

miracles do happen

Winter 2010

A newsletter for Rosecrance alumni



The larger-than-life Rockford IceHogs mascot attracts spectators as they wait for the game to begin.

Fun on the Ice

Rosecrance alumni, Monarch House residents and Rosecrance staff enjoyed an exciting evening watching the Rockford IceHogs beat the Chicago Wolves 1-0. The event was held at the MetroCentre in downtown Rockford in November. More than 90 individuals attended this alumni event.

Not only did alumni get to see an action-filled game, but the group was also allowed to skate on the IceHogs rink afterward. The Rockford Park District donated numerous pairs of ice skates for anyone who wanted to take to the ice. It was a fun-filled evening for friends and families alike.

A special thank you to the Rockford IceHogs staff, Mr. Travis Gortman, Ticket Sales Representative, and Mr. Jason Dawbin, V.P. of Ticket Sales, for hosting the event.

Photo courtesy of Laura, Fan History Wiki

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Alumni coordinator gives thoughts on starting a new year

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Gina's view

By surrendering, she gained everything

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The Mirror Never Lies

Lyrics inspire those on the path

NEXT EVENT

"Taming of the Flu" at The Second City in Chicago on Saturday, February 27, 8 p.m.

Meet other alumni and enjoy an exciting evening of laughter and fun. The Second City is the world's premier comedy theatre and school of improvisation.

Tickets are \$27 and must be paid in advance. To RSVP and for more information, visit our website at www.rosecrance.org/alumni/news.asp.



LETTER FROM THE ALUMNI COORDINATOR

Beginnings



The new year offers an opportunity to reflect on the past and start anew.

This is also the time most people make resolutions. I spoke with many Rosecrance alumni in the past weeks who shared with me their goals for 2010. Most committed to: improve and adjust their recovery, become more spiritual, let go and let God, increase participation in meetings, work on the next Step, get a sponsor, be a sponsor or just reflect and enjoy their accomplishments. As we fulfill these resolutions, let's remember to acknowledge those who provide guidance, support and love along the way.

Guidance may come in unexpected ways on this journey. In this issue the song "The Mirror Never Lies" speaks from the mirror's point of view as a person takes an honest look at his life. The featured alumna, Gina, also states that her turning point was when she looked in the mirror and was disgusted by what she saw. Through her determination and the support of others, Gina has five years in recovery.

Getting support and giving support are paramount in recovery. I invite you to attend the Rosecrance Alumni Support Groups for adults and adolescents held in Rockford, Naperville and Frankfort. Location and times are included in this newsletter.

I look forward to seeing you at the Alumni Support Groups and events throughout the year. Join us and become part of the Rosecrance Alumni Family.

Sincerely,

David S. Sutor, MHS, CADC, Alumni Coordinator
sutord@rosecrance.net

Visit our website at www.rosecrance.org/alumni/news.asp for upcoming Alumni news and events.



FEATURE

Gina's View

I have a great life today because I decided to surrender. By surrendering all, I gained everything.

My name is Gina and I am a recovered addict with five years of sobriety. I began drinking at the age of 13 and using Ecstasy at the age of 15.

Eventually, I tried heroin believing it was cocaine. I got very sick and stopped breathing for a long time. I almost died that night, but it did not phase me. Heroin quickly became a habit. It absorbed every waking moment of my life. Daily hygiene, eating, and sleeping became practically nonexistent.

After a while, I sought help at an outpatient drug program but was still using drugs. I transferred into their inpatient program. I detoxed from heroin and was put on a drug that prevented me from getting high. If I tried to use, it would make me sick.

The medicine kept me clean for about 5 ½ months, but eventually I stopped taking it. While working at a local nightclub, I was asked if I knew where to get some cocaine. I went to my old connections and in the midst of delivering the cocaine, I tried it.

Cocaine robbed me of everything. I couldn't look in the mirror because I was disgusted at who I was and what I had become. Despite multiple nosebleeds and poor hygiene, I continued to go to meetings to fool my family and friends into thinking I was all right.

Soon people noticed I was getting high again and I had to go back to treatment. I chose Rosecrance. I stayed at Rosecrance for over three months, and I learned a lot about myself, but wasn't willing to change. Prior to discharge, it was recommended that I go to a Monarch House, but I refused. Instead, I went home to graduate with my high school class.

I graduated, but relapsed the next day. I went on a two-week binge and spent over \$5,000 on crack and heroin. I stole and sold everything I had to get high. I lived out of my car because fear, guilt and shame kept me from going home. I had manipulated and

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The Mirror Never Lies

by C.J. Watson, Al Detrolio
& Michael Ambrose

Lyrics

You look like you could
use a shave
And a couple good night's sleep
Man I just saw you yesterday
But I guess I didn't see
Just how bad you been slippin'
Everybody says you're livin'
pretty rough
What kind of friend would I be?
If I didn't say you need to
straighten up
You've made it crystal clear
That you don't wanna hear
So I'm giving you a visual
this time
You won't believe nobody else
So turn and face yourself
And tell me what you see
In your own eyes

(Chorus)

The mirror never lies

I think I see a little grey
But that don't mean you're old
You might have lost a little faith
But you ain't sold your soul
And these dreams that you
been seekin'
Well it might be you
Could reach 'em after all
Yea, but what the hell do I know?
I'm only a reflection on the wall

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taken advantage of anything and everybody I'd ever loved, especially my family.

At the end of the binge, I decided I didn't want to continue living this way. I went back to Rosecrance and entered the Monarch House program. At Monarch, I held a full-time job at Rosecrance's RoseTech Industries, started Rock Valley College, and began to mend relationships. I spoke at local high schools and saw how my experience could benefit others.

Life changed drastically when my sponsor was hit by a drunk driver and died five days later. Without the support of the Monarch staff, I could not have made it through that time.

After I graduated from Monarch, I moved into my own apartment and got involved in the recovery community. I started a young woman's meeting at the Griffin Williamson Campus, helped run a weekly meeting at Harrison Campus and began a group at the Winnebago County Jail.

In the last year, I got married and moved into my first home. This year we will be expecting our first child, a son. I have a life better than I could have imagined. I'm forever grateful. ■

Support Groups

Rockford, IL

Adolescent group

Every 2nd Wednesday, 5:00 - 6:00 p.m., Griffin Williamson Campus

Adult group

Every 4th Wednesday, 6:00 - 7:00 p.m., Harrison Campus

Chicago area

Adolescent groups

Naperville group - Every 2nd and 4th Thursday, 5:00 - 6:00 p.m.

Grace United Methodist Church - Room 231

Frankfort group - Every 1st and 3rd Wednesday, 5:00 - 6:00 p.m.

Frankfort United Methodist Church - Library

Adult groups

Naperville group - Every 2nd and 4th Thursday, 6:00 - 7:00 p.m.

Grace United Methodist Church - Room 231

Frankfort group - Every 1st and 3rd Wednesday, 6:00 - 7:00 p.m.

Frankfort United Methodist Church - Library