

update

2nd 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

Most of you know that the Detroit Red Wings recently won the Stanley Cup, the pinnacle of achievement in the professional hockey world. Among this elite team of warriors is Darren McCarty, popular for his gritty style of play that helped Detroit win Stanley Cups in '97, '98 and 2002...but life hasn't always been so rosy for Darren.

Last July McCarty made his fourth trip for treatment to work on substance abuse issues and he soon expects to be divorced for a second time. He has filed for bankruptcy listing assets of \$1.9 million and debts of \$6.2 million, the debts created in large part by gambling.

The point here is clear...addictions can affect anyone. Nobody is immune, and if you're not abusing substances, you almost certainly know someone who is. Addictions are truly non-discriminatory. They know no social or economic barriers. Neither race nor gender, nor the circumstances of birth or background, nor the quality of individual character (nor the Stanley Cup!) will guarantee against it. It is truly an "equal opportunity" disease.

Unfortunately for many, access to professional recovery services is far from "equal opportunity". Access to treatment programs is just not an issue for Darren McCarty and other addicted people blessed with abundant resources or good insurance coverage...but many others are denied access to potentially life-saving care simply because they can't pay for the services they need.

Darren McCarty is now on the road to recovery... on the road to reclaiming his life, and that's certainly something to be celebrated. Here at OAR we believe that anyone touched by addiction should be given the chance to celebrate recovery and it's our policy to serve everyone in need regardless of their ability to pay. We make this pledge with full faith and confidence in our community partnership...in our partnership with people like you.

Maybe you're a Darren McCarty, a recovering person with great wealth. Maybe your family has been touched by addiction in a profound way. Maybe you're just a "regular guy" (or gal) who enjoys the blessings of living in one of our quality West Michigan communities. Whoever you are, whatever your circumstances, you have something at stake and you can make a difference. Please consider a generous gift today to help us in our battle against addiction.

Addiction destroys individual lives and causes tremendous damage to our community. It is a community problem that requires a community response. Thank you for your partnership and support.

Ralph E. Edgington



Where Recovery Becomes Reality

Employee Bios



Francie Talsma

Francie received her MSW from Grand Valley State University in 1989 and has many years of counseling experience both in an agency and private practice setting. Francie and her husband live in Hamilton. They have a "blended" family of 6 children and 12 grandchildren.

Francie's interests include reading, journaling, scrapbooking, knitting, sewing, traveling, hiking and long days at Macatawa on the beach.

We consider ourselves fortunate to have Francie join OAR's professional staff and our Community Family Program. Welcome Francie!!!



Dr. Barbara DePree

I grew up in northern Michigan in the small farming community of McBain as the youngest of 4 children. I attended Hope College where I met my husband Kris. I graduated from Hope in 1981 with a biology major and then attended medical school at Wayne State University School of Medicine. My residency in Obstetrics and Gynecology was at Butterworth Hospital in Grand Rapids. In 1989 I entered private practice in ob/gyn in Holland which I did until 2006. There is no greater thrill in life than being present for the birth of a child, an event that never failed to amaze me. More recently my practice of medicine has been specifically directed toward midlife women's health, especially addressing needs unique to perimenopausal and menopausal health.

Kris and I have 3 daughters, Claire-a junior at Hope College, Betsey-a freshman at DePaul University and Lauren-a sophomore at Holland Christian HS. In my spare time I enjoy traveling, walking, running, reading and spending time with family.

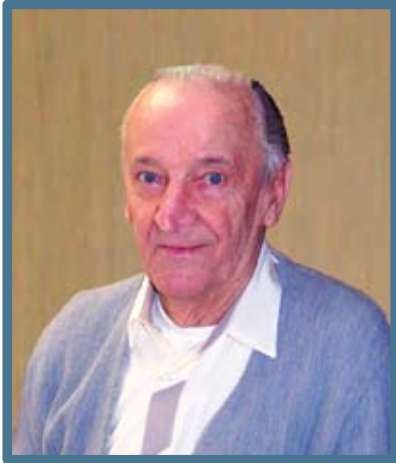
Reaching Out Through Cyberspace



If you surf the internet and you haven't had a chance to visit www.oar-inc.org you need to make a point to check it out. The number of people looking for recovery resources and help with addiction through the internet continues to grow. To meet this need OAR regularly updates and expands the resources and support material we provide via the internet. In addition to information about the services provided at our offices in Allegan,

Grand Haven, and Holland, www.oar-inc.org provides web surfers with a variety of resources that include over twenty other specialty sites related to addiction and recovery as well as books and DVD's to help people in their recovery journey. The site also features video interviews and educational video clips. Our Community and Family Program uses the site as an extension of their classroom when they conduct educational presentations in the community. They are also busy responding to email questions about addiction and recovery that come to them from visitors to the web site. Since April of this year over 130,000 people have visited OAR on-line. If you know someone who might benefit from visiting OAR in cyberspace please send them our link: www.oar-inc.org.

OAR Loses Employee and Friend



Hank Williams

Long term OAR employee and friend Hank Williams died July 7, 2008 of respiratory arrest after a long struggle with chronic lung problems.

Hank had been employed for over 35 years at OAR's Chester Ray Center providing treatment for men recovering from alcoholism and drug addiction. One of the early graduates of the Chester Ray program himself, Hank knew what it took to achieve and maintain sobriety, and he freely shared his wisdom with conviction and compassion. Hundreds of lives have been profoundly impacted because they crossed paths with Hank Williams.

Hank was a teacher, a mentor and a true friend to many of us at OAR and in the "recovering" community. Under his sometimes gruff exterior and mischievous smile lived a prince with a heart of gold. The world is a better place because of Hank Williams...he will truly be missed.

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In Kind Donations List

Chester A Ray Center

Silverware
Bath & Kitchen towels
Twin sheets
Dinner glasses
Dinning room chairs
Pillows
27"x26" bike tubes
End table lamps
Tooth brushes/toothpaste
Deodorant
Bar soap
Futon mattress
NA Basic Texts

Harbor House

Feminine hygiene products
Deodorant
Toothbrushes/ Toothpaste
Body wash
Twin sheets
Twin comforters
Pillows
Craft materials
Silverware

Outpatient Sites

Spiral Notebooks (70 pgs)
3 Ring Binders
Paper towels (rolls)
Binder Clips

Its easy to donate to OAR! Call Melinda Jurries at 616-396-5284 today to find out how you can help!

WHERE RECOVERY BECOMES REALITY

Holland Office
483 Century Lane
Holland, MI 49424
Ph. (616) 396-5284
Fax (616) 396-8387

Grand Haven Office
1310 Wisconsin, Suite 303
Grand Haven, MI 49417
Ph. (616) 842-6710
Fax (616) 842-1103

Allegan Office
108 Chestnut
Allegan, MI 49010
Ph. (269) 686-9810
Fax (269) 686-8133

Harbor House
377 Lincoln Avenue
Holland, MI 49423
Ph. (616) 355-7095

Chester A. Ray Center
231 Washington Blvd.
Holland, MI 49423
Ph. (616) 396-6872

Where Recovery Becomes Reality

Wealth Replacement... a win-win

Did you know that you can make a substantial gift by considering a very popular approach that many people who support OAR are selecting today? It's called Wealth Replacement. Here's how it works...

You purchase a life insurance policy or policies in the amount of the gift you plan to make to OAR. 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. Make a 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 what 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 to us.

Wealth replacement is a great vehicle for making two gifts from one asset. It is truly a win-win solution!

Do you need professional treatment?



Symptoms: Men who consume 15 or more drinks a week, women who consume 12 or more drinks a week, or anyone who consumes 5 or more drinks per occasion at least once a week are all at risk

for developing alcoholism. (One drink is defined as a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1 1/2-ounce shot of liquor).

The following questions are used by the National Institute on Alcohol Abuse and Alcoholism to screen for alcohol abuse or dependence:

- Have you felt that you should cut down on your drinking?
- Do you ever drive when you have been drinking?
- Is someone in your family concerned about your drinking?
- Have you ever had any blackouts after drinking?
- Have you ever been absent from work or lost a job because of drinking?
- Do you have to drink more than before to achieve intoxication or the desired effect?

Some of the symptoms associated with alcoholism include:

- Drinking alone
- Making excuses to drink
- Need for daily or frequent use of alcohol for adequate function
- Lack of control over drinking, with inability to discontinue or reduce alcohol intake
- Episodes of violence associated with drinking
- Secretive behavior to hide alcohol related behavior
- Hostility when confronted about drinking
- Neglect of food intake
- Neglect of physical appearance
- Nausea and vomiting
- Shaking in the morning
- Abdominal pain
- Numbness and tingling
- Confusion

If these questions and symptoms generate thoughts of concern about your alcohol use, please call one of our offices to schedule a professional evaluation. OAR has offices in Holland, Grand Haven, and Allegan.

Where Recovery Becomes Reality

Prescription Drug Abuse



Prescription drug abuse is widespread and on the rise. Nearly 7 million Americans abused prescription drugs in 2005, compared with 3.8 million in 2000. This is an 80% increase in abuse according to the Justice Department. Taking prescription drugs in a way that has not been recommended by a doctor can be more dangerous than people think. In fact, it is drug abuse. It is just as illegal as taking street drugs.

According to SAMHSA, in 2006 16.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant, or sedative for non medical purposes at least once in the year prior to being surveyed. The following are classifications of prescription drugs most often abused. Opioids, which are used to treat pain. Vicodin and OxyContin are commonly abused opioids. Central nervous system depressants, which are used to treat anxiety and sleep disorders. Commonly abused CNS are Valium, Xanax and Ambien. Stimulants such as Ritalin and Adderall which are used to treat ADHD, obesity and narcolepsy are commonly abused.

Prescription drugs or "pharmies" are now second only to marijuana in popularity. Overall, teen abuse of illicit drugs is down 24% since 2001, according to the University of Michigan. But prescription drugs are another story. An estimated 2.1 million teens are abusing them, a figure that has hardly changed since the government's National Survey on Drug Use and

Health started to track it in 2002. In response, the White House's Office of National Drug Control Policy (ONDCP) has spent \$14million on an advertising blitz addressing the problem in 2008.

To view the public service announcements go to:
[www.oar-inc.org/oar resources](http://www.oar-inc.org/oar_resources)

Why are so many people abusing prescription drugs? Some people experiment with prescription drugs because they think they are safe, after all a medical doctor prescribed them in the first place. They also believe that prescription medications are not as addictive as street drugs. Prescription drugs are easy to get. Most households have several bottles of prescription drugs in the medicine cabinet, often left over prescriptions from a previous illness. It is easy to take these medications and not get caught. The truth is if someone is taking medication that was not prescribed to them they are at great risk for addiction, overdose, and deadly drug interactions when combining two or more chemicals at the same time.

The Office of National Drug Control Policy (ONDCP) recommends the following guidelines for proper disposal of prescription drugs.

1. Take unused, unneeded or expired prescription medications out of their original containers and throw them in the trash. Mixing the prescriptions with an undesirable substance such as coffee grounds or kitty litter, and putting them in impermeable, non descript containers, such as empty cans or sealable bags, will further ensure the drugs are not diverted.
2. Take advantage of community pharmaceutical take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Check with your pharmacy to see if they participate in such a program.
3. Flush prescription drugs down the toilet only if the label or accompanying patient information specifically instructs doing so. If in doubt whether to flush or not, check with your pharmacist.

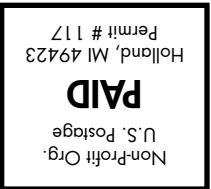
- Harbor House is the BEST treatment center I've ever been to.
- I appreciate the help you gave me and the "know how" to make it work.
- Thank you very much; my life is 100% better today because of the help from the staff at the Grand Haven office.
- The staff at Harbor House was (is) awesome!
- I learned a lot about alcoholism that will help a lot during my recovery.
- It has been life changing, how good I feel, how much better I think and how much money I will save over a lifetime. All of my friends congratulate me on how I'm doing and how long it's been since I have drank any alcohol. It's been a great change and I will keep taking it one day at a time. Thanks for everything.
- I was very blessed to be able to come to the Chester A. Ray Center, it gave me a new life.
- I loved how everyone was treated there, very good service, EXCELLENT!

Consumer Comments

- The entire staff was courteous, professional and friendly. My therapist made me feel very comfortable, which allowed me to communicate freely with her. Thank you!
- I view my stay at Harbor House as the best decision that I have ever made. I have been searching for sobriety for many years, at different treatment facilities, but none of them even come close to Harbor House. The "homey" atmosphere, the accountability and responsibility aspects, I believe, enabled me to learn how to live sober and to learn and work on issues in a "safe" environment. Hopefully this will keep me living clean and sober. The program can seem tough and tedious at times, but in retrospect, all of this was vital to me, to learn about who I am and to deal with feelings and work on changing my thinking and behaviors that were negative. The therapists and staff were a wonderful blessing. They are honest, caring and genuinely provided the much needed support through rough as well as good times. Thank you very much.
- There are no words that can explain my experience here at Chester Ray. Completely life changing/saving. I wouldn't change anything for the world.
- All staff was very caring and personable and very serious about helping!

RETURN SERVICE REQUESTED

483 Century Lane
Holland, MI 49423



Holland, MI 49423
Permit # 117