

~ 25th Anniversary Issue ~

### ***Agenda of Events for Picnic/Reunion***

- 9:30 CONTINENTAL BREAKFAST
- 10:00 WELCOME FROM BOB OLSON, PRESIDENT OF HMAA
- 10:15 KEYNOTE ADDRESS BY RICHARD HAUSER M.D. "MIRACLES"  
(Dr. Hauser was the creator of the alumni association in 1985 and is an honorary member)
- 11:30 ANNUAL MEETING CHAIRED BY BOB OLSON  
(Election of Board of Directors)
- 12:00 GOURMET PICNIC LUNCH  
(Provided by Rogers Memorial Hospital featuring Chef Mickey Gabbert)
- 1:00 AA SPEAKERS—WENDY K., DEB A., CHARLIE S. "MIRACLES THROUGH THE 12 STEPS"  
(GAMES AND ACTIVITIES FOR CHILDREN ON THE GROUND WITH A REC THERAPIST)
- 2:30 ANNUAL SCAVENGER HUNT FOR PRESENT RESIDENTS OF HERRINGTON HOUSE AND ANY INTERESTED OTHERS
  - As in years past, the scavenger hunt list is kept under lock and key until just before the groups are sent out to collect the items.
  - Prizes provide by "T-Lon Products Inc."**
  - Dinner will be on your own. If you need suggestions of restaurants, ask one of the locals.
- 6:30 SCAVENGERS ARE DUE BACK WITH THEIR "LOOT" FOR JUDGING AND THE AWARDING OF PRIZES
- 7:30 GRATITUDE FIRESIDE OPEN AA MEETING HOSTED BY MICKEY GABBERT  
(We welcome not only recovery alums but family and friends of Herrington/McBride. Our Gratitude Fire will afford us a spiritual culmination to our day's activities. It affirms the Goodness of our recovery and allows us to remember those struggles that leave us so grateful for the present.)

ALL EVENTS WILL BE HELD INSIDE THE COMMUNITY CENTER  
OF THE CAMPUS IF THE WEATHER IS INCLEMENT

### **25th ANNIVERSARY CELEBRATION**

### **HERRINGTON/MCBRIDE ALUMNI REUNION/PICNIC**

**SATURDAY JUNE 26, 2010**

### **GROUNDS OF ROGERS MEMORIAL HOSPITAL OCONOMOWOC, WISCONSIN**

Theme: "MIRACLES"

Hours: 9:30 AM Until ????

EVENTS: SPEAKERS, PICNIC LUNCH, GAMES, BUSINESS MEETING  
AND CAMPFIRE OPEN AA MEETING

FREE PICNIC LUNCH AT NOON

CALL 1-800-767-4411 EXT.1140 REGARDING NUMBER ATTENDING SO WE  
WILL HAVE SUFFICIENT FOOD AND BEVERAGES AVAILABLE

\*\*SEE BACK PAGE OF THIS NEWSLETTER FOR COMPLETE  
LISTING OF THE DAY'S AGENDA

## **Working together to help others recover**

Michael M. Miller, MD, FASAM, FAPA  
Medical Director – The Herrington Recovery Center at  
Rogers Memorial Hospital

I appreciate the opportunity to contribute to this issue of The Moving Finger and want to thank the Herrington McBride Alumni Association board for the invitation. I look forward to meeting many of you in the near future and hearing your individual stories and experiences.

Until then, I'd like to answer the question on most people's minds: "Who is this guy, anyway?"

My career in addiction medicine was directly influenced by my early clinical work alongside Dr. Roland Herrington in the early 1980s at DePaul Rehabilitation Hospital in Milwaukee. There, as a third-year psychiatry resident at the Medical College of Wisconsin, I was able to observe his compassion for his patients and his firm expectations that they respect his recommendations. As one of Roland's trainees, I can assure you that his advice was well-heeded. More on that later.

Dr. Herrington helped shape my career. He got me involved with the Managing Committee of the State Medical Society's Statewide Impaired Physicians Program (SIPP), where I served 12 years with him, Dr. David Benzer, and others.

As a clinician and as founding Medical Director of the SIPP, Roland was a formidable advocate for his colleagues who had sought treatment and wanted to continue their recovery as well as continue their careers. He encouraged them to pursue their professional aspirations, but also held them accountable for their treatment goals.

Most of all, Dr. Herrington treated his patients with respect. He also held the expectation that they would respect those around them, regardless of age, experience or title, novice or expert.

Dr. Herrington believed we all have something to offer.

So, when he called me more than two decades ago to let me know about a position in Madison, I again put my trust in my mentor, colleague and friend. I followed his advice, pursued the opportunity and found a place at Meriter Hospital's NewStart Program where I could continue my chosen vocation: Helping patients break free from their addictions and restore their ability to find healthy and productive lives.

This career has offered numerous opportunities for me to contribute toward the education of today's clinicians and help lead the field of addiction medicine. I won't get into the details here. There is a nice press release at [rogershospital.org/media](http://rogershospital.org/media) that tells you more about my credentials, my activities in ASAM, ABAM, the WMS, the AMA and throughout organized medicine.

I'm honored to be the new medical director for The Herrington Recovery Center. This program, this facility and these people are helping more and more people restore their lives and the lives of their families.

I am pleased to hear that many members of the Herrington McBride Alumni Association are active participants in the program and provide valuable support for the facility. It is this type of visibility that helps those in recovery find the strength to continue.

Your ability to share your stories and struggles help those who will ultimately decide to take the first step toward recovery. It is my hope that we can learn from and support each other.

After all, Dr. Herrington believed we all have something to offer

## **It's a Miracle**

*"There are only two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle."*

*Albert Einstein*

On a day in the middle of September, 1979, I picked up a copy of People Magazine. The magazine was on a coffee table along with 15 to 20 other magazines, none of which I looked at prior to or after looking through the September 24, 1979, Vol. 12 No.13 issue. I was staying in a rental vacation home on the beaches of Hilton Head, South Carolina. My major concern at the time was figuring out a way to obtain more oxcycodone. Supplies were getting short, and with a 60 pill a day tolerance, one could never plan too far ahead. While thumbing through the magazine, I saw an article about a doctor in Milwaukee who "understands his physician patients who are drunks or addicts: he's been both." He was located in the city where I lived. There are a very few, but very distinct, thoughts I have had in my life that I will always remember. The thought I remember that day almost 31 years ago is one of these. I specifically remember thinking "that's nice for doctors who need something like that."

Another day in the middle of April, 1980, I was talking to my attorney in Milwaukee. He was advising me to get into drug rehabilitation yesterday. Two felony charges on one's client does that to attorneys. I told my attorney that I remembered reading about a doctor in Milwaukee who treated physicians with drug problems. On April 22, 1980, I met Dr. Roland Herrington.

On still another day in March, 1985, I was talking with Dr. Herrington in his office and suggested that the program we were developing needed an Alumni Association. He chuckled and said "well, go start one."

Cross my heart and hope to die, I never had a plan in mind to read a magazine, get busted, and start an Alumni Association for recovering addicts when I

moved to Milwaukee in June, 1975. But on June 26, 2010, a whole lot of people will get together to celebrate a 25th anniversary to honor the miracle of recovery and the miracle of life. Before arriving, try connecting some dots in your own life. Draw a picture of events which started out bleak but eventually proved to be a part of a positive and beneficial outcome. Then try to take all the credit for the outcome. Or try to conclude that your picture was nothing more than a series of coincidental events. Ask yourself if nothing in your life has been a miracle, or if everything in your life has been a miracle. After all, one of the smartest guys who ever lived says it has to be one or the other.

I hope to see many old friends and meet many new friends at the reunion. I will guarantee those who come will hear things that no one in attendance has ever heard before. It is my hope that what I share will allow everyone to know, understand, and appreciate Dr. Roland Herrington better on both a professional and personal level. You will have to listen to parts of my own story to achieve the full impact. For some, this will mean releasing the pause button to resume play. There are those of you who understand that statement now, and all who come to listen will understand then. I am looking forward to getting together again.

*Peace. Rick Hauser*

## **Where did the Name Come From?**

*By Natalie Zimmerman*

The question is often asked of board members. Where and why the name of our alumni association. Here is the answer.

The Herrington portion of the name comes from the name of the Recovery Center at Rogers Memorial Hospital in Oconomowoc. The Center is named for Dr. Roland Herrington who was instrumental in bringing the center to Oconomowoc. Dr. Herrington was devoted to assisting people begin their recovery journey from addiction. He was a giant in the field. Come to the reunion/picnic and you will hear more about him from folks who were fortunate to have known and worked with him. (This issue of the newsletter contains two articles which will give you some insight into his legacy.)

The name McBride comes from the name of the inpatient unit at the former Milwaukee Psychiatric Hospital which housed people who were in the Impaired Professionals Program which was led by Dr. Herrington and his staff.

The unit was named after Dr. James H. McBride who was the founder and president of the hospital in 1884 to 1895. Dr. McBride believed that open air and open country were best medicine for mental health. (This concept certainly fits the current Herrington Recovery Center)

Alums from the McBride program invited

Herrington Recovery Center alums to join them in their alumni organization which had been formed in 1985. The joining of the two led to the name of Herrington/McBride Alumni Association—HMAA.

## **President's Message**

Hello Everybody,

I hope this note finds everyone in a good place and in good health. We all work so very hard on a daily basis to maintain the sobriety we have so humbly earned.

There are over 1300 members of the HMAA who will be invited to share their experience, strength and hope with each other once again this June as we gather to celebrate our sobriety on June 26th at the Herrington/ McBride Reunion Picnic.

As in years past we will gather at the RMH Oconomowoc campus and will follow the tried and tested agenda that has proven to be so successful over the past years.

This year once again the speakers will be a highlight. Our keynote speaker is THE creator and an original founder of the HMAA, his name is Dr. Richard Hauser. For our afternoon speakers we have invited the "Dream Team." That's right.....Charlie, Wendy and Debbie. It will be "Old Home Week" for many of us.

In the middle of all of this inspiring fun a bit of business will also need to be completed. Like in past years we will conduct a very brief, yet important, HMAA Board Meeting.

We will nominate and vote on reelections of current members and some new board members.

One other important issue to be voted on will be the Moving Finger. The hospital has come forward and has offered to subsidize, print and mail this communiqué. This would relieve a large burden from the HMAA as far as cost and man power are concerned. The direction we go will be left to your vote on the 26th.

Now back to the fun of the reunion. We look forward to seeing all past alumni and friends of HMAA. I'd like to encourage everybody to pick up the phone, reconnect with your house mates and encourage one and another to attend the reunion. It is always an emotional and empowering event.

Pray for good weather on June 26<sup>th</sup>!!!!

See you all the 25<sup>th</sup> HMAA Reunion Picnic!!!!!!

*With warmest regards,  
Bob Olson  
President-HMAA*

The Moving Finger is published by and for the Herrington  
McBride Alumni Association.  
Please send story ideas and feedback to:  
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