

Contact Numbers

Serenity Lane
Alumni Office
10920 SW Barbur Blvd,
Portland, OR 97219

Information:
Shely Rahimi
503-244-4500 ext 8103
alumni@serenitylane.org



National Websites:

Alcoholics Anonymous (AA)
www.aa.org or
www.alcoholicsanonymous.org

Narcotics Anonymous (NA)
www.na.org

Cocaine Anonymous (CA)
www.ca.org

For Family & Friends:
Al-Anon & Alateen:
www.OregonAl-Anon.org

Adult Children of
Alcoholics (ACA)
www.adultchildren.org

Serenity Lane...
1-800-543-9905
www.serenitylane.org



Stepping Together

Serenity Lane's Alumni Newsletter Spring 2014

Saving lives and helping put families back together since 1973

Doing the Deal...

I became a Cop in the early 80s. Having served in the military I felt I had the discipline and fortitude to do what was right and help people through their trying times. I went in for all of those “boy-scout” reasons. I was the son of a State Trooper, so felt like I had some knowledge of the attitudes that came with police work – some good and some bad.

My career took off like a rocket. At the sacrifice of my family and friends I took on every assignment I could find. I worked countless hours doing the very thing that I always wanted to do. I was obsessed with doing the best job I could. At one point in my career I was a Field Training Officer, Fatal Accident Team Investigator, Defensive Tactics Instructor, SWAT Team Member, Safety Committee Chairman and Street Cop – all at once! I ended up divorcing twice. I exposed myself to undue risks, psychologically, physically and spiritually and I developed a cynicism like no other. In my career I found myself surrounded by death and evil. Eventually it was all that I saw... No good; just bad. I became a detective, working Sex Crimes and Homicides... more evil; more cynicism. I got so burned out from all of my disappointments with humanity that I became an angry man. Mostly I became angry at God. I remember the day I picked up a newborn baby that had been killed and thrown recklessly into a dumpster. That was it! I was done with God. How could he? How could this happen to me? I surrendered to hope. I went home and drank heavily that night - as I did whenever I dealt with horrible things. What started out as drinking “therapy” ended up being unrestrained drownings.

After 20 years of police work I bought a restaurant. I recall having the restaurant for two days when I came home and told my wife that I really missed helping people. “You should have thought about that before,” she said. As with everything else it seemed that I was making poor decisions. I had all the access to wines and other beverages I wanted. And boy did I make a run of it. I spent countless nights after-hours, wishing I made different decisions. I was resentful of my own self.

Ultimately I lost the restaurant and took an assignment to go overseas. I became a Contractor for the US Department of State in Iraq. Of course this over achiever was quickly promoted. But it was an extremely dangerous venture. I survived two bombings and made it home with less hearing, but still had my fingers and toes. But I was missing more than that. My very best friend was killed that day; May 13th of 2004, as were other friends. I will always miss them. But those events added more anger marbles to my already oversized bag. Although I survived physically-speaking, Iraq took a deadly toll on my soul. I was now convinced that any potential higher power had abandoned every single one of us on this planet. So what did I do about all of this? I set myself up for more anguish of course!

continued on page 4 and 5



LETTER FROM THE EDITOR & ALUMNI COORDINATOR

"Competition is an inevitable part of everyday life."

Greetings Alumni!

From sibling rivalry to organized sports, measuring yourself against others can often lead to feelings of inadequacy, rather than motivation for improvement. However, when you are competing with yourself, it's not about winning or losing. It's about continuously striving to be the best you can possibly be.

As one of the top treatment providers in the nation, the leadership at Serenity Lane is constantly asking "how can we be better than we were the day before?" It is this mentality that compels our ambition to build a new campus. As we outgrow the former fraternity house that we have occupied since our founding, we look to the community to support the value of affordable and effective chemical dependency treatment services in our area.

We have witnessed miracles in this unlikely setting for the last four decades, but in order to provide the best care to our patients, the time has come to plan for the future home of Serenity Lane.

In this same spirit of progress, we are happy to announce some major developments in our upcoming alumni activities. Our first annual Run for Recovery last year was a huge success, and we've taken what we learned from the process to make this year's race even bigger and better. We are also going back to basics and holding our alumni picnic as a separate event with an emphasis on food, fellowship and fun for the whole family. Look for details about these events and more in this newsletter.

We look forward to working with you as we embark on these exciting new changes.

Shely Rahimi

Newsletter Team:

Shely Rahimi: Editor

Mary Daniels: Director

Angie Delaplain: Graphic Design

Larry Bradley: Vice President of Development

Jennifer Slater: Development Coordinator



Happenings

Portland

Portland Alumni Picnic- Saturday, August 23rd, 3- 7 p.m., Cook Park, 17005 SW 92nd Street, Tigard, OR, Shelter #2. Join your fellow alumni for some good food and fun. Need support? Information on community services will be available. Raffle prizes and games, families welcome.



Eugene

Eugene Alumni Picnic- Sunday, September 7th
Time: 12-3pm
Alton Baker Park, Shelter #2
Lunch will be served from Noon-2pm
All Staff, Families & Alumni welcome. **Join Us!**

Bend

Bend Alumni Picnic- Sunday, September 21st, 12 p.m. to 3 p.m.- Aspen Meadow, Aspen Picnic Site, 18920 Shevlin Park Road, Bend, OR. This is a family friendly event for all Bend area alumni old and new! Food, fun and prizes!

2nd Annual



2014 Serenity Lane 2nd Annual Run for Recovery 5K Run/Walk

Sunday, June 8, 2014, Race begins at 10am
Alton Baker Park, Shelter #1, Eugene, OR.
Run for Recovery Event Details and Registration:
www.electicedgeracing.com/Run_For_Recovery

Last September, Serenity Lane combined the Annual Alumni Picnic with a First Annual Run for Recovery and it was a complete success!

We will be splitting these two events up this year as we have decided to open our Annual Run for Recovery to the public in June. We had a great participation for our first run and hope to double in size once we open registration to the public. Registration fees and donations will go towards Scholarships to help more people get into recovery and help us to save more lives.

* We are looking for Sponsors & Volunteers for this event as well. If you or someone you know would like to be a sponsor for The Serenity Lane Run for Recovery, please contact:

Angie Delaplain at 541-284-8614
or adelaplain@serenitylane.org

Celebrating 41 Years of Service to Our Community!

continued from page 1

I became a high ranking supervisor with a federal agency. I traveled a lot. I also drank a lot. I deserved it, I thought to myself. I paid my dues. I developed my own moral compass. Why not? There was no God, right? While on travel status I often would go to my motel room, take my sleeping pills and drink as much as I could before passing out.

And then the big one: I received a call at 6:30 one morning April of 2007 from our communications center telling me my work partner, and fellow supervisor, intentionally shot himself in the head outside of our office. I was so filled with anger at anything that resembled authority; God, my bosses, political figures; you name it. How could these things continue happening to me!? Looking back, I really had little concern for my dead friend. I was so self-absorbed. My drinking and drug use went over the top. A short time later I was traveling on the East Coast. I nearly burned down my motel room, setting off smoke alarms, the whole works. I got kicked off of my assignment and sent back home. It was so very embarrassing. But wait a minute... I am a cop, right? I am supposed to have honor and integrity! I am tough; right? I even have a tattoo of Ironman for crying out loud! This can't happen to me! It was only then that I knew I needed help. But where to go? I stood atop a high building in Portland and seriously considered jumping to end the misery. I stepped on and off of that edge several times. But I knew the people that would be picking up my splattered-self. I didn't want them seeing me like that. I made an appointment with a counselor. I told him my story. He immediately confronted me and told me I needed treatment – right now. I don't know why I listened to his words. I just did. There seemed to be some urgency in his voice. Even anguish in his eyes. What did he see? Did he know something I didn't?

Three days later I checked into a treatment center. I was there for five days when I got kicked out due to insurance issues. Now I really felt hopeless. I couldn't even get treatment when I was begging for it? I wanted to drink and use so badly. What was the use trying to stay sober? I tried to get into the V.A. Hospital but they wouldn't have me; stating that I made way too much money. More anger and resentments building... A relative suggested that there was Serenity Lane in town. Maybe I should try there. Everything was such a fog, and I was already on Librium

and other medications trying to stem the threat of a seizure and minimize my shaking and trembling. It was horrible. I was ashamed, pathetic and I was beat to a pulp. Oh - and by the way, still convinced there was no God.

I really don't remember the first meetings with Serenity Lane. My angel of a wife did all of the talking. The actual day that I checked in I vaguely remember walking down the hallway with the Counselor who was going to guide me through Intensive Outpatient Program (IOP). It was much like going to kindergarten for the first day; so many unknowns. I was so very afraid that these people would find out about the real me. The guy asked me where I was with a higher power. I said, "There isn't one." He stated, "We will see about that." I already didn't like this guy. He sure seemed opinionated... a real know-it-all. I just hated people like that...

I cannot tell you the very day I was "cracked open" and began to realize that I wasn't God. It just seemed to grow within. One of the turning points in this blessed sober life though, was when that same counselor asked me to read page 417 of AA's Big Book. In it, it says, "When I stopped living in the problem and began living in the answer, the problem went away." I was reading it out loud to my wife and I began crying so hard! She also began crying. This was a milestone for me in my wonderful recovery. Quit looking at all that is wrong and see what is right in the world! A switch was turned on. I began to see lightness instead of the dark in all things. It all really is so tied in together. You see, I do have a higher power in my life now. I do not have to carry all of those burdens as when I played God. And I have to say, it is not ironic that I am sober today and am a believer in a higher power, as compared to when I was a drunk and an addict and was void of believing in anything. Now my days begin with a brief prayer, asking God to allow me to be of service to others and to do his will – not mine. I tried the other way... didn't work out so well. At night, when I go to bed, I thank my higher power for getting me through that day. It is part of my simple routine to stay on track. I stick with this program. I "do the deal" as I have heard it said. I go to AA meetings, have a Sponsor to assist me through this journey and I now sponsor others. I stay active as a Serenity Lane Alum. You see, it is important to me to see the new people coming into the program. I see and feel their shame and their misery. I don't want to go there again. I want to be of service to help them through it.

continued on page 5



Third Annual

Serenity Lane Health Services Foundation

Community Service Awards Breakfast

When: Wednesday, October 22, 2014

Time: 7:30 a.m. – 9 a.m.

Where: Eugene Hilton and Conference Center, 66 East 6th Street



2013 "Unsung Hero" Award Recipients

Join us as we celebrate those in the community who have given selflessly of themselves to enhance drug and alcohol addiction treatment, awareness, prevention or education, either in the work place or in the community.

The following awards will be presented at our third annual breakfast:

- Addiction Professional Award
- Community Leadership Award
- Community Youth Leadership Award
- Human Resources Award/EAP Award
- Legal Professional/Uniformed Public Service Award
- Health Care Professional Award
- Mayors' Award

To nominate someone you know and to register for the breakfast go to:
www.serenitylane.org/csa

We Hope To See You There!

If I can do this, so can you!

I have been sober for over two and a half years now. Is life perfect? Of course not. But I have the tools to get me through life's trials. I have a new awareness of right and wrong. You see, I don't have to go by my moral compass anymore. I have one already made that's easy to follow. And I thank Him for it all of the time. ■

By a grateful Alumnus



Serenity Lane is getting very busy on social media.

We would really appreciate it if you "Like" us on **FaceBook** and visit our **YouTube** channel too. Just go to YouTube and in the search box type "Serenity Lane Recovery" There you will find over 30 videos, many of them are linked to our website.

We also have a **Blog** with dozens of entries about alcohol, drugs, family issues, teens, news stories, new treatments and even some warnings. Each article is information you can use in your recovery and share with your family and friends. The blog is part of our website at:
www.serenitylane.org/blog.

Some of you who have signed up on our email list, will be hearing from us in that way too. We hope to send out regular **e-blasts** which will bring topics of interest right to your desktop or mobile device.

Also, Serenity Lane has a Library of **DVD's** that may be of interest to you. Each one is just \$10 (with \$2.50 shipping) and the topics range from Dr. Ron Schwerzler's "Disease of Addiction," Dwight Lee's "Power of Thought" and "Spirituality, and two popular presentations by Gary L: "The 12 Steps" and "The Serenity Prayer." You can order them online and pay by credit card. Easy Peasy! Just go to: www.serenitylane.org/dvds

3 Tips for Relapse Prevention

By Tom Burns, Recovery Support Counselor

Relapse is a Process, Not an Event- Just as recovery is a process, not an event. Relapse starts way before



the actual use. I believe recovery is what you do to maintain a clean and sober life.

Sometimes when I ask a person who has relapsed what happened? They say, “I don’t know, it just happened”. I believe that there is a road to relapse and if the person can identify the relapse warning

signs along this road, they will have a better chance to get out of this relapse cycle.

Balance- When a person takes away the drugs and alcohol, they need to put back in its place healthy coping tools. It is these tools that help to stay in balance. Some of these tools are healthy communication, healthy boundaries and how to deal with stress. In my recovery support groups we also talk about the things that can take us out of balance. I think one of the biggest dangers people face in recovery is complacency. They get into recovery and do all the right things for their recovery, then start to slack off their program. There is an old saying that says, don’t quit before the miracle. I like the new one I hear, it goes, “Don’t quit after the miracle.”

Changing Our Thinking. If our best thinking got us here, then we need to change our thinking. There are many ways to help us change our thinking. The 12 Steps, having a sponsor, spiritual connection, and going to meetings are some of the most important tools of recovery. These tools not only help us to change our thinking but, also help us to maintain our thinking. If today you think you will never drink or use again and at some point you do, then what has changed is your thinking in a negative way. So by using the tools of recovery we can not only change our thinking, but maintain our thinking in a positive way.

Tom Burns has been at Serenity Lane for 3 ½ years and a Recovery Support Counselor for two years. Tom presents his Relapse Prevention Lecture to our residential patients weekly.

New SL Board Members



Cindy Weinhold, an RN and mother, has joined Serenity Lane’s board of directors.

Cindy lived all over the United States as a child, but Ashland, Ore., was the last stop. She graduated from Oregon Health Sciences University with a bachelor of science in nursing. She worked in hospitals and in an ophthalmology practice’s operating room.

Cindy has lived in Eugene since 1985. She is married to Paul Weinhold, who is president of the University of Oregon Foundation.

She has three children. One son is at South Eugene High School; another is at the University of Oregon. Her daughter is in Los Angeles.

It was her daughter’s addiction that brought Cindy into contact with Serenity Lane and generated passion for our mission. “Serenity Lane saves lives,” Cindy says.

“I want to help people understand addiction better and support families. Addiction is misunderstood and has a stigma. I want to live to see the day when mental health issues are treated the same way as physical issues.”

We’re glad that you’ve joined the board, Cindy!



Tim Danforth is a new board member, but he has worked on addiction and recovery issues in Lane County since 1984.

Tim has a background in the drug and alcohol field as well as a master’s degree in counseling from Antioch’s New Hampshire campus. Before moving to Oregon, Tim directed an inpatient program. After working for Lane County as coordinator of the DUI treatment programs, he took a position to develop and lead a team working on dual recovery program at Lane County Mental Health.

Tim is semi-retired but works part-time for the behavioral health unit of PeaceHealth. He is a crisis counselor, often working with patients in the emergency room. “I love being on the front lines,” he says. “My favorite thing about the job is getting to talk to people who are maybe at a place in their lives where they are ready to make a change and I get to be supportive.”

Tim also enjoys his family and being a musician. He served on the Addiction Counselor Certification Board for Oregon and has been on the boards of Willamette Family Treatment Services and Science Factory.

Tim says he’s looking forward to serving on Serenity Lane’s board. “This is a prestigious organization, and I’m humbled to be asked to be on the board. I’m grateful to be able to have a part in it.”

Welcome, Tim!

“Bridge to the (near) Future”



Serenity Lane's existing campus has served the Oregon community for more than 40 years. The time has come to relocate, and because of generous private, foundation and staff donations, we are hoping to break ground on our new campus this summer!

In 2008, Serenity Lane purchased 15 acres in Coburg, Oregon, located just eight miles north of Eugene, for a new facility. The facility will provide a safe and healing environment that includes a twenty bed hospital unit, residential buildings, a full service kitchen and dining hall, a lecture center, a gymnasium and recreation center, a meditation center, and an ExSL residential building. This will enable us to double our capacity and increase the number of residential treatment beds in Oregon by 17 percent.

Although we are breaking ground we are still a long way off from completing our Bridge to the Future Campaign.

If you are interested in learning more please contact Larry Bradley at lbradley@serenitylane.org or (541) 284-8609. You can also visit our website at www.serenitylane.org.



At our 2014 Annual Board Retreat, the board of directors and members of our leadership team gathered to strategize and focus on "the big picture." To symbolize our progress, Board President John Dunphy M.D. presented our CEO Mike Dyer with a golden shovel. The tag said "Congratulations, now start digging!"

**2133 Centennial Plaza
Eugene, OR 97401**

Non-Profit Org.
U.S. Postage
PAID
Eugene, OR
Permit No 17

Inside:

Alumni Story

Letter from Editor

Alumni Happenings

3K/5K Run

CSA- Breakfast

Article by Tom T.

New Board Members

Capital Campaign Update

Enjoy the little things in life...
for one day you will look back and
realize they were the big things...

-Robert Brault



Find us on
Facebook