



SPOTLIGHT ON HOUSTON AREA RIGHT STEP ALUMNI

The straight dope on staying clean and sober!

Newsletter Date
May 1, 2011

Right Step - 902 W. Alabama Houston, TX 77006
877-627-4389 – Admissions
281-318-9409 – Alumni information * alumninewsletter@rightstep.com

Inside This Issue

1. **Welcome**
2. **Member Spotlight**
3. **Spotlight on Alumni**
4. **Spotlight on Committees**
5. **Spotlight on Activities**

Keep Coming Back! Jana Magee – Alumni Coordinator

Folks, your alumni needs your participation!! TRS Alumni is the most awesome service minded and giving organization I know of!! In recent months we've relied on very few to do very much. Let's make a commitment, today, to our recovery, to our fellow alumni and to those who need our help, to get involved, to be engaged, to give back what was so freely given to us!

MEMBER SPOTLIGHT MIDNIGHT – Jeremy Teague - Alumni

It's always strange studying addiction... when you know that you're addicted. The stories of what to look for, and how to help... Them. Knowing all along that you are one of... Them. I started off in school studying psychology and saw an ad saying 'addiction minor can complete your upper level electives with an addiction minor!'. Sounds fun. I felt like I had already earned the credit. I liked alcohol and drugs, and always had, minus all the problems, of course. Studying psychology was only suppose to help me figure out what was wrong with me...why I was crazy... Now...addiction studies.

hen began some real fear. An analysis of what I was doing daily, being taught by a Professor who was teaching a course on addiction. It started making me tremble in class. (along with the detox off of alcohol from the previous night.) I guess I knew before (about my problem), but this made it seem too real to contain. Then came, the paranoia and depression. Knowing about my problems. How to stop? Hearing how to help others is all theory. How do I help myself?

Some more problems and a few years later, I'm done with school and working a minimum wage job. Fired for intoxication, I finally have the excuse to binge like never before. My A.A. sponsor and my family came together one night in the grim hours of early January to find me wondering around without a shirt on, or keys to my home or car. An old chemical foe had returned with dire consequences. It was time for treatment.

I showed up to the Right Step with a bag of dirty laundry. Literally and most importantly, figuratively. I didn't need to detox off of anything, because I had been sleeping on my couch for a week straight after abusing stimulants for a much longer period of time. Thank God that stimulants reduce my desire for alcohol. (That's me personally, and its strange...so don't think that it is a solution to use stims for your alcohol problems) So I did not have to detox off of alcohol. But I would have rather used their facilities and nurses to detox off alcohol than the way I usually did it:A few days expelling liquids with nausea and fatigue. Then periods of trembling and sweating and severe shaking. And sometimes hallucinations that frightened me or led me to some non-existent truth that I was incapable of miss believing.

"Then I realized...that the people there were not my enemies."

MEMBER SPOTLIGHT cont. from pg 1

But back to Right Step...

I was not in a happy mood.

Intake was professional, as I expected...but I never realized how it felt to be on the end that I was on. Expecting her to say.."Seriously, you do that?"... "for fun?"... "for other reasons?". It wasn't time to begin analyzing my past or my horrible choices... yet.

Learning is an integral part of the Right Step philosophy... especially if you are learned to the degree I had. Others are addicts...Me? I'm just a slight abuser, despite statistics of abusers. Denial; had presented as Me.

My education has to be re-instituted to apply to me. The Right Step accommodated. I was on a different level that other clients/ And that is why I was counseled the way I was. Group therapy is similar ideas portrayed together to help over-all, education was instituted to ensure that the latest medical models were used as information to the clientele.

The personal counseling is what helped me to see where I had been seduced by denial. I had forcibly refused to be like my fellow Right Step clients. In reality, we are all the same. After some one-on-one counseling, I began to see where I had been refusing the facts presented in group sessions. I saw myself as a member of the group, then.

The Doctor I spoke to prescribed me the right medicine. The nurses I had neglected never refused a request for help. The counselors listened to me...even when I shouted or tilted a snack machine to the point that it slammed down so hard that it scared everyone in the room. (Had to have been there or been recouped to a central location during a tornado to understand the terror of such a sound). They questioned my motives and all the while offered support.

I was trained to offer that support, but all I had was the tools that were taught by countless books and professors. My rehabilitation at the Right Step is what made everything real. I know that I am an abuser of intoxicating substances and that I have to avoid them at all costs. That, plus the tools I needed to live a life of peace and happiness is what I learned through the programs of the Right Step and the very personable staff that continue to help me to this day.

Today, I am alive. And more importantly...sober.

Spotlight On Alumni Activities

We had a fish fry fundraiser in March, huge success!

Thanks to all that participated!

COMING UP:

May 14, 2011 – NAMI Walk

May 28, 2011 – Sweat Lodge

Spotlight on Alumni Alumni Activities

Fundraisers: The alumni has all kinds of fundraisers to bring in money used for adopting families in need, helping clients with personal items and staying in treatment.

Fun Activities: We have FUN in recovery! Bowling, football parties, holiday get-togethers, movie nights, picnics, dances and new ideas are always welcome!

In-Reach – Every Day Counts:

A program that uses the experience of our alumni members to help residential clients make good, healthy, decisions about staying in treatment, completing their program. Our alumni also visit our outpatient facilities to share their stories with folks in treatment... Offering Hope!

Outreach – Live in the community: The TRS Alumni participates in community based activities like the upcoming AIDS walk. NAMI walk is another favorite project and this past Christmas, adopted a family in need.

Join the TRS Alumni today!

www.rightstep.com, click programs then alumni programs then online sign up.

Spotlight on Celebrations

Birthdays and Anniversaries

Huge Congratulations to Ronnie A who celebrated ONE YEAR on Groundhog day!

Ronnie had this to say...

"...I have never been happier, healthier or more productive-and my golf handicap has gone from 16 to 11. I have come out of retirement I am a "regular" @ the Post Oak Club early morning meetings and have spent some time with the TRS alumni group. My family, friends and preacher think I'm neat again. Thanks to God and to all my friends who have been involved in my recovery!

**Share your milestone stories here!
We want to celebrate you!!**

Spotlight on Committees

TRS Alumni has created the following committees and elected the following chairpersons

Facilitator – Charlie
Co-facilitator – Queen
Secretary/Recorder – Tina
Treasurer - Dennis
Membership – Kristen
Public Relations – Jana
Fundraising – Queen
Sports – Charlie

Congrats to all and good luck in your new positions!!

Spotlight on Recovery

<http://www.rightstep.com/alumni-program-overview.php>

Where you will find alumni calendar of events, on site 12 Step meeting times, forms and other alumni information.

<http://www.facebook.com/#!/group.php?gid=35602083163>

FACEBOOK Alumni Group



Online social media site for people in recovery and their supporters. Private Right Step areas for chat, message boards and more!

Follow us on Twitter
Rightstepalumni

Right Step on Facebook
<http://www.facebook.com/rightsteprehab>

**Know someone with a drug problem?
Tell them about the Right Step – Affordable substance abuse treatment!**