite you to their house to share a holiday meal. They are happy to give back—and you can celebrate the holiday sober.



Every area has a local AA and NA hotline. Write these numbers down and take them with you wherever you go. These numbers can be obtained through your local intergroup and/or researched online.



Volunteering during the holidays is an excellent way to give back. Some places that may welcome the help are local soup kitchens, churches and Toys for Tots.

YOUR RECOVERY CHECKLIST

- ✓ **Slow down** and focus on you. Plan for some R&R each day.
- ✓ Use the holidays as a time to **grow in your spiritual program.**
- ✓ Make sure you **hit your meetings**; pencil them in.
- ✓ Surround yourself with **positive people** that support your recovery each day.



Recovery **Toolbox**

NAVIGATING THE HOLIDAYS

Just before the holidays many of us talk with our families and tell them that it's ok to have alcohol around the table. Be honest with your family about what you are comfortable with. When in doubt leave it out.

This time of year can be overwhelming so it is important to be aware of our stress levels.

Keep it simple. Knowing how to set limits and not taking on too much are the keys to your self care.

Think back to your family traditions and holiday celebrations. If they are centered around drinking or overindulging, consider starting a new tradition.

Remember that work parties and other invitations are not obligations—you can say no. There is no need to make an excuse. If you must go, have an escape plan. Let your sponsor or friends in recovery know where you will be, or better yet, take them with you. Have the numbers of sober support with you at all times.



✓ Remember to **take care of yourself**. During this time of year, many of us get sick. **Stay healthy** with proper rest and three meals a day.

✓ Practice an **attitude of gratitude** and positive affirmations.

✓ **Be careful of ingredients** at holiday gatherings. Ask what

is in the dessert and if the beverages are non-alcoholic.

✓ Consider setting **healthy boundaries with loved ones**, and make sure you stay connected.

✓ **Call your recovery care specialist**, another person in the program or your sponsor.



Managing Chronic Pain



Chronic pain is often referred to as pain that lasts longer than six months. The pain can be mild or excruciating, episodic or continuous, merely inconvenient or totally incapacitating; taking both a physical and emotional toll on an individual. The emotional affects of chronic pain can often make the pain worse. Anxiety, stress, depression, anger and/or fatigue coupled with chronic pain can decrease the body's production of natural painkillers. As a result, this increases some people's desire to medicate their pain with unnecessary substances.

PAIN & CHEMICAL DEPENDENCY PROGRAM

Caron Treatment Centers and the Reading Hospital have partnered on a program that offers comprehensive psychiatric, addiction and behavioral assessments for individuals suffering from chronic pain and possible addictions.

Individuals who may complain of non-malignant pain and potential addiction will undergo a comprehensive evaluation within the Pain & Chemical Dependency Program. This evaluation can take place at either:

- Caron's main campus in Wernersville, PA.
- The Pain Medicine Center's two locations in Philadelphia or Wyomissing, PA.

Did you know that more than 75 million Americans suffer from chronic or recurrent pain? These same individuals often experience co-occurring depression, anxiety and addiction.

Following an evaluation, several treatment options are available to each individual based on their clinical needs, which include:

1. Appropriate medication along with individual and group Outpatient Chemical Dependency Treatment in Philadelphia.
2. A referral to Caron's residential chemical dependency treatment program in Wernersville, PA, with the availability of medical management for pain.



Clinical News

Caron's Pain & Chemical Dependency Program provides a safe and comfortable medical detox with the judicious use of alternative strategies that might include:

- acupuncture
- massage
- yoga
- relaxation & mindfulness meditative practices

After completing the program, Caron will provide each individual, their family and referral(s) with the necessary treatment recommendations, which may include a referral to pain management services that include medical and behavioral pain interventions.

Experience has shown that patients who successfully complete treatment at Caron are in less pain and are more functional. Many patients have also experienced pain relief without the use of "mood altering" medications.

For more information on the Pain & Chemical Dependency Program, please contact Caron at 800-678-2332.

Treatment Scholarships Help War Veterans



When Iraq and Afghanistan troops return home from war, many struggle with re-integration into the family, workplace and community. Many suffer from PTSD and some even find themselves struggling with a drug and/or alcohol dependence.

Caron is here to help. We currently have treatment scholarships available for Iraq and Afghanistan war veterans in need of addiction treatment.

☆ For more information about these scholarships, please call Caron's Admissions Department at 800.678.2332 or admissions@caron.org ☆



Suggested Readings

Reading Resources for Recovery and Healthy Living

To help you and your family through the recovery journey, Caron professionals have recommended a number of books and online resources:

- *12 Stupid Things That Mess Up Recovery, Avoiding Relapse through Self-Awareness and Right Action* by Allen Berger Ph.D.
- *A Hole In the Sidewalk – The Recovering Person’s Guide to Relapse Prevention* by Claudia Black
- *Passages Through Recovery – An Action Plan For Preventing Relapse* by Terence T. Gorski
- *Sober, But Stuck – Obstacles Most Often Encountered That Keep Us from Growing in Recovery* by Dan F.
- *12 Smart Things to Do When the Booze and Drugs Are Gone – Choosing Emotional Sobriety Through Self-Awareness and Right Action* by Allen Berger
- *All We Have is All We Need – Daily Steps Toward a Peaceful Life* by Karen Casey
- *Beyond Codependency – And Getting Better All the Time* by Melody Beattie



Annual Caron New York Alumni & Friends Reunion

Saturday, February 12, 2011
Central Presbyterian Church
64th and Park Avenue
New York, NY

12:00 p.m. – 3:00 p.m.

\$25 per person
Hosted by Wendy Caplan

Theme: *Recovery for Life*

Join us for lunch, raffles, music & fellowship.

For more information and to register, log onto www.caron.org and click on the events section.





Caron's Bloggers

caron chit chat



Check out the latest "Chit Chat" on Caron's blog – www.caronchitchat.org

Log on to www.psychologytoday.com/blog/healthy-connections to check out Ann Smith's "Healthy Connections" blog and Dr. Harris Stratyner's "Recovery for Life" blog – www.psychologytoday.com/blog/recovery-life



Follow Paul Hokemeyer's blog on www.doctoroz.com/expert/paul-hokemeyer where he serves as an expert contributor and blogger for The Dr. Oz Show.

Stay connected:
Follow Caron on your social network sites.



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www.YouTube/CaronTreatment

Stay Connected to Caron Throughout the Year

In addition to receiving the Chatter Magazine, now you can also stay connected to Caron through our online email blasts.

- Become part of our **Alumni & Friends e-newsletter** – a great way for you to learn about new programs at Caron, upcoming events at all our locations, and featured news stories.
- Do you live in the Greater New York City area? Become part of the **Caron NY e-newsletter** to learn about the latest news, event information and recovery tips from the Caron New York staff.
- Join the **Breakthrough at Caron e-newsletter** for access to valuable information that affects family, health and relationship issues. You can listen to podcasts by the Breakthrough staff, gain valuable insights through recommended readings, and be the first to know about the latest programs and workshops available through Breakthrough.
- Want to stay connected to the spiritual components of your recovery? Sign up to receive **Caron's Spiritual Connection: Magic from the Mountain e-newsletter**. Each issue is filled with tips and information from Caron's Spiritual Care Team, podcasts and editorials about spirituality and recovery issues.

Sign up (for some or all) today at www.caron.org/specialized-e-newsletters.





Clinical News

Caron Renaissance's New **College Bound Program** Guides Patients to Academic Success

Through its new College Bound Program, Caron Renaissance is showing its commitment to provide its patients with a continuum of care that includes addressing a patient's educational and academic goals. The program provides the expertise and resources that students need to get into school and graduate—from high school, community college, public and private universities, vocational school and graduate school.

Caron Renaissance believes in the importance of a solid education to increase a patient's chances of improving and sustaining life-long mental and physical health. The College Bound Program supplements Caron Renaissance's continuum of care through academic

achievements and success. While patients continue working on personal growth and their sobriety with their primary therapist, they can also choose to have an educational advisor help them with the additional academic resources they need to succeed academically.

The College Bound Program at Caron Renaissance works with patients and the clinical team to actualize goals, implement strategies, and develop the motivation necessary for patients to progress academically and accomplish their goals. Individualized educational plans are designed for each patient.

The educational advisors of the program work one-on-one with patients to find programs that meet their own unique needs and goals, such as evaluating schools based on the support services and curriculum necessary for a successful and sober young adult. Advisors will also guide patients to develop a budget for the school year and find potential scholarships to offset academic costs.

College Bound services are offered during treatment or arranged as part of aftercare, consistent with Caron's commitment to "Recovery for Life."



Please note: College Bound is a supplement to the counseling services that a patient's educational institution may offer, not a replacement. Our expert advisors try to work with school guidance offices to provide additional support to students who may need it.



Calendar of Caron Events

To learn more about all of Caron's upcoming events, log onto www.caron.org/events.

FEBRUARY

February 12, 2011 – New York Alumni Reunion – New York, NY
February 26, 2011 – Caron Renaissance Gala – Palm Beach, FL

MARCH

March 5, 2011 – Long Island Spiritual Breakfast – Hauppauge, NY
March 12, 2011 – CT Young at Heart Recovery Luncheon – Danbury, CT
March 20, 2011 – DC Comedy Night – Washington, D.C.
March 25-27, 2011 – Spring Spiritual Retreat at Harmony House/
Breakthrough Mansion – Wernersville, PA

APRIL

April 2, 2011 – Spring Fling Dinner Dance – Leesport, PA
April 17, 2011 – Philadelphia Comedy Night – Philadelphia, PA
April 27, 2011 – Richard J. Caron Award of Excellence Dinner – Wyomissing, PA
April 30, 2011 – Harrisburg Serenity Breakfast – Harrisburg, PA

MAY

May 13-15, 2011 – Caron at the Cape – Rehoboth Beach, DE
May 18, 2011 – Caron New York Gala – New York, NY

JUNE

June 25, 2011 – NY Gratitude Breakfast – New York, NY

JULY

July 16, 2011 – Annual Alumni Homecoming Reunion – Main Campus, Wernersville, PA

Visit the Alumni Page on www.caron.org/alumni for up-to-date group offerings:

Fellowship Groups

These groups are designed to provide support for ongoing recovery and the opportunity to bond with fellow alumni, family and friends.

Parent Groups

Utilizing a parent-to-parent feedback process, attendees can find help and direction within the common bond that only parents share. Parents who have “been there” openly share the lessons they have learned in their family’s ongoing journey of recovery for life.

Chapter Groups

Chapter Groups are “working committees.” The focus is to plan activities and events for alumni, family and friends in local communities. Chapter Group members may also do other services such as being a contact for new alumni, fundraising for patient scholarships or being an advocate for recovery.

