

Politics Matter, and You Need to be Heard!

Now that the election cycle is thankfully over, New Beginnings MN and the broader recovery community need your help. As we discussed in the June newsletter, the federal government is imposing a 15 day capitation for publicly funded clients within residential programs like NBM, which goes into effect January 1, 2017. Our leadership team, MARRCH (industry association for chemical dependency professionals), and a coalition of concerned providers have been actively working with our state government to find a solution to this artificial and damaging curtailment of services to those suffering from addiction. It has been a hard fought battle, and we are currently optimistic the Department of Human Services (DHS) will be able to use current state funding streams to protect access to care and mitigate the impacts of the changing federal policy. Our efforts moving into the 2017 legislative session will focus on ensuring the legislature and governor support DHS's current plans, which is where we will need your help.

Over the next couple months, we will be working with DHS and our lobbyists to develop a grassroots effort to ensure your voices are heard, and protect access to those most in need. As the strategy and message are defined and simplified, please look forward to upcoming communications on how to best contact your local representatives and get involved with events at the capitol. A simple act of sending an email, making a phone call, or showing up at a scheduled event can tip the scale to ensure those seeking a life of recovery can access the care they so desperately need.

Thank you in advance for your support. If you have any questions in the meantime, please feel free to contact me at any time.
Lane Elmer, CEO, New Beginnings MN, lane.elmer@nbminnesota.com.

Changing Times

It is hard to believe another year is coming to an end! NBM has had a very productive and eventful 2016, as we have continued to grow our clinical team and services, broaden our continuum of care, adapt to regulatory changes, and participate in the process of structural reform for Substance Use Disorder (SUD) treatment services at the State level. In our continual efforts to produce the best outcomes for our clients, we focused heavily in the last year on the implementation of Evidenced Based Practices for medications, Person Centered Care, Integrated Treatment, and Stage Wise Treatment interventions. We plan to build on these advancements in 2017, as well as implement a **Contingency Management (CM)** program to further improve the outcomes of our clients.

What is Contingency Management? CM is a form of Operant Conditioning where recovery oriented behaviors is reinforced in a positive and supportive manner. Clients are awarded "points" when they exhibit positive behavior (group attendance, abstinence from chemicals, prosocial behavior, etc.), and then use these points to obtain small and inexpensive prizes (books, recovery items, clothing, snacks). While the items used to reinforce positive behavior are relatively modest, CM has been scientifically proven through meta-analysis to have very significant results with a wide range of populations.¹

How can the Alumni Association become involved? NBM is in the very early stages of developing our CM program, but we believe the Alumni Association could play a critical role in its success. Over the next few months, we plan to develop the "points" system, purchase small but impactful prizes, and make these available to clients. Over time, it would be a wonderful gesture for Alumni members to donate items to the "store". Knowing these items come from successful alumni is much more meaningful and inspiring to clients, and provides an opportunity for those in recovery to give back to those in need. If you have any questions, or would like to offer suggestions on how best NBM can develop this new program for our clients, please reach out to our Alumni Coordinator, Liz Weinauer. Thanks for your continued support! Jared Bostrom, Executive Director

¹ Schumacher JE, Milby JB, Wallace D, Meehan DC, Ker-tesz S, Vuchinich R, Dunning J, Usdan S. (2007). Meta-analysis of day treatment and contingency-management dismantling research: Birmingham Homeless Cocaine Studies (1990-2006). J Consult Clin Psychol., 75 (5): 823-8.

Unity, Service & Recovery

Unity, Service & Recovery are important to the world of recovery. Service work comes in many forms, helping someone with groceries, offering a smile to someone's day, reaching out to another alcoholic or addict, getting involved with another in recovery or participating in alumni functions. New Beginnings MN Alumni Association (NBMAA) is a very active and growing group. You can become involved by coming to the monthly speaker dinners, bring your family & friends. There are service opportunities such as frying steaks, helping set up, being at registration or reaching out to the clients to say hello. You can be a part of any or all the activities NBMAA sponsors such as the Fishing Bash, the Golf Tournament, the 12 Step Workshop, the Picnic & the Holiday Party. By getting involved you will find Unity with others, you will provide Service to others and you will live Recovery. Sign-up to be a committed member, come to the Holiday Party at 3:00 to help set up, get elected to the board and before you know you're sober 3, 6 or 9 months and more. Just remember this "It works-- it really does." (pg. 88 Big Book).


Peace,

Liz Weinauer, Alumni Coordinator

Office: 763-658-5238 Cell: 651-245-4272

alumni@nbminnesota.com

Holiday Party! Saturday, December 3

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| 3:00pm | Setup |
| 5:15pm | Dinner |
| 6:15pm | Pictures with Santa |
| 7:00pm | New Board Member Election,
Scholarship Award, Vision for You Award |
| 7:45pm | Speaker - Shane L., St. Paul |
| 8:30pm | Medallions & Raffle Prizes |
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Don't Forget...Bring coats, hats, mitten and gloves to donate and get a free raffle ticket.

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.

New Beginnings Outpatient

The strong sense of community and hope that comes from our Alumni association is truly a gift to our clients, both in Waverly and our outpatient locations. Meeting new people in recovery can be challenging, and the Alumni Association provides a safe and familiar setting to the people who need it most. This is especially true at our rural locations, where opportunities to engage with a recovery community are often limited. For those of you who are unfamiliar with our outpatient locations, we are currently located in Elk River, Minnetonka, Litchfield, St. Peter, Olivia, and Worthington.

Regardless of which program you attended at NBM, if you are in one of these areas, we would love to see you! While their respective alumni populations are not large enough to hold the size of events we do in Waverly, there are many opportunities to get involved and give back. Recently, an Alumni Halloween party was held at our Olivia site. It was great for our current clients in Olivia to meet a few of our Alumni members and learn more about the Association. We would love to continue to hold and grow these types of events at each of our out-patient locations throughout Minnesota to build supportive networks for Alumni and inspire current clients by showing how great a life of recovery can be.

Our field continues to recognize the importance and significant benefit of peer & alumni support and recovery coaching before, during, and after treatment enrollment. We are so fortunate to have our strong Alumni Association to help us incorporate these supportive services into our professional practices. Our outpatient staff members are truly grateful to the Alumni Association for the ongoing support, dedication, and commitment to helping our clients achieve and maintain Recovery! Please contact our Alumni Coordinator, Liz Weinauer, to get involved!

With gratitude, Krista Schaefer, LADC Clinical Supervisor of Outpatient Services

Direct: (763) 658-5223 E-mail: KristaP@nbminnesota.com Website: www.nbminnesota.com

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- Robert L.- Outreach

Liz W., Alumni Coordinator

Office: 763-658-5238

Cell: 651-245-4272

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