



June 30, 2016

Volume 2 Issue 1

Politics Matter, and You Need to be Heard!

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Don't worry; there will be no talk of the presidential election in this article ;-), but there have been some regulatory changes over the past year which require your attention. As many of you know, and have benefited directly from, Minnesota has a proud history of supporting chemical dependency treatment with public funding for those most in need. While research and history have repeatedly shown that public support of treatment produces strong financial benefits to society (gainful employment, reduced criminality, reduced overall healthcare expenses), the federal government will soon be restricting the length of treat-

ment to 15 days in facilities like New Beginnings MN. This arbitrary capitation has no basis in clinical research or outcomes, and is merely a near sighted cost cutting measure by the federal government. 15 day capitations will negatively impact the treatment experience for clients, lead to poorer outcomes, and potentially force many programs to close due to the operational and financial difficulties resulting from this regulation. NBM will survive, but the ability to service publicly funded clients will be severely diminished, and the network of medium intensity programs we refer to (half-way houses) will likely go out of

business. This is a catastrophic scenario to an industry that already is experiencing a shortage of beds and many barriers to accessing quality care.

While I will be reaching out to the Alumni later this summer with a more detailed plan on how you can get involved, this important notification needed to get out as soon as possible. In the meantime, reaching out to your local state senator and representative, and letting them know your concern for the consequences of the 15 day capitation will help build this grassroots effort. If you have any questions, please feel free to email directly at lane.elmer@nbminnesota.com. Thank you for your support and involvement,

Lane Elmer
Chief Executive Officer
New Beginnings Minnesota

Do you know three of the most important words in the Big Book?

The answer is found within the newsletter.

2nd Annual Alumni Picnic in Olivia

Olivia Out-patient & Alumni celebrated there 2nd Annual Picnic. Several Olivia Alumni, NBM Alumni and their families were present. The food was wonderful. There were grilling experts cooking hamburgers and hot dogs. Everyone brought a dish to pass. There

was so much food such as, potato salad, chips, Kelsie made beans, deer sausage/cheese and more. The desserts alone filled a picnic table. Mia made Peanut-butter cup & Oreo Cookie pies, others brought ice cream, cake and lots of chocolate goodies.

The real fun started when the bubbles came out followed by sparklers. Everyone young and old laughed, told stories and played. Thank you Olivia for letting us come out to play! Until next year.

Integration of Mental Health at NBM



The integration of mental health into our residential programs has continued to be a phenomenal success, and we are eager to add these services into our growing outpatient locations over the next year. As the field of behavioral health evolves, we continue to educate ourselves on best practices and ways to provide high quality, person-centered care. We are moving towards an increased focus on client outcomes, and striving to maintain

a relationship with clients on a longitudinal basis to ensure they have access to the care they need. We understand this will require creativity, perseverance, and clinical flexibility, but we are committed to broadening our services in order to meet these needs and assist our clients in long term recovery. As we focus on longitudinal services, the link between our residential and outpatient programs will strengthen, and we look forward to more actively

engaging with the NBM Alumni. Over the next year, we plan to add roles for Peer Support and Recovery Coaching, and what better place to recruit than from our successful Alumni network! This will provide incredible benefits to both clients and Alumni, and build upon the success the Alumni Association and NBM have had over the years. Stay tuned!

Jared Bostrom MA, LMFT, LADC, CPRP

Executive Director/Treatment Director

New Beginnings Minnesota

5th Annual Softball Game

NBMAA hosted the 5th Annual Softball game Saturday, June 18th. The weather was beautiful, there were great snacks and an abundance of pop. This where the Alumni vs. Clients had not been won by the alumni *until* this year! It was an afternoon filled with laughter, conversation and a couple of mishaps. A male client was



fielding a ball and took an elbow to his eye which resulted in a trip to ER for stitches, his cut will heal and the black-eye will too. A bat slipped from another players hands twirling pass several members of his team missing everyone! With all this the alumni beat out the clients to take home the trophy. Which is proudly displayed in the AC building. Better luck next year clients!

Upcoming Events



- July 17 Annual Picnic
- August 6 Alumni Speaker Dinner (ASD)
- August 14 Golf Tournament
- Sept. 3 ASD
- Sept. 16-18 Spiritual Retreat
- October 1 ASD

- October 15 Ladies Night Out
- Nov. 5 ASD
- Nov. 19 Holiday Decorating
- December 3 Holiday Party

ASD SCHEDULE

- 3:00 Board Meeting
- 5:15 Dinner followed by a speaker, medallions & fun!

Email: alumni@nbminnesota.com

Email: mikeweinauer@yahoo.com

Alumni Forum — *we welcome feedback, stories, suggestions and updates from all alumni & clients...*

Don't think I'm weak
I'm part of the meek,
I choose not to tweak
Any day of the week!

Rodney J.

"God allows U-turns"

unknown

The Staff—Thank you! You saved my life.
I loved the food & naptime! *Katie H.*

I realized that I CANNOT get over my addiction by STOPPING USING. I can recover by creating a NEW LIFE where it is easier to not use. If I didn't CREATE my new life, then all the FACTORS that brought me TO my ADDICTION would CATCH UP with me AGAIN. I also realized I needed to fill up that void in my life and I choose to do service work by helping others like myself.



Michelle B., Alumni Board Member/Registration

Hi, my name is Cory T. & I am an addict. I checked into New Beginnings 5 years ago addicted to opiates. While in treatment I learned a lot of good tools to stay sober. When it was time for me to leave, I felt very confident that I would stay sober. I left treatment on a Sunday & by Tuesday I was worried that I was going to relapse. The rest of the week was very hard to get through. I had a lot of cravings. That Saturday was my first ASD dinner & as soon as I walked through the doors at New Beginnings all of those thoughts about using were gone. I was back with all my friends I had met while in treatment. I realized that just by being surrounded by other addicts, I felt at home & all of my using thoughts had disappeared. I now knew I needed to find a AA group as fast. I soon found a good AA group that worked for me. But after 3 months I did relapse. This is where a lot of the stuff I learned at New Beginnings really came in handy I knew what I needed to do to get back on track. At that time I decided to start attending all the ASD dinners & go to the alumni board meetings. I really started doing a lot of service work & I realized it gave me sense of peace. I am now a member of the alumni board. I have 4 years of sobriety as of June 8th. The one thing I would like to pass along to other addicts is get involved with a good AA or NA group that you can relate to & be involved with the alumni board it is a great way to do service work. *Cory T., Alumni Board Member/Treasurer*

New Beginnings at St. Peter
320 Sunrise Drive, Suite B
St. Peter, MN 56082
(507)931-0918

New Beginnings at Minnetonka
13100 Wayzata Blvd., Suite 140
Minnetonka, MN 55345
(952)681-2454

New Beginnings at Olivia
104 So. 4th Street
Olivia, MN 56277
(612)590-7988

New Beginnings at Litchfield
114 North Holcombe
Litchfield, MN 55355
(320)693-2461

New Beginnings at Elk River
13880 Highway 10
Elk River, MN 55347
(763)765-3588

New Beginnings at Worthington
1530 Airport Rd, Suite 200
Worthington, MN 56187
(507)360-7783



Fishing at Eddy's ended with this beautiful moon rise.

Who are we?

By Liz W. Alumni Coordinator

We are groups of men and women who have recovered from a seemingly hopeless state of mind and body. * We share a language and a bond with a group of strangers who never would have met otherwise. Having been to New Beginnings Minnesota our lives are forever changed. As we continue our journey in

recovery and service, we share our experience, strength and hope with other alcoholics/addicts. Simply put, we clean house, trust God & help others and read this book! (Big Book page 112).

We, as alumni of New Beginnings Minnesota, have unique opportunities to be of service. Things like helping at registra-

tion, refilling food, getting contacts clients & clean up. Set up for the Picnic starts at 9:00 am, get in on the action.

The Picnic is on July 17th from 11:00 am - 3:00 pm, speaker, raffles, live music, great food and lots of fun for the kids!

The Golf Tournament is August 14th at Fox Hollow in St. Michael. Call or email Mike (952)200-9388 mikeweinauer@yahoo.com.

Join us for the Alumni Speaker Dinners the first Saturday of every month, with exception to July/December.

Summer 2016

We're on the web:

www.nbminnesotaalumni.org

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.

2016 Board Members

Board Members	Brianna N. — Fundraising
Bonnie T. — President	Charles E. — ASD Coordinator
Lisa S. — Vice President	Allen J. — Speaker Co-Chair
Cory T. — Treasurer	Mike W. — Speaker CO-chair
Lisa S. — Secretary	JaiMarie M. — Outreach Women
Bob P. — Communications	Robert L. — Outreach Men
	Michelle B. — Registration



Questions? Call Liz W., Alumni Coordinator

Office: 763-658-5238 Cell: 651-245-4272 Email: alumni@nbminnesota.com