

# Around the Coffee Pot...

February 27, 2004

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As a substance abuse professional for the past 18 years, I realize the importance of organizations like the Alano Club on a weekly basis. If you've ever tried to help someone get into treatment, you already know the barriers to getting help. Most insurance carriers cover a percentage of inpatient treatment and leave the rest to the individual which can mean thousands of dollars. If you don't have insurance, then you may be eligible for state assisted treatment—if you qualify according to their income criteria. If you don't have insurance and “make too much money”, then you are on your own. There is state funded detox programs for men and women regardless of ability to pay—please see page 2 “Need More in Recovery?” If you “are not chronic enough” to warrant a medical detox program, then what do you do? Perhaps you are a veteran and can access, Veteran's services. Perhaps you are

## Why are self-help groups important?

An editorial comment by Scott Kelly

Native American, maybe you can receive help through your local tribal affiliation. There are some programs through Department of Corrections that may make a person eligible due to legal history. If you get so overwhelmed with this process and become so depressed due to your addiction and ongoing frustrations at getting help, you may try calling Community Mental Health only to discover that they would really like you to address your substance abuse issues before they will authorize payment for mental health services. If you have a co-occurring disorder (mental health diagnosis in addition to chemical dependency) and want to get help for your mental health issues, you may be encouraged by substance abuse programs to address the mental health issues prior to receiving treatment. At this time, there are no “co-occurring disorder specific programs” in the state of Michigan. This is managed care at its worst, and part of the reason many substance abuse programs across the state are closing. If you are successful in getting into inpatient, residential or outpatient counseling, then what? Where do you go for ongoing aftercare counseling or continuing care? To fully recover from chemical dependency, we are talking years of assistance. For the cost of a six pack, you can access several times per week what has been the most effective treatment for addiction for nearly 70 years—12 step self-help groups.

Before you give up due to the frustrations of trying to get help, please call for assistance in navigating through the mess. There is help available and there are individuals who will help you work through the system to get the help you need. With all of these “realities” of the helping systems, participation in self-help groups can be a saving grace for many people. One



of the strong points of self-help groups involves the encouragement to fully recover—not just abstain from the compulsive behavior. Through ongoing support from caring and understanding individuals, millions of people have overcome the damage of their addictive behavior and created a life filled with purpose and meaning through their involvement in self-help groups. The reduction in health problems and social problems combined with the increased productivity at work, attention given to families in parenting and relationships with spouses, along with community involvement and positive role modeling are indisputable!

How many treatment programs can give you a list of promises that will eventually come to fruition in your life?

**If you are paying your membership on a monthly basis, try to renew your membership on the 1st of each month. Thanks!!**

The “Serenity House - Alano Club of Charlevoix, Inc.” was organized in 1986 to provide a meeting place for 12 step meetings. The organization is a non-profit corporation governed by a Board of Directors elected from its membership.

Club membership is never required and should never be implied for participation in 12 step meetings held at the club.

We request each group to organize itself as suggested through their respective 12 step program to avoid any violation of their traditions.

The Alano Club is a group of people interested in helping those seeking relief from addiction related problems by providing a place for 12 step meetings to be held.

### 90 Day Club

#### Recovery Plan:

- ✓ Maintain a place for meetings to be held
- ✓ Develop a volunteer system of operations
- ✓ Navigate through the financial issues that must be addressed
- Address the organizational needs of the non-profit corporation
- Develop a long-term plan with input from Club Members

<i>Membership Updates</i>	<i>Feb 27, 2004</i>
<b>Less than 30 days past due</b>	3
<b>Due in next month</b>	5
<b>Due in 2+ months</b>	22
<b>Due in 2005</b>	19
<b>Due in 2006+</b>	7
<b>Lifetime</b>	8
<b>TOTALS</b>	<b>66</b>

## Give it away to keep it...

Thanks to those who are serving as meeting contact people. If you see an opening and would like to fill it, please call. To become a contact person, you need to be a member of the club. All interested members please contact:

Helen P – cell: 881-4096

Terri S – cell: 675-1031

## Need more in your recovery?

Community Mental Health Access / Information:  
1-800-834-3393

Central Diagnostic & Referral Services:  
1-800-686-0749

(for state funded substance abuse treatment admission at all levels – call to get info and set up a phone assessment to determine eligibility and level of treatment need)

State Funded Detox Programs: (Males – Harbor Hall in Petoskey 231-347-5511, Females – Addiction Treatment Services in Traverse City – 231-922-4804 x-112)

Insurance Assistance: On the back of your insurance card, there should be an 800# to call for information.

*Don't forget the yellow pages!!*

Day of the Week	Time	Meeting	Contact Person
Sunday	10:30 am	AA	Sue G
Sunday	8:00 pm	AA	Jeff K
Monday	12:00 noon	AA	Helen P / Terri S
Monday	7:00 pm	Women's AA—Front Building	Kim B
Monday	8:00 pm	AA	
Tuesday	8:00 am	Men's AA	Tom D
Tuesday	12:00 noon	AA	Jim M
Tuesday	8:00 pm	AA	John F / Helen P
Wednesday	12:00 noon	AA	Tom T
Wednesday	8:00 pm	Alanon—Front Building	Lynn
Wednesday	8:00 pm	AA	Jim M
Thursday	8:00 am	Men's AA	Tim B
Thursday	9:00 am	Women's 12 step	Joanne B
Thursday	12:00 noon	AA	Bill W
Thursday	7:00 pm	Overeater's Anonymous—Front Building	Kathy P
Thursday	8:00 pm	AA	
Friday	12:00 noon	AA	Cherie L
Friday	7:00 pm	Open Speaker AA—3rd Fri of Month	Helen P
Saturday	8:00 am	Men's AA	Bill S
Saturday	9:00 am	Women's AA—Front Building	Judy R / Helen P
Saturday	12:00 noon	AA	
Saturday	8:00 pm	Young People's AA (all ages welcome)	Steve L / Dan T

## MEMBERSHIP INFORMATION SHEET

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

EMERGENCY 12TH STEP VOLUNTEER?

- Yes  
 No

Length of Sobriety \_\_\_\_\_

Become a Club Member or Re-New Membership?

- \$5 / month  
 \$50 / year  
 \$1,000 / lifetime

Contact Person to Run a Weekly Meeting?

- Yes  
 No

Day / Time \_\_\_\_\_

Bowl-a-thon Participant on Saturday, March 13th at 1:00

- Yes  
 No

Fundraising Goal \$ \_\_\_\_\_

## Club Room To Be Open!!

**Tue, Wed, Thur  
11:00 am - 2:00 pm**

**Thanks to Joanne  
for volunteering  
for these times.  
Please stop in!**

*Please share your email address to receive these newsletters at no expense to the Alano Club via email. Reply to: [scott@basesteencenter.org](mailto:scott@basesteencenter.org)*

## Serenity House—Alano Club of Charlevoix

106 Mason Street  
Charlevoix, MI 49720  
Phone: 231-547-9184  
AA Hotline: 231-348-5005

Please note: ADDRESS CHANGE!!  
When Charlevoix changed addresses due to 911 inclusion, the address was changed to 106 Mason Street. Please make a note for your records and future correspondence.

## Make yourself a reminder!

### Bowl-a-thon Fundraiser!!

**Saturday, March 13th**

**1:00 pm at**

**Paul Bunyan Lanes**

*Pledge sheets available in both buildings. Those planning to bowl, please let Scott know who you are by Wednesday, March 10th so we can finalize plans.*



Topics for discussion at the March 10th Board of Directors Meeting:  
A) meeting rent fees  
B) Membership fees  
C) Volunteer Schedule

### Board of Directors

Sue Goodwin - President  
Scott Kelly - Vice-President  
Jeff Kirby - Treasurer  
Ginger Malison - Secretary  
Howard Horton  
Helen Paul  
Betty Collins  
Terri Staley

Membership Dues Reminders:  
J.F., H.P., G.M.

Member Addresses Needed:  
Tim P, Terry L, John Z

*If you have email, please share it.*

### Thought for the Day:

Teamwork - Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.