



La Hacienda
Treatment Center

A View From Serenity Hill

La Hacienda's Alumni Newsletter

APRIL 2010

2010 International AA Convention

The 2010 International AA Convention will be held right in our own backyard in San Antonio! July 1-4, 2010 A.A. members and guests from all over the world will be at the big event celebrating 75 years of A.A. In addition to marathon meetings around the clock there will be Big Meetings in the Alamodome Friday and Saturday night from 8:00 to 10:00 pm. Keep on the look out for the La Hacienda booth and stop by for a prize!



800-749-6160
www.lahacienda.com

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Recovery Services
Chris, ext. 510

Become a
La Ha
FAN



Chris R.....

I was in Montana February 19th doing a workshop when I got word that Mark Houston had passed away unexpectedly. He was my friend and sponsor for 17 years. A lot of you knew Mark. He worked for La Hacienda several times over the years. He's the one that hired me! The last few years he owned Mark Houston Recovery Center in Manor, Texas and he was the happiest I ever saw him.

A few thoughts he taught me that I wanted to pass on to ya'll, just because:

Maybe the biggest thing I learned from Mark was that I didn't always have to have the answer. It was ok to just say..."I don't know". God's in charge. What he tried to teach me was that I DID have to "show up". Half the battle was just showing up! (I'm a world class hider outer!) He often spoke about being AWAKE but ASLEEP.

That was me. I'm going through the motions of life but I'm seeing very little, experiencing very little, enjoying very little. Life was pretty much a daily battle. I spent a lot of time running fast....nowhere! (I still do this sometimes.)

Mark told me we stay in all three parts of the AA Program and our Spirit awakens. (It's not just about not drinking!) This is true in all the fellowships. 1. We take the Steps...all of them, quick! 2. We stay connected to the Fellowship. 3. We go find a drunk/addict to work with. The Service piece wasn't ever an option. We have got to work with folks. He was the guy that showed me p.14 and 15 in the Big Book where Bill W. tells us it's "imperative" that we work with others...no matter how busy we get. I was 5 years sober when I got to Mark

and I was sponsoring NO ONE. Mark laughed that big laugh of his as he said “No wonder you’re crazy!” So true! True happiness is feeling useful.

Mark took all kinds of flack from the “middle of the roaders”. Amazing how downright mean some folks in our Fellowships can be when they don’t agree with something! Bless him for taking all that heat and still sticking with us. He showed a bunch of us what true humility was about. Every time someone took a shot at me, Mark was there to remind me why we were all here, what our RESPONSIBILITY really is. I’m not sure how to repay that love.

Last time I heard him speak he quoted the line in the Big Book on page 49: We need to consider ourselves “SPEARHEADS of God’s ever advancing Creation”. We aren’t a bunch of busted up drunks anymore... We are all God’s kids, kicking butts and helping others! Top of the heap! I like that thought. I’m sure going to miss that man.

Mark spoke a lot from 1993 on... Look around for his talks. Hundreds of his talks can be downloaded for free on the internet. He will take you to a deeper, richer place in whatever fellowship you belong to.

Things are warming up here in the Hills. Time to make those hotel reservations for Reunion 38! September 24-26, 2010. Make ‘em now or you’ll forget! Everyone is always welcome...except the dogs. La Hacienda will be having a booth at the AA International Convention in San Antonio July 1-4th 2010. Y’all come find us. (Special AA Conference Issue man pins...I’m so excited!)

Stay in touch! My # is STILL THE SAME!
800-749-6160 x510

Chris is Carrying the Message to...

| | | |
|------------------------|---|---|
| May 6 | College Station Alumni Workshop “Willing to Go to ANY Lengths?” La Hacienda—College Station | College Station, TX |
| May 8 | Mark Houston Recovery Center | Manor, TX |
| May 10 | DFW Alumni Workshop, 7:00 pm “Willing to Go to Any Lengths?” La Hacienda Community Outreach | Irving, TX La Ha Outreach |
| May 14-15 | Man to Man Conference | Brownwood, TX |
| June 9 | Austin Alumni, 7:30pm La Hacienda’s Solutions | Austin, TX |
| June 11-13 | Azalia City Jamboree | Mobile, AL |
| June 26 | Workshop | London, Ontario, Canada |
| July 1-4 | 75th International AA Conference Look for La Hacienda’s Booth! | San Antonio, TX |
| July 11 | Austin Club 101 Talk, 12 pm | Austin, TX |
| July 21 | AA Talk | Pompano Beach, |
| July 23-25 | CA Conference | Albuquerque, NM |
| August 6-8 | Big Book Workshop | Parsippany, NJ |
| August 14 | Bay Area Club Fundraiser | Dickinson, TX |
| August 14 | Champions Group | Houston, TX |
| August 21 | AA Talk | Atlanta, GA |
| August 27-28 | Hill Country Roundup Inn of the Hills Resort | Kerrville, TX |
| September 8 | Austin Alumni, 7:30 pm La Hacienda’s Solutions | Austin, TX |
| September 18 | CA Talk | Fort Meyers, FL |
| September 24-26 | La Hacienda’s 38th Annual ALUMNI REUNION <i>There is a large church convention in town this same weekend so</i> MAKE YOUR LODGING RESERVATIONS NOW! | Registration starts Friday the 24th at 4:00 pm  |

Alumni Department Gets New Name and New Responsibilities

What many of you have known as the Alumni Department is now the Continuing Care Department and serves patients in new ways. In addition to facilitating Big Book/Step Study Groups and helping one-on-one with step work, the Continuing Care Department assists the case managers to identify and connect patients with resources to assist with the transition from La Hacienda to their continuing care providers, i.e. extended care facilities, outpatient programs, transitional living opportunities and counselors/therapists. In addition, the Medical Office is helping to connect patients with primary care doctors, addictionologists and psychiatrists as needed. And of course, we still help everyone find alumni and 12 Step meetings in their home areas!

The staff in this "new" department is Alison Broussard, Don Gargaro and Louis Romano. Don has been our Continuing Care Coordinator for a couple of years now and you probably know Louis from the Alumni Department. If you have not met Alison you will have an opportunity at the Reunion in September!

So what about those 2,000+ phone calls the Alumni Department used to make every year? We are in the process of redesigning our follow-up call process. Our goal is to partner with other facilities across the country that are members of the National Association of Addiction Treatment Providers (NAATP) to create viable data that illustrates "Treatment Works". Ultimately this data can be used to counteract discriminatory practices of insurance companies and government funding policies that limit access to inpatient treatment. Of course our data will always be "anonymous", never identifying individuals.

We are currently seeking an individual who will be making our follow-up calls and processing the information into statistics that answer the question, "How do our patients do after treatment?" Calls will be made in the 60 - 90 day and one year post discharge time frames.

Although we do think it's important to contribute to nationwide data on treatment effectiveness, our primary focus will continue to be staying connected with our alumni and being a resource as they transition to the next phase of their recovery journey. You may still call in with questions, to seek resources, or just to check in with **Chris (ext 510)** and also to **Don (ext 339)**, **Alison (ext 511)** and **Louis (ext 515)**. If you have any questions or would like to offer a suggestion about the changes we are making, please send me an email at slayton@lahacienda.com.

Sherri Layton, LCDC
Outpatient Services Administrator

Excerpts from a 24 Magazine, July 1976, author unknown

It is possible to recover in one of two ways. Option one is the original, spiritual awakening way which follows from working all of the Steps. Option two is the way of partial practice of the Steps, and primary dependence on the social, fellowship related aspects.

The second approach generally does not produce a spiritual awakening. It also violates THE Tradition that AA's should always place Principles before Personalities. Originally, the Twelfth Step read: "Having had a spiritual experience as the result of these Steps, we tried to carry this message to alcoholics, and to practice these Principles in all our affairs". Two key phrases were "spiritual experience" and "as the result of these Steps". The assumption was: no spiritual experience—no recover, that there were not a number of different results from working the Steps; there was one result- "the" result—and that was a spiritual experience. To the first members, spiritual experience meant that God had touched their lives directly, tangibly and turned them around.

There is another, more insidious danger. In many cases, the "recovery" produced by the watered-down approaches to the Twelve Steps fails to hold up over the long haul. What looked in the beginning like an easier, softer way to maintain happy sobriety yields progressively less and less contentment, finally ending in a complete reversal of momentum and a lapse into serious personal misery. The end result may be a return to active alcoholism; or, short of that total disaster, it may be a sinking into a life of discontented abstinence, marred by some combination of tension, resentment, depression, compulsive sick sex and an overall sense of meaninglessness. Either way, it is a failure to recovery. If these hard cases do find their way into an environment where strong—nothing but strong AA—is being practiced, many of them are able to achieve lasting sobriety.

Area Meetings

ALUMNI MEETINGS

| AUSTIN | BEAUMONT | BRYAN/COLLEGE STATION | DALLAS/FORT WORTH | HOUSTON |
|--|---|---|--|--|
| Wednesday 7:30 pm La Hacienda's Solutions 2100 Kramer Ln. Suite 200 Austin, TX 512-835-1994 | Monday 6:30 pm St. Andrews Presbyterian Church 1350 N. 23rd Beaumont, TX 409-296-3653 | Thursday 6:00 pm La Hacienda- College Station 702 University Dr. Suite 100-D College Station, TX 979-846-9500 | Monday 7:00 pm La Hacienda Community Outreach 1320 Greenway Dr Suite 135 Irving, TX 972-751-1500 | Tuesday 6:30 pm La Hacienda Community Outreach 2650 Fountain View Suite 120 Houston, TX 713-977-5202 |
| KERRVILLE | PERMIAN BASIN | SAN ANTONIO | THE WOODLANDS | <i>In addition to these meetings, there are other recovery meetings available at our Outreach Offices in Irving, Houston and San Antonio. For more information, contact staff at the numbers listed for each office.</i> |
| Sunday 11:00 am La Hacienda Treatment Center Hunt, TX 830-238-4222 | Thursday 7:00 pm La Hacienda Community Outreach 206 N. Midkiff Suite 1-D Midland, TX 432-697-0272 | Monday 7:00 pm La Hacienda Community Outreach 8600 Wurzbach Rd Suite 702 San Antonio, TX 210-692-0001 | Monday 6:30 pm 8701 New Trails Dr Suite 150 The Woodlands, TX 281-367-1015 Ext. 106 | |

FAMILY MEETINGS

| AUSTIN | BEAUMONT | BRYAN/COLLEGE STATION | DALLAS/FORT WORTH | HOUSTON |
|--|---|---|--|--|
| Monday 8:00 pm La Hacienda's Solutions 2100 Kramer Ln Suite 200 Austin, TX 512-835-1994 | Tuesday 6:30 pm St. Andrews Presbyterian Church 1350 N. 23rd Beaumont, TX 409-296-3653 | Thursday 6:00 pm La Hacienda- College Station 702 University Dr. Suite 100-D College Station, TX 979-846-9500 | Monday 7:00 pm La Hacienda Community Outreach 1320 Greenway Dr Suite 135 Irving, TX 972-751-1500 | Tuesday 6:30 pm La Hacienda Community Outreach 2650 Fountain View Suite 120 Houston, TX 713-977-5202 |
| KERRVILLE | PERMIAN BASIN | SAN ANTONIO | THE WOODLANDS | |
| Thursday 7:00 pm La Hacienda Community Outreach 604-B Junction Hwy Kerrville, TX 830-238-4222 | | Monday 7:00 pm La Hacienda Community Outreach 8600 Wurzbach Rd Suite 702 San Antonio, TX 210-692-0001 | Tuesday 6:30 pm 2002 Timberloch Place Suite 200 The Woodlands, TX 281-296-5727 | |

Due to HIPAA laws and regulations, La Hacienda is in the process of tightening procedures for contacting alumni after discharge. If you want to allow La Hacienda to continue to contact you, please email us with your contact information at: newsletter@lahacienda.com or by mail at: **Lisa Jackson, La Hacienda Treatment Center, PO Box 1, Hunt, TX 78024.**

*Please be aware that if you request to be removed from our list, we are required to remove you from **ALL** of our contact lists.*