

Staying with Sobriety



LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER

Fall 2004

The Evolution of Treatment

Advances in the Medical Treatment of Addiction

Serenity fountains, highly trained medical professionals, patient privacy, and safe sober living homes are often components in today's chemical dependency treatment centers. While entering and completing treatment remain unquestionably difficult, these accommodations and modern methods are a far cry from that of early American history.

Addicts of the 1800s seeking care were often isolated, tortured, and subjected to some unusual rituals. Those select few who were considered worthy enough to receive medical treatment in a hospital were heavily sedated with medication, suffered from lesions to bleed the alcohol out, and even electrocuted.

This was an era where there was no formal term for alcoholics let alone sound medical care. Numerous movements offering insights on how to deal with the disease came and went throughout the century. Some movements offered a sense of community with members required to use a secret handshake, password, and uniforms while other movements have hints of similarity to today's treatment where members were required

to share their experiences with one another. Nevertheless, little was known about addiction. In fact, between 1899-1903 medical professionals searched for a vaccine to cure alcoholism. Even more humorous, medical journals stated alcoholics risked the chance of spontaneously combusting based on evidence of numerous "reported cases."

Sadly, many physicians encouraged their patients to substitute morphine for alcohol because it was cheaper and less socially and economically troubling to the individual and their family. Fortunately at the turn of the century Benjamin Rush, often referred as "the

father of American Disease Concept of Alcoholism", began to promote continued abstinence from alcohol. This physician developed the first known "sober house" that consisted primarily of religious and moral teachings. Interestingly, a committee appointed by the judge would decide when the individual had been rehabilitated to warrant discharge.

Fortunately, the medical practice of treating addiction flourished during the 1900s for a variety of reasons. In the beginning of the century, individuals were sent to asylums where, for the first time, they were encouraged to attend long-term treatment after detoxification.

Treatment in the homes varied from one to another but used a mixture of physical, psychological, and spiritual methods.

Tremendous changes in the world of addiction were being made based on environmental factors such as prohibition and the depression, social factors such as the slow removal of the stigmatism, and medical advances gained from knowledge as a result of research as well as the establishment of AA and formal treatment centers.

From 1930-1955 there began a new multifaceted approach called the "Modern Alcoholism Movement." The movement brought together a unified strategy, economic support, and a revolution in social thought. Alcohol education, research, politicians, the AA community, and healthcare professions worked together to bring about the understanding that alcoholism is a chronic but treatable disease. The chemical dependency treatment format used most often today can be traced to the 1940s-1950s in Minnesota. The Minnesota Model of chemical dependency treatment can be traced to the arrival of Alcoholics Anonymous



Continued on page 4

For more information call 909-558-9224.

The Source

The following sources will assist with any questions or concerns regarding sobriety.

Web Sites:

LLUBMC
www.llubmc.com

Recovering
Alumni Association
www.bmcraa.org

Alcoholics Anonymous
www.alcoholics-
anonymous.org

Narcotics Anonymous
www.na.org

Southern California
Narcotics Anonymous
www.todayna.org

AA Newsletter
www.aagrapevine.org

Publications:

Title: *Sparks of the Divine: Finding Inspiration in Our Everyday World*
Written by: Dr. Drew Leder,
Ave Maria Press 2004.
Review by: Erwin S.

Through 100 brief entries, Dr. Leder takes us on a spiritual journey of discovery and revelation. Each entry uncovers an ordinary object, landscape, activity, or experience. In each case, he strips back the sheath of familiarity to expose the divine spark burning beneath.

All around we find lessons, blessings, and gifts that can transform our quality of life and teach us how to live well.

Everything in our world begs to be revealed as a place where the sparks of the divine are waiting to be.

Healing of the Broken Spirit

There are a variety of reasons that trigger addiction such as depression, marital problems, and financial loss. One common denominator that is felt by all sufferers is the disconnection with themselves, others, and God. When entering treatment, patients often find this similarity creates an atmosphere of acceptance without judgment. Individuals begin to change their focus from survival through suffering, to living. Patients discover that the "we" of the recovery community can achieve what the "I" of the individual cannot do for themselves.



As treatment continues, the individual will enter various emotional stages as a result of education about the disease, compassion from their peers, assistance by their sponsor,

relationship with their Higher Power, and helping other addicts. The various stages along with the 12-steps offer the opportunity of a new way of life. The most successful position one can achieve is a sense of freedom, spiritual purpose, and a commitment to correct upon awareness.

I hope each of you have continued to prosper since you left treatment finding hope, meaning, and purpose in the 12-step lifestyle.

Jeff Alleva
Senior Chemical
Dependency Counselor

At a Glance

October

**17th Annual Inland Empire
AA Convention
October 22-24, 2004
Hilton Hotel San Bernardino, CA
\$10.00 registration, additional fees
for some events**

So much to do in so little time! This event promises numerous activities to please everyone. From marathon meetings to a golf tournament, comedy show, dances, and a banquet! For more information, call Robert J. at 909-796-1613.

**RAA Halloween Party
October 28, 2004 at 6:00 pm
At the regular RAA alumni Meeting**
Mark you calendar to attend this one!
There will be games, food, and fun for all ages. For more info call Darlene H. 909-393-6681.

November

**RAA Men's Retreat
November 12-14, 2004
Wrightwood area**

\$50.00 to be paid by November 4
Back by popular demand! A weekend of R and R – recovery and reflection! This is a great opportunity to find a sponsor, attend meetings, participate in numerous activities, and much more. For more information, please call Bob H. 909-820-2964.

**RAA Annual Gratitude Dinner
November 21, 2004
BMC Gymnasium, aprox. 1:00 pm**
Please bring a side dish or dessert
A perfect time for renewed fellowship and spirituality. Plan to join the BMC recovering folks for this year's gratitude dinner. For more information, please call Darlene H. 909-393-6681.

December

**RAA Alumni New Year's Eve Fellowship
December 31, 2004 at 8:00 pm
BMC Gymnasium**
Celebrate your sobriety and the new year together by joining others in recovery for a night of fun. For more information, please call Darlene H. 909-393-6681.

Safe Medications

The following is a list of preparations that people recovering from chemical dependencies can use. They are products that are free of all mood altering chemicals and are approved by the Diversion Boards. Recovery from alcoholism and other drug dependencies doesn't exclude the possibility of getting headaches, cold symptoms, canker sores, menstrual cramps, toothaches, or needing vitamins. The inclusion of products in this list does not constitute an endorsement of their effectiveness, nor is it a recommendation for any products.

Helpful hints for cold and flu symptoms: Do not use decongestants of any kind (i.e. any product that follows with a "D" or has Pseudoephedrine or Phenylpropanolamine. Drink plenty of water (2-3 liters) daily. Take extra Vitamin C and Zinc. Foods that naturally clear the sinus include: jalapeno peppers, hot mustard, and hot sauce. Steam can also be used to clear the nasal sinus.

<p>Antiflatulents (gas, upset)</p> <p>Extra Strength Gas-X Gas-X Tablets Mylicon Tablet/Drops</p>	<p>Anti-Nausea Preps</p> <p>Dramamine and Emetrol Pepto-Bismol</p>	<p>Toothache Preparations</p> <p>Anbesol Gel Benzodent Numzident Orabase-B Polaris Pouitice</p>	<p>Antacids (heartburn, upset)</p> <p>Alternagel Suspension Amphogel Tablets/Suspension Camalox Tablets/Suspension Di-Gel Tablets/Suspension Gaviscon Tablets/Suspension Gelusil Tablet/Suspension Maalox Plus Tablet/Suspension Mylanta Tablet/Liquid Riopan Plus Tablet/Suspension Rolaids Titralac Tablet/Liquid Tums</p>
<p>Vitamins</p> <p>Any product in tablet or capsule form</p>	<p>Cough Preparations</p> <p>Delsym Liquid Mediquall Chewable Squares Naldecon Senior EX Liquid Naldecon Senior DX Liquid Robitussin DM</p>	<p>Anti-Asthma</p> <p>Only with consent of an MD</p>	<p>Analgesics (minor pain)</p> <p>Acetaminophen Tablet/Capsule Advil Emertol Alka Seltzer Alleve Anacin Tablets Anacin - 3 Reg or max strength Ascriptin Tablets Aspirin Tablets Bufferin Tablets Datril Reg & Extra Strength Ecotrin Tablets Empirin Tablets Excedrin Regular & Extra Strength Mearurin Mediprin Nuprin Panadol Tylenol Regular & Extra Strength Vanquish</p>
<p>Antidiarrheal Agents</p> <p>Diar-Aid Tablets Diasorb Tablet/Liquid Immodium A-D Kaopectate Mitrolan Tablets Pepto-Bismol Tablet/Liquid Rheban Tablets</p>	<p>Nasal Sprays</p> <p>Ocean Ayr Salinex Nasal Saline</p>	<p>Cold / Canker Sores</p> <p>Amosan Blistex Carmax Campho-Phenique Gly Oxide Herpecin-L Cold Sore LibBalm Kank Aid Orajel Orasept Liquid Orabase Orabase - O Tanac</p>	<p>Laxatives & Stool Softeners</p> <p>Alophen Tablets Correctol Tablets Colace Capules Doxidan Capules Dulcolax Tablets Ex Lax Fleets Enema Fibermed Metamucil Peri Colace Tablets Perdiem Capules Senokot Tablets or Granules Surfax Capsules</p>
<p>Cold & Allergy Preparations</p> <p>Chlortimeton Tablets Coricidin Tablets Percogesic Tablets Tavist Tablets (Not Tavist D) Teldrin Capsules</p>	<p>Mouthwashes & Gargles</p> <p>Amosan Chloraseptic Gly Oxide ST-37</p>	<p>Menstrual Remedies</p> <p>Advil Tablet Alleve Haltran Tablets Ibuprofen Motrin IB Midol Tablets Midol Original Formula Midol - 200 Tablets Naproxen Nuprin Tablets Pamprin/Pamprin IB Trendar</p>	
<p>Lozenges</p> <p>Cepastat Chloraseptic Hall's Mentho-Lyptus Hold 4-hour Cough Suppressant Robitussin Cough Calmers Screts Vicks Cough Calmers Vicks Cough Silencers Vicks Cough Control Disks Vicks Throat Lozenges</p>	<p>Topicals</p> <p>Vicks Vapor Rub</p>		

RAA Updates

In July the newly elected Recovering Alumni Association Board of Directors met for the first time to appoint officers for the upcoming year. They are as follows: Tom S.-President, Fred T.-Vice president, George G.-C.F.O., and Janice W.-Secretary. The Board oversees the Transitional Living Committee (TLC) and the Activities Committee. The TLC is responsible for our men's and women's sober living homes. The Activities Committee plans upcoming events for the Thursday night Alumni meetings and outside activities for the year.

In August, RAA sponsored a full day fishing trip for all members and their families. They left Long Beach at 6:00 a.m. and returned at 5:00 p.m. The weather was great and the sea was calm. There were over 50 clean and sober members and their families enjoying the fishing and fellowship. The trip included an open galley of breakfast burritos, hamburgers, snacks, and soft drinks. The fish decided they would take the day off which left a lot of time to relax and socialize with other clean and sober friends. The cost to Alumni members and their family was just \$10.00 each.



September 4th saw our biggest fundraiser of the year, the annual golf tournament. Volunteers began setting up the registration tables at 6:00 a.m. There were tee bag goodies, raffle tickets, donuts, and coffee. The tournament started at 8:00 a.m. with a shotgun start - all golfers starting at the same time at their assigned holes. The first event was the putting contest, testing the skills of golfers to get that little ball into that little hole. There was also a "hole in one" contest to win a new car on the 9th, (the car will be back next year, so try again). On the 12th was the longest putt contest, the winner was 21+ ft. (for about half the day the longest putt was 2 inches). The event ended with lunch, trophies presented for various accomplishments, and great door prizes. If you're looking for fun in recovery come join us on Thursday nights at 6:00 p.m. in the BMC cafeteria and find what we have to offer. Don't forget to bring your family!
Written by Tom S.

What do you Feed?

An elder Cherokee Native American was teaching his grandchildren about life. He said to them, "A fight is going on inside me. . . It is a terrible fight, and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, pride, and superiority. The other wolf stands for joy, peace, love, hope, sharing serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith. This same fight is going on inside of you and every other person too."

They thought about it for a minute and then one child asked his grandfather, "which wolf will win"? The old Cherokee simply replied. . . "The one I feed."



Continuation from page 1

across Minnesota in the 1940s. The approach to treatment that emerged spread across the country and is still the basis for successful treatment.

While the individual struggle continues, we are fortunate to live during a time of better understanding, community support, and medical care. ■

Staying with Sobriety

Chemical Dependency Services
 1710 Barton Road
 Redlands, California 92373



LOMA LINDA UNIVERSITY
BEHAVIORAL MEDICINE CENTER

Please write to the address below if you wish to have your name removed from the list to receive announcements or notices introducing new services, health educational programs and events, or products of Loma Linda University Behavioral Medicine Center. All reasonable efforts will be taken to ensure that your request is honored.

Promotional Services
 c/o Access Center
 245 East Redlands Blvd. Suite A
 San Bernardino, CA 92408

For more information call 909-558-9224.