Early in your road to sobriety, you learned the power of volunteering and helping others overcome their struggle with the disease. A common phrase you may have heard was, “You can’t keep sobriety unless you give it away.” Mr. Bob Hollingsworth believes this with all his heart and soul and has developed an enormous passion for carrying this motto out. His dedication originally stemmed from watching a film entitled, “My Name is Bill W.” The movie depicts the cutting-edge treatment that Bill Wilson and Dr. Bob Smith gave to the third AA member, Bill Dobson, to become sober in the late 1930s. These gentlemen started what is now commonly known as Hospital and Institution (H&I) panel. The basic premise to this outreach is that recovering alcoholics/addicts carry the AA message into residential drug treatment centers, jails, and mental institutions to suffering alcoholics/addicts who could not otherwise attend regular meetings.

After receiving treatment at Charter Hospital (now owned by Loma Linda University Behavioral Medicine Center) in 1990, Mr. Hollingsworth recognized the power of H&I and wanted desperately to become involved. With a mere one month of sobriety under his belt, Mr. Hollingsworth decided to take his support to the Salvation Army in San Bernardino, California. He shared his experience, strength, and hope with 40 men and lent an ear to those who found themselves fighting the same disease. Mr. Hollingsworth soon began helping those in need throughout the community including St. Bernardine Hospital, Patton State Hospital, Banning Road Camp, Glen Helen Rehabilitation Detention Center, and West Valley Detention Center in Etiwanda. A retired Project Engineer from NASA, Mr. Hollingsworth had not been exposed to the prison system. Mr. Hollingsworth explained, “I have always been comfortable carrying the AA message to institutions because we all have a common disease, alcoholism, and we all have a common solution – AA 12-steps.” The individuals Mr. Hollingsworth visited looked forward to the time as it gave them the opportunity to speak with someone who could relate to their struggle with alcoholism.

With thirteen years of service to H&I, Mr. Hollingsworth has many cherished memories. One memory in particular occurred during his early years of volunteering. Mr. Hollingsworth was given the opportunity to see first hand the positive impact his work with H&I had achieved. While attending an Alcoholics Anonymous meeting, he recognized a gentleman that he spoke with at the Salvation Army. This man was touched by the story and guidance Mr. Hollingsworth had given him and decided to change the course of his life. Stories such as this give Mr. Hollingsworth the strength to offer an enormous amount of his time to support individuals in need.

For more specific information and how to become involved with H&I, please see the enclosed “Frequently Asked Questions” section.
FAQ

**Volunteering for a Hospital and Institution Panel**

**Q** How long do I need to be sober before I can volunteer?

A One year of sobriety is generally required to participate in Hospital and Institution (H & I) work at detention centers and jails; however, some panels do not require a waiting period clearance.

**Q** What will be my responsibilities?

A You will be with several other AA members on a panel. You will each have an opportunity to share your story. Try to share about the past in a brief general way, then share your message of strength and hope.

**Q** How frequent is the commitment?

A The commitment depends on the type of panel and where they are going. The commitment might be once a week or once a month.

**Q** How should I dress?

A Attire for panels is casual to dressy. You should look sober – don’t wear jeans, torn clothing or low cut tops, etc.

**Q** Do you have any other tips?

A Please be on time and follow through on your commitment. Don’t use profanity in your sharing. Don’t volunteer if you have any outstanding warrants, etc. Give a panel a try! It can be a very rewarding experience and add to your recovery.

**Q** Where can I find out more information?

A Call the AA central office in your area and ask for the H & I committee. Also, listen in AA meetings and you will probably hear a request for volunteers from time to time.

**Hats Off To Rush**

The headlines of Rush Limbaugh’s criminal investigation for the alleged purchase of illegal narcotics crackled through the news media like a bolt of lightening in the dark sky. As a physician trained in treating addictive disease, I know that addiction can affect people from all walks of life. But, I must admit, I still could not believe my ears.

Rush stated how he developed a medical problem and along with it came the pain. He was prescribed painkillers, which helped, and had the medical problem treated. But even after treatment, some pain persisted, and so he continued to take the medication. He soon became dependent on the narcotics.

Rush has the financial means to get the medical care he needs. Many Americans do not. Between 1988 and 1998, insurance benefits for addiction treatment have been cut by 75% resulting in inadequate coverage. As President of the California Society of Addiction Medicine, our dedicated physicians are trying to change that. We are working with California State Senator Wesley Chesbro to pass the Addiction Treatment Parity bill to require all medical insurance to include coverage for chemical dependency treatment.

Most people with chemical dependency problems do not require extensive treatment so the incremental premium cost increase is quite low (48 cents per month). Studies have shown that this cost increase is more than recovered within two years of treatment due to decreased utilization of other medical services.

My hat is off to Rush. I am happy he was able to receive the medical treatment he needed. But, I also hope that treatment will soon be available to all people in need of care.

Written by Donald J. Kurth, MD, Medical Director of Chemical Dependency Services

For more information call 909-558-9224.
Life’s Journeys

Demonstrating the impact chemical dependency treatment has on our youth

“For before I came to the BMC I felt my dad was embarrassing, but I was used to that kind of behavior so I tolerated it. And I would usually take advantage of his drinking by getting money and doing fireworks.

After a couple of weeks at the BMC, I began to understand that the disease was not my fault or my dad’s fault either. During this time I learned to respect my father.

Today I understand that if my father relapses; it’s not my fault. I also feel my relationship has grown between my father and his family.”

Aaron, age 13

“Before I came to the BMC my life and my family was falling apart. I would get embarrassed of my dad. I didn’t know my dad had a disease. Since my dad has been drinking ever since I can remember and more, I didn’t know that he had a problem. I didn’t know it but inside I was hurting.

While I was at the BMC I began to realize that what my dad was going through was a disease. And I realized that my dad was getting better behaviors, spending more time with me, not having as many mood swings. I was also learning that my dad loved me and he didn’t just say it, I knew it.

Now my life is fun. It feels like my whole life was slowly and surely going back. Although I’m still recovering, I feel all back together. Before I felt like I didn’t love my dad, but now I know I love him and I never second-guess myself anymore. I’m so glad I found my dad.”

Natalie, age 12

At a Glance

March
20th Annual High Desert AA Convention
Friday – Sunday, March 5, 6, and 7, 2004
Victorville – Ramada Inn
A weekend retreat filled with numerous activities including a golf tournament, marathon meetings, banquet, dance, and much more. Registration is $11.00 before February 20 and $13 thereafter. For more information, please call Cal at 760-252-7346 or 760-447-8936.

Chemical Dependency Graduation
Sunday, March 7, 2004
4:00 – 7:30 pm
LLUBMC Gymnasium
A graduation ceremony will be held in honor of those who completed treatment in 2003. Festivities include a BBQ ($5.00 per person) from 4:00 – 5:30 and commencement will begin at 6:00. Invitations will be mailed, but please contact us at 909-558-9224 if you have any questions or would like to attend.

National Children of Alcoholics Week
February 8-14
According to the U.S. Department of Health and Human Services, 11 million children have a parent who abuses alcohol. To bring awareness to the devastating effects this statistic can have on our youth, February 8-14 has been designated as National Children of Alcoholics Week. This is a great opportunity to speak to your child about the impact of addiction.

Effect on children of alcoholic families:
■ More likely to experience depression and anxiety
■ Have more problems in school
■ Appear to have lower self-esteem
■ More likely to become an alcoholic or user
■ Experiences difficulties in expressing their feelings

Adults can help children of alcoholics by:
■ Open communication lines
■ Help them to understand alcoholism is a disease
■ Let them know they are not to blame
■ Explain there are many children just like them
■ Teach them how to identify and express their feelings in healthy ways

For more information call 909-558-9224.
RAA Golf Tournament

Saturday, September 6 saw the 12th Annual Recovery Alumni Association (RAA) golf tournament at the beautiful El Rancho Verde Country Club. The event was a success from the moment players jumped in their carts and eagerly awaited the early morning shotgun start. With tee-bag goodies in hand, golfers headed towards the green where they were met with numerous activities, contests, lunch, and most importantly, knowing they were there in celebration of their sobriety.

Finding excitement on the course was done with ease as players challenged each other with putting, longest drive, and closest to the pin contests. Golfers had three opportunities to win a hole-in-one contest for golf clubs, a cruise, and a 2003 Ford Mustang. The day’s festivities came to a close with raffle prizes, an award banquet, and gratitude for sobriety.

The RAA Golf Committee should once again be congratulated for another successful event. The tournament was the largest fundraising event of the year! The organization of such an activity requires tremendous hours of planning, dedication, and willingness to give of their own time. Loma Linda University Behavioral Medicine Center greatly appreciates all the work that the committee, consisting of James D., Kim D., Bob H., and Lou B., did to make this event possible. Likewise, we express our gratitude to the many sponsors and volunteers for their support of the RAA and this event.

The ABC’s of Spiritual Recovery

Always put your Higher Power first in your life.

Love and forgive everybody.

Be a true friend and you will have many friends.

Maximize your strengths and minimize your weaknesses.

Count and thank your Higher Power for your many blessings daily.

Never, never, never give up!

Discipline yourself. Decide to make your life count.

Open the door wide when opportunity knocks.

Edify and encourage others consistently.

Practice patience.

Quit bad habits by replacing them with good habits.

Read your Big Book and other profitable material every chance you get.

Share your experience, strength, and hope whenever and wherever possible.

Take time to appreciate everything your Higher Power has given you.

Use your God given common sense.

Visualize your dreams and stretch to reach for them.

Watch, listen, and pray to your Higher Power.

Examine your motives on a regular basis.

Yield to your Higher Power when He prompts you.

Zoom in on your Higher Power’s real purpose for your life.

Written by Vaughn Grant, Chaplain

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

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

For more information call 909-558-9224.