

Spring 2016

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## New Beginnings Minnesota hires new Alumni Coordinator

On February 15th, 2016, New Beginnings of Minnesota hired Liz Weinauer to be our new Alumni Coordinator. She completed treatment at New Beginnings in 1982, finally receiving the gift of continued sobriety in 2004. Since then, she has been of service to New Beginnings as an Alumni Board member, past president of the Alumni Association and has over the years held other offices with the Alumni Association as well. Liz has the experience, the drive and the willingness to serve that many of us can only hope for. Liz has the complete confidence of the current Alumni Board of Directors. We know that she was the right choice and we look forward to working with her!



For general information contact:

Coordinator of Alumni Services

alumni@nbminnesota.com  
651.245.4272

## Fishing Bash scheduled for May 21st !

On Saturday May 21st New Beginnings Minnesota Alumni Association will again be hosting its annual Fishing Bash at Lake Mille Lacs. This year we will be going out on a launch provided by Eddy's Resort. The evening starts at 5:00 p.m. at Eddy's with a BBQ on the launch. Then we're off for 4-hours of fishing on the launch and we will get to use live bait too!

Contact Mike Weinauer at (952) 200-9388 or by email at mikeweinauer@yahoo.com for details and to sign up.





Jared Bostrom

## Launch of Co-Occurring Services

New Beginnings Minnesota is very pleased to announce that in January of this year we successfully launched and implemented co-occurring services at both our men's and women's programs in Waverly. As many of you know, in recent years we have had a track of service for those with co-occurring chemical and mental health disorders, which was very successful. After recognizing the vast need for these services, New Beginnings made the decision to fully integrate mental health services into the very fabric of our entire program. We hired four direct service mental health professionals, who work in tandem with the primary counselors, and provide services to each patient. Each par-

ticipant in our residential program receives mental health screening and groups that contain psychoeducation and coping skills training. Participants also receive diagnostic assessment, mental health case management, crisis management, and individual counseling as appropriate.

The response that we have received from staff, families, patients and community partners has been absolutely outstanding. We have also recognized the need for mental health services in our outpatient programs, and plan to add this component of service to

each site within the next two years. We have recently started strategic planning for this endeavor, and will look to start these services at a few target programs this year.

Thank you to all of you who have helped support this positive change which has allowed us to provide more comprehensive care to the people and families that we serve.

## New Leadership at New Beginnings Minnesota



Lane Elmer

There have been many changes over the past year at New Beginnings MN. After a long and successful career at NBM, Gil and Char Gilchrist retired in 2015. We thank them for everything they have done for our patients, employees, and community over their many years of service.

Lane Elmer took over as CEO in July of 2015, and very much looks forward to building upon the foundation laid by Gil and Char. NBM is a special organization to Lane, as it has saved the lives of his family

and friends struggling with addiction. He has been attending the picnics, golf tournaments and steak fries for many years, and loves to be involved with the Alumni Association.

Jared Bostrom was hired as the new Executive Director of New Beginnings Minnesota in October of 2015. Jared has deep clinical experience in chemical dependency, mental health, and was the key driver behind the launch of our co-occurring program earlier this year. He brings great perspective, passion, and

positive leadership to our ever growing clinical team.

*"NBM is a special organization ..."*

*"If you persist remarkable things will happen."*

*Big Book - Alcoholics Anonymous pg. 100*

*"How do I get involved, what can I do?"*

*"New Beginnings saved my life"*

### A board members' view ...

Like a lot of people say "New Beginnings saved my life" I believe that this statement is true. The best way to thank New Beginnings is to give back. Be a part of the Alumni. Come to the monthly meetings, attend the workshops and events. This is a great way to have fellowship, feel safe and have happiness in your heart. It is wonderful to get to know others and to know that

you just might make a difference in one person's life that day. This is a good way to be of service and to give back. Helping or volunteering is a very selfless act and it is the most wonderful feeling in the world. Come and be a part of the Alumni I guarantee you won't regret it.

Bonnie T.

Hello Everyone,

Spring is a great time for fresh starts and new opportunities. I have been given a new opportunity and have joined the team at New Beginnings Minnesota. I'm humbled to hang out with newcomers all day long! It reminds me of where my old life ended and my new life began. It was strongly suggested that I get involved with New Beginnings Alumni Association when I got sober. So, I got involved, it gave me a purpose, I was of service and soon realized I was having fun and making friends. I have witnessed many newcomers get involved with the alumni and it's

amazing to watch them change and grow. They start to laugh, they have fun and they suit up and show up. When I ask others, "why are you on the board?" The response I hear is the same, "NBM saved my life and being involved with the board I get to give back some of what was freely given to me." So, at the next Alumni Speaker Dinner seek out members of the association, ask them "how do I get involved, what can I do? When I see the clients, I get to share just how exciting it is to be an Alum NBM. This is beyond anything I could have dreamed and it hap-

pened because of my Higher Power, sponsor, 12 Step program and YOU! So, give yourself an opportunity to be part of a bigger whole come to the events and dinners. Look for me and I'll introduce you to a board member. We all can have a new beginning.

Peace, Liz

[New Beginnings at St. Peter](#)  
320 Sunrise Drive, Suite B  
St. Peter, MN 56082  
(507)931-0918

[New Beginnings at Minnetonka](#)  
13100 Wayzata Blvd., Suite 140  
Minnetonka, MN 55345  
(952)681-2454

[New Beginnings at Olivia](#)  
104 So. 4th Street  
Olivia, MN 56277  
(612)590-7988

[New Beginnings at Litchfield](#)  
114 North Holcombe  
Litchfield, MN 55355  
(320)693-2461

[New Beginnings at Elk River](#)  
13880 Highway 10  
Elk River, MN 55347  
(763)765-3588

[New Beginnings at Worthington](#)  
1530 Airport Rd, Suite 200  
Worthington, MN 56187  
(507)360-7783

### Page 417—A.A. Big Book Acceptance

- Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing or situation- some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my

alcoholism, I could not stay sober; unless I accept my life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes



New Beginnings Minnesota Alumni Assoc.

109 N. Shore Drive

Waverly, MN 55359

# Mission Statement

The Alumni Association is a non-profit organization. We function solely to provide sober support for patients and their families who have completed treatment at New Beginnings. We are here in the spirit of fun and fellowship to celebrate recovery, share it with each of you, provide contacts for patients graduating treatment and to provide opportunities for service to all alumni.

## 2016 Board of Directors

Bonnie T. — President

Lisa S. — Vice President

Cory T. — Treasurer

Lisa S. — Secretary

Bob P. — Communications

Brianna N. — Fundraising

Charles E. — ASD Coordinator

Allen J. — Speaker Co-Chair

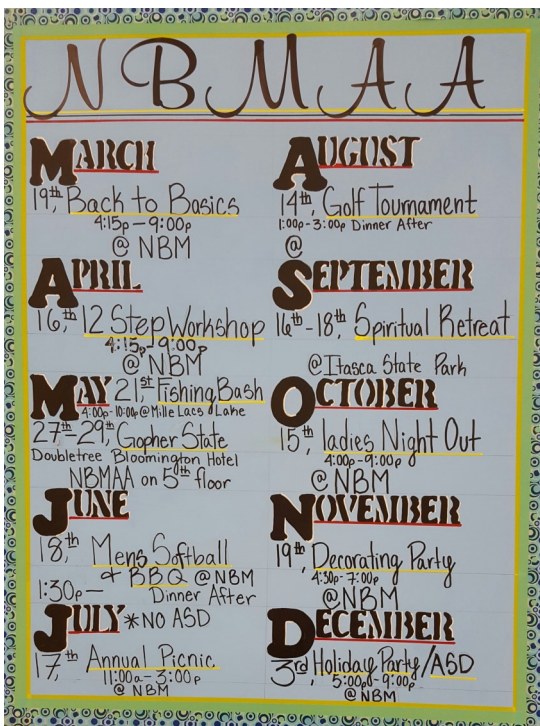
Mike W. — Speaker CO-chair

JaiMarie M. — Outreach Women

Robert L. — Outreach Men

Michelle B. — Registration

Teresa N. — Set-up



## ALUMNI SPEAKER DINNER SCHEDULE

3:00 board meeting

5:15 dinner - followed by speaker,  
recognition of sobriety and FUN!

For detailed information about events  
visit:

[www.nbminnesotaalumni.org](http://www.nbminnesotaalumni.org)