



Destiny

The New Destiny Treatment Center newsletter
www.newdestinytreatmentcenter.org

6894 Taylor Rd. • Clinton, OH 44216-9201

Ph.: (330) 825-5202 • Fax: (330) 825-5113

Understanding the addict: helping or enabling?

Dr. R.W. Bolois, executive director

A part of human nature that exists in most of us wants to rescue others in danger. We read accounts of people risking their own lives while performing exceptional feats to save others. Many heroes never dreamed they would receive awards and honors for acting instinctively and bravely in dangerous situations.

Being in the right place and doing the right thing at the right time makes heroes out of ordinary people. I find it virtually impossible to think that any human being in his right mind would walk away from someone in mortal peril. Instead, we jump in with both feet asking no questions, only wanting to rescue.

This is essentially what those of us do who love and work with drug addicts. We want so much for them to find their way that we are willing to allow

any ensuing pain into our own lives.

However, the addict cares only about himself. His concern is where to get the money for his next high. He is willing to risk health, life, and sometimes even his family to satisfy a craving for drugs. His motto is, "Whatever it takes."

It is an immense challenge to work with someone who cares about nothing, is hostile to change, and couldn't care less who knows it. The addict risks getting caught by the law, standing before a judge, losing his family and having his picture in the newspaper. Yet he continues to seek and take illegal drugs.

Family members, friends, mental health workers and drug abuse specialists stand back almost in despair and wonder what the next step is to



Dr. Bolois is caring but firm with clients.

rescue an addict. Adding to the difficulty is a desire to spare the addict more loss and heartache – but the best of intentions can lead to unintended consequences.

Attempts to protect him, stand with him and assure him that he will be taken care of can lead to situations in which the people trying to help become the ones doing all the work and feeling shame and guilt in place of

See "The addict" page 3

Running toward a life with God

Client testimony by Roger Dennison

Galatians 6:7-8 says, "Do not be misled: God is not to be mocked. For whatever a man is sowing, this he will also reap; because he who is sowing with a view to his flesh will reap corruption from his flesh, but he who is sowing with a view to the Spirit will reap everlasting life from the Spirit."

Living without God is a pathetic existence. From my experience of an ungodly life it is a surprise

that people can make it through the day without God. I come from an extremely broken home. My father is an alcoholic who is in and out of jail. My mother was addicted to crack and imprisoned for a long time. This left me as a young child in a long chain of foster homes for six or seven years.

The public view of a foster parent is someone who wants to help less fortunate children. But some are only

in it for the monthly check and do not show a bit of love to the kids in their house. I lived in several abusive foster homes. My grandmother adopted me at age 11.

My grandma is awesome. She brought me out of that crazy life into a good Christian home. While in prison my mom turned her life over to God and moved in with us when she was released. But for some

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What went wrong? *Rev. Lester Rowan, assistant director*



Rev. Lester Rowan

Working with clients who are addicted to drugs and alcohol is certainly a challenge. Sometimes, just when the counselor or client thinks that things are going well, it seems that something happens

and relapse occurs. This may take place while the client is still in treatment or even after he has successfully completed the program.

Many times the client, the counselor or both ask, "What went wrong?"

There are a number of possible answers, but one that I want to discuss here is the failure to acquire balance in life. When we speak of balance we are talking about giving attention to all areas of life that affect us, rather than merely focusing on one or two. It means recognizing the fact that we are physical, psychological, social and spiritual beings.

Everyone must realize that attention needs to be given to all areas of life in order to be truly healthy. This includes taking care of physical health and nutrition, relationships and social interactions, as well as mental health and the sense of well being.

Many individuals are too busy to give attention to all areas of life. They may also succumb to tunnel vision on the one area that is either causing them the most difficulty or bringing the most pleasure. Preoccupation with one area, to the neglect of the others, will often bring about a relapse sooner or later.

When individuals are preoccupied with one or two critical parts of life, it takes so much focus that other important areas of life are ignored. This is detrimental to recovery because life has a way of becoming unmanageable if important matters are neglected. Pressures begin to build and the consequences of neglect start to snowball and become ever greater. Then it isn't long before we begin to seek an escape rather than a solution.

It has been said that spiritual health is most important because it affects all of the other parts of our lives. Being spiritually healthy involves getting all of the parts functioning properly and in the right way as God intended. It is more than just being able to say that each part is functioning, but that they all are working together in God's design.

Balance in life is so important. A vibrant social life helps build and cultivate relationships with family and friends. Attention to health and nutrition helps keep the body in good working order and free of pain. Feeding our minds with uplifting information and thoughts is one way to maintain positive mental health. Above all, cultivating a vital spiritual life provides perspective and divine aid for all areas of life.

When attention is given to all of these areas and God is in the center, then it is much more probable that someone who has been addicted to drugs and alcohol can remain clean and sober with a life that is truly fulfilling and blessed.

The New Destiny Treatment Center Annual Benefit Fish Fry



4-7 p.m. Saturday,
September 22, 2007 at the
New Destiny Treatment
Center (Dining Room)

6694 Taylor Rd., Clinton, OH 44216
www.newdestinytreatmentcenter.org

All you can eat
13 yrs. - adults: \$7.00
5 yrs. - 12 yrs.: \$4.00
Under 5 yrs.: FREE

- MENU —
- Fresh fish
 - Cole slaw
 - Chips
 - Beverages
 - Homemade pies!



For information/tickets:

330-825-5202, ext. 113 or lrowan@newdestinytc.org

Amazing, giving grace

Melinda Holsopple, director of development

One of my favorite hymns is "Amazing Grace." It is truly amazing to see - as the words in the song ring out - those who were once lost find the hope they desperately need to become clean, sober and safe. Thanks to our generous contributors who keep the New Destiny doors open, men once in bondage to alcohol and drugs have been found and claimed by a loving, heavenly Father.

Your gifts to New Destiny express the principle of God's amazing grace. Your

witness of selfless giving demonstrates the graciousness associated with salvation.

I love to tell our clients about the gifts received by New Destiny. I want them to know that those who receive God's grace through salvation are able to minister His grace to others through blessings and offerings of time, talent and treasure. How awesome it is for the men of NDTC to witness first-hand our donors as conduits of grace! Truly it is more blessed to give than

receive (Acts 20:35).

We at NDTC are truly grateful for the sacrificial gifts made to restore husbands to wives, fathers to children and sons to parents. The gifts are used to pay for treatment services, housing and support. More importantly, they are used to demonstrate grace to those who once were lost.

The addict (continued from page 1)

the addict. He continues to use drugs and alcohol while others work to rescue him from this deplorable condition.

There is a vast difference between helping and enabling. Help means making him do the work and realize the responsibility he has for his life, actions, behavior, and outcome. Our goal is to get him to stop using drugs and do something worthwhile with his life.

If he is enabled out of someone's desire to "help," the addict is given the green light to continue in addiction.

I face this situation almost every time I work with a family that has a loved one trapped in addiction. Sometimes it is said that I am too hard, not sympathetic enough, or don't understand what is really going on.

I assure the family members that I do care and understand, but I am not going to enable their loved one to continue in his destructive behavior by giving in to his whims.

More than once in my 15 years of working with addicts I have listened to an addict's loved one try to tell me what I am doing wrong. I sometimes receive phone calls from a client's family members saying their husband, father, brother or son is not getting proper treatment. The outcome is always that the family is listening to a drug addict who is lying just to get out of treatment and continue using drugs. It takes time to

get his attention and help him through his problems and dependencies. Yet, as soon as he begins to whine, a caring loved one - who thinks he or she is doing the right thing - attempts to come to the rescue.

Dealing with addiction means remembering what an addict is after. Don't give in to the pleading to take him out of treatment and let him live at home again because he is a different person. Chances are he is using you!

It is hard to walk away, but that is exactly the right thing to do. You must understand that the addict will use you or anyone else to get what he wants. He has lied to you before.

What makes you think he won't lie to you again?

Here at New Destiny men come and go throughout the year. Some leave with nothing but praise for what has been done for them, and others leave ready to tell how abused they were. What they all learn is that our staff members are well trained and understand what motivates an addict. It's difficult to "put something over" on one of our staff members.

To help an addict you must understand an addict. At New Destiny, we have that understanding. We also understand what is required to return husbands to their wives, fathers to their children, and sons to their parents, free from addiction.

Yes, I want to help return husbands to their wives, fathers to their children, and sons to their parents.

I am enclosing \$ _____ as a: 900 Club Member (\$100 per month) beginning the month of _____, 200 ____.

(If partnering with a friend, please include full name and address of partner for tracking purposes.)

Monthly gift (other than 900 Club) Annual gift One-time gift

In memory of: _____ In honor of: _____

I prefer to donate by credit card: Visa MasterCard

Gift amount: \$ _____ Card #: _____ Exp.date: ____/____/____

Signature (required): _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ E-mail: _____

I am unable to contribute at this time, but I want to be a prayer partner for the New Destiny Treatment Center. Please continue sending the *Destiny* newsletter.

Dennison (continued from page 1)

reason I forgot the life that God brought me out of and at age 16 I turned away from Him. I started using drugs. There was no progression because as soon as I tasted alcohol and marijuana I would do anything to get them.

The next evil was a drug called ecstasy. The first time I tried it I did it every day for a month. This led to my school attendance and grades falling so fast that by the end of my sophomore year my GPA had dropped from 3.5 to .5.

My mom pleaded with me to realize that God was the only thing that would turn my life around, but I was blind. I got in trouble with the law and was put on probation. I failed all my drug tests. One day I tested positive for every drug listed on a nine-panel drug test. I was put in the juvenile detention center 10 times when I was 17. I was put on house arrest, so I ran away. A warrant was issued for my arrest. I was

homeless, penniless, and jobless. I stayed with friends and felt like a leech. I was sent to a juvenile rehab program and tried to get my life together, but without God I only did well for about a month.

I didn't eat or sleep, I just did drugs. I ended up homeless again. I was pathetic without God, so I prayed. I went to jail the next day where I told God that I would do anything for Him if He could give me a happy life. I came to the New Destiny Treatment Center program.

What I do here works. I go to class twice a day, to church once a day and to a support group for two hours each day. Even though these practices can help, they will not give you a happy, sober life.

What they tell us in classes and therapy sessions is what makes the difference. I have turned my life over to God and asked Him to help me hate the things He hates and love the things He loves. I have asked God to help me to understand what the people at New Destiny are trying to do for me and to help me apply it to my life. I have asked God to help me understand His Word when I study and to help me know how to live by his standards and to love the Christian lifestyle.

The outcome is that I am the happiest I have ever been in my life. I feel as if my life has more meaning than ever before, and I love life itself. I used to run and hide from life by using drugs, but now I run toward life with God surrounding and protecting me.



NDTC client Roger Dennison

Mailing list changes: Requests for change of address or removal from mailing list should be sent to Melinda Holsopple at (330) 825-5202 (ext. 120) or gholsopple@aol.com. Please remember it often takes at least one month for changes to take effect.

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CHANGE SERVICE REQUESTED

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Clinton, OH 44216-9201

New Destiny
Treatment Center



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