

Staying with Sobriety

Summer 2003

Breaking the Cycle

Decreasing the Odds of Substance Abuse in Future Generations

Have you ever wondered if your children will be substance abusers? Do you want to prevent your child from using drugs or alcohol? Hopefully the answer is yes!

According to the NIDA (National Institute Drug Alcohol), "approximately 8% of the nation's eighth graders; 24% of tenth graders; and 32% of twelfth graders have been drunk during the last month; 12%, 23%, and 25% respectively, have used an illicit drug."

The National Association for Children of Alcoholics stated that "more than 28 million Americans are children of alcoholics; nearly 11 million are under the age of 18." These children are at a greater risk for alcoholism and other drug abuse.

These statistics are overwhelming. How do we prevent our children from becoming one of these statistics? Parents play an important part in decreasing their children's risk of substance abuse. A parent who models a drug and alcohol-free lifestyle is the child's greatest prevention program. Demonstrating healthy behaviors for children to



Demonstrating healthy behaviors for children to follow can foster a desire within the child to make positive choices.

follow can foster a desire within the child to make positive choices. Nurturing a child in a drug and alcohol-free environment also raises the child's self-esteem. In an article published by the NIDA titled "How Can We Enable Children to Live a Drug-Free Life?" found that children with

high self-esteem are better able to resist peer pressure to use drugs. The effects on children growing up in a substance abuse home include depression, anxiety, and low self-esteem. In the children's group at the BMC, patients learn how to identify and effectively communicate their feelings to the parent in the multi-family group. Often, the child's primary concern is their fear of becoming addicted to drugs and alcohol. At an early age, children can identify the possible future effects of substance abuse on their life. Prevention is the

most effective technique in breaking the cycle of substance abuse in children.

Let's take a look at three key techniques that can help towards minimizing the chances of your child becoming addicted. First, identifying the risk factors that may exist and eliminate them where possible. Risk factors may include family history of substance abuse, peer pressure, and unresolved family conflicts. Second, parental involvement in the child's education and social activities is vital and will contribute in decreasing the odds of a child becoming addicted. Third, open communication of feelings. Children need to feel safe to express their feelings without being ridiculed or belittled. A drug and alcohol free home environment is the foundation for implementing these prevention techniques. Breaking the cycle and decreasing the odds of substance abuse in future generations will take a "one day at a time" commitment by every family member. ■

*Written by
Susan Jackson, MS
Family Counselor
Chemical Dependency Services*

For more information call 909-558-9224.

The Source

The following reference materials will assist you with any questions or concerns you may have regarding sobriety.

Web Sites:

LLUBMC
www.llu.edu/llubmc

Recovering
Alumni Association
www.bmcraa.org

Alcoholics Anonymous
www.alcoholics-
anonymous.org

Narcotics Anonymous
www.na.org

Southern California
Narcotics Anonymous
www.todayna.org

AA Newsletter
www.aagrapevine.org

Publications:

Title: Pass it On
Author: Bill W.
Obtain: AA Central Office

Discover the history of Alcoholics Anonymous from the first meeting to 1950, when the co-founders turned leadership over to the fellowship. It discusses the growth of AA and the 12-step movement in the U.S.

As a non-profit institution, opportunities exist for the growth of the Chemical Dependency program. For more information please call 909-558-9224. ■

FAQ

A source of answers for your lingering questions

Q *I have been in recovery for three years, but have recently had a relapse. What should I do?*

A A setback in your sobriety can be devastating; however, there are numerous resources available to help you. Individuals who relapse after a significant length of sobriety often find they have become complacent with their addiction. Get back to the basics, focus on your daily discipline, call your sponsor, join a support group, contact LLUBMC, and remember you are not alone!

Q *Should I take prescription medication while in recovery?*

A Before you decide to take medicine, you must realize a prescribed medication is still a drug. Often times, only one dose can release your addiction all over again. It is important to tell your physician or pharmacist that you are an addict or alcoholic and you require non-narcotic medication. If it is absolutely necessary that you take narcotics, have a loved one monitor your usage and do not request refills. Remember that

even some simple medication, such as cough syrup, has alcohol in it. For a list of safe and harmful medications, please contact us at 909-558-9224.

If you have a question to be addressed in the newsletter, please contact us at: Staying with Sobriety, LLUBMC, Art Earll 1710 Barton Road Redlands, CA 92373 or visit us at www.llu.edu/llubmc. ■

Keeping in Touch

What a privilege to celebrate with you the first edition of the Chemical Dependency Newsletter. I want to personally thank the BMC Alumni, Art Earll, Cheri McGrath, and the staff who have made this dream a reality.

Working with each person who comes to our program is an honor that we respect, value, and appreciate. We recognize that it is a difficult decision to step into recovery and we know for many of you that for the first time in your life you have meaning, purpose, and hope.

Growth in recovery is often exciting and yet challenging at the same time. To see the transformation is amazing and inspiring. The strength and courage it takes to stay



with the program instead of running from it is admirable.

One of my favorite quotes from the Big Book, which depicts the blessing of seeing you grow is; "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it." AA p.89

Working with each person who comes to our program is a privilege that we respect, value, and appreciate. We recognize that it is a difficult decision to step into recovery and we know for many of you that for the first time in your life you have meaning, purpose, and hope.

We are grateful to be a part of your journey! May God richly bless you all in your recovery. ■

Jill Pollock, RN, MFT(i), MS
Executive Director
of Operations

Life's Journeys

After graduating the Chemical Dependency program at LLUBMC, David and Carolyn Frost have achieved many of the goals they had set for themselves.

David and Carolyn Frost were treated at LLUBMC last summer for an addiction of medication they received from their physician. Chronic pain once controlled their lives as Carolyn suffered from Fibromyalgia and Fibrosis Syndrome while her husband, David, endured nine painful back surgeries. Like millions of others, the only way they knew how to seek relief was through medication. After undergoing detoxification and treatment at LLUBMC, the couple returned to Oklahoma with a new look on life, the ability to deal with pain, and new goals they set for themselves.

David and Carolyn quickly filled their lives with gardening, helping family members, and becoming active members in Narcotics

Anonymous (NA). David is a public information chairman and Carolyn is the activity director for NA, which keeps them busy educating the public about NA and organizing numerous events including Thanksgiving and Christmas festivities, dances, speakers, cookouts, and meetings. Through the education they received at LLUBMC, the couple has also been able to help addicted family members with recovery. Since their treatment a short time ago, David and Carolyn have also rekindled a loving relationship with their children and grandchildren and restored their faith in God. Of course one of their biggest accomplishments is that they are "Staying with Sobriety." ■



David and Carolyn Frost enjoying a day in the park with their grandchildren.

At a Glance

July

37th Annual AA Picnic
Sunday, July 13, 2003
9:00 am to 6:00 pm
Sylvan Park, Redlands

Join us for a picnic, volleyball tournament, games, and marathon meetings. For more information, please call the central office at 909-825-4700.

Metrolink Beach Trip for Alumni
Sunday, July 13, 2003
7:20 am

San Clemente Pier
\$16.00

Interested in a fun-filled day full of sun, sand, and relaxation? This traffic-free trip is just what you need! For more information, please call 909-905-0966 or ask for Boston Mike at alumni.

LLUBMC Chemical Dependency Graduation
Thursday, July 24, 2003
6:00 pm

LLUBMC gymnasium
 This is to celebrate those who have completed the CD program during June 2000 through December 2002. Invitations will be mailed. For more information or to confirm your attendance, please call 909-558-9309.

August

Inland Empire's 7th Annual Women's AA Banquet
Saturday, August 23, 2003
5:00 pm

Cal State University, San Bernardino
\$30.00

For more information, please call Jeanne R. 909-793-1051, Gayle Marie 909-794-9476, or Carmen N. 909-338-4585.

September

RAA's 12th Annual Golf Tournament
Saturday, September 6, 2003
8:00 am Shotgun
El Rancho Verde Country Club
\$75.00/player
\$300 for foursome

Join us for a wonderful day on the green! Price includes golf cart, driving range, shirt, luncheon, goodie bag, and refreshments. For more information and to RSVP, please call 909-558-9309.

For more information call 909-558-9224.

Recovering Alumni Association

Loma Linda University Behavioral Medicine Center is extremely appreciative of the continuous support and tremendous work the Recovering Alumni Association (RAA) provides our patients. The RAA works tirelessly in providing a safe haven for those struggling with sobriety through fellowship, activities, transportation, support groups, and of course clean and sober living facilities for men and women going through treatment. Individuals in the sober living homes are able to build friendships and support from others that will assist with their recovery.

Knowing one of the keys to sobriety is finding the support of others through fun, and healthy activities, the RAA hosted a three-day women's retreat in Wrightwood, California. This was a wonderful experience where thirty women developed



friendships in the peaceful and tranquil environment of the mountains. The women filled their time with numerous activities including fellowship, groups, hiking, board games, ping-pong, horseshoe, and volleyball. This was a relaxing retreat where they reflected back on their sobriety, shared their experiences and future dreams, and gave newcomers an opportunity to find a sponsor. Due to the overwhelming success of this event, the RAA is planning an additional women's retreat in the Fall.

For months the men of RAA marked their calendar and eagerly awaited their retreat that was held on May 16-18.

Like the women, they headed up to Camp Wrightwood for some well deserved rest, recreation, and fellowship. During their weekend retreat, approximately 64 men shared their story of recovery, learned how new friends struggled with addiction, and rejoiced in their sober life.

The RAA offers numerous activities to their members. If you have lost touch with this organization, now would be a wonderful opportunity to rekindle old friendships with those individuals who understand the struggles you have gone through and will celebrate the strides you have made. Visit their website at www.bmcraa.org for an updated calendar of events. ■



Staying with Sobriety

Chemical Dependency Services
1710 Barton Road
Redlands, California 92373



**LOMA LINDA UNIVERSITY
BEHAVIORAL MEDICINE CENTER**

Please write to the address below if you wish to have your name removed from the list to receive announcements or notices introducing new services, health educational programs and events, or products of Loma Linda University Behavioral Medicine Center. All reasonable efforts will be taken to ensure that your request is honored.

Promotional Services
c/o Access Center
245 East Redlands Blvd, Suite A
San Bernardino, CA 92408

The Chip In My Pocket

I carry a chip in my pocket - A simple reminder to me, of the fact that I am a drunk, no matter where I might be.

This little chip is not magic, nor is it a good luck charm, It isn't meant to protect me, from emotional or physical harm.

When I put my hand in my pocket, to bring out a coin or a key, the chip is there to remind me, of the price I pay to be free.

To acquire a foundation to stay sober, I must surrender self-will, asking help from a Higher Power, and allow my mind to be still.

A service commitment at meetings, and listening to what my sponsor does say, a quiet prayer asking for guidance, at the start and end of each day.

The chip reminds me to be grateful, for my sobriety, one day at a time, and to be thankful to my Higher Power, that my illness is not a crime.

It's also a daily reminder, of the peace and comfort I share, with all other sober drunkards, who walk with His loving care.

So I carry a chip in my pocket, reminding no one but me, that, by turning my will over to Him, He has brought me sobriety.

- Anonymous ■

For more information call 909-558-9224.