



Treatment Services

February 24, 2003

To Whom It May Concern:

I am writing this letter in support of LifeRing Secular Recovery. MPI was established in 1979 and is the oldest chemical dependency treatment facility in the San Francisco Bay Area. MPI's multi-disciplinary treatment team provides patients with a full range of treatment modalities, including medically supervised detoxification, 24-hour nursing care, education, group therapy, individual counseling and family therapy. In addition, we offer five different levels of care, or programs, to meet client needs:

- ❖ **Detoxification**
- ❖ **Inpatient Treatment**
- ❖ **Residential Treatment**
- ❖ **Day Treatment**
- ❖ **Morning Outpatient**
- ❖ **Evening Outpatient**
- ❖ **Counseling and Education**

As part of our Continuing Care program for clients who have completed our program, we require that all attend one outside meeting. LifeRing has been extremely popular with our clients, and we offer it every Wednesday evening. MPI would recommend LifeRing with enthusiasm and full support to any other drug treatment program.

Sincerely,

A handwritten signature in cursive script that reads 'Terry Arnold'.

Terry Arnold

Manager

SG



A SUTTER HEALTH AFFILIATE

April 5, 2000

To Whom It May Concern:

We are writing this letter to describe the invaluable work that Mr. Martin Nicolaus has done at Alta Bates Medical Center on 4 North Herrick, the Dual Diagnosis Unit. As a dual diagnosis crisis intervention facility, our patient population consists largely of persons who are suffering from psychiatric and mental health problems combined with a variety of substance abuse disorders. The majority of our patients arrive here against their will, having been placed on an involuntary psychiatric hold for observation and treatment because their psychiatric condition has caused them to be dangerous to themselves, or others, or gravely disabled and unable to care for themselves.

Since late 1998, Mr. Nicolaus has volunteered to lead a one hour weekly meeting of Life Ring Secular Recovery (formerly SOS) with our patients. Mr. Nicolaus brings to this group his personal life experience as an alcoholic in recovery. Much like the members of Alcoholics Anonymous and Narcotics Anonymous, he shares his own story of recovery, modeling a message of strength, hope and recovery for our despairing patients. As a volunteer, and a non-professional, Mr. Nicolaus also brings a model of self-help through community support to our patients.

The LifeRing group approach encourages patients to look within themselves and to each other for the strength to achieve abstinence and a healthier life style. Unlike the more traditional Alcoholics Anonymous approach, Life Ring does not use the concept "Higher Power" or the "12 Steps of Alcoholic's Anonymous." The philosophy and methods of LifeRing were developed as an alternative to AA for those people who need tools for recovery but have personal difficulty embracing the concept of "Higher Power." We have found that this approach encourages patients to begin to think positively about themselves and to find a reason to live productively. This approach resonates with the significant portion of our patients on 4 North who have received little or no benefit from past 12-Step involvement.

Although the Life Ring group's philosophy is different from the 12-Step model, we have not experienced any friction or strife as a result of adding the LifeRing meeting. We also offer AA to our patients. Our treatment team believes that there are many viable paths to recovery, LifeRing being one very positive adjunct to our traditional offerings. The LifeRing meeting is a bright spot in the patients' week, and staff find that participation in the meeting enhances patients' motivation to get well.

Based on our experiences at this facility over the past two years, on behalf of the treatment team on 4 North, we would recommend similar LifeRing meetings to other facilities interested in expanding the range of their patient services.

Sincerely Yours,

Jane Haggstrom, R.N., Ph.D.
Patient Care Manager
4 North Herrick
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San Jose
San Rafael
Santa Clara
Santa Rosa
S. Sacramento
S. San Francisco
Stockton
Vallejo
Walnut Creek

J. DAVID ARTERBURN
Medical Group Administrator

April 25, 2000

To Whom It May Concern:

I am writing this letter in support of LifeRing Secular Recovery. Kaiser Oakland's Chemical Dependency Recovery Program has been at 969 Broadway, Oakland since May of 1995. Ours is a regional program, drawing participants from Alameda and Contra Costa Counties and occasionally from Solano, and San Joaquin Counties. The Oakland CDRP offers four levels of care for chemically dependent people. Our population is a mix of voluntary and mandated patients. Some of our patients are struggling with addictive disease only, while others are dually diagnosed.

All the CDRP patients are required to go to outside support meetings. We offer traditional meetings such as NA and AA. We also offer LifeRing for patients who are not comfortable with the format of 12-step programs. LifeRing meetings have been offered on Tuesday and Wednesday since our program began. Last April LifeRing began a Saturday morning group. LifeRing meetings have always been well attended but the Saturday group has been so popular that at times we have had to open a second meeting room to accommodate all the people who wish to attend.

I am happy to state that LifeRing has always been able to coexist harmoniously with other support meetings. Patients report being satisfied with the format and some say they attend LifeRing and 12-step support meetings. I am happy to recommend LifeRing to any drug treatment program.

Sincerely Yours,



Jeffrey Blair MS MFCC
Day Treatment Co-coordinator