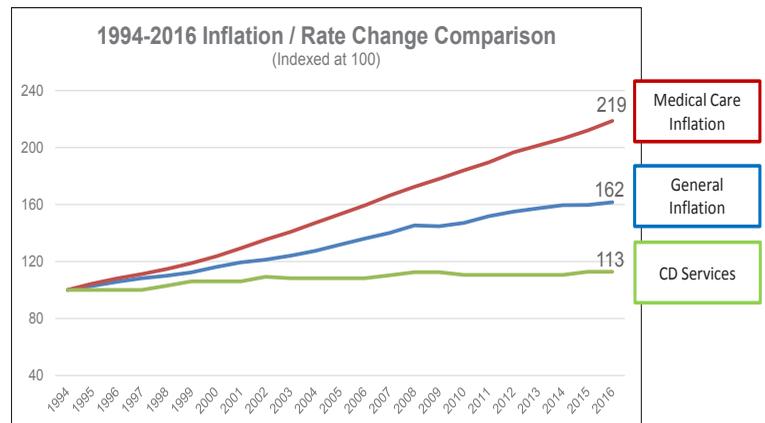


Politics Matter We live in interesting times. While the overdose epidemic continues to worsen, funding for effective treatment is at risk for those most in need. As referenced in previous articles, the federal government has limited clients seeking residential treatment to 15 days for programs like NBM. Fortunately, the State of MN is currently backfilling the shortfall in federal funding, so clients are not discharged prematurely and against clinical advice. However, the 2017 legislative session will be of critical importance to ensure this funding is not cut out of the budget, as this would have disastrous consequences to the system of care in MN, leaving many with nowhere to turn.

In order to protect this funding, the recovery community has decided “the best defense is a good offense”. Two strong advocates of the recovery community, Representative Baker, and Senator Lang, have introduced a funding bill “**HF 872/SF 895**” which will provide much provided relief to programs struggling to keep up with the rising costs of providing effective treatment to clients. Unlike almost every other form of health care, recovery services have been significantly discriminated against over the decades, as shown in the historical pricing graph. Even though treatment has been shown to provide anywhere from a 7:1 to 12:1 return on investment, due to reduced expenses in incarceration, crime, and unnecessary medical costs, the government has perpetually underfunded this sector. The funding bill HF 872/SF 895 will provide inflationary increases over the next four years, which will allow programs to keep their doors open to public clients. The Alumni have already sent out over 400 letters of support to the Governor and local politicians. **THANK YOU!** We will continue to hold support letter campaigns at the monthly Alumni dinners, but if you are unable to attend, please email Liz at Alumni@nbminnesota.com to learn how you can get involved. Taking 5 minutes out of your day to ensure that treatment is protected and available to the tens of thousands of Minnesotans who desperately need to regain control of their lives, it’s worth the investment!

Lane Elmer, CEO, New Beginnings MN, lane.elmer@nbminnesota.com



Something Beautiful is on the Horizon!

Something beautiful is on the horizon! The Alumni Association has many events coming up this spring. We started with the monthly Alumni Speaker Dinner (ASD) on April 1st and on April 15th is the 12 Step Workshop which is open to the public.



May starts with the ASD, continues to the Fishing Bash on the 20th and the Gopher State Round-up wraps up the month. NBMAA has a room on the 4th floor so please come and visit us!

In June, along with the ASD, is the Annual Client vs. Alumni Softball Tournament! This event is at the end of the month and we need male alumni participation. Currently the trophy is held by the alumni. Look for the Summer issue for more events or go to the website. There are so many ways to celebrate recovery at New Beginnings Minnesota so just show up. There is merchandise available, free bookmarks with the events listed, pamphlets with the 3rd & 7th step prayers, and the best part is the fellowship!

Remember in every ending there is a new beginning.
Liz Weinauer, Alumni Coordinator
Office: 763-658-5238 Cell: 651-245-4272
alumni@nbminnesota.com

Learn about Peer Recovery Specialist Academy

Hi Everyone, my name is Mike Weinauer and I am a person in long term recovery. I have not found it necessary to use drugs or alcohol for 15 years. Through recovery I am the husband, father, and grandfather I have always hoped to be. I have a life better than I ever thought possible. I am speaking about recovery in the hope that others may find a new life as I have, and to help bring an understanding of recovery to all who may listen.

There is a movement in Minnesota, and in the nation to bring addiction and alcoholism into a new light to the public. Introducing yourself as I have above is a way to talk with anyone and everyone about addiction without breaking the tradition of anonymity of a twelve step program. By talking about all the positive and wonderful changes brought about through recovery we may be able to change the general public’s view of addicts and alcoholics. Gaining the public’s acceptance of addiction could enlarge the recovery community and bring more services to help more.

I learned of this movement through a training program called Peer Recovery Specialist Academy. I found it to be a great addition to my current recovery and not a replacement for my recovery. If you would like to explore this exciting movement there are training opportunities through New Beginnings Minnesota. The next session is Friday, July 7th-Sunday, July 9th from 8am – 8 pm. Contact Liz for more information at: alumni@nbminnesota.com or 763-657-5238.

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.

Become a Recovery Coach Throughout the years, NBM Alumni have provided a critical role in providing hope for clients during and after treatment. Treatment can be a difficult time, and the outreach and passion that our Alumni bring to the monthly dinners, weekly speakers, and annual events demonstrates to clients that they are not alone in their struggles with addiction, and that there is a supportive community to support them on their road to recovery. One of the greatest assets the Alumni has brought to clients is the “First Contact” program, where over 800 Alumni have agreed to have their contact information listed for clients to reach out to for assistance in reintegrating into their community post-discharge. This program has been a huge success in helping clients find community based organizations in their home area (AA, NA, Smart Recovery, etc.), which is critical to their long-term recovery.

The Alumni Association would like to build on the success of the First Contact program by offering interested Alum the opportunity to become a certified Recovery Coach. Over the past few years, two organizations, Minnesota Recovery Connection (MRC) and Recovery is Happening (RIH), have developed impressive courses to train individuals in recovery on how to provide effective and evidence based peer support. These weeklong courses provide attendees to learn key concepts and tools which they can use to provide peer facilitated recovery services.

Recovery coaching is about establishing an early connection with a recovery client in order to improve their chances of remaining clean and sober long term. It is important to note the services provided by a recovery coach are not meant to be a substitute for long term recovery programs such as AA, NA or other 12 Step programs.

The Alumni Association is working with Recovery is Happening to provide an on-site 3 day training July 7th-9th at the Waverly campus. The 15 person roster quickly filled, but we are looking for additional dates this summer to bring more on-site training opportunities. If you are interested, please contact our Alumni Coordinator to learn more and sign up: alumni@nbminnesota.com.

OUTPATIENT LOCATIONS

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

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

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

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

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

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

Board Members

- President – Mike W.
- Vice President – Bonnie T.
- Secretary – Michel R.
- Treasurer – Cory T.
- Communications – Bob P. & Lisa S.
- Fundraising – Bob B.
- Outreach – Callie C.
- Speaker – Callie C. & Bob B.
- Registration – Allen J.
- ASD Set-up – Stephen G. & Jeff R.
- Merchandise – Lisa S. & Shannon D.

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