

# Keeping it Green *with* Evergreen

July 2009, Volume 1, Issue 3

## EVERGREEN



### TREATMENT CENTER

at Bergen Regional Medical Center

Bergen Regional Medical Center provides a comprehensive substance abuse treatment program, Evergreen Addiction Services.

Evergreen treats annually over 15,000 chemically dependent individuals, who require medically monitored detoxification services for alcohol and drug addiction. Three essential elements are recognized for the achievement and maintenance of abstinence: aggressive intervention, family participation and sustained support.

#### Member of

American Hospital Association  
New Jersey Hospital Association  
Hospital Alliance of New Jersey

Approved by American Medical Association  
Fully Accredited by The Joint Commission

Licensed by New Jersey Department of  
Health & Senior Services

## Contact Numbers

#### Detox

201.967.4194

#### Intensive Outpatient

201.967.4303

#### BHS Access Center Inpatient Rehab

800.730.BRMC (2762)



MEDICAL CENTER

230 E. RIDGEWOOD AVENUE,  
PARAMUS, NJ 07652  
201.967.4000  
[www.bergenregional.com](http://www.bergenregional.com)

## Diane Shepard Reflects on Evergreen

Working as the Clinical Director for the Evergreen Treatment Center's Medical Detox, located in Building 11, third floor (11-3) and the Nurse Manager for Evergreen's 21 Day Rehab Program, known as F 1, for the past three years have provided me with both challenging and rewarding experiences.

Seeing patients admitted first for medical detox (alcohol, opiates, prescription drugs) and then watch them complete that process, to move on to our 21 Day Rehab Program, is nothing short of a miracle. Watching such a transformation taking place right before your eyes, makes you feel fortunate to be a part of making a difference in people's lives.

The first day of admission, you just pray that they give the program and themselves just 24 hours and not leave. All Evergreen programs are voluntary and the staff is committed to helping our clients succeed even more than they want it for themselves. I count myself even more blessed to see a client commence from the 21 day rehab program and go on to the Intensive Out-Patient Program, where they become active participants in their own recovery.

That makes the other days when you feel like throwing in the towel so worthwhile. To me, it underscores the value of an after care plan. So many people come to Detox thinking they can make it on their own without an after care plan. Sure enough, it may be a few days, weeks or even months, but they usually return back to Detox, more broken and disappointed now than when they first came. Our Staff again is so dedicated to once again making recovery for them as successful as when they first arrived. Staff roll up their sleeves and begin the initial recovery work with the patients once again. Working together as a Team is what Staff does best.

So, I'd like to take this opportunity to thank the Staff from the medical Detox Unit, the 21 day Rehab Program and the Intensive Out-Patient Program for the wonderful work they all do. Sometimes the hard work goes unnoticed; unmentioned. Know we KNOW and that your labor is not in vain. Remember our motto: "It works if you work it, so work it, you're worth it."

Diane Shepard  
Clinical Director  
11-3 Nurse Manager F 1

20<sup>th</sup>  
Anniversary

All Evergreen Alumni Are Welcome to Attend The "Invitation Only" Celebration on September 26th.

For an invitation to the event or to RSVP,  
please call Barbara or Jen at 201.967.4000 ex:5894.

See you there to commemorate 20 years of recovery with the the Evergreen program!

## An Interview with a Graduate of the Evergreen Program

### Which program(s) did you attend?

F1, Evergreen IOP

### Year attended?

2004-2005

### What tools or learning experiences did you acquire from Evergreen that has helped you to stay clean today?

#### Tools:

- Consistent attendance at meetings
- Listening quietly to others
- Responsibility to tell others what you think in a clear, communicative style and being honest.
- Ability to take in what others think without taking it personally

### Learning experiences:

- How to deal with aspects of others (good or bad) in a controlled environment, that was the practice for when I was in an uncontrolled environment- Priceless!

### If someone reading this is new to recovery, what would you like to say to them?

One word- "Stay"! The confidence and self-esteem you will achieve by staying the full year is worth it. Besides, you will have over a year sober.

### Anything else you would like to say or include?

All the suggestions are free. The only one you will have to pay for is the one you don't take.

-Anonymous



## Inspirational Quotes

"If you don't stand for something, you'll fall for anything."

"Remember, once you're a pickle, you can never be a cucumber again."

"We Can't Help You If You Aren't Here!"

"I may not be where I want to be but thank God I am not where I was!!!!!"

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."

- Helen Keller

"The power inside me is greater than the problem in front of me."

"I am one drink away from never being sober again for the rest of my life."

"When the only tool you own is a hammer, every problem begins to resemble a nail."

- Abraham Maslow

"Recovery is a journey between two stations. One station represents total chaos, and the other represents total serenity. What is important is not where you are, but what direction you are facing."

"People who relapse usually do so because they accepted the things they could have changed."

## Recovery

Life is like a foggy maze.  
 We all are payin' for what we did yesterday today.  
 I use to think the only outlet for my pain was haze.  
 But through recovery I see things in a different way,  
 Life lessons learned everyday;  
 Got me on a different page.  
 They say the biggest battle a warrior will have is with himself.  
 So I lowered my self pride and put my drama on the shelf.  
 We neva' can control the wild card that we've been dealt.  
 But there's an Ace card in the deck to ease the pain that we have felt.  
 If we're ready to be willing they'll be happiness and healing.  
 As long as we trade the madness like the drinking drugging, dealing.  
 I'm not perfect, not at all, I'm no better than the next man,  
 I'm tired of the old me therefore changing is the best plan.  
 Rehab was a crazy thought, but now I utilize it openly,  
 Recovery for the future 'cuz who knows what God has in store for me?  
 They labeled me an addict with an incurable disease,  
 I say the devil is a liar that's wut' he wants you to believe.  
 Magic Johnson defeated HIV by praying to the Lord,  
 So what Jesus is telling me is that recovery's a cure.

~ E.D.



## Addict

Why can't I stop? It's just not fair  
 People say I don't try, they say it's that I don't care  
 You have so much potential, you just need motivation  
 Find some new friends, activities, maybe switch location  
 Maybe get a job, get some stability  
 You're a bright human being; it's not that you lack the ability  
 So what is it then? Is this really a disease?  
 That strips me of will power and the right to use as I please  
 Hospitals, jails institutions and death  
 Is that really it? Is that all I have left?  
 How can I be normal? Or is that not an option?  
 And what's with these urges? And how can I stop them?  
 This whole idea of addiction, you can see I'm confused  
 Cause all my life I've been a winner, but with this, I only seem to lose  
 But I'm not a loser, not now, never will be  
 This disease can try, but nah, it won't kill me  
 Because right now, I am sober, I stay in today  
 And this is my life, so I'm gonna live it my way.

~ C.M.



## Alcoholics Anonymous

**Event:** **9th Annual July 4th Celebration with AA Long Timers**  
**Location:** Barrow Mansion, 83 Wayne St., Jersey City, NJ  
**Date:** Saturday July 4, 2009  
**Time:** 10:00am to 6:00pm - Hosted by Soberly Speaking with the generous help of the Groups of District 14. Great fellowship food & B.B.Q. Free lunch served 12:15 to 1:00pm (Bring a potluck dish if you like! Please deliver to downstairs kitchen before 11am)

### District 36

**Event:** **District 36 First Day of Sharing**  
**Location:** St. Cecelia's Church, 45 Wilus Way, intersection of Rt 27 & Oak Tree Rd Iselin, NJ  
**Date:** Saturday, August 15th, 2009  
**Details:** Sign-In begins at 8:00 am. Day of Sharing ends at 2:00 pm. Food, Fun, Fellowship. Committee Presentations, Workshops and Open Sharing.

### District 35

**Event:** **District 35 Soberfest 2009**  
**Location:** North Branch Park - 4-H Fairgrounds (Brook Grove), Bridgewater, NJ  
**Date:** Sunday, August 30, 2009  
**Details:** 12 Noon to 5:00 pm Rain or Shine. Bring a lawn chair. Covered dishes & desserts welcome. Food, Fun & Fellowship. 3pm Speaker Meeting Suggested donation \$5.00 (children under 12 free).

### District 10

**Event:** **District 10 Day of Sharing**  
**Location:** First Reformed Church, 529 Newark-Pompton Tpk, Pompton Plains, NJ  
**Date:** Saturday, September 12th, 2009  
**Details:** 8:00 am - 3pm. More to follow....

See: [www.njaaa.org](http://www.njaaa.org) for details

## Narcotics Anonymous

**Event:** **Summer Jam Live Entertainment**  
**Location:** JFK Community Center, 796 East Hazelwood Ave, Rahway, NJ  
**Date:** 7/11/2009  
**Time:** 5pm -12am  
**Cost:** \$5.00 Donation \$7.00 Door  
**Description:** A live mini concert featuring local NA artists. The event also includes speaker topic marathon meetings. Food will be available to purchase.

**Event:** **Ocean County Annual Cookout**  
**Location:** Winding River Park, Oak Ridge Pkwy Entrance, Toms River, NJ  
**Date:** 7/11/2009  
**Time:** Noon- Until  
**Cost / Pricing:** \$5  
**Description:** Fundraising and entertainment's annual cookout. Softball, volleyball, horseshoes. \$5 buys 1 cheeseburger 1 hamburger 1 hot dog and 1 soda.

**Event:** **Speaker Jam-Board Game Night**  
**Location:** Presbyterian Church, Main & New Sts, Stanhope, NJ  
**Date:** 7/25/2009  
**Time:** 12pm-  
**Cost / Pricing:** \$7 At The Door

**Event:** **Day At The Lake**  
**Location:** Swartswood State Park, Swartswood, NJ  
**Date:** 8/22/2009  
**Time:** 12:00 Pm  
**Cost / Pricing:** \$10 Per Car  
**Description:** Swimming, Sun Worshipping, Paddle Boating, Eating, Hiking, Volleyball, Sitting, Bike Trails And More!

**Event:** **Hawaiian Luau on the Beach**  
**Location:** Berkeley Island County State Park, 399 Brennan Concourse, Berkeley, NJ  
**Date:** 8/29/2009  
**Time:** noon - 9pm  
**Cost / Pricing:** \$5  
**Description:** \$5 ticket buys: 1 hamburger, 1 cheese burger, 1 hot dog and 1 soda, Hawaiian Beach Luau with limbo contest, hula hoop contest, best Hawaiian shirt wins a prize. Hawaiian dancers.

See: <http://www.nanj.org/> for more details



Admission to the inpatient units or registration in the outpatient programs occur by physician referral or by calling the programs directly.

All health insurances are accepted and fees are based on a sliding scale.



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