

Your Hazelden Betty Ford Foundation Newsletter

# the power of your giving



DECEMBER 2018

## TREATMENT WORKS

# THE COURAGE TO CHANGE

Nurse on the outside, addict  
on the inside, healing came only  
when Linda P. spoke her truth

**Linda P. knew she was addicted to prescription painkillers, but she couldn't imagine letting anyone in on her secret.**

Hidden behind her outward appearance of an ambitious and accomplished young nurse was an exhausted and despairing addict too consumed with shame to ask for the help she needed.

The opioid medications Linda was prescribed to relieve debilitating migraine headaches had become her go-to remedy for all of life's struggles. Unresolved emotional trauma from her teenage years seemed to magically dissolve with each dose. Very soon, however, the pills became an absolute necessity for Linda in meeting the demands of each new day.

"By the time I could admit to myself what was going on, it was too late. I was already hooked," she quietly recalls.

Whenever Linda tried to wean herself from the painkillers, the monstrous nausea-fever-ache of withdrawal proved too much.

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**MISSION  
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You can help more people, like Linda P., find freedom from addiction. Please give generously at [HazeldenBettyFord.org/Mission2018](https://www.HazeldenBettyFord.org/Mission2018) because your gift makes a lifesaving difference.

# “I got to the point where I was barely hanging on until pills,” Linda relates. “I needed the drugs just to avoid

## DESPERATE FOR A WAY OUT

“Imagine going to work and taking care of all of your responsibilities and trying to look like everything’s okay while feeling like you have a raging case of the flu,” she says. “That was my existence.”

Linda knew things were not going to end well if she didn’t get help. She began searching online for information about drug rehab programs in the Twin Cities—especially evening outpatient programs that would allow her to keep working so she could keep her secret.

Once she believed there could actually be a way out of her increasingly desperate dependence on pain pills, Linda opened up to her fiancé—and his unconditional love and support opened the door to healing. Next, Linda worked up the nerve to talk with her supervisor who, she says, “couldn’t have been more understanding.”

With a 30-day medical leave and the full support of her boss, Linda was on her way to inpatient treatment at Hazelden in Center City, Minnesota. She’d already researched Hazelden’s medication-assisted treatment protocol for opioid addiction and knew that was the path for her.

“When I got to Hazelden, I was like, giddy-up, let’s go! You’re the experts. I’ll do whatever you tell me to do to get off these hideous drugs.”

## A BATTLE WORTH FIGHTING

Linda completed 30 days of inpatient treatment at Center City and then transitioned into an evening outpatient program at Hazelden in St. Paul, which allowed her to return to work full-time.

Her evenings at outpatient helped Linda navigate the challenges of early recovery, providing accountability, support and tools to work things through with a counselor and her peers in the treatment program.

Hearing about the struggles and triumphs of others in recovery was one of the most powerful aspects of treatment for Linda—especially during the first days and weeks of coming to terms with the disease.

“When you meet other people who have the same ‘addict brain’ and you hear others describe the same self-talk and denial that come with addiction, you get a whole new understanding of how this disease works—and you also realize you’re not alone,” Linda shares.

She also gained tremendous hope and strength from speakers who visited campus to share their personal stories.

“Here were these wonderful, accomplished people who had years and decades of sobriety, which seems like such an impossibility when you’ve got just days or weeks of sobriety. But their stories helped me understand that long-term success could be possible for me, too. I wasn’t a lost cause.”

Now, with nearly two years of hard-won sobriety, Linda continues to make her recovery a daily priority.

“With addiction, you don’t have the luxury of going into remission and putting the whole ordeal behind you. Addiction is a disease I will battle every single day for the rest of my life. But it’s a battle worth fighting—for me, personally, and for all of us, together, because the world needs to know that we are good people with a terrible disease—and that healing is possible.”

Linda can see now that help was always within reach throughout her solitary struggles with addiction. She just needed to take a leap of faith and share her truth.

“There’s a saying that the greatest prison a person can live in is the fear of what other people will think,” Linda relates. “That’s exactly the mindset that keeps people trapped in addiction.”

In recovery, she’s found a freedom that was once unimaginable.

I could get more  
feeling sick."

Linda P.

### LISTEN TO MORE FROM LINDA

Visit [HazeldenBettyFord.org/Podcasts](https://HazeldenBettyFord.org/Podcasts) to hear Linda share her story of healing and hope with our *Let's Talk* podcast series host, William C. Moyers.

#### WHY I GIVE



## HAZELDEN SAVED MY DAUGHTER'S LIFE

Twenty years ago, Kate B. put her heroin-addicted daughter on a plane bound for Minnesota. When the intake counselor at Hazelden in Center City called to confirm her daughter's arrival and admission, Kate thought to herself, "Whew, mission accomplished."

"I told the counselor how relieved I felt that my daughter had made it safely to the facility and how I knew she would be getting better soon," Kate recalls. "When I inquired about visiting soon, the counselor could tell I was in lala land about the gravity of the situation because his response was, 'Well, yes . . . if your daughter doesn't die.'"

The remark startled Kate into silence. Once she caught her breath, Kate asked what she could do to best help her daughter. The intake counselor advised her to find the nearest Nar-Anon family group and get herself to a meeting.

"Hazelden didn't just save the life of my daughter," Kate shares. "Hazelden gave me and our whole family a profound education about the disease of addiction. We each came to see how we had been affected by addiction and what we needed to do to find healing for ourselves."

With wholehearted gratitude, Kate established an endowment fund with the Hazelden Betty Ford Foundation to help more women access lifesaving addiction treatment.

"We are one of the fortunate families—not everyone makes it through this terrible disease. But my daughter did," Kate says. "My heart goes out to every family faced with addiction. This endowment helps to ensure that the beloved daughters, sisters and mothers of other families can also receive the lifesaving care they need and deserve."

**Like Kate B., you can turn your gratitude into help and healing for others. Please pay it forward by giving at [HazeldenBettyFord.org/Mission2018](https://HazeldenBettyFord.org/Mission2018) today.**

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**POWERED BY DONORS LIKE YOU**

# We can't do it without you

Mark G. Mishek, President and CEO,  
and Moira A. McGinley, Vice President  
and Chief Development Officer

**Like Linda P., millions of our loved ones, neighbors and colleagues are in for the fight of their lives against the disease of addiction.**

But we know that recovery is stronger than addiction. And we know that, together, we are a force of healing and hope at a time when the opioid epidemic has been declared a national public health emergency and the Surgeon General warns that one in seven Americans will struggle with addiction in their lifetime.

As a nonprofit organization, the Hazelden Betty Ford Foundation relies on donors to ensure the care we deliver and the resources we provide are the very best they can be for each and every individual, family and community in need of our help. In other words, your generosity makes a lifesaving difference.

**“... THE WORLD NEEDS TO KNOW THAT WE ARE GOOD PEOPLE WITH A TERRIBLE DISEASE—AND THAT HEALING IS POSSIBLE.”**

—Linda P., grateful alumna

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888-535-9485

We are a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.



**Hazelden Betty Ford  
Foundation**