

S.T.A.R.R.T.
39580 S. Lago del Oro Parkway
Tucson, AZ 85739

Return Service Requested



Recipe by Chef Kevin A. Luft

"Because of the smoked paprika, these potatoes are a great side dish when having a backyard BBQ."
~ Kevin A. Luft



Smokey Quilted Potatoes

- 2 lbs. red potatoes, halved
- ¼ cup olive oil
- 1 TBL. chopped fresh rosemary
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 tsp. garlic powder
- 2 tsp. smoked paprika

Preheat oven to 400 degrees. Using paring knife, cut crosshatch pattern 1/4" deep on cut side of potatoes. In large bowl, toss potatoes with olive oil, rosemary, salt, pepper, and garlic powder. Turn potatoes flat-side down in roasting pan. Roast for 30 minutes. Before serving, sprinkle potatoes with smoked paprika.

Yield 8 servings.
One serving = 1 starch, 1/2 fat



The Prodigal Son Returns

By Mary K-W.

When my son turned 15, a personality transformation happened before my eyes. This once good-natured, happy-go-lucky boy suddenly became angry, sullen, rebellious, and a mystery. Where did my son go, and who was inhabiting his body?

As it would turn out, after several years of wondering, wrestling, and wringing of hands, we discovered that he was suffering from bipolar disease. Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function.

Unfortunately, what often comes hand-in-hand with this unwelcome disease is a high propensity towards addictive behaviors and substance abuse. Studies show that bipolar males are three times more likely to abuse alcohol and/or drugs than non-bipolar males. Daunting challenges for a young man. Arming myself with this information and getting my son the help he needed was equally daunting. Seeing my son suffer, abuse various substances, get in trouble with the law and expelled from boarding school was enough to make this mother's heart troubled, sad, and utterly powerless.

Add on my three other teenagers struggling with their own challenges of tumbling their way through adolescence, the divorce of their father and I, and the various changes and grief that accompany these circumstances, and you've got a ripe set-up: many of us, myself included, chose the "easy" out of using alcohol or drugs to anesthetize the difficulties these transitions presented.

The daily Chardonnay (a sophisticated drink!) became my "ally and friend" as I was trying to be the strong one, help my children through these challenging transitions, and cope with my own.

My oldest son and I mirrored one another in many ways. We were both using some kind of external substance to keep us "strong" and, in many ways, we were pulling it off. My son started and successfully runs his own business. I'm a couple's, family, and individual therapist; divorce mediator; and integral life coach. The alcohol and denial were strong allies and kept their damaging effects invisible to our naked eyes.

My wise, courageous 24-year-old son hit his high bottom first. After a drug and alcohol-induced stupor of a night on the streets of San Francisco (there were many of these), he called his father and I both the next morning. "Mom, I'm scared. I love my business. I don't want to lose it. I want to be a husband and father some day, and I want to be a good one. I'm afraid if I continue on this path, I'll lose all of this. I couldn't bear that. I need help. I think I need to go to that place, Sierra something that you told me about several years ago... and I need to go NOW."

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I had, several years ago, investigated "dual diagnosis" facilities around the country. Because of the cutting edge, holistic, and integrative quality of Sierra Tucson, it stood as a giant among other treatment centers. Knowing that it often takes more than a 12-Step program to achieve permanent sobriety, I had always hoped that my son would spend a month, not only in rehab and recovery, but also in becoming educated about all aspects of his illnesses, both the bipolar disorder and the disease of alcohol and drug addiction.

(continued on page 3)

Alumni World Tour



DENVER, CO



WASHINGTON, DC



DETROIT, MI



ST. LOUIS, MO



SYRACUSE, NY



COLUMBUS, OH



PORTLAND, OR

Upcoming Alumni World Tour Dates

can be found at www.SierraTucson.com and in the biweekly Alumni eNews, "Beyond the Miracle." Sierra Tucson's alumni and family members are invited to join our Alumni Coordinator at the following events! (This is not a complete list of events, but it shows alumni events attended by Tim McLeod.)

These 2007 dates are subject to change; additions and alterations to the schedule are announced in the "Beyond the Miracle" Alumni eNews.

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|-------------|---|
| February 27 | Delray Beach, Florida - Alumni Dinner |
| March 11 | Tucson, Arizona - Join Alumni Support Group for Dinner |
| March 21 | Boston, Massachusetts - Alumni Dinner |
| April 21 | New York, New York - Alumni Workshop |
| April 25 | Detroit, Michigan - Attend Alumni Support Group and Dinner |
| May 9 | San Jose, California - Attend Alumni Support Group and Dinner |
| May 10 | Marin County/San Francisco, California - Attend Alumni Support Group and Dinner |
| May 21 | Portland, Oregon - An Evening with Recovery Comedian Mark Lundholm |
| May 22 | Seattle, Washington - Alumni Dinner |

The Prodigal Son Returns (continued from page 1)

His call brought tears of sadness and hope. To see your child suffer like this, at the tender age of 24 where he lives in a world of MTV and instant gratification, his wisdom of choice was inspiring. The adage, "youth is wasted on the young," never was more untrue. My son was unknowingly becoming the sage trailblazer for our family—a forceful light... a mirror that served as a powerful catalyst for myself and my children to look at our own ways of coping.

He entered the program at Sierra Tucson shortly thereafter. While he was there and I was awaiting the family program portion, I had to look at my own death grip on the daily Chardonnay. As a therapist, I knew that often times the family will blame the addict or "problem maker" and they become the "identified patient." This makes it easier for them to avoid looking at themselves and their own patterns of dysfunction.

Knowing full well the compelling and influential dynamics of the family system, the modeling his father and I exhibited with our daily drinking, our inability to set clear boundaries and consequences with him, our enabling of his poor behaviors by continual rescuing and enabling... we had not caused our son's addictions nor his bipolar disorder, but we had certainly contributed to them.

This realization hit me like a cold slap in the face. I decided it was time to own up to my own addiction to the wine and stop drinking immediately. I knew it was highly likely my son would be confronting me about this during the family program, and I wanted to beat him to the punch.

A week before going, I attended my first AA meeting and identified myself as a "problem drinker in denial." Bruce, a wonderful Sierra Tucson family therapist whom I'd had a conversation with, encouraged me to go to the meeting looking for what resonated with me, not focusing on what did not.

At the meeting, while I could not relate to the amounts of alcohol the other women were drinking, I could completely relate to the thoughts associated with the drinking. I thought to myself, "I may not be an alcoholic drinker...but I'm definitely an alcoholic thinker. I get it... I'm an ALCOTHINKER."

As my teenage daughter would say, "Whaateuuuver." Alcoholic, problem drinker, alcohinker... this liquid in the seductive bottle is like an ill-intentioned lover. It's not serving me, and it's not serving my family. I'm done, stick me with a fork.

I arrived at Sierra Tucson with a week of sobriety, an open heart, and clear mind.

Walking into the center that Sunday afternoon and seeing my son for the first time in three weeks... how to describe that? Here was my formerly pale and thin 6'3" son standing there with a broad smile on his face. He was tan and had filled out during his three weeks—he looked HEALTHY. WOW!

We talked for hours that hot Tucson day. I shared with him my decision to stop drinking and, although happy, he admitted to being a bit miffed that I had stolen his thunder (I suppose competition may be another pattern I've passed on to my children!).

During the family confrontation portion, he showed me his picture of what his future looked like. This included a picture of him and me on our property at home both sipping ice teas without the wall of shame and deception between us. Talk about a priceless painting.

There's a belief among family therapists that when one part of the system shifts, the entire system shifts, whether they want to or not. My son's openness with his siblings and parents has ripped through the psyches of all of us. His younger brother re-examined his use of alcohol and cut back substantially. His younger sister realized she had her own dependence on marijuana and recently stopped completely.

My son and I are allies to one another on this road to sobriety. Although we live 1,000 miles apart, we talk constantly and serve as allies and confidants to one another.



Back at home, reflecting on my time at Sierra Tucson, I remembered a moment when I was sharing a meal with my son. It suddenly struck me that I hadn't seen him eat a full meal since he was 15! And there was something else... at first I couldn't put my finger on it. What was I sensing with my son, a sense of familiarity that had long been forgotten?

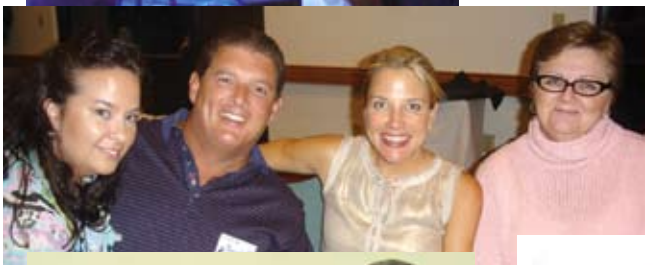
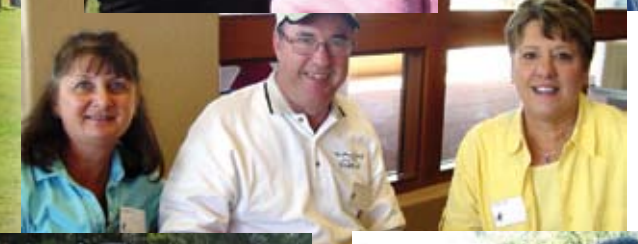
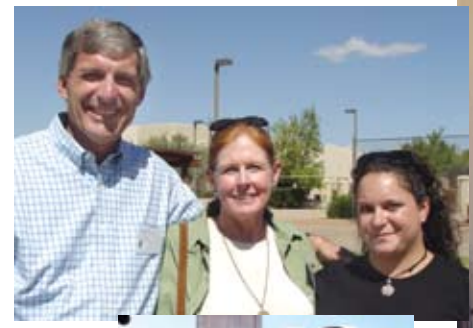
Then it hit me. That beautiful essence of my son... that good-natured, happy-go-lucky boy was BACK... the insidious invisible agent of alcohol and drugs that had so efficiently covered up the beauty of this young man was gone... and the core of my son was shining throughout the room.

Now, I'm no Pollyanna and it's naïve to believe in fairy tales. The road to recovery is more often a series of two steps forward and one step back, rather than a linear one, especially for a young 24-year-old man. But he's committed to a path of sobriety and that's all that matters.

My son is my touchstone, my hero, my friend. One day at a time, we're riding this train of clarity, mindfulness, seeing our essences unfold moment-to-moment, and welcoming those who are willing to hop on board. I'm experiencing the grand adventure of a lifetime.

~Mary K-W.

S.T.A.R. 19 Highlights





Alumni Support Groups

Scottsdale, AZ

When: 2nd & 4th Tuesday each month
Time: 6:00 - 7:00 p.m.
Place: Valley Presbyterian Church
6947 E. McDonald Drive
Paradise Valley, AZ 85253 (480-991-4267)
Contact: Robby C. 602-799-8732
(robert@orchidsound.com)

Tucson, AZ

When: 2nd Sunday each month for dinner
Time: 6:30 p.m.
Contact: Tim McLeod 866-638-1650
(AlumniCoordinator@SierraTucson.com)

Los Angeles, CA - This meeting is open to anyone who has gone through treatment!

When: 2nd & 4th Wednesday each month
Time: 6:00 - 7:30 p.m.
Place: 1901 Avenue of the Stars, Suite 500
Century City, CA 90067 (310-201-0005)
Contact: Bryan F. 310-201-0005
Stefani U. 310-458-3768

Marin County/San Francisco, CA

When: 2nd Thursday each month
Time: 7:00 - 8:00 p.m.
Place: The Mayflower Center
523 4th Street, Suite 100
San Rafael, CA 94901
(415-257-4210)
Contact: Brian C. 415-850-1840
(sugfoot@aol.com)

Newport Beach, CA

When: 3rd Wednesday each month
Time: 7:00 p.m.
Place: 3404 Via Lido Drive
Newport Beach, CA 92663
Contact: Jana T. 949-680-5882

Washington, DC

When: 1st Sunday every other month,
starting March 4, 2007
(Please inquire about dates,
location, and time.)
Contact: Susan B. 202-686-9221
(slbaes@aol.com)

Southeastern FL

When: Once each month
(Please inquire about dates,
location, and time.)
Contact: Helen R. 561-541-5837
(helenr23@bellsouth.net)
Glen K. 561-543-0364
(kukorone02@yahoo.com)

Kansas City, MO

When: 3rd Wednesday each month
(Please inquire about location
and time.)
Contact: Lana E. 816-561-4346
(qponnie@sbcglobal.net)

Detroit, MI

When: Every other Wednesday
Time: 6:00 p.m.
Place: Farmington Hills Library
32737 West 12 Mile Road
Farmington Hills, MI 48334
Contact: Randy S. 248-231-6661
(randobigtime@yahoo.com)

Syracuse, NY

When: 3rd Monday each month
Time: 6:30 - 7:30 p.m.
Place: Manlius Pebble Hill School
5300 Jamesville Road
Dewitt, NY 13214
(Meeting is in Library
in the Amons Building)
Contact: Patty R. 315-638-8181

Columbus, OH

When: 3rd Wednesday each month
(Please inquire about location
and time.)
Contact: JoCarol R. 614-353-5604
(reinerjo@aol.com)

Nashville, TN - This meeting is open to anyone who has gone through treatment!

When: 3rd Thursday each month
Time: 7:00 - 8:30 p.m.
Place: Woodmont Hills Family of God Church,
Room 201
3710 Franklin Road
Nashville, TN 37204 (615-297-8551)
Contact: Miles A. 615-430-0476

Dallas, TX

When: 2nd Wednesday each month
Time: 6:00 - 7:30 p.m.
Place: Hearing Professional Center
5462 Glen Lakes Drive
Dallas, TX 75231
Contact: Deborah P. 214-232-5132
(deborah@hearing-center.com)



From the Editor

By Tim McLeod
Alumni Coordinator

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Hello, my Recovery Friends,

I have to start off by saying how amazing S.T.A.R. 19 was! The photo of the patients and alumni in a circle on the field (pages 4-5) reminds me of the unity and connection that takes place each year we come together to celebrate our recovery. I hope you plan to attend S.T.A.R. 20, which will be held August 3-5, 2007. We made the decision to move the Alumni Reunion from September to August to allow families to bring their children without having to take them out of school. We struggled together as a family prior to recovery; we should be able celebrate together as a family. More information on the Reunion will be distributed as soon as details are finalized.

On October 12, 2006, Sierra Tucson celebrated its 20,000th patient. Both patients and staff celebrated with cake in the dining room, and Executive Director Keith Arnold commented, "We are honored and humbled to be a part of this incredible recovery process. We thank the patients, their families, and our staff for their trust and willingness to make this journey together."

The year 2007 will be a year of growth at Sierra Tucson. We are in the midst of constructing a new lodge near the two existing lodges, "Morning Star" and "Crescent Moon." The groundbreaking ceremony took place on November 9, 2006, and we were honored to have Retired Four-Star General Barry McCaffrey speak at the

event. General McCaffrey was also the former United States National Drug Policy Director. As we look forward to opening the new lodge in September 2007, we will soon be able to help more families affected by addictions and mental health issues. Our Executive Director, Keith Arnold, also emphasized that "Sierra Tucson is committed to maintaining compassionate care and clinical excellence in an intimate treatment community."

Last but not least, I want to thank you for allowing me to be a part of your life. I started this position as the alumni coordinator six years ago in February 2001, and it seems like my interview was just yesterday. We have come a long way in six years to create new ways to support you, the alumni. Those of you who know me personally are probably aware that I am not one to sit back and say, "This is it." The next six years will be dedicated to diligently finding more ways to support you, the family members and patient alumni, no matter where you live or what you came to Sierra Tucson to work on. I love your input, so feel free to give me a call or shoot me an e-mail. It is always a pleasure to hear from you.

HUGE blessings,
Tim McLeod
Tim McLeod



Groundbreaking Ceremony ~ November 9, 2006

"Beyond the Miracle"



Be sure that you are receiving Sierra Tucson's Alumni eNews, "Beyond the Miracle!" You'll get some great encouragement and biweekly event updates from Tim McLeod.

To sign up, visit www.SierraTucson.com and click on the "Alumni eNews" button!