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## Beyond 12 Steps

THERE ARE MANY  
PATHS TO ADDICTION  
and many roads to treatment and recovery

by  
Cynthia Orange

When we think of recovery programs for substance use disorders or addictive behaviors, many of us automatically think of the Twelve Steps. No surprise, since millions of people throughout the world embrace this philosophy that sprung up in the 1930s when the first Twelve Step group, Alcoholics Anonymous (AA), was founded. Today there are Twelve Step mutual support groups for individuals and families that focus on other drugs, such as cocaine, marijuana, nicotine, or prescription pills. There are Twelve Step groups for those with co-occurring addiction and mental health disorders. There are Twelve Step groups for people addicted to gambling, sex, over eating, and other compulsive behaviors. And the list goes on.

Yet, even with all these choices, Twelve Step recovery isn't for everyone. Just as there are many paths to addiction, there are many roads to treatment and recovery beyond the Twelve Steps.

Although they overlap, there is a distinction between treatment and recovery. Depending on the individual need or situ-

ation, treatment often begins with detoxification, medical and psychological care, followed by a period of more intense therapy. Recovery may include peer support groups or other types of ongoing support. Some treatment centers may incorporate elements and tools of recovery.

### A CLOSER LOOK AT TREATMENT

As the National Institute on Drug Abuse (NIDA) reminds us in their "Principles of Drug Addiction" guide, addic-

tion is a brain disease with far-reaching health and social consequences. It can increase our risk for a number of mental and physical illnesses, and the dysfunctional behaviors that go hand-in-glove with addiction can negatively affect a person's ability to function in the family, workplace, or community.

"Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual's life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences," NIDA experts state.

According to NIDA, more than 14,500 specialized drug treatment facilities in the United States provide counseling, behavioral therapy, medication, case management, and other types of services to persons with substance use disorders. Such treatment can be delivered in outpatient, inpatient, and residential settings by a variety of providers, including counselors, physicians, psychiatrists, psychologists, nurses, and social workers.

**According to NIDA, [there are] more than 14,500 specialized drug treatment facilities in the United States**

**BEYOND 12 STEPS** to pg 6

## Fast-Tracker Connects People Directly to Treatment

by Emily Piper

Minnesota Department of Human Services Commissioner

To mark Recovery Month in Minnesota, I want to tell you about substance use disorder treatment reform, a website, and a mother from southern Minnesota.

Let's start with a hypothetical mother from southern Minnesota. Two years ago after much discussion, she finally gets her son, a heroin user, to agree to treatment. The mother, who knows the system, called the county for an assessment — which is exactly what she is supposed to do, and her son made an appointment. Only problem: the appointment is 20 days away.

While this is hypothetical, it is also common. It can take up to 20 days to get an assessment.

Substance use disorder is an illness. We need to get people into treatment as soon as possible; people who need treatment cannot wait. Telling someone to wait 20 days for treatment is like telling someone with a broken leg to wait 20 days to get it set.

**FAST-TRACKER** to pg 10





## CALENDAR / SEPTEMBER IS RECOVERY MONTH

## UPCOMING

**Spirituality Breakfast:** Friday, September 7, 7:30 a.m. Hoversten Chapel, Foss Center, Augsburg University, Minneapolis. Keynote Speaker – Deborah J. Ang-Stein, author of the memoir *Prison Baby* and Founder/CEO of the unPrison Project.

**NUWAY's 2018 Annual Picnic:** Saturday, September 8, 1:00-4:00 p.m. at 2118 Blaisdell Ave S, Minneapolis. All are welcome to this free family-friendly event featuring food from local restaurants, live DJ, photo booth, face painting, balloon art, henna tattoos and friendly fellowship. More information can be found at [nuway.org](http://nuway.org).

**Walk for Recovery:** Saturday, September 15, from 9a.m-1p.m. at Lake of the Isles, Minneapolis. For more information or to register, visit [walk.minnesotarecovery.org](http://walk.minnesotarecovery.org).

**Little Falls AA Round Robin:** September 16, 2:00-7:00 pm, Little Falls Alano Club, 600 5th Street NW, Little Falls, MN

**4th Annual St. Cloud AA Convention** September 22, 12:00 pm - 7:00 pm Midtown Square Mall, 3333 W Division St. St. Cloud, MN 56301

**Rally Caps for Recovery / Recovery Month Twins Game:** Minnesota Twins vs Detroit Tigers, Tuesday, September 25, 2018. 7:10 p.m. Target Field.

**Addiction & Faith Conference:** September 28 - September 30, DoubleTree by Hilton Hotel Bloomington, 7800 Normandale Boulevard, Bloomington. Cost is \$250-350. [www.addictionandfaithconference.com](http://www.addictionandfaithconference.com)

## ONGOING

**Mothers of Adult Children:** A support group for people whose moms used violence. Our support group will offer a safe place to talk, listen and share feelings, experiences and stories with other moms in a comfortable, confidential environment. We meet 1st Saturday of every month, 9-11:00am. Breakfast provided at Calvary Baptist Church — Maki Room, 1st. floor, 2608 Blaisdell Ave S., Minneapolis. Parking available on street or back lot. Call 534-349-9105 for more information.

**The Dan Anderson Renewal Center, Hazelden, Center City, MN.** 12-Step-inspired weekend retreats focus on common issues faced in recovery: forgiveness, spirituality, healthy relationships, grief, and loss. Call 1-800-262-4882 for more info.

**All Recovery Meetings:** Minnesota Recovery Connection is hosting All Recovery meetings throughout the Twin Cities. These meetings honor all pathways to recovery, acknowledging that each person's path is unique. Come, socialize, share - friends and family members welcome. Call 612-584-4158 for more info or go to [www.minnesotarecovery.org](http://www.minnesotarecovery.org).



**NOW HIRING**

**COOK**

The Cook plans and provides fresh nutritious meals to all residents on a daily basis and ensures all health, safety and environmental health standards are achieved and maintained. The Cook is also responsible for preparing and serving meals according to planned menus, monitors methods of food handling, preparation, meal service and equipment cleaning.

For more information, or to apply visit <https://www.riverridgemn.com/careers/>

## CELEBRATING

# Recovery Month

SEPTEMBER

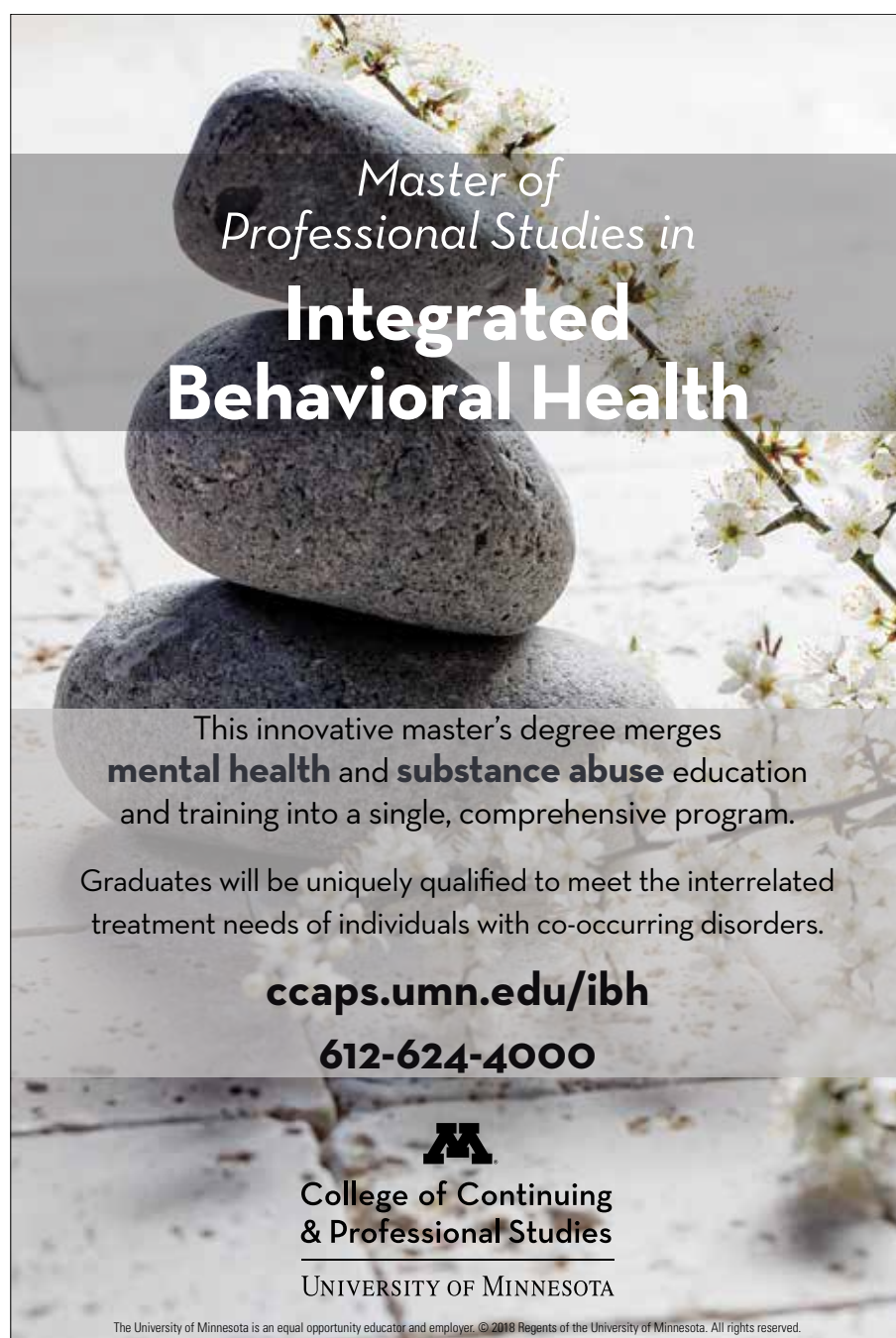
**Women's 12-Step Program:** Wednesdays at 7pm, Peace Presbyterian Church, 7624 Cedar Lake Rd, St Louis Park. For women of all ages who find any part of life chaotic or out of control. The chaos can be caused by addiction, eating disorders, relationship problems or self esteem issues. We use *A Woman's Way through the Twelve Steps* by Stephanie Covington. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and we provide free childcare for 12-Step participants. [Reclamation-Ministries.org](http://Reclamation-Ministries.org) or call 612-879-9642.

**Hazelden's Second Sunday Retreats:** The second Sunday of each month everyone in recovery is invited to Hazelden in Center City, MN for an inspirational day of workshops, fellowship, sharing and fun. Open to anyone 18 or older involved in a 12-Step program. \$20/person includes a buffet lunch and information packet.

9 a.m. - Register at the Cork Center  
9 a.m. - Introductions and orientation  
10-11 a.m. - Lecture  
10:30 -12:45 - Small group discussions  
12:45 - 1:30 p.m. - Sunday buffet  
1:45 p.m. - Small group discussions or Meditation group  
2:55 p.m. - Relaxation group  
800-257-7810; Plymouth alum welcome.

**The Recovery Church:** 253 State St., St. Paul, 55107, offers worship services on Sunday at 9:30am with fellowship, coffee and snacks following service. The mission is to provide a spiritual community for people in search of growth, healing, and recovery. For a list of recovery meetings, visit [therecoverychurch.org](http://therecoverychurch.org) or like [therecoverychurchstpaul](https://www.facebook.com/therecoverychurchstpaul) on Facebook.

To place a listing, email David at [david@thephoenixspirit.com](mailto:david@thephoenixspirit.com) or call 612.298.5405.




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MINNESOTA RECOVERY CONNECTION'S

**WALK FOR RECOVERY**

**September 15, 2018**

9 a.m. - 1 p.m., Lake of the Isles, Minneapolis

[walk.minnesotarecovery.org](http://walk.minnesotarecovery.org)

Presented by: **nuway**

CELEBRATE RECOVERY. D.J.! LIVE MUSIC! FOOD TRUCKS! ACTIVITIES FOR THE KIDS!



# A Note on Gratitude

by Julia Edelman, Editor



I'm in treatment. Again. This time it's my elbow. Fell on road bike, shattered the olecranon, a body part that apparently I don't need anymore, so it was taken out during surgery.

Surgery led to the question of opioids, for pain management. Codeine makes me sick. So does being in excruciating pain. This caused a major dilemma for me, even 25 years into recovery from drugs and alcohol. The ethical conundrum was simply this: Take pain medications which made some percentage of my addict brain start to salivate and drool, or take what my addict brain considered to be a placebo—over the counter pain meds—and be in pain and not sleep. Neither choice resolved my problem in an acceptable fashion.

And so the calls to the doctor began, seeking codeine free pain medications with a kick. As my ethical brain and my pain wrestled with one another, the emotional brain kicked in, not wanting to be outdone. At this stage in the game my emotional brain was closely allied with its sidekick depression. Spurred on by an occasional glimpse at Facebook, a sense of isolation, loneliness, and FOMO (Fear of Missing Out) festered.

About a week into this building tempest of negative thinking, I got a call from a dear friend that her husband had a heart attack. He survived, thank God, and is looking at each new day in a profoundly different way. Another friend called wondering if her son had an online gaming addiction, and a neighbor opened up about her struggle with depression and anxiety over the years.

As part of this human race, we all have struggles. With my elbow, the doctor removed the problem as he saw it, which brought forth for me an internal struggle for

which I am now thankful. I found that I am indeed still allergic to codeine, that I am still an addict at heart, and that I am not impervious, 25 years in, to feelings of loneliness and sadness. I was reminded that others struggle too, in so many different ways, and we often are completely unaware of this as we go about living our own day to days.

Most of all, I was reminded of the need for gentleness, patience, and compassion, to others and sometimes most importantly for ourselves. Like our body parts to one another, we are all connected, in one way or another. Talking to one another, sharing our struggles and our joys, is perhaps the best medicine of all.

This issue of THE PHOENIX SPIRIT is about Treatment Centers, and we are blessed with a lead article by writer Cynthia Orange. She illustrates that as there are many paths that lead us into addiction—environmental, physical, genetic, circumstantial—there are many paths out of the insanity as well. Thankfully, professionals working in the realm of mental health and addiction are now more interested than at any other point in history of treating the whole individual. Thus, a team approach often includes psychiatrists, counselors, medical personnel and family education.

Pages 7 and 8 of this issue give some local suggestions for treatment options, and Emily Piper's article on page 1 informs us of the Minnesota Department of Human Services Fast-Tracker website. This online service provides real-time availability of substance use disorder treatment programs and services.

We've come a long way. Enjoy this issue and be well!



## the **Phoenix Spirit**

RECOVERY • RENEWAL • GROWTH

*Every trial, every demon, every issue we find and face holds within it the seeds of healing, health, wisdom, growth and prosperity. We hope you find a seed in every issue.*

**T**HE PHOENIX NEWSPAPER is a bi-monthly publication for people actively working on their physical, mental, emotional and spiritual well-being. We are committed to providing articles, advertising, and information about recovery, renewal, and personal growth to help people experience life in a balanced, meaningful way.

The opinions and facts presented in this publication are intended to be diverse and represent those of the writers and/or contributors, and are not necessarily those of THE PHOENIX SPIRIT. We seek writers and interview subjects who are willing to gift you with their honestly held convictions and insights. We seek to attract advertisers who offer products and services of integrity. But we urge our readers to research, and trust their instincts.

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Some illustrations courtesy of Vecteezy.com. Photographs from Unsplash.com and iStockphoto.com.

## Don't Double Down With a Gambling Addiction.

Some people turn to gambling when they're trying to overcome an alcohol and drug addiction. That's because people who struggle with one addiction are more likely to struggle with another.

## There is Help.

Call: 24-hour Helpline at 1-800-333-HOPE

Visit: [MNGamblingHelp.org](http://MNGamblingHelp.org)

Text: HOPE to 61222

#AddictionIsAddiction



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Melrose Center



SUPPORT GROUPS / PLEASE CONTACT BEFORE ATTENDING

MONDAYS

**Conscious Contact** – 11th Step Meeting and meditative Drum Circle. Mondays (except holidays) 12:30-1:30pm. Transfiguration Lutheran Church. 11000 France Ave S, Bloomington. Drums provided. No experience necessary. Arthur 952-884-2364.

**Mindfulness and the 12 Steps** at Clouds In Water Zen Center, St. Paul. Near University and Western – 445 Farrington Street, St. Paul, MN 55103. Mondays, 7-8:15pm. Meditation and one step/month. Ongoing.

**1900 Mens Alanon**, Monday 5:45-7:15pm, 12-Step meeting, step presentation and small groups, fellowship. 1900 Nicollet Ave., Plymouth Congregational Church. Tom W., 612-281-5230. Enter at parking lot.

**Overeaters Anonymous:** Monday mornings, 10-11am. 3rd floor, handicapped accessible. Minnehaha United Methodist Church, 3701 50th St Mpls 55407. For more info call Ana 651-592-7510

**Understanding Eating Disorders, Treatment, and Recovery:** Second Monday of each month, 6-8:30 p.m. The Emily Program staff provides answers to common questions and concerns of families and friends “new” to eating disorders, treatment and recovery. 2265 Como Ave, St. Paul, 55108. Free, drop in. Visit [www.emilyprogram.com](http://www.emilyprogram.com) or call 651.645.5323.

**Eating Disorders Anonymous:** second and fourth Monday of every month, 6:7:30pm in Little Falls at St Gabriel Hospital in the Rose Room, 3rd. St. entrance. JoAnn at 320.232.9576, or [edalittlefalls@hotmail.com](mailto:edalittlefalls@hotmail.com)

**Friends and Families of Suicide:** a place of support and comfort where those that have lost a loved one to suicide will be comfortable talking about their own loss as well as hearing about the losses of others. Meets the 3rd Monday of every month 7-9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For info email [fiosmn@yahoo.com](mailto:fiosmn@yahoo.com) or call Tracy @ 651.587.8006.

**Debtors Anonymous:** a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 952-953-8438. Monday, 7-8:30 p.m., St. Mary's Greek Orthodox Church, 3450 Irving Ave. S., Mpls, 55408. (from the south parking lot use the door next to the flag)

**Bloomington Codependents Anonymous:** 7 p.m., men & women at Unity South Church, corner of 1st Ave. and American Blvd. For more info go to: [www.unitysouth.org/calendar](http://www.unitysouth.org/calendar) or call 952.469.3303

**Support group for married and divorced fathers.** Parenting, partnering, and anger management issues. Mondays, 7 to 9 p.m. in Hopkins. Call Kip 763.783.4938.

**Eating Disorders Anonymous:** St. Paul, MN, Mondays @ 6:45:7:30 PM at Hamline Midway Library, 1558 W. Minnehaha Ave., St. Paul, MN 55104. Venita Johnson 612.964.2387 or [eda.diverse@gmail.com](mailto:eda.diverse@gmail.com) for more information.

TUESDAYS

**Recovering Couples Anonymous**, 7pm. We are a 12 Step Group for couples wanting to find new ways to communicate. We provide strong couple support and model healthy couple-ship. Unity Church, 733 Portland Ave, St Paul, 55104. Enter the building through the parking lot door and take the elevator to the basement. Please check us out! Contact Dave at 651-214-5747 or Connie at 651-307-7964 for more information.

**Families Anonymous (FA):** First and third Tuesday evening of each month, 7pm. Support group for families and friends of those dealing with drug, alcohol or other behavioral issues. Is someone you love destroying family harmony by using drugs or alcohol? Free help exists! Join us at St. Timothy Lutheran Church: 1465 N. Victoria Street, St. Paul, MN 55117, or contact Dave E: 612-701-5575.

**Debtors Anonymous:** a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 952-953-8438. Tues, 7-8 p.m., Dayton Ave. Presbyterian Church, 217 Mackubin St., St. Paul, 55102. (1 block n. of Selby and 2 blocks e. of Dale. Meets in the parlor.

**Recovery International Meeting** at Mary Mother of the Church, 3333 Cliff Road, Burnsville, rm 9 at 3pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Contact Rita at 952-890-7623.

**Emotions Anonymous** - For those dealing with emotional stress, depression, etc. 7:30pm at Christ the King Lutheran Church, Room 106, 8600 Fremont Ave., Bloomington. Take Penn Ave. south to 86th. Turn left and go to Fremont, just east of 35W. Brian at 952-888-6029.

**Nicotine Anonymous:** 7-8pm at St. Columbia Church/School, 1330 Blair Ave., St. Paul, 55104. For more info call 952-404-1488.

**Overeaters Anonymous Roseville:** Meetings are held from 9:45 – 10:45 a.m. at St. Christopher's Episcopal Church, 2300 N. Hamline Ave., Roseville, Room 218 Call Janie 651.639.4246 for more info.

**A.C.A.,** 5:30-7 p.m., Dakota Alano House, 3920 Rahn Rd, Eagan (Hwy 13 & Cedarvale Shop Ctr). 651.452.2921.[www.dasinc.org/](http://www.dasinc.org/)

**A.C.A.** 7pm, Saint Michael's Lutheran Church 1660 W City Rd B (at Fry). Roseville. Open to all. Step and Traditions meeting.

**Get a Fresh Start!** 12-Step AA group, open meeting Tues., 7pm, at Kingswill Church, 1264 109th Ave NE, Blaine. Denny, 763.757.6512.

**Eating Disorders Anonymous:** 6:30-7:30pm, Zimmerman Evangelical Church, 25620 4th St. W, Zimmerman, 55398. Jodi A.: 763.244.6803 or [eda.zimmerman@gmail.com](mailto:eda.zimmerman@gmail.com) for more info.

WEDNESDAYS

**Al-Anon Evening Meditation Meeting**, 7-8 pm., Pentagon Office Park, 4570 West 77th St., Suite 255, Edina, MN 55435.

**Women's 12-Step Program:** 7pm, Peace Presbyterian Church, 7624 Cedar Lake Road, St Louis Park. For women of all ages who find any part of life chaotic or out of control. Through reading *A Woman's Way through the Twelve Steps* by Stephanie S. Covington, members explore how the Steps help us overcome addictions and work to heal ourselves. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and provides free supervised childcare for 12-Step participants. Reclamation-Ministries.org, 612-879-9642

**Eating Disorders Family & Friends Support Group:** Open to the public, 1st and 3rd Wednesday of each month, 5:45 p.m. – 7:15 p.m. at The Emily Program, 2265 Como Avenue, St. Paul, MN 55108.

**Overeaters Anonymous:** St. Paul Midway: Wednesdays 7–8 PM, Hamline United Methodist Church. Two blocks east of Snelling & Minnehaha. Park in south parking lot, use south entrance to education building. Press buzzer. For more info contact Susan at 651.295.7854.

**Adult Children of Alcoholics:** Wednesdays @ 7 pm. St. Mary's Episcopal Church, 1895 Laurel Ave, St. Paul. Meets downstairs, sign in the lobby. For more information call Mary at 612.747.0709.

**Transitions:** 7:30.9:30p.m. Support to men and women who are transitioning from incarceration to living in the community. Trained facilitators and peers provide emotional support in a safe, openly honest environment to discuss discouragements, frustrations, temptations. One of the trained facilitators is a woman. The Men's Center, 3249 Hennepin Ave. S. Minneapolis, 612.822.5892. [tcm@freenet.msp.mn.us](mailto:tcm@freenet.msp.mn.us)

**Women's CoDA Group:** Women's Only Codependents Anonymous Group. Meets every Wednesday at noon at Colonial Church of Edina, 6200 Colonial Way (Fireside room, S. end of bldg). For more information, call Valerie at 612.741.5281

**Workaholics Anonymous:** for people who are chronically preoccupied with work. Meets every Wed. 12–1pm in the east bldg at Fairview Riverside Hospital, 2450 Riverside Ave. Mpls. Take elevator inside main hospital entrance to level B, follow signs to east building and dining room E. 763-560-5199.

**Marijuana Anonymous**, Bloomington, 6-7 pm, Minnesota Valley Unitarian Universalist Church 10715 Zenith Ave S. (2 Blocks south of Old Shakopee Rd, on the East side of Zenith) Contact: [bloomingtonma@hotmail.com](mailto:bloomingtonma@hotmail.com)

**AA Meeting:** 6:30 – 8:30pm St. Christopher's Episcopal Church, 2300 N. Hamline Ave., Roseville. Call 651.639.4246 for more info.

**Atheist/Agnostic Alcoholics Anonymous**, 3249 Hennepin Ave S., #55 (Men's Center, in the basement) Mpls, 7 . 8 pm., Open to Men and Women. For more info write [tcAgnostic@gmail.com](mailto:tcAgnostic@gmail.com)

THURSDAYS

**Workaholics Anonymous:** 12 step group for finding balance between work, activity and fun. Meets every Thur. 7-8:15 pm. Christ Presbyterian Church,

6901 Normandale Rd. Room 305 - North entrance, enter door on left and up stairwell on your left. Call before attending for any schedule or location updates Jeff 952-465-4928, Liz 612-229-8930, email: [wafindingbalance@gmail.com](mailto:wafindingbalance@gmail.com)

**Red Book ACA/ACOA:** Recovery Church, 253 State, St. Paul, 7-8:30pm. For more info call Jacob at 612.819.9370 or Bruce at 651.407.6336.

**Recovery International Meeting**, St Phillip Lutheran Church, 6180 Highway 65 N, Fridley at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior Therapy. Ken, 763-571-5199.

**CoDA Group:** Co-Dependents Anonymous 12-Step Support. 6-7:30pm at Unity North Church, 11499 Martin Street NW., Coon Rapids, MN 55433. SW corner of US Hwy 10 and Hanson Blvd. Call Chris @ 763.438.3583 for more info. Also check [www.coda.org](http://www.coda.org)

**Adults with ADHD Support Groups:** (first time free) Every Thursday morning 10am . noon and every Thursday evening (except last Thurs of the month) 7pm 8:30pm. LDA Minnesota, 6100 Golden Valley Road, Golden Valley, MN 55422. Tel. 952.922.8374 or [www.ldaminnesota.org](http://www.ldaminnesota.org)

**Eating Disorders Family & Friends Support Group:** Open to the public, 2nd and 4th Thursday of each month from 5:45 p.m. – 7:15 p.m. at The Emily Program, 5354 Parkdale Drive, 2nd Floor, St. Louis Park, 55416.

**A.C.A.:** 6:30pm Prince of Peace Lutheran Church 200 Nicollet Blvd #E Burnsville. Step meeting, open to all.

FRIDAYS

**Food Addicts Anonymous:** a 12-step program dedicated to food addiction. Fridays 8-9pm, Living Table United Church of Christ, 3805 E 40th St., Mpls, 55406. LGBT friendly. For more info call Shea at 612-722-5064 or [sheahnsn@gmail.com](mailto:sheahnsn@gmail.com) or [www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

**Recovering Couples Anonymous:** Friday Night @ Minnehaha United Methodist Church, 3701 E 50th St, Mpls, 55417, 6:30 - 8pm. 12-Step couples group meets as couples in recovery from any addiction. The only requirement is the desire to remain committed to each other, and find better ways to communicate and develop intimacy. Call Kathy 612- 545-6200 or Allan 612-309-5632.

**Recovery International Meeting** at Bethlehem Lutheran Church, 4100 Lyndale Ave S., Mpls at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Ruth 612-825-4779.

**Eating Disorders Anonymous:** 5:45-6:45pm, Grace University Lutheran Church, 324 Harvard St SE, Mpls on U of M East Bank Campus. Free parking in Lot AA across street. Open. [edaminnneapolis@gmail.com](mailto:edaminnneapolis@gmail.com), 612.305.8367

**Women's AA Meeting**, TGIF Meeting. 6:15 pm at Epworth United Methodist Church, 3207 37th Ave. S., Mpls. Handicapped accessible. Meeting consists of lesbian, bi, and straight women, many of whom have maintained long term sobriety. Chris A. 612-722-1936.

SATURDAYS

**OCD Support Group:** 2nd and 4th Saturdays of each month at Lord of Life Lutheran Church,-16200 Dodd Lane, Lakeville, MN. 11am -1pm For more information contact Susan Zehr @ [sszehr@charter.net](mailto:sszehr@charter.net) or 952-210-5644.

**Nicotine Anonymous:** Sat. 10am at Linden Hills Congregational Church, 4200 Upton Ave South, Mpls. Enter at the back door. 952-404-1488.

**Spenders Anonymous:** Our purpose is to stop spending compulsively and work toward serenity in our relationship with money. 1-2 pm at Bethany Lutheran Church, 2511 East Franklin Avenue, Minneapolis, MN 55406; street parking or in the church lot; enter through the gate on Franklin and ring the bell; <http://www.spenders.org>

**Northeast Minneapolis CoDependents Anonymous (CoDA) Group:** East Side Neighborhood Services, 1700 2nd Street NE, Mpls, 55413 (corner of 2nd Street NE & 17th Ave NE). Park in lot behind building, use rear entry door. Saturdays: 1-2pm. Contact Ralph W. at [rwink@aol.com](mailto:rwink@aol.com) or 612-382-0674.

**CoDA Group:** Shoreview, Shepherd of the Hills, 3920 North Victoria Street, 1 blk north of 694. Please enter from the back/north side of building off

of Gramsie. Door “G”. Follow signs to room #265. 9-10am. Dana, [Shoreviewcoda@gmail.com](mailto:Shoreviewcoda@gmail.com)

**Overeaters Anonymous Newcomer Meeting:** Third Saturday of the month, 1pm.2pm. Sumner Library, 611 Van White Memorial Blvd., Mpls, 55411. For more info contact Allison @ 612.499.0280, Gene @ 952.835.0789 or visit [www.overeaters.org](http://www.overeaters.org).

**Overeaters Anonymous Courage to Change Meeting:** Saturday mornings 8-9a.m. at St Christopher's Episcopal Church, 2300 Hamline Ave N. Roseville. Contact Donna with questions at 651.633.3144.

**Clutterers Anonymous:** St. Christopher's Episcopal Church, 2300 N. Hamline Ave., (Hwy 36) room 220, Roseville. 12 step support group meets the first, third and fifth Sat. of the month, 10–11:15am. [www.clutterersanonymous.net](http://www.clutterersanonymous.net)

**Debtors Anonymous:** men and women using the 12-Steps to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 952-953-8438. 9-10am, Bethel Evangelical Lutheran Church, 4120 17th Ave. S., Mpls, 55407 (rooms 7 & 8, enter sliding glass door facing parking lot.)

**Overeaters Anonymous:** 8-9 a.m., Falcon Heights Community Church, 1795 Holton Street, Falcon Heights. Lisa 651.428.3484.

**Obsessive Compulsive Disorder Support Group:** 1st and 3rd Sat. of the month, 11am -1pm Central Community Center, 6300 Walker St., rm. 215, St. Louis Park, MN. Call Burt at 612.722.1504.

**Choosing Healthy Sexual Boundaries**, Saturdays 10am-noon. Concerns about your sexual behavior? Receiving negative feedback about your sexual choices? Safe, non-judgmental place to talk with other men re healthy sexual boundaries. The Men's Center, 3249 Hennepin Ave. S., Mpls.

**Adult Children of Alcoholics & Dysfunctional Families:** Saturday, 10a.m., ACA Club Fridley, Moon Plaza, Boardroom in the lower level of Unity Hospital, 550 Osborne Road, Fridley. Please see [www.acafridley.com](http://www.acafridley.com) for info.

**Men's & Women's Support Group:** Meetings every Saturday (including holidays) at 9am. Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. (north entrance.) Informal, safe place to share experiences of joy and concerns. We promote growth & positive change to meet the challenges of our lives. Call 763.443.4290.

**Debtors Anonymous:** Using the 12-Steps to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 952-953-8438. 10:30-noon, Wooddale Church, 6630 Shady Oak Rd., Eden Prairie, 55344. (enter door #1, lower level rm. 147)

**South Side Men's Group:** Saturdays, 8:20 to 10 a.m. Support for men working toward positive personal change. Creekside Community Center, 9801 Penn Ave. S. Bloomington. Visit [www.southsidemensgroup.org](http://www.southsidemensgroup.org).

SUNDAYS

**Double Winners Anonymous.** Closed meeting of alcoholic women who combine recovery with Alanon. 5:30pm. Wesley Rm, Lake Harriet United Methodist Church, 4901 Chowen Ave. S., Mpls. Take doors from pkg lot, turn left down the hall. LeeAnn J at 763.234.1054 or Margaret K at 612.823.8279.

**Big Red Book ACA**, 11:15am at the Cavalier Club, 6123 Wooddale Ave., Edina, MN 55424. Call Therese S. at 952.927.6761 for more info.

**Eating Disorders Anonymous:** 5-6:30pm in Eden Prairie at Wooddale Church, 6630 Shady Oak Road, 55344. Room 291. Contact Nikki: [nikkihaven@gmail.com](mailto:nikkihaven@gmail.com) or call 612.227.4079.

**Deep-Healing Prayer Group:** Discover how God provides healing of memories, emotions, and the body at St. Paul's Evangelical Lutheran Church, Sundays, 7-9:30pm, [www.Door2Hope.org](http://www.Door2Hope.org). 612.874.1033.

**Calix Society:** A group of Catholic Recovering Alcoholics and their family/significant others who desire to strengthen their spiritual growth, meets the 3rd Sun. of the month at Cathedral of St. Paul. Mass at 8am., breakfast/speaker meeting at 9am. 651.773.3117.

**Debtors Anonymous:** a group of men and women using the 12-Steps to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 5:30-6:30pm, Oak Knoll Lutheran Church, 600 County Rd. 73, Minnetonka, MN 55305 (enter rear of bldg, the Plymouth 2 Alanon. For more info call 612-388-2944.



# Resting on Our Laurels

by John D.

She sat next to the bed. I hadn't touched her in months. She didn't seem to notice - she didn't say a word. I felt guilty. I felt ashamed. I felt like I had been unfaithful.

There had been so many excuses. "I'm too busy. I'm too tired. I've got more important things to do." Excuses all...

Finally, I reached over and gently brushed off the dust from her jacket. I opened to the bookmark and started my daily readings - again.

Page 85 of the book *Alcoholics Anonymous* reminds us that we mustn't let up on those daily activities that got us this far in our program. It says...

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly."

So, what does this maintenance look like?

Page 86 of the book *Alcoholics Anonymous* instructs us to do the following...

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives."

Ok, so what about at the end of the day?

Again, page 86 instructs us to take an inventory at the end of the day. It asks if we were resentful, selfish, or dishonest? It urges us to examine our thoughts, motives and behaviors. If we fell short of our best selves, the book suggests we simply ask for God's forgiveness. Additionally, it advises we ask God for help in determining what corrective measures should be taken.



en. It cautions us not to fall into morbid reflection, worry or remorse for that would diminish our usefulness to others.

What other activities might one participate in that will ensure the daily reprieve?

- Daily meditation and prayer
- Participation in one's religious denomination
- Going to meetings
- Contact with others in recovery
- Contact with one's sponsor or recovery coach
- Contact with one's sponsees
- And doing our daily readings...

I finished my daily reading and set the book back by the bed. I felt better that I had taken a few minutes before my day started to ask God to direct my thinking. I felt better that for today I wasn't neglecting my program and resting on my laurels.

*Do you have a testimony of hope and encouragement from your journey of recovery? We'd love to hear from you. Please send your story to phoenix@thephoenixspirit.com. We'll connect with you if we choose to publish your piece in a future issue. Thank you.*

There had been  
so many excuses.

"I'm too busy. I'm too tired.

I've got more important  
things to do".

Excuses all...

## Resource Directory

### Bettors Anonymous

Bettors Anonymous now meeting in MN. Men and women using AA's spiritual solution to recover from gambling addictions. [www.bettorsanonymous.org](http://www.bettorsanonymous.org). 612.298.8593.

### Counseling

**Maple Grove Therapy and Wellness** is a collaborative of therapists working to serve primarily adolescents and young adults struggling with chemical and mental health issues. 612.460.0427, [www.maplegrovetherapyandwellness.com](http://www.maplegrovetherapyandwellness.com)

### Eating Disorders

**Melrose Center-** Melrose heals eating disorders for all genders and ages. Our experienced team offers specialty programming for those struggling with an eating disorder and substance use disorder - whether they are in recovery, treatment or still struggling with substance abuse. This specialty care is available in St. Louis Park, St. Paul and Maple Grove. Visit [melroseheals.com](http://melroseheals.com) or call 952.993.6200.

### Drugs and Alcohol Treatment

#### Minnesota Teen Challenge

If you or a loved one is struggling with drugs or alcohol, we're here to help. In addition to our effective and affordable residential Licensed Treatment, faith-based Long-Term Recovery and convenient Outpatient program, we have extensive prevention and transitional/aftercare services. Freedom from addiction starts here. 612-FREEDOM or [mmtc.org](http://mmtc.org)

### Narcotics Anonymous Helpline

Drug Problem? We Can Help! Call Now 24-hour (877)767.6767. Also, check out [www.namimnnesota.org](http://www.namimnnesota.org) For a complete listing of meetings, upcoming events, camp-outs, and service opportunities.

### Soul Readings/Classes

**Soul Readings/Psychic Development Classes:** *beginning, advanced, and workshops.* **Cindy Lehman;** 612.669.1861; [www.cindylehman.com](http://www.cindylehman.com); or email [cindy@cindylehman.com](mailto:cindy@cindylehman.com). Beginning February 28 - Psychic Development Beginning/Foundation Class: Learn to consciously access your soul's guidance, clarity and wisdom. Discover your abilities and purpose working with your body/soul partnership in this lifetime. Wednesday evenings, February - November. See website or call for more information.

### Workaholics Anonymous Meeting

Burning out? Workaholics Anonymous provides steps and tools to break free from non-stop work and activity. Newcomers are welcome at our Workaholics Anonymous meeting Wednesdays, noon, Fairview Riverside Hospital, Dining Rm. E. Learn more: 763.560.5199 or [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org).

To place a Resource Directory listing call David at 612.298-5405 or email at [david@thephoenixspirit.com](mailto:david@thephoenixspirit.com)



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# Beyond 12 Steps

from page 1

## WHAT CONSTITUTES EFFECTIVE ADDICTION TREATMENT

Drugs vary, just as the behaviors of the individuals who take them vary. So it makes sense that treatment needs also differ. “Matching treatment settings, interventions, and services to an individual’s particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society,” says NIDA.

The most effective treatment is one that addresses associated medical, psychological, social, vocational, and legal problems, in addition to an individual’s substance use and abuse problems. NIDA also stresses that, ideally, treatment should be appropriate to a person’s age, gender, ethnicity, and culture.

Here are some other elements of effective treatment adapted from NIDA’s guide:

- Length of treatment and relapse provisions should be taken into account. Many people leave treatment too soon, so it is important that strategies are put in place to engage them for the appropriate time period. Experts suggest at least three months, with longer durations as necessary.
- The most effective behavioral therapies motivate change, encourage abstinence, build resistance skills, introduce healthy and positive activities that replace an addictive lifestyle, and improve interpersonal communication and relationships. Such therapies can include family counseling and participation in peer support groups during and after treatment.
- Appropriate medications—especially when combined with counseling and other behavioral therapies—are often necessary for some people, especially those with co-occurring disorders.
- Treatment plans should be continually monitored and altered as necessary when an individual’s needs change. Some plans might be adapted to include parenting instruction, vocational rehab, or special social or legal services.
- Drug use during treatment should be monitored and addressed.
- Drug related behaviors often put people at risk for infectious diseases like HIV/AIDS or hepatitis, so treatment plans may need to include testing and referral services

## A CLOSER LOOK AT RECOVERY

In 2011, the Substance Abuse and Mental Health Services Administration (SAMHSA) developed this working definition for recovery from mental and/or substance use disorders: “A process of change through which individuals im-

prove their health and wellness, live a self-directed life, and strive to reach their full potential.”

In addition, SAMHSA identified these four dimensions that support a life in recovery:

- **Health**—overcoming or managing one’s disease and making informed, healthy choices that support physical and emotional wellbeing;
- **Home**—having a stable and safe place to live;
- **Purpose**—having meaningful daily activities (a job, school, volunteerism, family, etc.) and the independence, resources, and income to participate in society;
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

## GUIDING PRINCIPLES OF RECOVERY

Here are other important elements of recovery that SAMHSA identified:

- Hope, fostered by peers, family, providers, allies, and others is the catalyst for recovery.
- Self-determination and self-direction are the foundations of recovery and empowerment.
- Recovery pathways are varied, highly personalized, and “non-linear” (characterized by continual growth and possible setbacks).
- Recovery is holistic, encompassing body, mind, spirit, and community.
- Peer, family, community, and/or professional support are invaluable in recovery.
- Healthy relationships and social networks support recovery.
- Culture—including values, traditions, and beliefs—can ground a person in recovery.
- Physical and emotional trauma should be addressed and the traumatized individual supported in recovery.
- Respect is a basic ingredient of recovery, and people affected by mental health and substance use problems are deserving of it.

## ALTERNATIVES TO TWELVE-STEP RECOVERY

An Internet search will reveal that the list of addiction and mental health mutual-help recovery groups and programs is vast and varied, depending on your need, interest, or preference. Here are some to consider that will give you an idea of what’s out there:

### SMART RECOVERY®

[www.smartrecovery.org](http://www.smartrecovery.org)

This international nonprofit organization offers free, self-empowering, science-based mutual help for abstaining from any substance or activity dependence. It sponsors more than 1,000 face-to-face meetings around the world and more than 30 online meetings per week, including two weekly online meetings for family and friends.

### MINNESOTA ALTERNATIVES

[minalternatives.com](http://minalternatives.com)

The program specializes in serving people who experience both substance use issues and mental health problems, although a mental health illness is not required for services. The focus is on engagement, skill development, personalized interventions, neuroscience, and healing trauma. Interventions include mindfulness meditation, imagery, motivational enhancements, cognitive behavioral strategies, and multiple trauma therapies

### HARM REDUCTION THERAPY

[harmreductiontherapy.org](http://harmreductiontherapy.org)

This approach combines treatment with psychotherapy, so clients can address both their substance use and the issues that are behind it. Unlike traditional “quit now and forever” programs, they do not ask that clients stop all substance use, unless that is their goal. They also help families find alternatives to “tough love.” Although originally and most frequently associated with substance use, it is increasingly being applied to a multitude of other behavioral disorders.

### OUTDOOR BEHAVIORAL HEALTHCARE THERAPY (OBH)

[obhcouncil.com](http://obhcouncil.com)

This researched-based therapy is targeted for youth who have diagnosable mental health conditions as well as other adolescent problems. It uses group wilderness experiences led by licensed mental health professionals to build self-confidence and esteem, deal with depression and anxiety, overcome social phobias, etc.

### WELLBRIETY®

[wellbriety.com](http://wellbriety.com)

Wellbriety is a culturally-specific recovery approach for Native Americans that combines the teachings and principles in Native cultures with Twelve Step philosophy to achieve “whole-person” wellness. Programs are flexible and customizable so each tribe can incorporate its own traditions and beliefs into programs that support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma.

### TEEN INTERVENE

[hazelden.org/web/go/teenintervene](http://hazelden.org/web/go/teenintervene)

This researched-based program includes comprehensive screening, brief intervention, and referral to treatment program for teens who have experienced mild-to-moderate problems at school or home as a result of alcohol or other drug use. It focuses on individual goals and feedback to address each young person’s specific needs.

### WOMEN FOR SOBRIETY (WFS)

[womenforsobriety.org](http://womenforsobriety.org)

This non-profit organization is for women in recovery from substance use disorders. Founded in 1975, the in-person and online program is based on thirteen Acceptance Statements which encourage emotional and spiritual growth.

### SOS (SECULAR ORGANIZATIONS FOR SOBRIETY)

[www.sossobriety.org](http://www.sossobriety.org)

SOS is a nonprofit that advocates taking responsibility for problem drinking and handling it as a separate issue, distinct from any religious or spiritual beliefs.

## A Culture of Recovery

Many who struggle with substance use and/or mental health problems find that a recovery community offers them safety and structure that was missing when their lives were in chaos.

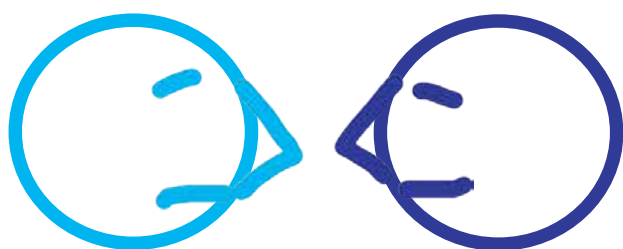
No matter your sexual orientation, your ethnicity, your religious or secular beliefs, your age, or your gender, there are individuals and organizations to turn to for support. There are also a number of on-line support groups and resources available. If you’re having difficulty finding one, try SAMHSA’s “National Helpline,” 1-800-662-HELP (4357). This is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. They also have an online treatment locator at [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).

*Cynthia Orange is an award-winning writer, editor, writing consultant, and author. Her most recent books are **Take Good Care: Finding Your Joy in Compassionate Caregiving** and **Shock Waves: A Practical Guide to Living With a Loved One's PTSD**. She has written extensively about prevention, addiction, recovery, caregiving, and trauma, and is also a published essayist and poet.*

# It's okay to not be okay.

I'm not  
okay

That's  
okay



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[www.justushealth.mn/clinic](http://www.justushealth.mn/clinic)  
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# Books

by Julia Edelman

## Be transformed. *Again.*

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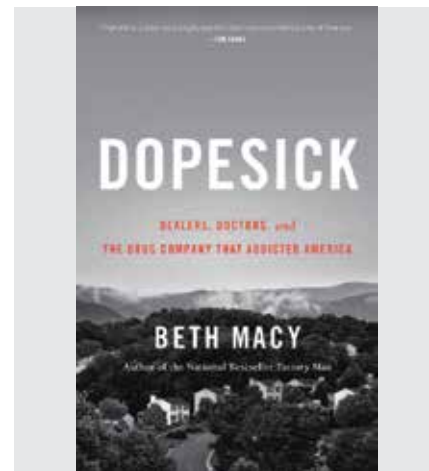
**HazeldenBettyFord.org/LodgeProgram**  
**800-262-4882**

We invite you to call us with questions.  
We are available 24 hours a day.



**Hazelden Betty Ford**  
Foundation

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### Dopesick

Dealers, Doctors, and the Drug Company that Addicted America

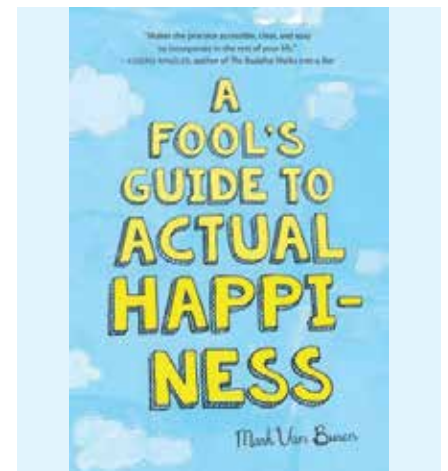
By Beth Macy

LITTLE, BROWN & COMPANY

Beth Macy takes the reader into the epicenter of America's twenty-plus year struggle with opioid addiction. From distressed small communities in Central Appalachia to wealthy suburbs; from cities to once-idyllic farm towns; *Dopesick* reveals a heartbreaking trajectory that illustrates how this national crisis has persisted for so long and dug in so deeply.

Beginning with a single dealer who lands in a small Virginia town and sets about turning high school football stars into heroin overdose statistics, Macy seeks to answer a grieving mother's question — why her only son died. What continues is a harrowing story of greed and need. From the introduction of OxyContin in 1996, Macy outlines how America embraced a medical culture where overtreatment with painkillers became the norm; the unemployed use painkillers to numb the pain of joblessness and pay their bills, while privileged teens trade pills in cul-de-sacs, and even high school standouts fall prey to prostitution, jail, and death.

Macy shows the reader that many Americans are united across geographic and class lines through opioid drug abuse. Yet in a country unable to provide basic healthcare for all, she shows there is reason to hope, and signs of the spirit and tenacity necessary in those facing addiction to build a better future for themselves and their families.



### A Fool's Guide to Actual Happiness

By Mark Van Buren

WISDOM PUBLICATIONS

Happiness lies within us—but we could all use a little help finding it. In a refreshing new voice, *A Fool's Guide to Actual Happiness* shows us how to feel and be better—without having to be perfect.

Let's face it: we all have a motivating drive to become "better." What we have and who we are never seem to be good enough. This feeling that something is wrong or needs to be fixed causes us to continuously run around, chasing after what we feel will finally fulfill us. But what if these very conditions that we are constantly trying to escape from could be used as a way to awaken ourselves — to connect with the peace already within us?

*A Fool's Guide to Actual Happiness* offers a realistic roadmap for working towards inner peace without needing to be someone you're not. With humor and refreshing simplicity, Van Buren shows how everything life throws at you, good or bad, can be used as a means to cultivate compassion, wisdom, and loving-kindness. This book allows you to explore who you are — warts and all — and gives you tools to love and accept what you find.

*If you have a book you'd like reviewed or have an old favorite you'd like to share with others, please contact Julia at [phoenix@thephoenixspirit.com](mailto:phoenix@thephoenixspirit.com).*

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- » Licensed counselor support

[augsborg.edu/stepup](http://augsborg.edu/stepup)

612-330-1405



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# Where to Get Treatment

The following is just a partial list of the many treatment facilities throughout the Greater Minneapolis / St. Paul area. We recommend doing your own research to find the treatment that fits your needs.

## ARBOR PLACE

4076 Kothlow Ave  
Menomonie, WI 54751  
715-235-4537  
  
arborplaceinc.org

Arbor Place strives to provide the best quality and most effective services, at an affordable price. Arbor Place, Inc. is a participating provider for several health insurance plans and is continually reviewing new insurance plans. If an individual does not have health insurance coverage, private pay is accepted.

## HAVEN CHEMICAL HEALTH SYSTEMS LLC

2042 Wooddale Drive Suite 220  
Woodbury, MN 55125  
651-734-9633  
  
havenchemicalhealth.com

Providing Inpatient and Outpatient Chemical Health Services in the 7 county metro area. Licensed residential and outpatient primary chemical dependency treatment. Our goal is to initiate a process of recovery by making the necessary lifestyle changes that promote long-term abstinence and recovery. With three residential facilities, Haven Chemical Health Systems has multiple ways to suit clients' needs. One on One counseling, group counseling, family counseling, 12-step facilitation approach, brief intervention approach, contingency management motivational incentive, motivational interviewing, relapse prevention.

## HAZELDEN BETTY FORD CENTER

15251 Pleasant Valley Rd  
Center City, MN 55012  
651-213-4000  
  
hazeldenbettyford.org/treatment

State-of-the-art addiction treatment centers include multidisciplinary clinical evaluations to determine a person's treatment needs during addiction rehabilitation. Hazelden Betty Ford helps individuals, families, and communities struggling with alcohol abuse, substance abuse, and drug addiction, supporting them with a 12-Step based model.

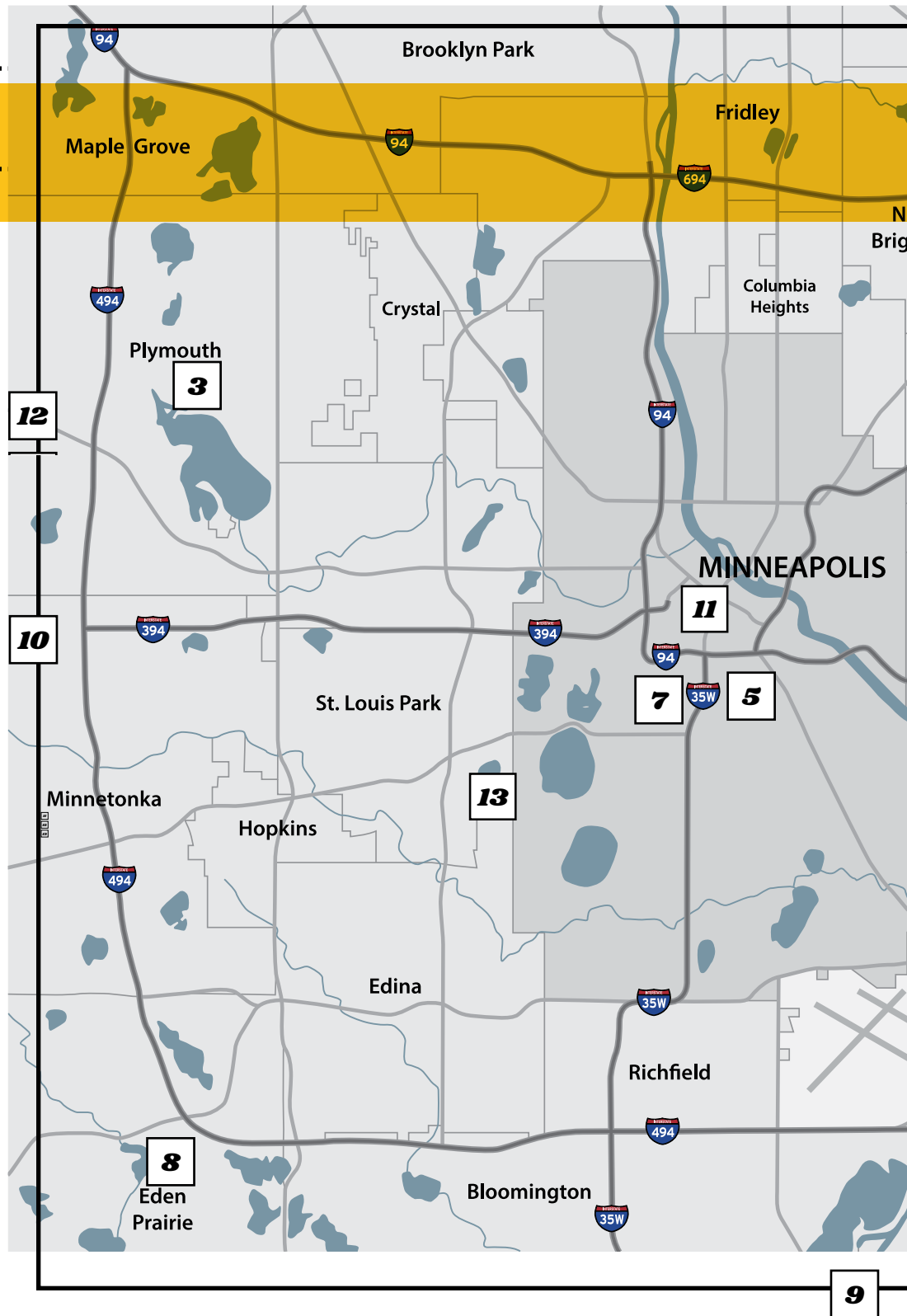
## HAZELDEN ADOLESCENT AND YOUNG ADULT TREATMENT CENTER

11505 36th Avenue N.  
Plymouth, MN. 55441  
763-509-3800  
  
hazeldenbettyford.org/treatment

Helping adolescents, young adults and families impacted by the disease of addiction for more than 30 years. Young people between the ages of 12 to 25 welcome to find freedom from drugs, alcohol and mental health issues - and to restore hope.

## MELROSE CENTER

952-993-6200  
  
melrosheals.com  
  
Melrose heals eating disorders for both males and females of all ages. Our experienced team offers specialty programming for those struggling with an eating disorder and substance abuse - whether they are in recovery, treatment or still struggling with substance abuse. Locations in St. Louis Park, St. Paul and Maple Grove.



## MERIDIAN BEHAVIORAL HEALTH

550 Main Street  
New Brighton, MN 55112  
612-454-2014  
  
meridianprograms.com

Meridian comprises an entire family of programs addressing chemical and mental health. The company operates 10 outpatient clinics and seven inpatient addiction treatment facilities, including one it acquired in East Grand Forks, MN last year. With a large network, resources and multiple locations, Meridian is able to help a diverse range of individuals, with specialized programs for men, women and LGBT. In addition to residential and outpatient treatment services, Meridian also provides medicated assisted treatment.

## TREATMENT PLACEMENT SPECIALISTS

763-703-1683  
  
treatmentplacementspecialists.com  
  
Works with referring professionals to find the best & most appropriate treatment experience for their clients based upon the client's needs.

## MINNESOTA ADULT & TEEN CHALLENGE

740 E. 24th Street  
Minneapolis, MN 55404  
612-500-4211  
  
www.mntc.org

Offers effective and affordable programs throughout Minnesota with campuses in Minneapolis, Brainerd, Duluth, Rochester and Buffalo. Minnesota Adult & Teen Challenge conduct both a long-term, faith-based recovery program and short-term licensed treatment program, which allows effective treatment of individuals with a broad spectrum of addiction issues.

## WATER'S EDGE COUNSELING AND HEALING CENTER

14551 Judicial Road  
Burnsville, MN 55306  
952-898-5020  
  
www.watersedgehc.com

A mental health treatment center with a team of multidisciplinary professionals committed to walking with individuals on a journey of healing. Spiritual and/or Christian component available.



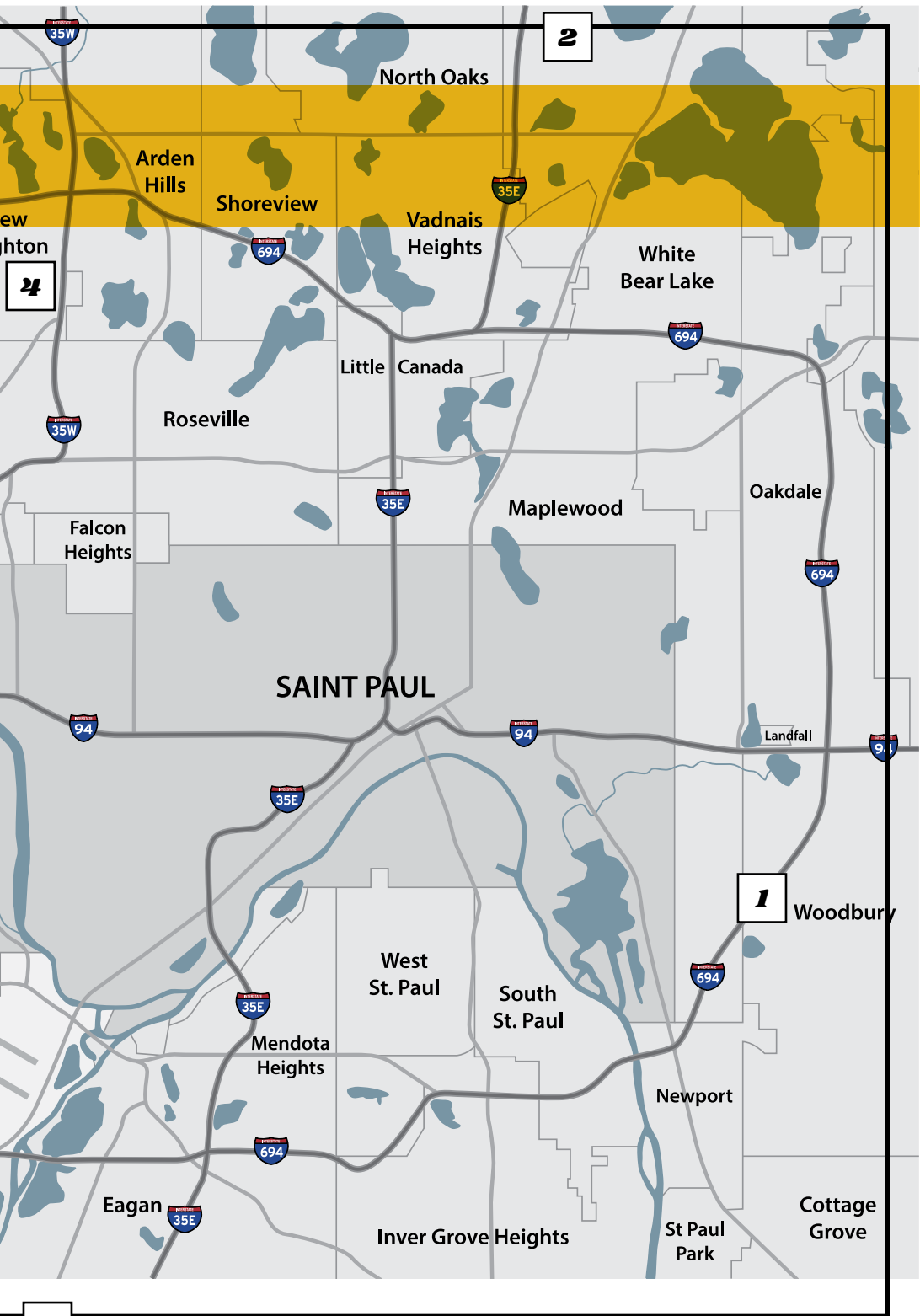
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THE RETREAT

10

1221 Wayzata Blvd E  
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www.theretreat.org

An adult alternative to traditional alcohol rehab and alcohol treatment centered on the spiritual principles of the 12-Steps of Alcoholics Anonymous. The Retreat serves people who are not in need of a clinical treatment experience. Situated in the Wayzata Big Woods just west of the twin cities, providing a natural cathedral for reflection, renewal and recovery.

FAIRVIEW RECOVERY SERVICES

11

2450 Riverside Ave.  
Minneapolis, MN 55454  
1-855-324-7843

www.fairview.org

Inpatient and outpatient chemical dependency programs for adults. Screening assessments, medically supervised detoxification, inpatient and outpatient evaluation and referral, combined inpatient to outpatient treatment sequences, family counseling and aftercare. Individualized programs are designed to meet client's physical, psychological, emotional and spiritual needs. Fairview also offers programs for older adults and people who are deaf or hard-of-hearing. Services provide choices for adults including culturally relevant patient education or community-based support and advocacy groups. Options such as an inpatient program, partial hospitalization, day treatment programs and counseling are available.

VINLAND NATIONAL CENTER

12

3675 Iduhapi Road  
Loretto, Minnesota 55357  
763-479-3555

vinlandcenter.org

Vinland is dedicated to helping people with unique learning and cognitive needs learn how to lead meaningful and full lives. For more than 30 years, Vinland has helped people live productive lives through a whole-person approach that addresses the mind, body and spirit. Vinland is well-known for meeting the unique needs of individuals with cognitive impairments, including brain injuries and learning disabilities.

WAYSIDE RECOVERY

13

3705 Park Center Blvd  
St. Louis Park, MN 55416  
952-926-5626

waysiderecovery.org

Wayside provides a complete and multi-tiered continuum of services, meeting women where they are - in seeking education, treatment, and support in their recovery. Wayside helps build a future free from addiction; services are uniquely tailored to each woman and her family. Comprehensive and holistic care addresses the causes of substance abuse while also providing tools for a life of sobriety and wellbeing.

NUWAY HOUSE

7

2118 Blaisdell Ave  
Minneapolis, MN 55404  
612-767-0309

nuway.org

Serving individuals recovering from chemical dependency since 1966, NuWay I and NuWay II provide individualized length of stay services for men and 3R's Counseling Center is mixed gender. 2118 and St. Paul Counseling Center are other locations. NuWay supports clients as they learn skills to maintain sobriety and health and integrate into a level of successful independent living in the community.

PRIDE INSTITUTE

8

14400 Martin Dr.  
Eden Prairie, MN 55344  
800-547-7433

pride-institute.com

At Pride Institute, the existing issues of the LGBTQ+ community are already understood, so we can get to work on helping overcome addiction.

RIVER RIDGE TREATMENT CENTER

9

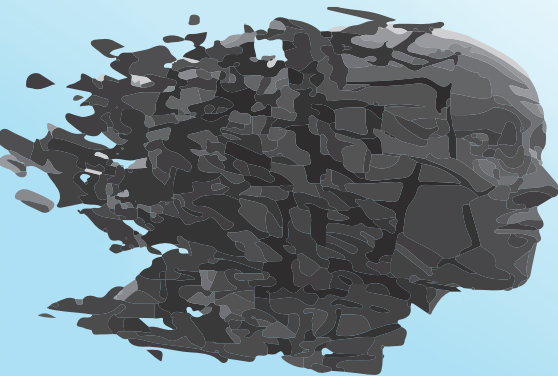
14750 Lac Lavon Drive  
Burnsville, MN 55306  
952-894-7722

www.riverridgemn.com

The fundamental mission of River Ridge Treatment Center is to help the chemically dependent person achieve freedom from addiction, and to educate the public about the risks of alcohol and other drug abuse. Services include initial needs assessment, day outpatient program, women's recovery program, women's residential treatment, men's recovery program, men's evening outpatient program, relapse prevention, recovery maintenance program, beyond trauma program, family programs, mental health services, adolescent diversion and DWI class.

Vinland Center provides drug and alcohol treatment for adults with cognitive disabilities, brain injuries, and/or multiple disabilities.

There are many causes of brain injury, and each brain injury is unique. Our staff members are highly trained to work with people living with disabilities caused by brain injuries.



1:2

One out of two people living with a brain injury suffer from some form of substance abuse issue, accordingly to the Office on Disability.

763.479.3555 • VinlandCenter.org



from page 1

# Fast-Tracker Connects People Directly to Treatment

What this mother and her son need is direct access to treatment. “Direct access to treatment” means that people receiving publically funded treatment services will be able to go directly to a treatment provider for an assessment if they do not choose to have a county-based assessment.

On August 14, the federal government approved our plans for making direct access to treatment possible. In the near future, individuals will be able to receive a comprehensive assessment at a treatment program by a licensed professional, offering the opportunity to be connected right into care. If this were the system when the woman’s son wanted treatment, he would have gone to a treatment provider who could have admitted him right way. The new system will be rolling out over the next two years. The current assessment system will remain in place until July, 2020, as direct access is phased in and we create the systems to make it work.

Which brings me to the website. How do you know where to go for treatment? And if you find a treatment program, will there be space available? If you are new to treatment, what are your options?

Fast-Tracker is now available to help. Fast-Tracker is an online, searchable database of substance use disorder treatment programs and resources. Best of all, Fast-Tracker will tell you real-time avail-

ability of services. This means if a person goes to a treatment provider they can not only get an assessment immediately and admit the same day, the person can know whether or not there’s space for them before they arrive.

The website is designed for professionals working with a person seeking treatment. For example, a primary care doctor may use it to help a patient get the treatment they need. However, it’s also



an easy and intuitive website for anyone to use, whether it’s a family member, friend, or the person seeking treatment themselves. You can take a look at Fast-Tracker at [www.fast-trackermn.org](http://www.fast-trackermn.org). Fast-Tracker is managed by the Minnesota Mental Health Community Foundation and funded in part by our Strategic Response to Opioids grant from the federal government.

All these efforts are an important step in reforming the state’s substance use disorder treatment system, an effort that has been underway since 2012. In addition to direct access and Fast-Tracker,

two other important improvements will roll out. “Peer support services” creates a paraprofessional position for people with personal experience with substance use disorder. “Treatment coordination” connects and coordinates a complete range of services for the person in treatment, such as primary care and mental health services. In the past these two services were not available through public dollars, other than through special grants.

We’ve come a long way together as a state to start to make the substance use disorder treatment system one that is fast, efficient, and focused on the person. Yet, we still have a lot of work to do. We need more services all across the state. We need more people to become licensed alcohol and drug counselors, peer support specialists, and other direct service workers. And we need people to stay informed. Go to [www.mn.gov/dhs/recovery](http://www.mn.gov/dhs/recovery) and click on “What’s New.” There you’ll find a place to sign up for regular news about alcohol, drug and other addictions.

Together, as state and local governments, providers, and concerned citizens, we must keep up the hard work to make sure there are no more heartbroken mothers and fathers and that everyone has access to the treatment and supports that they need.

*Emily Piper is the commissioner for the Minnesota Department of Human Services. People interested in treatment can find treatment programs and information about availability at the Fast Tracker website ([www.fast-trackermn.org](http://www.fast-trackermn.org)).*

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# It's Not a Game Eating and Substance Abuse Disorders

by **Brenda Servais, PsyD, LP, LADC**

Eating disorders don't discriminate. But people with a history of substance use disorder are at a higher risk for developing a potentially life threatening eating disorder. Clients may get sober only to use eating disorder symptoms — bingeing, restricting/dieting, and/or purging — instead of their drug of choice to cope with challenging emotions. This is often described by providers as whack-a-mole. True recovery begins when this game of whack-a-mole ends. It's hard work, but everyone benefits when eating disorders and substance use disorders are treated together by cross-trained providers.

## MADDOX'S STORY

*My name is Maddox, I'm a 23-year-old non-binary person. I consider my experience with disordered eating unique to my identities. As a first generation American and person of color, the way I experience disordered eating is different from a white American. I come from different cultural perspectives around food and eating and endured food insecurity for most of my life. As a bisexual trans non-binary person, my body image is shaped not only by beauty standards and "fat phobia," but also by dual cultural values of beauty and gender dysphoria. It was meaningful to me to share with my providers and fellow group members all aspects of my identity, culture and experiences while in treatment. I learned how to understand and manage both my eating disorder and substance abuse in a cohesive and comprehensive manner.*

*A huge misconception people have about addiction and eating disorders is that they're a compartmentalized aspect of a person's mental health or personality; that if only we could get this person to stop drinking or stop purging the rest would follow suit. For me and many other people in the co-occurring program, our eating disorder symptoms and our substance use were inextricably linked. I would use eating disorder symptoms to heighten the effect of alcohol or use drugs to induce or suppress my appetite.*



*I would also use substances to induce purging. Both my eating disorder and substance use were about control — having control in harming myself and only allowing myself to hurt me. By using an approach that dealt with all symptom use at once, I was forced to sit alone with myself in a way that I had numbed and masked for so long.*

*Half the battle was just getting the meals and snacks in as well as staying sober, but various treatment methods including individual and group therapies, physical therapy, occupational therapy, and dialectic behavioral therapy were imperative to starting my process of recovery. Being able to learn skills and connect with others increased my ability to participate in the program and helped affirm that I wasn't alone in my disorders.*

## RESOURCES

If you share Maddox's struggle with co-occurring eating disorder and substance use disorder, or are concerned for someone else, please know that hope and healing are possible. Visit this link [parknicollet.com/eating-substanceuse](http://parknicollet.com/eating-substanceuse) to watch a short video of others sharing their struggles. In addition to co-occurring treatment, Melrose Center in conjunction with the Hazelden Betty Ford Graduate School of Addiction Studies, offers a unique training program for providers. Call 952-993-6555 for more information about the upcoming workshop on September 19.

**Brenda Servais, PsyD, LP, LADC**, is lead of Melrose Center Eating Disorders and Substance Use Disorder Program.



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## Night Sky Dancing by Susan Lillevold

It's a little crisp outside as twilight is upon us.  
The Northern Lights begin to play along the 48th parallel.  
Join me on this relaxing yard swing  
The show has just begun.

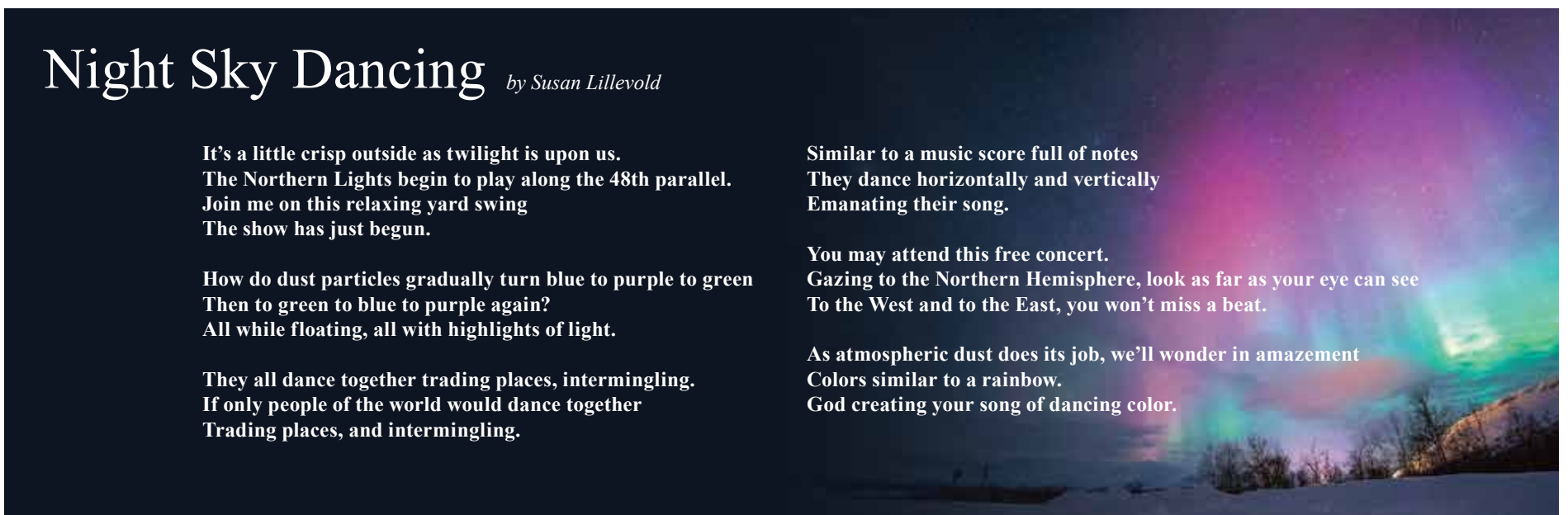
How do dust particles gradually turn blue to purple to green  
Then to green to blue to purple again?  
All while floating, all with highlights of light.

They all dance together trading places, intermingling.  
If only people of the world would dance together  
Trading places, and intermingling.

Similar to a music score full of notes  
They dance horizontally and vertically  
Emanating their song.

You may attend this free concert.  
Gazing to the Northern Hemisphere, look as far as your eye can see  
To the West and to the East, you won't miss a beat.

As atmospheric dust does its job, we'll wonder in amazement  
Colors similar to a rainbow.  
God creating your song of dancing color.







# NUWAY'S ANNUAL PICNIC

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**For more information, visit [nuway.org](http://nuway.org)**

NUWAY is a private, non-profit organization serving individuals recovering from substance use and mental health disorders since 1966.



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OF THE RECOVERY  
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- Extensive assessments and diagnosis
- On-site Brain Centers
- The Meadows Model
- World-renowned Senior Fellows
- Individualized therapeutic modalities
- Integrated family involvement
- Multidisciplinary treatment team
- Neurofeedback to address brain dysregulation and enhance treatment
- Age and gender-specific programming
- Focus on nutrition
- Experiential ways of learning
- Spiritual guidance available
- Regulatory activities that enrich the recovery process

## INDIVIDUALIZED Treatment

The Meadows Behavioral Healthcare continuum of highly individualized treatment services includes:



**RELATIONAL TRAUMA:** The Meadows is a premier provider of behavioral health services focused on treating individuals who suffer from complex developmental trauma and subsequent dysfunctional behaviors.



**EATING DISORDERS:** The Meadows Ranch offers critical care/inpatient, residential, and transitional living for women and girls with eating disorders and dual diagnosis. We provide medical and psychiatric stabilization, nutritional rehabilitation, and an integrated trauma model for the highest level of care in a safe, scenic, and home-like environment.



**YOUNG ADULTS:** Claudia Black Young Adult Center is specifically tailored to young adults aged 18-26 who struggle with unresolved emotional trauma, addiction, or complex co-occurring conditions. We embrace the entire family during the treatment process, while focusing on brain regulation and related emotional trauma.



**SEXUAL ADDICTION:** Gentle Path at The Meadows offers confidential treatment for men who battle sexual addiction, relationship addiction, or sexual anorexia and co-occurring conditions, such as substance use disorders.



**WOMEN'S RECOVERY:** Willow House at The Meadows is specifically designed to help women who struggle with relationship and intimacy disorders and co-occurring conditions, such as substance use disorders and other behavioral problems.



## INTENSIVE Workshops

Rio Retreat Center at The Meadows offers a variety of unique and powerful intensive workshops on various topics designed to foster healing, discovery, and personal growth. The center is situated on a historic dude ranch and features on-site accommodations, three healthy meals a day, and complimentary activities, such as live music performances, Auricular Acupuncture, 12 step meetings, tai chi, and yoga.



## OUTPATIENT Services

The Meadows Outpatient Center provides comprehensive outpatient program services to adults ages 18 and older, including up to 20 hours of clinical care per week, incorporating group and individual therapy and trauma services. Neurofeedback and other brain regulation equipment is offered in the on-site Brain Spa. Specialized groups are available for young adults and men and women recovering from sexual addiction.



# Helping You and Your Children to Have Good Moral Character

by John H. Driggs, LICSW



Most of us parents know how we would like our kids to turn out. They would care about others, generally have a warm heart, be socially accepted by peers, contribute to the greater good of others, treat siblings and family with compassion, be able to forgive, have a backbone and generally be a pleasure to hang out with.

Probably all of us want these qualities in our children and ourselves. Many kids — so called “good kids” — are really like this. They really are as good as they seem to be and they continue to be solid family members, reliable friends, and involved citizens throughout their lives. They are true blessings to our parental lives and society; they are also a blessing to themselves!

Unfortunately most of us parents don’t know how to bring this about. We lack a tribe of mentors to help us. Indeed the “how” is a complex and confusing process. We need support and help on how to bring about good kids, especially in this isolative and often less-than-moral culture. Parents are already smart on how to raise good kids, although we often get misled in our materialistic society with its screwy social norms. The challenge of raising good kids is often bigger than ourselves. We deserve help.

I’ve worked for nearly 40 years in my private practice to help parents and individual clients have a good conscience — a true labor of love. It’s harder to do that with adults than it is with kids. I am convinced that children and parents have an inbuilt moral compass, sometimes hidden under several layers of hurt. Kids generally want to be a source of pride to their parents, care about others and be successful human beings. It’s just that their traumatic life experiences, hurtful family relationships, and genetic psychobiology get in the way. That’s where parents come in; the sooner the better for our kids. We are not totally responsible on how our kids turn out, nor should we take complete credit for their successes, but we are their best bets on how to be decent human beings. That’s how we fully develop our own good character as well!

In fact the real moral development of our children begins and ends in our home in the parent/child relationship. No one else matters as much as we do to our kids, no matter how much we wish it were otherwise. Our children wouldn’t have it any other way either.

It’s never too late to improve that relationship. It’s never too late for any of us to have good character. Let me briefly and hopefully not self-righteously comment on how this happens.

## WHAT IS GOOD MORAL CHARACTER?

Moral character is the ability to bring about the greater good in others and lessen harm to self and others. It is the balancing act of choosing the better part of ourselves over the worse part of ourselves. We humans are primarily social creatures and how we relate to others organizes our cognitive, affective and social development. It is the single most important feature of our personality and ought to be at the top of

the list of what we want for our children (and ourselves). It is primarily developed, however imperfectly, in the parent/child relationship.

Nevertheless, children themselves have free will independent of parents and to some extent choose the type of person they want to be. Good character, according to psychotherapist Lawrence Cohen (Psychotherapy Networker, September/October 2015), involves learning appropriate behaviors and ethical principles over time, learning how to control unacceptable impulses, developing inner guidance on how we affect others, and having empathy and compassion for others to express intimate love and an not objectify others.

## HOW DOES GOOD MORAL CHARACTER DEVELOP?

Good character develops in stages throughout our lifetime. Lawrence Kohlberg, a famous psychologist, in his long-term research on male infants found that we go through six developmental periods, essentially doing good things at first because we don’t want to be punished, because it follows the rules of society and finally because we do things for a greater good based on empathy for others and seeing the bigger picture. Actually we cycle throughout these stages in a continuing spiral. Often we learn to develop a greater moral sense through admitting and learning from our mistakes, making amends to those we’ve hurt and learning to forgive ourselves when we are properly mentored.

## MY UNCLE MIKE STORY

Let me introduce you to my early mentor — my feared and beloved Uncle Mike. Raised by a single mother I needed a male guide to keep me in line. My mom’s brother did the job. Just to look at Mike inspired respect and warmth. He was a constant mentor and support for me for my mom. When I graduated high school at the top of my class, my extended Italian family threw a big party for me. My Uncle Mike didn’t make a big deal of me being the valedictorian, probably because I was already too full of myself. Instead he wrote me a check out for \$99.90. That was a lot back in 1965! I very much appreciated it.

But I was puzzled by the check. Couldn’t he just have made out the check for an even \$100? So I asked my Uncle why he did that. He said, “You already know why I did that!” I thought and thought and finally had to ask him again. Uncle Mike said, “Do you remember back 10 years ago when you asked to borrow a dime for a dime to buy a comic book? So remember. When you say you will pay someone back you better do so.” His gift was one of the most amazing gifts I ever received in my lifetime and its lesson resonates with me today. The fact that he didn’t brag about my class standing also taught me just how lucky I really was—that I didn’t need to be special to be loved.

## HOW DO PARENTS GET IN THE WAY OF BUILDING GOOD CHARACTER?

Parents goof things up with their kids in a couple of ways. They fail to see that raising kids also rewinds the unconscious

tape from their own childhood and that there is always great danger in confusing their child’s life with their own. Being oblivious to our own childhood wounds causes us to confuse our boundaries with our children’s real needs. When we cross boundaries with our kids their own lives get hijacked and they end up being sacrificial lambs used to caretaker our emotional needs. Knowing where we leave off and our kids begin is crucial for healthy parent/child relationships. A good question to ask ourselves is: Whose good is being served by my parental action? Boundary confusion is quite common and not always disastrous in parent/child relationships but can do great harm.

Another way parents short-circuit kids’ good character is by being under involved or over involved with them. When we neglect their emotional lives, perhaps because we want to be seen in the good guy or friend role, we basically untether what gives kids safety and security. Our children do not need another friend, they need parents who often are on their case, assess real dangers in their lives and set limits with their behaviors. When parents micromanage their children’s lives they burden their children with their own emotional needs and they express a vote of “No confidence.”

The guilt and arrogance of parents to decide that their children will go to Harvard, even when they are only in kindergarten, is preposterous and self-serving. The social status of parents is way less important to the well being of their kids than parents telling their kids, “I have faith in you to be the director of your own life. Why not surprise me with what you can do. I’ll help you to some extent but you are responsible for your own life when you hit the streets.” The message I grew up with is even more relevant today in this overly indulgent world we live in. There is nothing wrong with kids going to trade school or community college and taking their own circuitous way in life. Teach children to know and trust themselves.

## DOES SOCIETY MATTER WHEN IT COMES TO RAISING GOOD KIDS?

Society is and is not important when it comes to your kid’s character. If your children and you have a respectful and personal long term relationship that in-

cludes your continuing but diminishing guidance, then nothing that society throws at your kids will harm them since your children carry your voice inside them 24-7. They will live in the cocoon of your love for life.

Society, however, also has a huge effect on the moral development of our kids. Read *Character Matters* by Thomas Lickona (Touchstone Book, 2004) to get an idea of this. The overuse of cell phones and electronic media have nearly taken the heart out of our families and weakened closeness with our kids.

Things have really changed in the last 30 years of our country. Let’s look back. Imagine a culture where character is more valued than income status or career accomplishment, where children received report cards on their deportment and ability to get along with others, where communities were socially involved and didn’t have to lock doors at night, where you could go over to your neighbor’s house and look through their refrigerator, where teachers and policemen were looked at as respected authority figures, where you could allow your kids to run around the neighborhood and come in at night, and where most people regularly attended church as a family. Do you think it would be easier to assert moral values to kids in that context? Clearly not everything about the good old days was in fact good old days. But I would readily trade what we have now for those times when it comes to raising kids.

If you take nothing else from this article, remember this: hold your children close, pause and just look into the eyes of your darlings. Notice how much they love and need you and how forgiving they are. This gaze is the window to their souls. And your own. It is the better part of us all.

*John H. Driggs, LICSW, is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of *Intimacy Between Men* (Penguin Books, 1990). He can be reached at 651-699-4573.*



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# Fall Into Winter *What's a Body to Do?*

by Rachael KraMer, Holistic Health Practitioner / RN

Many Minnesotans absolutely love the change of seasons. A break from the hot, humid summer months with our windows shut and the air conditioner continually running. We welcome the crisp fall air, cozy sweatshirts, open windows, and a fire on the patio.

All too often, the fall season is a brief transition, with much of our time focused on back to school, Halloween, Thanksgiving, Christmas, and before you know it we're smack dab in the dead of winter.

We are all affected by the change in

temperature and sun. Some effects are good and some are bad. How are you affected by the winter months? We ask this now because if you know you are one that is affected by the change in seasons, now is the time to plan and prepare. Don't wait until the symptoms are there — planning ahead will create far better results. Are the winters long, gray, and taxing on your emotional health? Have you considered St. John's Wort? Vitamin D? Sun therapy?

St John's wort is a pretty little shrub with cheery yellow flowers that have me-

dicinal properties and is especially beneficial to those affected by the sun (or lack thereof). It has become fairly accepted that St John's wort is a good, safe alternative to antidepressants, but did you know that the form you take it in will have an effect on its absorption capacity? St John's is most readily available in pill form. A lot of the active ingredient is wasted as the body breaks the tablet down and deciphers what can be utilized. Taking liquid St John's wort that is meant to be used sublingually bypasses the digestive system and goes directly into the bloodstream, minimizing waste and increasing absorption capacity.

When the colder weather keeps us inside more, our body makes less Vitamin D, the sunshine vitamin; our body produces vitamin D as a result of sunshine on our skin. James M. Greenblatt M.D., in *Psychology Today* states, "Regardless of cause, deficiency of vitamin D has significant medical and psychological consequences. Every tissue in the body has vitamin D receptors, including the brain, heart, muscles, and immune system, which means vitamin D is needed at every level for the body to function." This sunshine vitamin activates the release of neurotransmitters such as dopamine and serotonin that affect brain function and sleep cycles, which also affect our emotional health. Knowing this, it's no surprise that the drop in Vitamin D leaves many people feeling down.

A good way to increase the amount of light you're exposed to as the season changes is by using a light box. There are light boxes for emotional health and different boxes for skin issues. The difference is whether they emit Ultraviolet (UV) light. For emotional health, look for a light box that does not emit UV. There are four components to help you get the most out of a light box: timing, consistency, duration, and intensity. To work with your body's natural rhythm, it's best to use the light therapy as part of your morning routine. Consistency is key, so have it on for 20-30 minutes during a routine that you do often. For emotional wellbeing it is recommended to use a 10,000-lux light box at a distance of about 16 to 24 inches from your face. For more information on specifics regarding light therapy read this.



It is always best to work with a professional when making changes to your regime, and to understand route, form, type, and frequency of the various options available. Should you take Vitamin D2 or D3? The answer is always D3. Having a professional reviewing your current regime to ensure there are no contraindications is very beneficial.

A natural regime for those affected by the lack in sun may look like this:

1. **St John's Wort:** Taking liquid St John's sublingually initially for three continuous months. Then, as part of a proactive plan begin taking St John's wort again (liquid/sublingual) in fall and continue until spring. Ending in the spring will be right in time for the natural sunshine and allows your body the chance to take over.
2. **Vitamin D3:** Lab work from a physician will determine the amount and how often you need Vitamin D. Some people only need it in the winter months, others take it year-round because their work has them in an office all day rather than outside, but they can take a lower amount in the summer.
3. **Light therapy:** Begin a light therapy routine in the very early fall as the days become shorter and cloudier.

Working at this consistently as part of a proactive plan by starting a regime prior to symptoms will provide you with the maximum reward for your efforts. Have you heard the phrase about the ineffectiveness of "chasing the pain"? In a similar fashion, use caution and don't "chase the emotion." Discontinue, or modify your regime in the spring to allow your body to take over and "rewrite" the way your body functions.

Contact your local Holistic Health Practitioner and create a plan together. They will help keep you on a path of success, seeing the sun in the midst of winter.

*Rachael KraMer, Holistic Health Practitioner/RN. She can be reached at rachael@shekinahwellness.com. shekinahwellness.com. 763-923-8112.*

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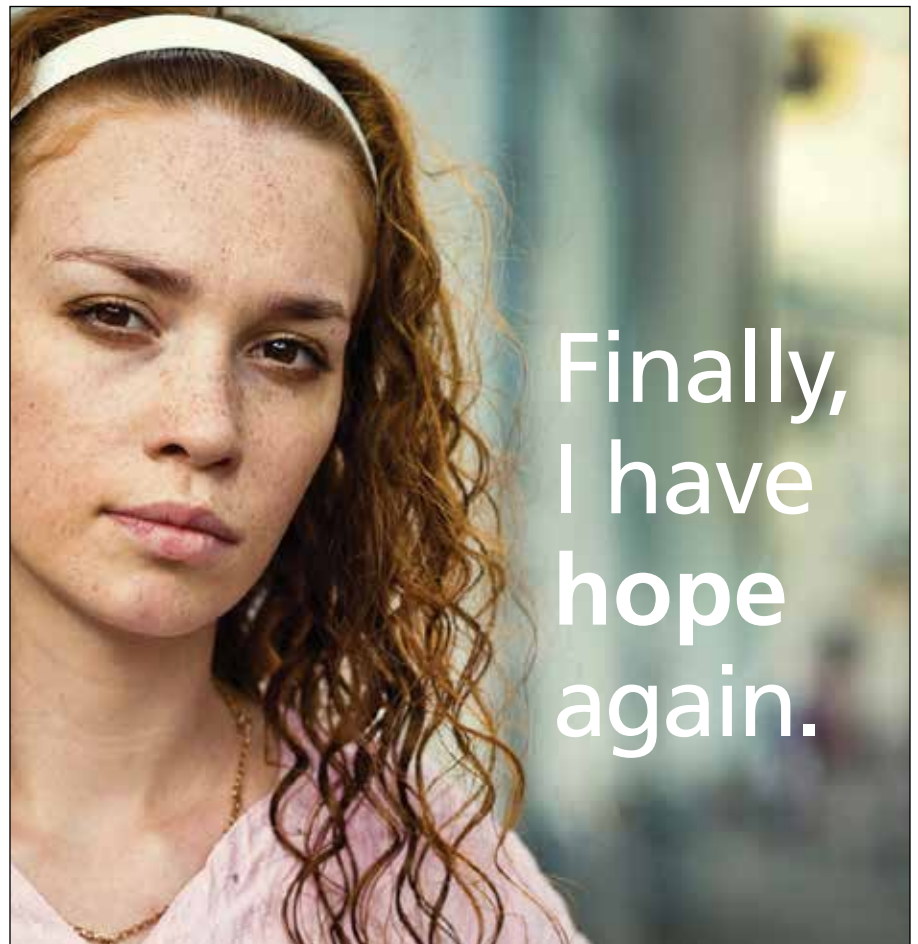
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