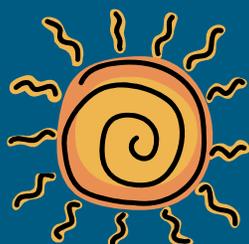




WHERE RECOVERY BECOMES REALITY.

Progress Notes...

Myths about Addiction & Mental Health



Happy Summer!

Inside this issue:

Remembering Gerald Rauenhorst - PV's Founder 2

911 Good Samaritan Law 2

Myths of Addiction (continued) 3

Community Workshops 3

On-Call House Managers Needed 3

Calendar of Events 3

Alumni Corner 4

Road to Recovery 5

Going Electronic 5

Summer Recipe 6

The National Institute of Mental Health reports that, “One in four adults- approximately 57.7 million Americans- experience a mental health disorder in a given year.” Addiction and mental health have become major public health problems in America and worldwide. Progress Valley recognizes the importance of educating the public on these health conditions in order to assist more individuals seek the help they deserve. The better we, as the public, understand these illnesses the more we can do to help and understand our neighbors, family and friends that may be affected. Below are highlights of some myths of addiction and mental health and corresponding information “de-bunking” these myths.

Myth 1: Addicts are bad, crazy, immoral or stupid

Unfortunately addicts and alcoholics are stigmatized in our culture and by the media. We’ve all seen and heard varied persons and “sources” claiming addiction is a choice and addicts being called, “bad, lazy, crazy, dumb” people. However, the truth is that although the first use for many addicts and alcoholics is a choice, eventually the brain chemistry becomes reliant on the drug to reach normal levels of functioning both physically and mentally. Think about it this way- if for years you eat red meat for dinner, your health begins to fail, you’re diagnosed with heart disease, which then results in the health recommendation of your no longer eat red meat. How difficult do you think that would be to change that daily habit? None of us can deny that habits are present in our lives both healthy and unhealthy. However, we often see within our society a patient with heart disease who “relapses” on a cheeseburger and is given empathic support, whereas those who relapse on alcohol or another substance are called “bad people with a lack of willpower.”

Myth 2: Addicts must hit “rock bottom” to be ready for treatment

The theory of hitting rock bottom states that individuals need to hit their own personal rock bottom in order to desire treatment and be motivated enough to maintain sobriety in the future. However, people have different rock bottoms and THERE IS ALWAYS ANOTHER ROCK BOTTOM TO HIT. Helping someone who is early in the addiction cycle provides them the opportunity of having fewer accompanying problems and better overall prognosis for recovery. Early intervention is the goal of many support groups nationwide to help educate children about the effects of drugs on the brain and hopefully help detect any potential warning signs with adolescents in order to begin the process of recovery.

Myth 3: Addicts should be punished, not treated, for using drugs

Think about your experience in life... What do you do when you’re sad? Mad? Confused? What if someone locked you up in your room for feeling/acting confused instead of teaching you new methods to cope with those emotions? That is exactly what incarcerating these individuals is doing; it’s putting a Band-Aid on a gaping wound that may otherwise need stitches. Instead of punishing we need to teach alternative solutions and help instill lifestyle changes that will positively impact our communities. According to The Legal Action Center, “In 2007 the average cost of incarceration per individual a year was \$44,000. Whereas the average cost of chemical health treatment is \$18,000-\$25,000 per year for inpatient care and \$8,000 to \$10,000 for outpatient.” Research has repeatedly shown that investment in treatment is valuable and, furthermore, produces better outcomes with more cost-effectiveness than incarceration.

Myth 4: People who continue to abuse alcohol/drugs after treatment are hopeless

Although recovery doesn’t need to include relapse, it can happen. The brain chemistry and functions are so far distorted (due to drug/alcohol use) that it may take repeated attempts for sobriety in order to maintain long-term remission. Progress Valley continually reviews available research and best practices to better ensure effective treatment with a gradual step-down approach (high intensity to medium to low to outpatient). This provides clients on-going support within clinically appropriate levels of care, thus decreasing the chance of relapse.

Thank You
Gerald...

"You have saved my life along with thousands more and for that my family and I are grateful. Without Progress Valley I would have been lost with no hope. You have given me hope, love and the strength to survive. Thank you from the bottom of my heart."

Jesse - PV Client

"Thank you for giving me the chance to appreciate myself and others again through this beautiful recovery program!"

Amy - PV Client

"Progress Valley has been a blessing and miracle in my life. When I came to PV I was a broken down and beaten person. I have learned so much about myself and found so much healing through this program. I have a job today, I have hope today and I am starting to love myself again."

Brian - PV Sober Housing Tenant

Remembering our Founder

Today we remember and celebrate Gerald Rauenhorst and all that he has given to Progress Valley throughout his lifetime. Gerald quietly passed away on April 24, 2014 surrounded by loving family and friends.

Gerald was a man of faith, a devoted husband and father, a successful visionary, an entrepreneur and a friend to so many. In 1953, with Hanky's (wife) assistance, Gerald started a construction company, now Opus, that was "built on the principles of finding a 'better way' of doing business," which meant, according to his memoir, "treating clients, co-workers, and employees with honor, decency and respect, keeping your word, and behaving according to the highest moral standards."

In the early 1970's, following a devastating loss of a brother by a drunk driver and in keeping with these principles, Gerald began to see a genuine need within the community. He, his wife Henrietta, and others agreed that "one of the most overwhelming social problems in our country was alcohol and drug addiction and that there was a real need for some sort of place to ease the transition from the structure and safety of a treatment center to the harsh reality of being on one's own in society." They additionally saw a need for "providing a combination work-living situation for people once they leave the treatment center." The result was Progress Valley, Inc., established in 1972.

Gerald and Hanky not only founded Progress Valley, but also remained actively involved for decades. Their support of our mission and for the men and women we serve never wavered. I was fortunate enough to meet Gerald on a few occasions. He was one of the sweetest, kindest and most generous of men. When speaking with him, I would try to express our heartfelt thanks for all he has done for PV, but he would quickly turn the conversation to our mission, the dedication of the PV staff and the hard work of the clients.

We at PV are so very humbled to have known and been associated with this wonderful man. He touched so many lives through his many charitable endeavors, including over 8,500 men and women struggling with the disease of substance abuse/addiction. His dedication to helping others sets an example for us all.

Susanne Lambert
Executive Director



911 Good Samaritan Law Passes!

Minnesota's Governor, Mark Dayton, signed Steve's Law on May 9, 2014. The Naloxone portion of the bill is effective immediately and the 911 Good Samaritan portion is effective July 1, 2014.

The Steve Rummeler Hope Foundation, and members of the Good Samaritan Coalition have worked diligently to gain authors and garner legislative support for the bills as they moved through the process of being heard in each necessary committee and the MN House and Senate.

The Good Samaritan legislation, also known as "Steve's Law," named after Steve Rummeler, who died of a heroin overdose in 2011, and after whom the Steve Rummeler Hope Foundation was formed and named, follows 19 other states and the District of Columbia in establishing Good Samaritan laws and/or access to Naloxone (brand name Narcan, the antidote to opioid overdose).

The goal of Steve's Law is to save lives and reduce the number of overdose deaths in Minnesota by providing limited immunity to those who, in good faith, call 911 to request emergency medical services for someone experiencing an overdose. Often times having to wait for medical responders to administer Naloxone can mean the difference between life and death, so this legislation will also allow for law-enforcement, treatment facilities, health providers and members of the public to have access to, possess and administer Naloxone until further medical assistance can arrive.



Myths About Addiction and Mental Health - continued

Myth 5: People have to want treatment in order for it to be effective

Many times we ask clients upon intake, what brought you here today? Their answers will be a variation of the following: “my mom told me I had to, my husband left me due to my drinking, I lost my job because of using or the courts are making me.” All of our clients have had personal, professional and/or legal consequences due to their use— motivating them to seek help. External motivation can eventually lead to increased internal motivation once someone’s mind is clear from substances and they have properly detoxed from their drugs of choice. Research indicates that the outcomes for those who are legally mandated to participate in treatment are as positive as for those who entered treatment voluntarily.

Myth 6: Treatment doesn’t work

This disease, like most diseases, is in fact treatable. Addiction is proven to be treated effectively through a variety of treatment approaches including: individual therapy, group therapy, medication management, self-help support systems, wellness coaching, CBT, DBT, EMDR, family counseling and spirituality counseling. Progress Valley incorporates all of these approaches in their programs to take a holistic/overall approach to battling addiction. The National Action Alliance on Mental Illness states, “The percentage of individuals whom achieve sustained recovery from treatment and other supports are high and overall between 70 and 90 percent of individuals experience significant reduction in symptoms and improved quality of life after treatment.” Our government leaders say... “Addiction is a chronic disease that can be successfully treated. We need to look no further than the millions of Americans who are in long-term recovery today from drug and alcohol addiction to see that recovery is possible. Still, there remains some cynicism about the efficacy of drug treatment, and some people claim that the chances of treatment succeeding are very low. In fact, relapse rates for drug-addicted patients are about the same for other chronic illnesses. “

Hopefully we’ve “de-bunked” a few of the myths surrounding addiction and mental health. Eliminating misconceptions and educating one another is key. Knowledge is power. The more we know, the more we are able to help, support and treat those suffering from the chronic health condition of substance abuse disorder.

Progress Valley Community Education Workshops

Progress Valley continues it’s quarterly Community Education Workshops on topics related to addiction, recovery, mental health, behavioral health and more. It is our goal to provide helpful information, resources, fellowship and fun. **Everyone is welcome and attendance is free!** Please join us for our upcoming workshops, more details to come.

Drugs in the City & The Community Hangover - September 2014

Overdose deaths, emergency room visits and treatment admissions continue to rise dramatically in the Twin Cities. Join us for this educational workshop, as a panel of professionals will speak about emerging drug trends in the Twin Cities. Discussion will include short and long term symptoms of use, how you can identify when social use becomes problematic, how substance abuse affects our community and ways we can best offer treatment services and support for those struggling with chemical addiction.

Recovery Wellness Fair - November 2014

Join us for Progress Valley’s Recovery Wellness Fair. So many people with addiction and their loved ones often neglect their health, medical needs, nutrition, and exercise. Hear as our clinical staff discuss how living a healthier life-style can enhance one’s recovery journey. Experience and sample our wellness stations and all the wonderful ways in taking care of one’s self including: massage, yoga/exercise, stress relief, nutrition and more!

Progress Valley is Looking for On-Call House Managers!

For a complete job description and how to apply, visit:

<http://progressvalley.org/about-progress-valley/careers-and-internships/>

PV Calendar of Events...

June 7

PV Family Brunch in the Park

July 5

Beach BBQ

August 2

*Dinner & Speaker
PV I & II*

August 16

Annual Alumni Picnic

September 2

MN Twins Game

September 6

Alumni Community Service Project

September 20

Recovery Walk

September 2014

Community Workshop

October 4

*Dinner & Bingo Night
PV I & II*

November 1

*Halloween Party
PV I & II*

November 2014

Community Workshop

November 16

Give to the Max Day

December 6

Holiday Party

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



Annual Alumni Picnic

Join in the fun - rain or shine!

PV Women's Program
308 E. 78th Street
Richfield, MN 55423

1 pm - 4 pm

Check us out at
www.progressvalley.org

Alumni Corner

2014 Progress Valley Alumni Picnic Saturday, August 16



Save the Date!

Our Annual Alumni Picnic is fast approaching with plans underway for a fun event. Join us for great food, good company and fun activities for all! There will be music, kids' activities, a raffle, cake walk, silent auction, mini flea market, spades tournament and more!

If you are interested in donating silent auction items, donating \$\$ to support the event or willing to sell raffle tickets, please contact Lisa at the Corporate Office at 952-374-5540 x 107 or lbuck@progressvalley.org.



Thanks and see you on the 16th!



Twins Rally for Recovery September 15 Minnesota Recovery Month



Join PV clients, SH tenants, alumni, friends & family in celebrating this event.

Tuesday, September 2, 2014, Game Time 7:10 PM
Cost - \$15 per ticket - Includes soda and hot dog
(Alumni, Friends & Family - same great price)

Tickets Are Limited! For Tickets - Call Lisa at the Corporate Office at 952-374-5540 x 107



Alumni Events

Check out our calendar of events as we ramp up our efforts in keeping our PV clients, alumni and families engaged! **There will be an event on the 1st Saturday of every month!** Some events will take place at PV I & II, some will take place in the community and some will be open to family. There's also the opportunity to "give back" at our community service events.

In April, PV Alums (with over 60 folks in attendance) enjoyed great friends, food and Atomic Bowling!

May's event celebrated Cinco de Mayo including wonderful food, recovery speakers, hula-hoop contests and "Minute to Win It" games.



Walk for Recovery

**Saturday, September 20
9:00 am to 1:00pm**

**Lake of the Isles in Minneapolis
No Registration Fee!**

Everyone be sure to sign up for **Team PV** and celebrate all in recovery and those who help recovery happen during National Recovery Month!

Bring your family and friends—strollers and even the family dog!

Free T-Shirt to anyone who raises \$50 by August 29, 2014. Fundraising encouraged but not required. Proceeds benefit Minnesota Recovery Connection.

To sign up for Team Progress Valley, visit:
<https://www.crowdrise.com/walkforrecovery2014>



The Road to Recovery... Amy's Story



I was born an alcoholic. Before I ever took a drink I was paralyzed by fear, insecurity and social anxiety. I learned at a young age that alcohol helped me relax and be more comfortable in any and every situation.

17 Years Old - By the time I was 17, I was a daily drinker, completely dependent on alcohol to get me through my day-to-day life. I functioned for many years this way, accomplishing many things and outwardly I appeared to have it all together.

32 Years Old - I had graduated from college with honors, had a great relationship, good job and tons of friends. I was an avid runner, music fanatic and loved to travel the world. But my disease was always pro-

gressing and I spent years trying to dig myself out of the holes I had dug as a result of my drinking; always doing the one thing I promised I would never do until I ran out of new lows.

37 Years Old - By the time I was 37, I had been to four treatment centers, three detox facilities and two psychiatric wards. I could not hold down a job, I had no money, no friends or a boyfriend because no one wanted to watch me drink myself to death. As a woman who once prided herself in her knowledge of fine wine, I was now content with drinking gas station beer and mouthwash. Road-side motels became my hideaways and I would disappear for days, sometimes weeks, just to drink alone, uninterrupted. My life was not my own anymore, alcohol had full control over me. I knew if I didn't seek help again, I would die.

38 Years Old - When I entered into Progress Valley in May of 2012; I was alone, ashamed, broken and defeated. I was completely ready to surrender, I had nothing to lose. I knew I needed more help than a 30-day treatment facility could offer and I was finally ready to stop trying to run my own show. Following treatment I agreed to sober housing without hesitation, I agreed to everything that was suggested. I felt a great sense of relief knowing that I would be living in a completely supportive and nourishing environment for six months. My recovery program was customized to me and my life experience, which motivated me and helped to build confidence. During my time at PV, I fought through some rough times, overcame my daily urges to drink and started to figure out how to handle life on life's terms. I laugh a little now when I think of how all the things I didn't want to do (which were most of them) truly ended up being the most rewarding.

39 Years Old - By the time I left PV sober housing, I had a new lease on life. I fully immersed myself in a recovery program with a sponsor and a fellowship of amazing sober women.

TODAY - I work daily at maintaining a healthy spiritual condition through prayer, meditation and yoga. I have rebuilt lasting and meaningful relationships with my friends and family. I have more jobs than I know what to do with and have been able to make some major financial amends. I actually enjoy traveling more in sobriety than I ever did in my drinking days and can honestly say today that the desire to drink has been lifted. But most importantly, for the first time in my 40 years of life, I get to be my authentic self. I learn new things about myself every single day and I actually like who I am. I have a sense of self I never knew existed. I never thought two years ago that I could have the life I do today.

My Future - My journey has by no means been easy, life still happens and I will always have an alcoholic mind, but I've learned that I really don't have to drink over any of it. My worst day sober is better than my very greatest day drunk!

"For the first time in my 40 years of life, I get to be my authentic self. I learn new things about myself every single day and I actually like who I am."

Amy - PV Alumni



*Like us on
Facebook and
Become a Fan!*

We're Going Electronic!

We need your help & **WE NEED TO HEAR FROM YOU!**

Progress Valley wishes to **email** newsletters, annual reports, invitations and more to our many alumni, friends and supporters. This reduces costs to PV and protects our environment!

It's very simple and only takes a brief moment of your time. Please contact us at:

Email - recovery@progressvalley.org or Phone - **952-374-5540** and provide us your email address (or let us know if you'd like to be removed from our mailing list). It's that easy!

Thank You Very Much!



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

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Ex Officio*
Lisa Buck

*Finance Director
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Kristine Peltier

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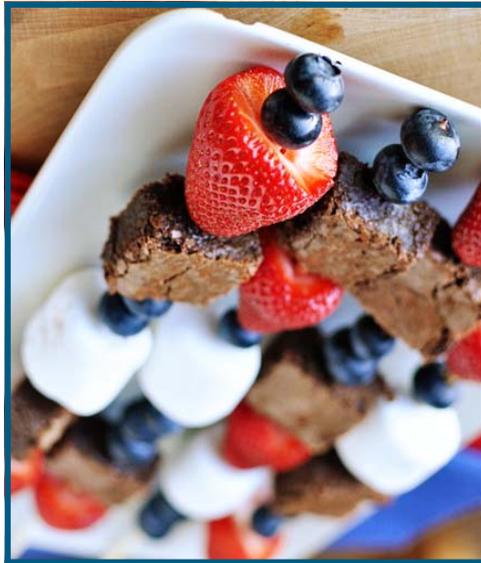
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These kebabs are quick, easy to make and great for summer gatherings or 4th of July picnics. Have the kids join in—it's easy, yummy and fun for all!

Summer Recipe - Brownie & Fruit Kebabs

- ◆ 9X13" Pan of Brownies - chilled and cut into 1" cubes
- ◆ 1 Pint Blueberries - washed
- ◆ 1 Pint Strawberries - washed & hulled
- ◆ Large Marshmallows
- ◆ Hot fudge, chocolate or caramel sauce—optional
- ◆ Bamboo/wooden skewers

Alternate threading brownies, fruit, marshmallows onto skewers. Optional: Drizzle with hot fudge, chocolate or caramel sauce. Refrigerate until ready to serve. Serves 16 to 20.

Source: Mel's Kitchen Café
www.melskitchencafe.com/brownie-fruit-kebabs/

Enjoy!