

# miracles do happen

Spring 2010

A newsletter for Rosecrance alumni



The cast of "Taming of the Flu" play "elks" looking for the Promised Land.

## Laughter in the city

More than 25 Rosecrance alumni and staff spent an entertaining evening this February at *The Second City* in Chicago watching the non-stop, side-splitting performance of "Taming of the Flu."

"Having genuine fun, not artificial, self-medicated fun, is good for the soul," says David Sutor, Rosecrance Alumni Coordinator. "It is events like these that give alumni the opportunity to enjoy one another and to have fun in recovery."

Many alumni were laughing to the point of tears. One alumna, who was in her eighth month of pregnancy, laughed so hard that many in the group thought she might deliver at the show.

"I am so glad to be here," said a Rosecrance alumnus. "This was a wonderful night out on-the-town with my family; we were able to laugh together again. I hope we [the alumni group] do an event like this again soon."

*Alumni event information can be found on the Rosecrance website.*

### THIS ISSUE

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#### A wonderful journey

Alumni coordinator compares spring to recovery.

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Alumna shares her testimony.

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#### Medicine jar

Lyrics expose the danger of addiction.

## NEXT EVENT

"Let Go, Let Golf" at The Swan Hills Golf Course, Belvidere, IL on Friday, June 11, 1:30 p.m.

Meet alumni and supporters of Rosecrance and enjoy 18 holes of golf. There will be food, contests and raffle prizes.

Cost \$50 per person, \$180 per foursome. To RSVP and for more information, visit our website at [www.rosecrance.org/alumni/news.asp](http://www.rosecrance.org/alumni/news.asp).



#### LETTER FROM THE ALUMNI COORDINATOR

## A wonderful journey



The journey we call recovery starts one day at a time. Like spring, it doesn't happen overnight.

Rebirth begins in spring. The grass grows and turns green; flowers bloom and birds sing again. Recovery is a form of spring. In recovery, things—like joy, peace and purpose—that laid dormant in our addictions ... in our winters ... come alive again.

As a small child I remember participating in spring cleaning with my mom. Didn't like it then; but I respect it now. In recovery, we are prompted to “clean house” ... to do inventory, get rid of junk, clean out the cobwebs and open the windows and breathe.

Learning how others have “cleaned house” can help us in our own journey of renewal. On my reading list are two books about struggles and triumphs by local authors that I recommend. They are *Journey to Sobriety* by Mr. Tom Morgan and *When Tears Fall* by Mr. Verne Johnson, who are both members of the Rosecrance family.

Deana's story, featured in this issue, also exemplifies the process of re-birth. With each step, one grows in self-awareness and acceptance. The featured lyrics in this issue, “Medicine Jar” (written by Sir Paul McCarthy's and preformed by his band, Wings) give a stark contrast to this growth by showing the hopelessness and death in addiction.

This spring, enjoy your wonderful journey in recovery; stop and smell the roses. I look forward to seeing you at our support group meetings and golf outing this June.

Sincerely,

A handwritten signature in black ink that reads "David Sutor".

David S. Sutor, MHS, CADC, Alumni Coordinator

Visit our website at [www.rosecrance.org/alumni/news.asp](http://www.rosecrance.org/alumni/news.asp) for upcoming Alumni news and events.



## FEATURE

# Deana's re-birth

The road is hard and I have many defects to work on, but heroin no longer has its grip on me.

"It's been awhile since I could stand on my own two feet again." These words are from one of my favorite songs. They express how heroin destroyed everything in one man's life. I can identify. Heroin was my drug of choice. My name is Deana, and I'm an addict.

My road to opiate addiction began with a spinal injury. I was given Oxycontin and took it as prescribed, at first. It wasn't until my best friend died in a car crash in 2003 that I began to abuse the drug. I fell in love with the high. By abusing Oxycontin, I was able to attend the funeral and deal with family and friends.

I continued using—blissfully unaware of the road I was embarking on. At first, my prescription was enough, but shortly, it didn't do the trick. I lied about my purse being stolen and my prescription being taken to get more pills. Even so, I believed I wasn't like other people. I couldn't be addicted. I got my pills from a doctor—boy, was I wrong.

Eight months later, at a doctor's appointment, my family informed me that I was going to detox. I went to Rosecrance Harrison Campus (RHC) for five days, but I was still talking to my *then* boyfriend, who was also an addict. I made it through detox knowing that as soon as I left, we would get together and get high again.

Since I no longer had easy access to Oxycontin, I did something I swore I'd never do ... buy heroin. It was the same high as the pills, but cheaper and easier to obtain. During the next few years, I lost my house, my car and everything that mattered to me. In January 2008, while staying at a shelter with my 14-year-old son, I overdosed. He found me and called 911. A child should never have to endure that.

God spared my life; it was the beginning of my change. At the time, the police were looking for me for stealing my mother's credit card. I stopped running and turned myself in. This was my third felony, so the state was seeking prison time. I knew that wasn't the answer. I needed to learn how not to be an addict.

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## Medicine Jar

by Wings

### Lyrics

What's wrong with you?

I wish I knew

You say time will tell

I hope that's true

There's more to life than blue  
and reds

I say, I know how you feel,

Now your friends are dead.

Dead on your feet, you won't get far

If you keep on sticking your hand

In the medicine jar.

Now don't give up

Whatever you do

You say time will tell

I hope's that true

If you go down and lose your head

I say, I know how you feel

Now your friends are dead.

Dead on your feet, you won't get far

If you keep on sticking your hand

In the medicine jar.

Dead on your feet....

What can I do?

I can't let go

You say time will heal

But very slow

So don't forget the things you said

I say I know how you feel

Now your friends are dead.

Dead on your feet, you won't get far

If you keep on sticking your hand

In the medicine jar.

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Instead of prison, I went to a long-term treatment center for 100 days. I came back to Rockford in October 2008 and DCFS insisted I go to outpatient at Rosecrance. Things went well until the man I loved when to prison. I thought of giving up. I didn't want recovery anymore, but I was mandated to go.

Everyday the "druggie buggy" (van) would pick me up to take me to group. One morning, I decided not to walk out to the van. Later that day Suzy, my driver (who I later realized God had put in my life), came to my house and told me, "I'm not giving up on you, I will be back tomorrow and I suggest you go to group." This was a defining moment for me, I will forever be grateful to my Suzy.

I'm proud to say I finished outpatient in June 2009, and I'm no longer involved with DCFS or TASC. I only have five months left of probation! I am by no way cured of the demons that haunt me, but today, I'm able to keep them at bay. I joined NA and have a sponsor. I go to meetings weekly, keep in touch with my network and joined the Rosecrance Alumni Group. It gets better everyday that I stay clean. Recovery does work. I'm living proof of it! ■

## Support Groups

### Rockford, IL

#### Adolescent group

Every 2nd Wednesday, 5:00 - 6:00 p.m., Griffin Williamson Campus

#### Adult group

Every 4th Wednesday, 6:00 - 7:00 p.m., Harrison Campus

### Chicago area

#### Adolescent groups

*Naperville group* - Every 2nd and 4th Thursday, 5:00 - 6:00 p.m.

Grace United Methodist Church - Room 231

*Frankfort group* - Every 1st and 3rd Wednesday, 5:00 - 6:00 p.m.

Frankfort United Methodist Church - Library

#### Adult groups

*Naperville group* - Every 2nd and 4th Thursday, 6:00 - 7:00 p.m.

Grace United Methodist Church - Room 231

*Frankfort group* - Every 1st and 3rd Wednesday, 6:00 - 7:00 p.m.

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