



WHERE RECOVERY BECOMES REALITY.

# Progress Notes...



Happy Summer!

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## Coping With Co-occurring Disorders

Nobody said it was going to be easy.

Fighting the monster of depression that felt like it came out of nowhere.... or everywhere, or %&\*@! Which where? So many problems piling up, and every one of them felt hopeless to her. Too much to think about lately... her brain kept going, going, going... and the one thing she'd depended on to give her the instant relief she craved...was not available. She was 67 days sober now and had adjusted really well to the new people, place, and programming at Progress Valley – but - Aaarrghh... now she felt like the depression was back – not as bad as before coming to treatment – but bad enough to feel desperate for some way to escape it.

He'd had the ADHD diagnosis for as long as he could remember. In school he'd wondered why all the other kids seemed to figure things out that he couldn't. Teachers were always riding him. Rules, grades, lost homework, no homework; he just couldn't get it together the way they wanted. His mom got so frustrated with his uncontrollable behaviors she took him to the doctor to get him started on medication. By the time he was 13 they'd tried many meds, in many dosages, and he was sick of it all. He felt out of place, stupid, and alone. All that changed when he hooked up with a new crowd he met in high school. Hanging out, talking, drinking, playing music, smoking weed, exploring parts of town he'd never been to before, and experimenting with drugs. It was fun, interesting, and he felt accepted - As Is. One day he got turned on to meth, and that was it.

These examples are not any one client, but composites of hundreds of client experiences shared at Progress Valley every year and they are just the tip of the iceberg. In 2010, of the 20.3 million adults in America who were diagnosed with a Substance Abuse or Dependence Disorder, 9.2 million of them were also struggling with a serious mental illness. Known as a Co-occurring Disorder or Dual Diagnosis, studies reveal that:

- ◆ Half of adults with a Substance Use Disorder also have a mental health diagnosis.
- ◆ 1 out of 10 adults with a Substance Use Disorder have a history of Social Anxiety.
- ◆ 2 out of 10 adults with a Substance Use Disorder deal with Major Depression.
- ◆ 4 out of 10 adults with a Substance Use Disorder have a history of PTSD.
- ◆ 9 out of 10 adults with a Substance Use Disorder have a history of exposure to trauma.
- ◆ 10% of American adults struggle with depression. Their attempts to self-medicate lead 3 out of 10 of them to develop a substance use disorder.
- ◆ More than half of adults with a Bipolar Diagnosis develop a substance use disorder
- ◆ More than half of adults with an Anxiety Disorder develop a substance use disorder
- ◆ Only 1 of the 10 people living with a Dual Diagnosis will get the help they need for both disorders, to help them progress in their recovery.

At Progress Valley our services are specifically designed (and licensed) to meet the needs of clients who must learn how to cope with their mental health and chemical dependency issues to achieve recovery. Using evidence-based best practices, our programming is integrated to treat the whole person, from the day they arrive, to beyond their graduation ceremony.

We use integrated treatment because it works. Co-occurring disorders are so interdependent that the most common cause of relapse to use is a lapse in mental health management. And, the most common cause of a mental health relapse is resumption of use!

## New Site for PVII—Women's Center!

*Progress Valley is excited and proud to announce....*



the purchase of a new property located within the city of Bloomington! Along with the great folks at Opus, we continue working on designs to renovate the new treatment site.

This move will provide Progress Valley not only additional client beds, but also larger client bedrooms, additional group meeting space, staff offices, computer labs, fitness room and much more. The new treatment site will fully meet ADA requirements, ensuring our services are available to all in need, regardless of ability.

*Please be sure to check out upcoming communications for details and we'll see you at the Open House - Fall of 2015!*



**"I have never met a human being who has not struggled with a mental health issue. It may not have disrupted their lives enough to be diagnosed as a "Disorder", but they are suffering nonetheless." ERH**

### Coping With Co-occurring Disorders - continued

Undiagnosed, untreated or undertreated co-occurring disorders increase the likelihood of: illnesses, incarceration, hospitalization, homelessness, early mortality, and suicide. Integrated treatment has been shown to lower costs and achieve better client outcomes such as: reduced substance use, decreased hospitalization, fewer arrests, increased housing stability and improved clients' psychiatric symptoms, functioning and quality of life.

So, what are the crucial pieces to promoting recovery for those with a dual diagnosis?

They include providing education and support in the practice of caring for clients' health and wellness. Building skills to develop the resilience and emotional intelligence it takes to manage their mental health issues. We provide access to resources that help a client develop the supportive housing, employment, and educational opportunities that are appropriate for their goals. Finally, in full agreement with SAMHSA (Substance Abuse and Mental Health Services Administration), we work "to reduce negative attitudes, beliefs, and discrimination that impact full participation in community life. "

*Nobody said recovery is going to be easy,  
And it isn't,  
It's hard as hell.  
But, every step forward,  
And, even the frustrating steps backward,  
**Are worth it!***

References: Statistics are from 2010

[http://archive.samhsa.gov/data/NSDUH/2k10MH\\_Findings/2k10MHResults.htm#Ch4](http://archive.samhsa.gov/data/NSDUH/2k10MH_Findings/2k10MHResults.htm#Ch4)  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3415609/>  
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<http://media.samhsa.gov/co-occurring/>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2951633/>  
 Depression - <http://www.dualdiagnosis.org/depression-and-addiction/>  
 Bipolar - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2094705/>  
 ADD ADHD - <http://informahealthcare.com/doi/abs/10.1081/ADA-100101871>



## PV Hosts Successful Breakfast Event!

On April 23rd, Progress Valley hosted their first ever Road to Recovery Breakfast! Our event started early morning with plenty of sunshine and over 170 guests enjoying a continental breakfast at Pinstripes Restaurant in Edina. An informative and inspirational program was presented including

words from our Executive Director, Susanne Lambert, who also announced the news about our new women's center. Plus our fantastic guest speakers were Lance Harris, an alumni parent, and his daughter and PV alumna, Laura Thompson. While telling their stories, they both shared the struggles, heartaches and victories of their personal journeys - it was truly an inspiration to all!

This event exceeded our goals and expectations and was a huge success - **Thank You** again to our generous community. We could not have done it without the help from our sponsors, table captains, alumni representatives, staff and our generous and supportive guests!

### Thank You to Our Event Sponsors!

#### Real Change Sponsors



#### Real Hope Sponsor



#### Real People Sponsors



PV Alumni

#### Thank You to Our Alumni Representatives!

Paula A, Helga A, Amy F, Brent F, Kay H, Janel H, Riley M, Matt M, Brian P, Kaia R, Al S, Gretchen S

#### Event Speakers



Susanne Lambert



Lance Harris



Laura Thompson



Michelle Culligan

#### Thank You to Our Table Captains!

- Renee Bowman
- Kate Brennan
- Lisa Buck
- Phyllis Burger
- Michelle Culligan
- Tom Elmer
- Kay Hamilton
- Cathy Hart
- Jim Heller
- Theresa Hess
- Jennifer Koehler
- Susanne Lambert
- Jim Lodden
- Connie Masterson
- Kim Miller-Marx
- Tanya Olson
- Kris Peltier
- Anne Marie Solberg
- Jennifer White
- Sheila Wilson



## PV Annual Alumni Picnic

Save the Date! – Saturday, August 1, 2015

PVII Women's Facility – 308 E. 78th Street, Richfield



Our Annual Alumni Picnic is just around the corner with plans underway for another fun-filled day! Join us for BBQ lunch, sweet treats and fun games for the kids and adults. Enjoy music, conversation, silent auction, raffle, cake walk, mini flea market, spades tournament, music and more!



**Silent Auction:** We are always looking for people to help us out by donating or soliciting silent auction items. Here are some ideas of what we are looking for: gift cards (restaurants, spa, etc.), knitted crocheted items, jewelry, gift baskets, kitchen items, home décor, gardening items, sports items, games, kids items, pampering items, pet products, etc. We are looking for items valued between \$15 to \$75.



**Raffle:** Once again, Progress Valley will have fantastic prizes for our raffle: \$1,000 cash, gift card bouquet, and a hotel getaway!

All picnic proceeds will benefit client and alumni programs/services. Please contact Lisa to make a donation or to purchase raffle tickets at 952-374-5540 or lbuck@progressvalley.org

*You won't want to miss it – we hope to see you there!*



## 2015 PV Calendar of Events

June 18

PV Workshop:  
Overcoming Relationship Barriers

July 4

BBQ & Fireworks

August 1

PV Alumni Picnic

September 5

PV Car Wash

September 19

Recovery Walk

October 3

TBD

November 7

Bowling

December 5

PV Family Holiday  
Event

For information or questions on events or workshops please contact Lisa, Development Director at 952-374-5540 or lbuck@progressvalley.org.

### It's Happening at PV!

PV's 1st Saturday of the Month events continue for both clients and alumni!

From 75 clients, alumni and staff howling in the new year at the Timberwolves game with some lucky fans taking part in cutting down the net to clients and alumni helping grateful neighbors with spring clean up and delivering pretty plants— we have been busy!

These events are a great way to stay connected and participate in fun sober events. Be sure to check out our website and Facebook page for updates and come join us!



January 2015  
Timberwolves Game



April 2015 Spring Clean Up



May 2015  
Rally Car Races & Fiesta



### PV Community Workshop

*Overcoming Relationship Barriers Due to Addiction*  
Thursday, June 18, 2015

6:30 to 8:00 pm

Southdale Library - 7001 York Ave S, Edina, MN

- ◆ Struggling with a loved one facing addiction issues?
- ◆ Challenges getting in the way of receiving the help they deserve?

*All are welcome to attend and there is no cost!*

Roadblocks and barriers can significantly impact the lives of those suffering from Substance Abuse Disorder and their family, friends and loved ones.

Join us and receive information on issues such as boundaries, co-dependency, communications, enabling and more. These topics are a crucial part of recovery and are essential learning tools that can help create healthy interdependent relationships.

### Looking For A Few Good Volunteers!

Interested in lending a helping hand? Put your skills and talents to use by volunteering at PV. Here are a few volunteer opportunities we have available:

- \* Events Committee
- \* Office Assistance
- \* Workshop Assistance
- \* Graphic Design Assistance
- \* Alumni Speakers



For more details or if interested in volunteering, please contact Lisa at 952-374-5540 or email at [lbuck@progressvalley.org](mailto:lbuck@progressvalley.org).

*"The best way to find yourself, is to lose yourself in the service of others." – Ghandi*

## The Road to Recovery... Heidi's Story

The first time Heidi drank alcohol, she was 14 and became "insanely drunk." Heidi enjoyed the feeling alcohol gave her so much and she knew immediately "this is it!" She soon began drinking regularly at parties with her sister and friends, and by age 16 found her alcohol use getting out of control. Heidi tried to control her drinking, was receiving consequences, was suspended from school games...but nothing seemed to work. Between the ages of 19 and 25, Heidi began adding various drugs (acid, mushrooms, cocaine, and meth) to her repertoire. And at age 21, she was charged with selling marijuana.

At 25 Heidi learned she was pregnant. During her pregnancy, she stopped using but felt very depressed, alone and unsure of her future. Her baby was born 15 weeks early, was in NICU and had to undergo heart surgery. To help with her feelings of sadness and worry for her child, Heidi would often go to a bar close to the hospital. When her child reached the weight of five pounds, Heidi received medical approval to finally take her daughter home. Heidi and her baby girl moved in with her sister. She didn't leave the house for six months, as her daughter required constant care and was attached to a monitor.

After her daughter was medically stabilized, Heidi went to work... as a bartender. She continued her own use and soon began selling drugs to support her heavy meth addiction, as she "couldn't function without it." Her family and friends had finally had enough (enough concern, frustration, fear) and staged an intervention. Heidi refused to get help for her addiction. Over the next four years, Heidi made promises of going to treatment and getting sober with no success and ended up with legal troubles and finally losing custody of her daughter. These consequences were significant enough for Heidi to stay sober for 19 months. However, there were additional issues that were not and had never been dealt with.

Many set backs occurred for Heidi that would eventually lead her back to drinking daily; including being asked to leave the school she was attending, not dealing with her depression, moving to rural Minnesota, taking the drugs Ambien and Xanax (which she obtained from several doctors) and unhealthy relationships. At times she would run out of the drugs and alcohol and experience severe withdrawals. Heidi remembers having to crawl to the bathroom because she was too ill to walk.

Eventually, Heidi was admitted into a hospital psychiatric unit for three days. She was prescribed an antidepressant and was sober for three months. She relocated to Minneapolis, but soon relapsed. Heidi struggled with staying sober longer than three months. She knew she had a problem, but she believed that "alcohol wasn't going to take her down." Things continued to spiral downward, including a DWI, job termination and eviction from her apartment. Heidi was admitted into detox and states "at this point, I could barely talk; I was just gone." While waiting to get into treatment, she vacillated between detox and drinking for about three weeks. Her drinking was so severe, she would drink alcohol until she physically could not ingest any more.

Heidi had had enough! She entered and completed a high-intensity treatment program. Soon thereafter she transitioned to Progress Valley for 90 days of additional substance use and mental health treatment services. She was tired of fighting and not getting anywhere in life and knew she had to address her underlying issues. Heidi was very motivated while at PV and focused on herself and her addiction. Even though she was now making all the right moves and staying sober, her daughter refused to talk to her. She had been disappointed and hurt too much. But Heidi continued reaching out and at age 16 her daughter agreed to attend family counseling. Today, Heidi and daughter are reunited! They see each other regularly and share a very positive relationship. Heidi lives in Progress Valley's Sober Housing, works full time and continues on her personal recovery journey. She excitedly shares....

**"I never knew I could be this happy sober!"**

***Congratulations Heidi on your sobriety, we wish you continued success!***



**"I never knew I could be this happy sober."**

***Heidi, PV Alumna***



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Check us out on Website at:  
***www.progressvalley.org***





## Progress Valley

Men's Program  
3033 Garfield Avenue S  
Minneapolis, MN 55408  
612-827-2517

Women's Program  
308 East 78th Street  
Richfield, MN 55423  
612-869-3223

Sober Housing  
8030 Old Cedar Avenue S  
Suite 229  
Bloomington, MN 55425  
952-374-5540

Corporate Office  
8030 Old Cedar Avenue S  
Suite 229  
Bloomington, MN 55425  
952-374-5540

### 2015 Board of Directors:

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## Summer Recipe

### Corn & Fritos Salad

#### Ingredients:

- ◆ 2 (15 oz) cans whole kernel corn, drained
- ◆ 2 cups shredded cheese
- ◆ 1 cup mayonnaise
- ◆ 1 pepper chopped - recommend orange, red or yellow
- ◆ 3 green onions chopped or 1/2 cup red onion chopped
- ◆ 1 (10-1/2 oz) bag Chili Cheese Fritos - crushed

#### Instructions:

- ◆ Mix first 5 ingredients and chill.
- ◆ Stir in corn chips just before serving.



**Enjoy!**