



Politics Matter

I would like to formally thank the Alumni Board and hundreds of members who strongly supported the statewide effort to bring about needed change and support for those suffering from addiction. It was a rough and tumble legislative session, and we didn't get everything we needed, but fared far better than other sectors.

- **Reform Package:** For the past 5 years, state government and providers have been working diligently to transform our system of care from episodic to longitudinal treatment. Addiction is often a long-term illness, and the historical system has been somewhat broken in treating it with short-term and disjointed services. With this reform, key services such as Peer Support, Care Coordination, Direct Access, and enhanced Withdrawal Management (detox) services will better assist clients on their journey to long-term recovery. Most pertinent to the Alumni is the addition of Peer Support as a Medicaid reimbursable service. This will create a career path (or side job) opportunity for those interested in assisting clients before, during, and after clinical treatment. *If you are interested in becoming a certified Peer Support specialist, please reach out to Liz to attend one of our trainings!*
- **Protecting Residential Treatment:** As I have written to you in the past, there are some detrimental federal regulations that could severely impact access to residential treatment. The reform package enables the State of MN to apply for a federal 1115 Waiver, which should mitigate many of these potentially disastrous consequences. New Beginnings and other industry leaders will continue to work with the Department of Human Services to ensure this waiver is approved by the federal government and access to residential treatment will be protected for those most in need. Stay tuned!
- **Rate Increase:** As highlighted in our winter/spring Alumni Dinners, addiction treatment services have been long discriminating against in terms of adequate funding. While the majority of other health care services automatically receive inflation adjustments to their rates, our field has had to fight tooth and nail every budget cycle to increase (or prevent reductions) to our rates. This makes it extremely difficult to hire and retain quality staff, which are what make New Beginnings such a great program. While we didn't receive what was needed, addiction care did receive a 1.0% increase to reimbursement rates. In the broader context, this was a relative win, as other health and social services were cut by over \$400 million by the state legislature (despite the \$1.6 billion surplus).

Politics is a difficult business, but the stakes for addiction have never been higher, and this illness doesn't care if you are a Democrat, Republican, or Independent. There is strong bi-partisan support to continue the progress that is needed within our system of care in Minnesota, and I thank you for your continued support and grassroots efforts to help those most in need.

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



Summer is here!

Summer kicked off with the softball tournament between the alumni and the clients. That is until the rain started. Three innings is a game and the alumni

A Sense of Belonging and Purpose

When I first entered treatment, I was told that I would need to change everything about my life...those that I hung out with, my behaviors, my actions...everything! While I agreed 100% with the direction I had been given, I didn't know where to begin! Don't get me wrong...I had a family that was

retain the trophy until next year.

New Beginnings Alumni Association Annual Bike Run

Saturday July 15, 2017

10:00 am to 2:00 pm

We will meet at New Beginnings in Waverly in the visitor parking lot and be on the road at 10:00 am. Our ride will take us south to the Minnesota River Valley near St. Peter with stops along the way for bathroom breaks, and fellowship. We will be back to New Beginnings by 2:00 pm.

There is a good will donation so The Alumni Association can help our brothers and sisters in treatment at New Beginnings with things they may need for their journey with The Sunlight of the Spirit. Please contact Scott P at 320-420-1830

Put your party hats on and come to the annual Picnic which is the event of the summer! Bring your families & children, friends and neighbors. There is live music, games for kids, a bounce house, fabulous food, an awesome speaker, medallions & raffle! All between 11:00 am - 3:00 pm. You won't want to miss it!

Our next big fund-raising event is the Golf Tournament! Held at Fox Hollow in St. Michael. 1:00 pm Shotgun start. Dinner & Prizes call: Jeff R. 612-232-1946

Liz Weinauer, Alumni Coordinator Office: 763-658-5238
Cell: 651-245-4272
alumni@nbminnesota.com

incredibly supportive, but I couldn't hang out with them all of the time! During treatment, participation in AA and NA was recommended, but I didn't know if I would meet new friends there. And then, while talking to my primary counselor, a solution was offered and there for the taking...she recommended that I become active with the alumni association! I had always been very active with different organizations, but who would want to hang out with someone like me, someone who was so ashamed of what they had become. During treatment, I listened to the alumni coordinator when he was able to speak with us as a group, and I quickly realized that here was a group of people who not only needed my help, but wanted my help...a group of people who understood where I had been. The first Saturday after leaving inpatient treatment, I showed up at an Alumni Speaker Dinner and volunteered with the alumni association. I was asked to greet and help set-up, and then to my astonishment, I was asked to come back again and help at the next event. And I continued to do this, event after event. Before I knew it, I had six months of recovery and became a voting member of the alumni association board.

Over time, the group of people that call themselves members of the New Beginnings Alumni Association have become my friends and people that I can rely on for guidance and support, whenever and wherever I need it! Looking back over the last 6.5 years, I am amazed at what participation in the alumni association has done for me! This group has offered me a new sense of belonging and purpose that I didn't know I had been missing...not only could I show up and suit up and help throw events for those of us out there that were still suffering or wanted to participate in the fellowship of recovery, but I had become just a small part of a greater whole! I have been able to continue 12-step work and share my message of recovery, strength, and hope with others! But beyond that, I have built friendships with people I never would have met otherwise, and I would not trade those friendships for anything! I am so grateful for the chance to become a part of the board, and for anyone that is looking for something fun to do or for a chance to become a part of, I invite you to stop in and help out at an alumni event!

Michel R.

Become A Recovery Coach

It's about establishing an early connection with a recovery client in order to increase their chances to remain clean and sober long term. The Alumni Association is working with Recovery is Happening to provide a 3 day training. It will be Friday - Sunday, September 22nd - 24th at the Waverly Campus. If you are interested, please contact our Alumni Coordinator to learn more and to sign

Board Members

- Mike W. - President
- Bonnie T. - Vice President
- Cory T. - Treasurer
- Michel R. - Secretary
- Bob P. Communications
- Bob B - Fundraising
- Stephen G. & Jeff R.-ASD Set up

up: alumni@nbminnesota.com

- Callie C.- Speaker Co-Chair
- Bob B.- Speaker Co-Chair
- Allen J. - Registration
- Callie C. - Outreach
- Lisa S. & Shannon D. - Merchandise

Liz W., Alumni Coordinator
Office: 763-658-5238
Cell: 651-245-4272
Email: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

19230 Evans Street
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

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.

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