

update

1st Quarter 2008

OUTPATIENT COUNSELING | INTENSIVE OUTPATIENT TREATMENT | FAMILY TREATMENT | GENDER SPECIFIC RESIDENTIAL TREATMENT | INTERVENTION SERVICES
 ALCOHOL HIGHWAY SAFETY CLASSES | DRIVERS LICENSE EVALUATIONS | ATTORNEY EVALUATIONS | VICTIM IMPACT PANEL | DOMESTIC VIOLENCE SERVICES

From the Executive Director | Ralph Edgington

OAR has experienced a major growth spurt over the past 8 months, adding our Community & Family program, Victim Impact Panel and most recently, Domestic Violence services. While on the one hand it's an exciting privilege and responsibility to expand our service offerings to the communities we serve...on the other hand I am reminded daily of the financial barriers people face in accessing our services.

In his February 28, 2008 report, Don Allen, Director of Michigan's Office of Drug Control Policy states that less than 1 in 5 persons who are substance dependent and less than 1 in 44 who abuse substances receive services for which they are clinically eligible. **That amounts to 886,000 Michigan residents who need but are not being treated for alcohol or drug problems.** One might conclude that most of these people do not receive treatment because they just don't want it. The truth is that many of these individuals don't receive care because adequate resources simply are not available.

Government funding is available for indigent people but as the numbers being served clearly indicate, it's barely enough to scratch the surface. Outreach efforts to this under-served population certainly make no sense if we can't serve them anyway. Those who are lucky enough to have health insurance also face access barriers. **Although addiction is a disease of body, mind and spirit,** many insurance companies do not provide the same benefits (if any at all) that they provide for other health problems, placing a substantial amount of the financial burden on the patient. (Have you checked your insurance policy lately!) This often cuts treatment short or keeps people from entering treatment at all.

Waiting lists grow when resources are scarce... and the consequences can be deadly. In our business we have a very short window of opportunity so we must strike while the iron is hot. OAR currently has a two week waiting list for outpatient services and 30 days for residential services. This is an eternity to an addicted person – time for motivation to wane, time to change one's mind, time to get into trouble, time to lose the battle for mind and soul, time to die.

So what can be done? Well, after ten years of grass roots advocacy, **this month the U.S. House of Representatives passed the Paul Wellstone Mental Health and Addictions Equity Act.** The act would prevent insurance companies from providing less coverage for addiction and mental health treatment than for other general medical care. The affirmative vote will open dialogue between the House and Senate which recently passed its own version of a parity bill. Your support and advocacy with your legislators for this parity legislation is a good first step. Advocacy for increases in state, federal and local government funding for indigent substance abuse care would also be very helpful. And as always, your financial support of our good work will allow us to continue to serve everyone in need, regardless of their ability to pay.

Ralph E. Edgington



Where Recovery Becomes Reality

Employee Bio



Byron Salguero, MA

I am a native of Guatemala and moved to the US at age 15. After visiting some family back in Guatemala 2 years ago, I came to the conclusion that I have lived in the USA most of my life by now. While living in the US, I lived in California, Missouri, Colorado briefly, however for the past 12 years Michigan has been my home. I will be married for 13 years this coming July and have three great kids (Samantha 10, Sophia 8 and Isaiah 6). God has blessed me with a wonderful family. I always look forward to spending time with them. I also like the outdoors, reading and traveling.

I work for OAR part time and I am also a part-time Pastor at a Spanish Church in Grandville. I appreciate the effort each one has made in order to make me feel welcome and their willingness to work with my schedule. I am looking forward to getting to know all of the OAR staff better and enriching my life through their friendships and areas of expertise.

New Domestic Violence Services

Domestic violence and abusive behavior have taken place since the creation of mankind. It continues to surface in all social, economic and educational levels of society. There are many myths regarding Domestic Violence and Sexual Assaults. The most common myths are that it only happens to low income families or individuals with less education. In reality, we can all become victims or batterers. We can all get caught up in abusive relationships or abusive cycles.

Domestic Violence creates shame, hurt, fear and guilt in the lives of both batterers and their victims. It also tears down the self esteem of everyone involved. All batterers tend to deny their abuse, minimize it, blame it on others, justify it and rationalize it. Domestic Violence affects all of us one way or another.

Seventy percent of domestic violence is related to substance abuse and addiction. Since such a strong link exists, working with the perpetrators of domestic violence is a natural fit for OAR where both issues can now be addressed.

There is hope for those who commit acts of domestic violence. They can change. As OAR is expanding its services to this special population, I am thankful to be part of it. Those who are referred to us for treatment will be challenged regarding their abusive behavior. We will challenge their views of manhood, women and children. Through this process, we will help them to take responsibility for their behaviors and be honest with themselves. When that takes place we will give them the tools to cope with challenging circumstances, walk with them through the process and recognize and nurture their courage to change.

In His service,
Byron Salguero, MA

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Human Interest Addiction Stories

To My Disease...

Little wonder that you hate the things that are restoring my life back into my possession, like meetings, my Higher Power, and the fact that I have a Program. That's what you wanted most from me, isn't it... my life. Well, I've got some precious news for you, you fiend of a friend... you can't have it anymore!

How clearly I am beginning to see just how cunning and scheming you are... pretending to be my friend. The so-called comfort you gave me all those years was self-serving, was it not? You could have cared less. In fact, you didn't care at all! All you did was to teach me cowardice and anesthetize me from reality, my feelings, and living because of what you wanted, and not what I needed. What a lie you had me believe when you said that life doesn't have to have any pain. You almost had me there with that one, didn't you? And you then proceeded to induce me to surrender even more of my life to you... and in exchange for what... even more pain than I had in the first place, so that I would become yet even more dependent upon you and thinking that I had no other choice.

Well, guess what... if you haven't already figured it out... your conniving, self-serving, insidious lies masked as help, comfort, strength and friendship have been exposed and I choose to think, feel, act differently, ask for help, make genuine friends and reclaim and recover all of my life... to which I AM RIGHTLY AND SOLELY ENTITLED.

You have helped yourself to far more than you ever deserved by taking advantage of my generosity and kindness when I initially only offered you a portion of it. You and your bad manners have a lot to answer for. The next time you come knocking, I will not answer the door. You are persona non grata as of today. I am not yours any longer, you are mine!

In closing, I sing out pretty much the same lyrics that Gloria Gaynor gave us many years ago:

Go on!
Walk out the door!
Don't come around now!
You're not welcome anymore!
You were the one who tried to hurt me and my life...
You'd think I'd crumble...
You'd think I'd lay down and die...
OH NO...NOT !!
I WILL SURVIVE!
I....WILL....SURVIVE!

No longer yours truly, Rob E.



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Where Recovery Becomes Reality

Community and Family Program

Increasing Awareness in Our Community: People are amazed when they hear statistics related to addiction. Like the fact that on an average day almost 8,000 youth will begin drinking alcohol and that 40% of those that start at age 14 or younger will be alcohol dependent as adults. "I had no idea!" is the common response. It's our goal to change that – we want people to know about addiction, and that treatment for addiction works. That's why we're out in the community, we want to increase knowledge about addiction, reduce the stigma associated with it, and offer hope and healing to the families that have been devastated by it. We do this through a variety of venues. We offer weekly educational seminars on addiction, treatment, and how families can begin their recovery journey. We also host a weekly lunch discussion group addressing addiction and the family.

But we don't just wait for people to come to us, we go out into our community. Most recently we assisted the Holland Youth Advisory Council in preparing for and hosting the Holland Youth Summit. The Summit was attended by community leaders and students from all of the surrounding high schools. One of the focus areas of the Summit was how the youth of our community, with help and support from the City of Holland, can address the challenges of youth substance abuse. The students are preparing a report with

recommendations that they will be presenting to the Holland City Council in May. In the coming months the Community and Family Program will be presenting at the Challenge of Children Conference at Hope College, the Center for Women in Transition, and at several area churches.

Offering Hope and Healing to Families: As we spend time out in the community, we connect with families that have been hijacked by addiction. They come in all shapes and sizes with one thing in common, substance abuse within their family. Since the launch of the program just over 6 months ago, we've assisted teens whose parents are struggling with addiction, parents whose children are struggling, and grandparents whose grandchildren are struggling, and just about every family combination in between. Families members are often physically, emotionally, and spiritually exhausted when we first meet. Our purpose is to bring them hope and to connect them with treatment resources. Some join our Recovering Families Group; others make use of family therapy sessions or individual counseling sessions, or a combination of all three. The result has been transformed lives, and transformed families. Several of the families we started working with this past fall are looking forward to their first summer in recovery. To quote one 5-year-old, "Dad's much nicer now."

Sometimes Blessings Come In Pairs



Please meet George and Elaine VanRegenmorter... what a pair! What a blessing!!

For the past couple of years OAR has needed a maintenance person to attend to the host of minor maintenance and repair issues that occur periodically at any one of OAR's five facilities. This has proven to be a difficult position to fill... the hours are sporadic and unpredictable and the pay is not great either.

Several months ago OAR asked Larry Earls at Evergreen Commons if we could post the maintenance position on Evergreen's information board. Larry graciously agreed and George and Elaine are the "rest of the story".

George called OAR to get more information about the position and a meeting time was scheduled with the Operations Director. Elaine accompanied George to the meeting hoping there would be something she could do for OAR as well. Today George stays busy a couple of days a week doing a fabulous job taking care of our maintenance issues and Elaine makes weekly trips to the market to purchase groceries for OAR's residential facility for women, Harbor House. Together they are an answer to prayer.

Where Recovery Becomes Reality

Planned Giving



Here is an easy to understand guide to making the right gift to OAR. If your goal is to:

- **Make a quick and easy gift**, you can simply write a check now. Your benefits are an income tax deduction and an immediate impact on OAR's good work. The money will be used for our daily operation needs, or be used as directed by you.
- **Avoid taxes on capital gains** you can contribute long-term appreciated stock or other securities to OAR. Your benefit is a charitable deduction not eligible for capital gains tax. OAR will immediately benefit from your philanthropy.
- **Create a hedge against inflation over the long term** you can create a charitable remainder trust. The benefits are that the trust you create pays you a variable income for life and gives you tax benefits. OAR will receive the balance in your trust after your death.
- **Secure a fixed life income while avoiding market risks**, you can create a charitable remainder annuity trust or a charitable gift annuity naming OAR as the beneficiary. This type of giving will offer you tax benefits and will often boost your rate of return.
- **Make a substantial gift, consider a very popular approach that many people are selecting today.** It is called **Wealth Replacement**. You purchase a life insurance policy or policies in the amount of the gift you plan to make and make the beneficiaries of the life insurance policy the exact same individuals and/or organizations that you would have gifted through your Last Will and Testament. Then you make the substantial gift to OAR today. Your heirs and beneficiaries are protected by the life insurance policies and OAR is able to use your donation immediately to help those suffering with the disease of addiction. No matter your age, you may use life insurance to replace the value of one or multiple gifts to OAR. Purchasing this life insurance will benefit your heirs in the exact amount they would have

received had you left them the cash, stock or other assets you have donated. Wealth Replacement is a great vehicle for making two gifts from one asset. It is truly a win-win solution.

- **Reduce gift and estate taxes on assets you pass to children or grandchildren**, you could create a charitable lead trust that pays income to OAR for a specific number of years. This is an excellent way for you to enjoy the estate tax benefits of a gift, and your family will benefit by receiving the remainder in the trust when it terminates.
- **Share your enjoyment of a valuable collection or other personal items**, (artwork, jewelry, coin collections, etc.) you can donate tangible personal property to OAR. You will benefit by taking a charitable deduction on your tax return based on the full fair market value of your donation.
- **Make a revocable gift during your lifetime**, simply name OAR as the beneficiary of assets in a living trust. Your benefit is being able to fully control the donated assets during your lifetime. They will benefit OAR subsequent to your death.
- **Defer a gift until after your lifetime**, you can put a bequest in your Will. Simply name OAR in your Will as a beneficiary of cash, specific property or a share of the residue of the estate. Your donations are fully exempt from federal estate taxation.
- **Avoid the twofold taxation on an IRA** or other qualified retirement plans, you can name OAR as the beneficiary of the remainder of the assets after your lifetime. The benefits of this donation are that it lets you leave your family other assets that carry less tax liability.

Whatever vehicle you select to express your support for the work that OAR does, speak to your accountant, tax advisor, and attorney or wealth advisor. Your financial support means a great deal to the thousands we have and continue to help. Donor advised endowment funds have been established in the communities we serve along the West Michigan lakeshore. Please discuss with representatives of the Community Foundations located in the West Michigan area the methods available to provide financial support to OAR so we can help individuals and families who suffer from the effects of addiction to alcohol and other drugs.

To find out more about these and other planned giving options, please call our Sally Schipper, OAR's Operations Director today at **(616) 396-5284 x 14**.

- OAR is really awesome.
- Harbor House has taught me a new way of life and all of the staff and volunteers were very helpful and honest. I would advise everyone who really truly wants recovery to come here.
- Chester A Ray Center (CARC) changed my life and I will recommend it to anyone who is trying to change their life.
- Before my treatment I never realized I had a problem with alcohol. My problem with alcohol peaked when I was locked up for driving under the influence twice in 5 days. Today I value my sobriety and look forward to regaining my privilege to drive and continue to live a healthy lifestyle. Thank you OAR for your help!
- My therapist was friendly and didn't judge me.
- My therapist at the Holland OAR office was wonderful and I often refer back to the things that she taught me.



Consumer Comments

- OAR is an excellent program.
- My therapist was excellent and I got a lot out of the program. Thank you.

- Chester A Ray Center (CARC) has been the only facility that I have been to that has actually made a difference in my life. The staff has been exceptionally helpful in my recovery. The fact that I have been able to stay here while working has made the transition back into society much easier. Thanks.

- Chester A. Ray Center (CARC) is the best by far! I've been in many programs, but what is different about CARC is that this program is structured by phases. Phase 1 allows you to take a look at what is the real problem that you have. Phase 2 asks you what you want to do about that problem and how can CARC help you. Phase 3 allows you to go out and live "life on life" terms and then you can go out and experience life and have a safe place to come back to and talk about any problem that you might have encountered while out. They don't just throw you back out into the world and expect you to be ok, which is a good thing. AMEN!



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RETURN SERVICE REQUESTED