

It's About Recovery!

WINTER 2007

Now, Andrea Dares to Dream

Wearing her green cap and gown, Andrea S. stood at the podium looking radiant, her face reflecting confidence and joy. My fellow students, she told the graduating class of Spring 2007 at the University of Hawaii – Manoa, “We have worked so hard to get to this point...It is an honor to be a college graduate. It is a distinction and label we can embrace as it signifies perseverance, diligence and intelligence.”

Andrea, 40, is still amazed at being selected the commencement speaker at her graduation in May. “I was totally surprised,” she says over coffee in Kailua. “I was competing with the brightest people; I was really intimidated.” When she didn’t hear from the University on the assigned day, she applied a tool she had learned at Hina Mauka: gratitude.

“One of the best things the program taught me is to find something to be grateful amidst whatever is going on. It keeps me positive.”

The daughter of a single mom, Andrea dreamt of one day coming to Hawaii. As a little girl she and her grandmother would watch game shows on TV and “when someone would win a trip to Hawaii me and grandma would scream!” says Andrea, and laughs. As a young girl she was a model child — went to church, was a good student and participated in sports. Yet, beneath all that good behavior there was a street side that appealed to her, she says. “I knew that once I left home, I would enter the fast lane. I knew that very early.”

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Andrea at her commencement ceremony in Spring 2007 at the University of Hawaii – Manoa



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THE HOUSE THAT ANDY BUILT...

Spring Fundraiser/ Retirement Party a Success

The House That Andy Built retirement party for former CEO Andy Anderson and fundraiser for our capital expansion held this spring at the Sheraton Waikiki was an overwhelming success. Andy was honored

for his 21 years of service to Hina Mauka, 11 years as board member and 10 years as CEO. While “building” Hina Mauka to the business it is today was by no means a solo effort, Andy was at the helm of the organization

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Just before turning 19, Andrea joined the military and went to Anchorage, Alaska. Shortly after she married on a whim and had two children. By the time the couple moved to Hawaii the marriage was crumbling and her life was spiraling down. Besides alcohol and pot, she had succumbed to crack. "That drug did for me what alcohol was doing slowly," she says. Several months later she walked out and joined the homeless in Aala Park.

Deep into her addiction, Andrea hit bottom. "I was so miserable, so demoralized with what my life had become that I got on my knees and said, 'God help me.'" Two days later, help came in the form of the police. They were after her — again — for parole violation. This time she didn't run. She admitted her wrongdoings and told the judge in court: "There's something wrong with me. I can't make it stop." The judge looked over her record and asked: "You've never been to treatment, have you? She had never been offered treatment.

That same day Hina Mauka staff picked her up from the women's prison in Kailua. "If they hadn't, I would have screwed that up, too. But I was ready."

Andrea describes her first meeting with her counselor, Darlene, as a turning point. There were stuffed animals in the room, she recalls, and it felt safe, nurturing. Moreover, there was someone there just to listen to her. "Darlene," Andrea said, "I don't think I can stay sober for six months, stay here for 30

days, much less sober for my probationary period. I just can't do it."

Darlene looked her straight in the eyes and said: "Don't worry about the next 30 days, and for God's sake stop worrying about the rest of your life. Stay sober for today—just for today."

"Till this day I remember those words," says Andrea, eyes welling up with tears.

A good-looking woman with a smile that lights up her face, Andrea looks like the professional woman she always wanted to be in her black, fitted dress. Still, her mind sometimes tricks her, she says. "I've learned that my mind is not my friend; it still tells me I can drink because I now wear suits and I've accomplished so much, but I know better."

Nowadays, Andrea cites her work with women inmates as her greatest joy. "My greatest accomplishment and joy is when I go to the prisons and tell those women that I have found a way to make it stop. Not only stop, but dare to dream and make it happen."

Andrea has been clean and sober for over six years. The bulk of her recovery she has spent pursuing her education, garnering honors along the way. In May, she graduated with a 3.5 GPA and a BA in English. She is currently preparing for the LSAT to enter law school at UH, and works at a law firm in Honolulu.

She's happily married to Wes, whom she credits for helping her achieve sobriety. "He was my biggest advocate," she says. She's also been given a second chance to be a loving mother to Olivia, 17, and Noah, 15. She's an active member of Trinity Baptist Church, and even more so in her 12 step program. "God guided my footsteps. Every time I wanted to stray, something would happen to keep me on the straight path."

*Spring Fundraiser/
Retirement Party a Success,
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during tumultuous times and its tremendous expansion. Also honored posthumously were Harry and Mary Lake for their incredible selfless compassion for the addict and alcoholic. Uncle Herb presented the award to the Lake's daughter Lisa-Anne. Also present to celebrate were Lake siblings Mary, Chrissy, Hale, and Cozi.



Andy & Patsi Anderson

The mission of Hina Mauka is to provide prevention, treatment and recovery services to individuals, families and communities touched by alcoholism, chemical dependency and related challenges.



We're an AUW Agency.



Uncle Herb presents the Lake Compassion Award to Lisa-Anne

We offer a special thanks to our sponsors for the event. Without your help this fantastic party and fundraiser wouldn't have happened.

Mahalo nui loa!

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"Volunteers"

Kokua Fund

The Gannet Foundation has made a \$10,000 donation to Hina Mauka's Kokua Fund. The Kokua Fund is an exciting opportunity for our staff to help motivated clients who are unable to pay for some aspect of treatment, or other costs that may be a barrier to their continued recovery.

The First Hawaiian Bank Foundation has already made two \$10,000 donations on a 5 year \$50,000 pledge to the Kokua Fund. Over the past year through the First Hawaiian funding we were able to help 33 people with various financial needs in order to help facilitate their treatment and recovery.

If you would like help others discover the miracle of recovery through a donation or volunteering please contact us at 236-2600.

Alan Johnson, Hina Mauka's New CEO is *Thinking BIG*

In January 2007, Alan Johnson, 53, took over from longtime CEO Andy Anderson, bringing with him not only his expertise in the field but his compassionate and caring style for which he's known for. One of his top priorities as CEO is to provide a more long-term and holistic approach to treatment. This means addressing medical concerns, psychological issues and helping reunite families with community. It also includes offering services in the areas of housing, education, and social skills.

"Today we are embracing Recovery Management," said Johnson. "We want to be part of the client's life plan. We want to help them develop their goals and assist them until they can do it on their own so that together we can help minimize the pain of relapses."

"Today we are embracing Recovery Management,"

DELANCEY STREET

In recent months Hina Mauka has embarked on a venture to establish a self-managed residential program based on the Delancey Street Foundation model in San Francisco. Delancey has recently granted a preliminary replication certificate to Hina Mauka to replicate the successful program on Oahu.

The project will focus on vocational rehab, reintegration, and rehabilitation of ex-offenders with substance use disorders, incorporating Hawaiian culture elements. Besides academic and vocational training, residents will learn social and interpersonal skills that allow them to successfully re-enter society. The long-term plans envision developing a facility and campus to serve 500 men and women.

Hina Mauka Bookstore

Andy Anderson, former Hina Mauka CEO is operating a bookstore as one of his many duties as Director of Community Alumni Relations. The bookstore at Hina Mauka is stocked with 12-step, Alanon, Hina Mauka logo wear, and other recovery related materials. Andy says his best sellers are currently "Each Day a New Beginning" meditations for women by Karen Casey, and "Addict in the Family" by Beverly Conyers.

The store will give alumni a 10% discount if they bring in a copy of this newsletter story.

If you're looking for a greater selection of books, videos, etc. click on the Hazelden link at hinamauka.org/store, and a portion of the proceeds from sales will go to Hina Mauka.

For more information on the bookstore and alumni affairs call Andy at 447-5227.



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2007 Recovery Walk & Dry Run 5k

The 2007 Recovery Walk held in September during National Drug and Alcohol Recovery Month added a 5k "Dry Run" this year. About 300 participants showed up for running, walking, food and entertainment. Lieutenant Governor Duke Aiona affirmed his support for treatment and recovery by participating for the third year. The Hawaii Recovery Walk also

acknowledged Andrea S. for being an outstanding person in recovery, and Mark and Sue Peterman for their great work with families at New Hope Leeward's "Celebrate Recovery". We offer many thanks to this year's sponsors for making the Recovery Walk and Dry Run a success: HMSA, Times Super Markets, and Paradise Recovery.





Calendar Announcements

12-Step Meetings at Kaneohe

Monday: Narcotics Anonymous 7:00 - 8:00 p.m.
 Tuesday: Alumni Meeting 7:00 - 8:00 p.m.
 Wednesday: Alcoholics Anonymous 7:00 - 8:00 p.m.
 Thursday: Narcotics Anonymous 7:00 - 8:00 p.m.
 Saturday: Alcoholics Anonymous 9:30 - 10:30 a.m.
 Sunday: Alcoholics Anonymous 1:00 - 2:15 p.m.

Al-Anon

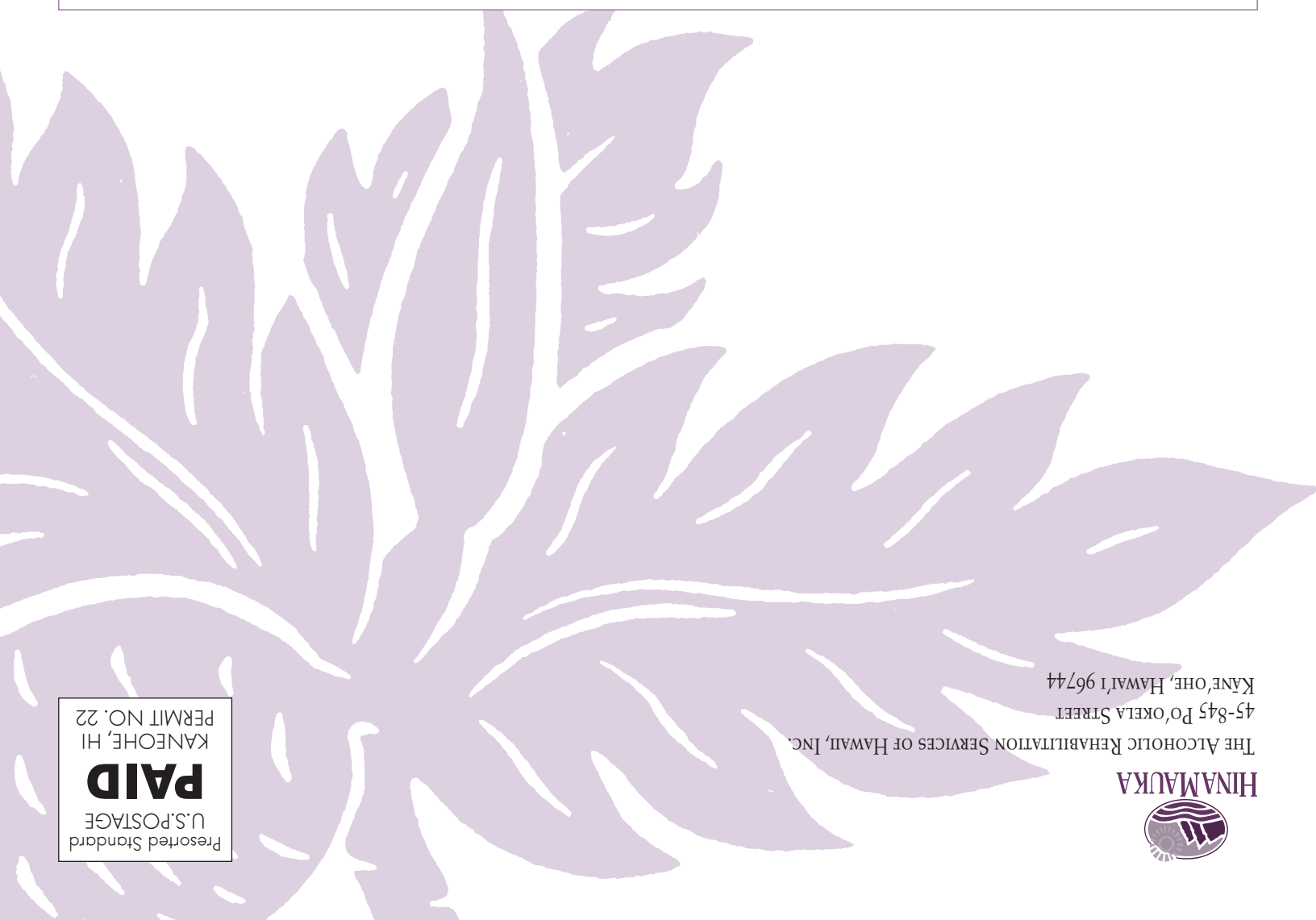
Wednesday: Al-Anon 7:00 - 8:00 p.m.

Family Program - Oahu

Kaneohe Facility: Thursdays 7:00 - 8:30 p.m.
 Waipahu Office: Thursdays 7:00 - 8:30 p.m.

Sunday Lunch

Sundays at 12:00 noon. For members of the recovery community and their families. Cost: \$3.00 per person. Followed by a 12-Step meeting at 1:00 p.m.



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