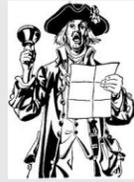


For the Weekly Calendar:



AA Meetings – Rogers Hospital – Oconomowoc

Monday – 7:00 Evening

Wednesday – 7:00 Evening

Thursday – 6:00 Evening

Saturday – 7:04 Morning (Nobody makes it by 7:00!)

Sunday – 8:30 Morning

NA Meeting - Rogers Hospital – Oconomowoc

Saturday – 7:00 Evening

Rogers Hospital – West Allis

Sunday – 6:00 Evening

Wednesday – 7:30 Evening (NA Meeting)

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 McCreddie at: clean@wi.rr.com

If you're interested in having Pizza with current residents contact Glen Taylor at: fglentaylor@gmail.com

Pizza nights are every second Tuesday of March, June September and December

“Alone we
can do so
little; together
we can do
so much”



Herrington
McBride

Herrington
McBride

The Herrington McBride Alumni Association
Summer Edition, 2019

The Herrington Recovery

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 begin to connect with a recovery community after graduating. Look for the sign up table at the picnic.

We continue to look for new and better ways to connect with our alumni. Please reach out to one of our board members (listed on the back of the newsletter) or to me personally to let us know how we can serve you. Better yet, get involved and help us serve each other.

Here is a reminder of a few of the things we do as an alumni association. If there is something you would like to

be involved in, let us know!

- Annual Reunion Picnic - Always 3rd Sat in June
- Halloween Party @ HRC
- New Years Eve Dinner and Party @ HRC
- Annual Recovery Retreat
- 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
drkjsimons1@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 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

Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

Elected Board Members:

Kristin Simons – President
Jeff Radtke – Vice President
Laurie Schammel –Secretary
Phil Grabski – Treasurer
Jennifer Evancy
Scott Elston
Michael Ingrilli
Mary Lee Grady
Glen Taylor
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Jerrett Fernandez
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Bob Olson – Past President
John Aschenbrenner – Past President
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Herrington Recovery Center

The Herrington Recovery is published by The Herrington
McBride Association – a not-for-profit organization, with
the generous help of Roger's Memorial Hospital

Layout and Printing - Village Graphics Printing, Hartland, WI

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Send name, telephone, address & email changes to:

HMAA Box 13581
Wauwatosa, Wisconsin 53213
or by email to Wemart@aol.com

Susan's Story

My name is Susan and I am a mother, a wife, a sister, a daughter, an elementary school teacher, and a grateful member of Al Anon. I recently marked my two-year anniversary with Al Anon. Prior to that, I really had no idea what Al Anon was. I grew up in a family where alcoholism wasn't prevalent or even an issue. I was only familiar that the AA term meant Alcohol Anonymous, but that was the extent of it. Little did I know how Al Anon would be the saving grace to my sanity.

For those who are not familiar with Al Anon, their website describes it as: "a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help."

It took a very, very long time for me to recognize and admit that my son had a problem with alcohol and drugs. It would be easy to say that I was in denial, but I honestly wouldn't describe it that way. Much of his behaviors coincided with the start of high school, and I related much of 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 bong, and as silly as it sounds, attributed it to alcohol and weed experimentation. I had gone through this phase as a teenager and thought this was something that too would pass. It didn't. It got worse with time. Summer brought those dreaded Summerfest nights, and the phone call that he was admitted to Summit Hospital because of alcohol poisoning. I don't recall what his alcohol blood content was but it was something absurd. Something way off the charts. Something that could have killed him. But by the grace of God, it didn't. I clearly remember speaking with the doctor and he posed the question, "Do you think your son has an alcohol problem?" This is when my journey began of trying to "fix" this huge mess and get him back on track to be the person he had so much potential to be. My world became consumed with monitoring his activities 24/7, establishing contracts with him with consequences resulting in the loss of cell phone privileges and driving access, consulting with behavioral therapists and searching for a life coach who he could connect with, etc. It was completely and utterly exhausting and futile. It was such a chaotic life, to say the least. There were many, many days when I threw my hands up and said, "I'm done," but then the next day, my anger would subside and guilt and sorrow would fill my soul and my head would go back to the important job that I held in raising him to be a productive, healthy citizen of society. I was a mother and this was my job. I would never, ever give up on him.

Fast forward to January of 2017. My son came to me and

admitted his addiction with both alcohol and drugs. This was a huge milestone. I had come to the realization much before he did, but it didn't matter; it was he who also had to understand his addiction and want to do something about it. He was admitted to a 30-day program at Herrington in May 2017. 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 hugs 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 problem, 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!

Contact information is:

Jean Pruscha CSAC ICS Addictions Counselor
Rogers Memorial Hospital West Allis
11101 W Lincoln Ave
West Allis, WI 53227
441.328.3722

Cell: 262.949.6299 | jpruscha@rogershospital.org



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!

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!



UNDER CONSTRUCTION

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!



with someone who understands my situation and who can listen. Again, she doesn't provide me with what I should do or answers, but instead questions me and makes me think about the choices that I have. She's always a phone call away and she, along with Al Anon, keep me sane.

I have many things which I am grateful for due to Al Anon. It has taught me the three C's: I didn't cause this, I can't control this, and I can't cure this. It's also given me the serenity prayer, and many other slogans which help in so many different situations throughout the day.

However, my main takeaway from Al Anon is that it has taught me that I have choices. It has taught me that I have control in certain situations, but no control in others. It has taught me how to detach with love. And it has taught me that this is my son's recovery and his work, and not mine.

I wish I could say that his rehab at Herrington was the answer; but, in reality, it's only been the beginning of the answer. Like many who have any kind of addiction, the work afterwards is the hard part. I think of it like losing weight: the easier part is dropping the pounds, the difficult part is maintaining the weight loss. Alcohol and addiction are cunning, baffling and powerful. Relapses aren't uncommon and in November of 2018, my son was charged with his third OWI. In February of 2018, he was charged with contributing towards his friend's death as result of the accident in November 2016. His third OWI was the tipping point and the driving force for the district attorney to press charges. He was not only a safety concern to himself, but to other innocent people on the road. He was sentenced in July 2018, and will spend 3 years in a minimum-security prison. It isn't anything as a mother that I ever envisioned for my son, but I am looking at it as an opportunity for him to learn and grow. I am so very thankful he is safe, drug and alcohol free for 18 months, and he has the clearest mind. He has matured so very much, and he realizes life can be lived without alcohol and drugs. He is pure potential. And Al Anon has given me the potential to have the priceless gift of serenity.



**WE NEED
YOUR HELP**

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, HA, and ALANON fellowship who are working a program, to come and share your experience, strength, and hope to those still suffering. 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



34th Annual Herrington McBride Alumni Association Summer Picnic June 15, 2019

- 9:30 Continental Breakfast
- 10:30 Welcome from Glen T, Board Member
Opening thoughts and prayer from John A
- 10:45 Keynote address by John L
- 11:30 Annual Alumni Meeting chaired by HMAA President Kristin S
- 12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital) and Ice Cream Truck
- 1:00 NA Speaker - Jamie L
Kids games and activities on the grounds with rec therapist till 2:30
- 1:45 Al-Anon Speaker - Jim D Sr.
- 2:30 Recovery Olympics for present Herrington residents and any interested others till 4:30
See Olympics Activity Coordinators Jenny V and Jimmy D
Other activities available at this time:
Trivial Pursuit (Team Johnny the German vs. Team Johnny the Greek)
Corn Hole Giant Jenga Bocce ball Ping Pong Kiddie Pool
- 4:30 Bring your own grilling items (grill will be provided and grilling will be done for you)
- 6:00 Recovery Olympic participants return for results and awarding of prizes
(Prizes provided by T-Lon Products Inc.)
- 6:30* Fireside Open Gratitude Meeting hosted by Rob M
*approximate time

We welcome not only recovering alums but family and friends of Herrington/McBri

ALL EVENTS WILL BE HELD INSIDE THE MPC IF THE WEATHER IS INCLEMENT

"Today is Our Day"