For the Weekly Calendar:

AA Meetings - Rogers Hospital – Oconomowoc
- Monday – 7:00 Evening
- Wednesday – 7:00 Evening
- Thursday – 6:00 Evening
- Saturday – 7:00 Morning

NA Meeting - Rogers Hospital – Oconomowoc
- Saturday – 9:00 Morning

Al-Anon Meeting - Rogers Hospital Oconomowoc
- Tuesday – 7:00 Evening

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents contact Rob McCreadie at: clean@wi.rr.com

Layout and Printing - Village Graphics Printing, Hartland, WI

The Herrington McBride Alumni Association

The Herrington McBride Alumni Association Quarterly

From the Desk of our President
By: Kristin Simons

Dear Alumni and Friends,

Hello to old friends and welcome to all who are new additions to our alumni association. Our mission is to support the residents of the Herrington Recovery Center both while they are in treatment and as they transition into a recovery support network in their home community. We are here to share our experience, strength, & hope, and to walk this journey of recovery together. Research shows that staying connected and involved in a recovery network is a key predictor of sustained recovery. The very first word of the 12-steps is “We”. We can do this together!

Our main event as an alumni group is this weekend! Saturday June 15 is our 34th Annual Reunion Picnic! Open to all alumni, friends, and family. We hope you have the date in bold on your calendar and are planning to join us for part or all of the day. See inside this newsletter for full details and agenda. We have activities all day. No charge and free food (thank you to Rogers Behavioral Health) and other cool stuff (thank you to a generous annual donor). We want to see you, your family, kids, and friends there!

Also a reminder that the Reunion Picnic is a great time to sign up to be an “Alumni Partner”. This is an opportunity for you to connect with a new Herrington graduate to help them find a few meetings and get connected to the recovery community in their home area. This is not sponsorship, just partnering with a new alumni to help them find a few meetings. Reconnect with a recent Herrington graduate in their hometown and assist them in finding meetings.

Further opportunities will be available soon.

• Alumni Website - coming soon
• Quarterly Pizza Night with HRC residents - 2nd Tues. of March, June, Sept, Dec
• Quarterly newsletter
• Weekly Alumni speakers (RAP speakers) @HRC
• Weekly speakers at Family & Friends and outpatient programs (PHP/IOP)
• Alumni Partners
• Alumni Website - coming soon
• Sponsorship - temporary and permanent

Thank you to all of you who give of yourself to help support and encourage others! I look forward to reconnecting with you at the Reunion Picnic this weekend!

Blessings in Recovery,
Kristin Simons, HMAA President
drksimons1@gmail.com

Looking for an Opportunity to Give Back?
Consider Our Alumni Partner Program!

The Alumni Partners program is a list of past Herrington graduates who are willing to connect with a recent Herrington graduate in their hometown and assist them in finding meetings. Many new graduates have difficulty and some anxiety with finding and attending a new meeting for the first time. This is especially true for new graduates who live outside the immediate Rogers area. Please consider adding your name to this list, especially if you live far from the Oconomowoc area. This is not a commitment to sponsor. It is a willingness to meet up with a new alumni member in your area and help them find a few meetings. Remember what it felt like to go to those first few meetings where you didn’t know anyone? Let’s partner with the new alumni and help them get a good start after they graduate from Herrington. If you have at least a year of continuous sobriety/clean time and are willing to be an Alumni Partner, please contact Jeff Radtke from our board of directors jeff.radtke@yahoo.com
Fast forward to January of 2017. My son came to me and this was my job. I would never, ever give up on him. I go back to the important job that I held in raising him to be and guilt and sorrow would fill my soul and my head would "I’m done," but then the next day, my anger would subside and futile. It was such a chaotic life, to say the least. There therapists and searching for a life coach who he could privileges and driving access, consulting with behavioral monitoring his activities 24/7, establishing contracts with much potential to be. My world became consumed with This is when my journey began of trying to "fix" this huge killed him. But by the grace of God, it didn’t. I clearly Something way off the charts. Something that could have Hospital because of alcohol poisoning. I don’t recall what nights, and the phone call that he was admitted to Summit was something that too would pass. It didn’t. It got worse had gone through this phase as a teenager and thought this with time. Summer brought those dreaded Summerfest with withdrawing, disrespect to certain house ground rules, not focused on grades as much, argumentativeness, what was going on as "typical" teenager adolescent behavior: not focused on grades as much, argumentativeness, withdrawing, disrespect to certain house ground rules, lying and experimenting with alcohol. I would find hidden empty bottles in his room, along with bongs, and as silly as it lying and experimenting with alcohol. I would find hidden with time. It was there he learned so much about his disease. And I did as well. It was there that I realized I was asking him to do what he couldn’t do. It was there also that I learned about Al Anon. I will never forget my first experience at an Al-Anon meeting. I remember just crying when it was my turn to share. I explained to the others there that our son was recently in a car accident in which the driver of the car was killed. He and two friends had spent the night drinking and doing prescription drugs. In the wee hours of the morning a decision was made to drive to a nearby gas station and in that short distance, the 17-year old driver lost her life. As crazy as this sounds, I hadn’t ever thought that he was an alcoholic. It took years for me to recognize this. When I look back now, I clearly missed signs and for that, I feel tremendous guilt and wish I could go back and do things differently. But Al-Anon has taught me so much. At that initial meeting, I expected to leave with lots of advice, direction and what steps to do next. I didn’t leave with any of that. I was surprised, to say the least, that all I left with were huge and people telling me to “keep coming back.” I was so confused. I thought that the meeting would give me solutions to solve his problem. It didn’t. I wasn’t sure that these meetings would be worth my time. I wasn’t sure if I would attend another meeting. But I did. And what those meetings gave me was the opportunity to learn from the experiences of others who have faced similar problems. Alcoholism is a complex problems, and Al Anon taught me how to deal with the challenges of someone else’s drinking. And for that, I am eternally grateful.

According to Al Anon, “Sponsorship is a mutual and confidential sharing between two Al-Anon members. A Sponsor is someone with whom a member can discuss personal problems or questions; someone who willingly shares the experience, strength, and hope of the Al-Anon/Alateen program.” (from Sponsorship, What It’s All About [P-31]). After a month of meetings and continuing to go back, I reached out for a sponsor. My sponsor is a wonderful person with whom I can identify. I meet with her once a week prior to the Al Anon meeting and work the 12 steps of Al-Anon. It is so nice to be able to talk person will be outside the closed door in case there is need for some assistance. After the meeting, you will then be escorted back to the reception area. You are then free to thank HP for another hour.

I thank you in advance for your willingness to share your experience, strength, and hope with those still suffering. I look forward to hearing from you. Let the scheduling begin! Peace and Blessings to All!

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Welcome to Rogers of Oconomowoc! The Rogers Oconomowoc campus welcomes all forms of addiction to any of the support groups held at this location. Whatever form your addiction may take we are grateful to have you contribute to discussions around our tables!

Rogers Oconomowoc is undergoing heavy renovations across their campus. All support groups are still being held at their usual date and time. Groups convene in the Florida Room which is located thru the entrance and down the hall to your immediate right. We look forward to seeing you!

The Germans battle The Greeks In the formidable Alumni Reunion Trivial Pursuit Battle for Survival

Johnny the German has returned from the land of The Barbarians, and made a special effort in searching out the last of those viscous warriors hidden in the deep forests, still in contact with the formidable Norse god, Odin. Long lost maneuvers were again discussed, and at the mention of The Greeks and their gods, Odin laughed through the thunder and lightning, suggesting they try building a more stable Acropolis this time around? Johnny the Greek be on your guard, Johnny the German is back in town!
In Need of Facilitators for Closed Meetings at Rogers West Allis Adult Inpatient Unit

Greetings to some of my favorite people!

It has been about 7 weeks since I transitioned from Herrington Recovery Center to Rogers West Allis Adult Inpatient Unit as an Addictions Counselor.

Closed meetings began on the adult inpatient unit in West Allis on August 5, 2018. The goal was and is to have nightly 12 step meetings on the adult inpatient unit and the time to be from 7 PM to 8 PM. There has been much excitement to be able to offer our patients the hope that life can be different. Who better than our brothers and sisters who live the 12 steps and have experienced the promises to engage our patients and introduce them to the miracles of recovery and hope for long term sobriety. As we know, 12 step meeting attendance, working the steps, obtaining a sponsor, and full engagement in the fellowship is vital to long term sobriety and recovery. I refer to the fellowship as the medicine for the disease of addiction. I have discovered at Rogers West Allis, that patients have little knowledge and exposure to the fellowship. 12 step meetings, and what it means to work a program.

I am grateful for the people who have come forward and have started to facilitate the meetings at West Allis. Recruiting people who are working a program and who will commit to facilitating a meeting has been an enormous undertaking. Talking with the patients about their meeting experience and desire for more information has been inspiring and rewarding. I am grateful for the continued learning experience. In order to keep it; it must be given back.

I am in the process of recruiting more speakers/facilitators for our nightly meetings. I am looking for members in AA, NA, CA, and ALANON fellowship who are working a program, to come and share your experience, strength, and hope to those still struggling. We are in need in West Allis. If you are interested in pairing up with another person in the fellowship, that is great as this will be of benefit in case one cannot make the meeting.

The protocol involves arriving on time, bringing in no candy or items that may be looked at as contraband, coming to the reception desk and getting a visitor badge. You will be escorted by a staff member to the locked unit and a staff