



UPDATE

EEO/AA

FALL 2008

We're All in This Together

MESSAGE FROM MIKE SCHIKS, EXECUTIVE DIRECTOR/CEO



Autumn has been called a season of *change* and it seems the “*change theme*” is all about us... from national to statewide to county to local. While some people experience *change* as energizing, few would suggest that it is always comfortable. Project Turnabout, to a large extent, is in “the business of change.” We help people change their lives to live with addiction. As an organization, Project Turnabout is committed to continuous improvement as we search for ways to get better at what we do....again *change*.

Over the years there have been reams of information written about the change process, both from a clinical and an organizational perspective. I have sifted through my share of it for both personal and professional reasons. What I have learned is that staying focused on a *common purpose* is a helpful way to effectively navigate any change. The wisdom of AA’s founders knew this - The first word of the first step of Alcoholics Anonymous is “We.”

I have been at Project Turnabout Addiction Recovery Center for 2 years this last week. In that time, I have come to appreciate the *common purpose that binds* so many of us at Project Turnabout. We may not always be comfortable and we may not always agree, but our *common purpose of helping individuals and their families affected by addictive illness* transcends our differences. Keeping this focus is not something we can take for granted, but rather needs to be “worked at.”

We, at Project Turnabout, also know that we are part of a broader team of helpers who work in a variety of capacities, housed in a number of different agencies, which share our common purpose. This team includes: county assessors, probation officers, other treatment agencies, private counselors, insurance/payer groups, donors, self help community members, and the communities that house our services. We understand Project Turnabout is just part of the recovery process...that much has been done before the patient gets to us...and often much will need to be done after the patient is discharged from Project Turnabout’s services. It seems clear our success depends on how we all work together. The stakes are high, but I believe our common purpose will continue to sustain us.

In the months to come, we plan to offer periodic trainings (either free or at a nominal charge) designed for those who “*share our common purpose.*” We are calling it our “*We’re All in This Together Series.*” Our most recent session was September 19th with Dr. Marvin Seppala on “Addiction and Mental Illness: A Practical Approach for Professional Helpers.” Stay tuned for more to come.

In the meantime, let me take this personal opportunity to thank all those who have supported me in my role at Project Turnabout these last two years. I am grateful for the opportunity to work with an agency that has had so much support over the years. I look forward to continuing to support and guide Project Turnabout through the challenges and changes we face in the future. I have no doubt our common purpose...our mission...will sustain us.


Mike Schiks

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Project Turnabout Welcomes Sue Engholm as New Chaplain

Greetings! I am honored to be writing to you as the new chaplain of Project Turnabout. I came here from St. James, MN, where I served as one of the pastors of First Lutheran Church for the past five years. Being the “new kid” in town, I have been so warmly welcomed by both staff and clients. It is a privilege to have the opportunity to serve as the chaplain here. Right from the beginning, I have witnessed the many talented people who are here; all of whom become even more outstanding as they work together as a team.

When we are new to people and places, we get to enter into things with new eyes and see things in a way that others do not. For example, we might see weakness and strengths in a system where others do not. Or, we get to see talented staff and counselors doing their everyday work. No matter where we are, when we start fresh we see things in a new way.

In my short time here, this seems to be a similar process that also happens in recovery. As the effects of addiction clears from one’s system, we have new eyes. We may see the smallest of things we had once passed over. We may see the power of our actions that we once took for granted. This can be a process that is both painful and joyful! Addicted or not, there can be many points in our

life where we turn around and have new eyes.

In the times when our eyes are opened to the painful and to the joyful, we give thanks for the ones who guide us along the way. Family, friends, counselors, teachers, coworkers, clergy; these are all people who help us cry and help us celebrate. Project Turnabout is a place that brings these many gifts together so that the eye-opening experience of recovery can be a success.



Sue Engholm, Project Turnabout Chaplain



Project Turnabout's Chapel



ALUMNI CORNER

Stefanie Agre, Community Relations and Outreach Assistant

In an effort to maintain and re-establish contact with former Project Turnabout/Vanguard patients and families, we have established the “Alumni Corner”. In the near future, we will be highlighting items of interest relating to programs, events, services, and most importantly, reconnecting our alumni who all share the common aspect of being affected by an addictive illness. Stefanie Agre has been appointed as the Alumni Coordinator and will be in charge of all aspects of the program.

Stefanie was recently hired as the Community Relations/Outreach Assistant in the Development/Outreach/Marketing Department at Project Turnabout. She has a B.S. in Marketing and Business Administration from Southwest MN State University. Stefanie brings experience in marketing, event coordination, and development.

All Project Turnabout/Vanguard alumni and family are encouraged to contact Stefanie at 320-564-4911, toll-free at 1-800-862-1453, or sagre@projectturnabout.org to be placed on our mailing list or to receive additional information. We look forward to hearing from you!

Progress Plus Innovation Equals Growth (Group)

It's been eighteen years since Project Turnabout's Vanguard Program started treating the compulsive gambler and many changes have occurred during that time. Some of these changes were to the facility, some were with staff, and some were to the program format as we continued to learn about the disease of compulsive gambling. Sometimes the changes were out of necessity and emergency such as after the tornado. Others were because of the need to grow or because we were learning new ways to work with the compulsive gambler. Change does not come easily for the addict or for systems in which addictions are treated, and changes at Project Turnabout's Vanguard Program are only implemented when it's for the benefit of the compulsive gamblers and their families.

Some years ago, the Chemical Dependency programs at Project Turnabout began to change the format of their aftercare program. At that time, a discussion was held by staff and administration on whether we should make similar changes to the Vanguard program. It was decided to continue on as we had been until it seemed a change would be helpful and positive for all involved. It appears that the time has come.

Vanguard has always strived to do what is best for the compulsive gambler and their loved ones. We all know how important aftercare and the aftercare plan are to the recovery of the compulsive gambler. The staff at Vanguard began to discuss, with each other and with the aftercare facilitators, how we could best continue to meet the needs of the compulsive



Front Row-L to R: Karen Hoefer, Kristine Wolff, Sandi Brustuen & Katie Brusven. Back Row: Nathan Sillers.

gambler and their family through our continuum of care. We discussed what we needed to offer to persons just getting out of treatment so they would get the support they needed to continue in recovery. We also needed to look at the needs of persons who had been out of treatment two, three, and five years.

Project Turnabout's Vanguard team is in the process of developing a curriculum to meet the changing needs of our alumni. We are very excited to implement these new and innovative changes. These changes are scheduled to begin on the second Saturday of January 2009. Growth Group aftercare will continue to meet on the second and fourth Saturday of each month, but will now be held from 1:00 to 4:00 in the afternoon (note the time change). We hope to see you there. Please stay tuned for more about the changes to come.

Development and Outreach Events: Mark Your Calendars!

OCTOBER	1, 8, 15, 22, 29	Women's Recovery Meeting	7:30 p.m.
	8	PACT 4 Full Collaborative Meeting	10:00 a.m.-2:00 p.m.
	11	Vanguard Growth Group	6:00 p.m. Alumni
			7:00 p.m. Regular Meeting
	25	Women's Recovery Luncheon	11:30 a.m.
	25	Vanguard Growth Group	6:00 p.m. Alumni
NOVEMBER	5, 12, 19, 26	Women's Recovery Meeting	7:00 p.m. Regular Meeting
	8	Vanguard Growth Group	7:30 p.m.
			6:00 p.m. Alumni
	22	Women's Recovery Luncheon	7:00 p.m. Regular Meeting
	22	Quarterly Speaker	11:30 a.m.
	22	Vanguard Growth Group	8:00 p.m.
DECEMBER	3, 10, 17, 24, 31	Women's Recovery Meeting	6:00 p.m. Alumni
	13	Vanguard Growth Group	7:00 p.m. Regular Meeting
			7:30 p.m.
	27	Vanguard Growth Group	6:00 p.m. Alumni
			7:00 p.m. Regular Meeting



For additional information on events and happenings, contact Mark Sannerud, Director of Development and Outreach at 1-800-862-1453 or visit our website www.projectturnabout.org

2008 Golf Event Most Successful in Tournament History

The 17th Annual Philip J. Kelly “Caring & Sharing” Golf Tournament was held on August 23, 2008, at the Granite Run Golf Club in Granite Falls, MN. 100% of the tournament’s proceeds are solely designated to benefit the “Caring & Sharing” fund. This fund offers financial assistance to patients and families needing chemical dependency services. More than \$21,000.00 was raised at this year’s event, which makes it the most successful revenue generating tournament in the history of the event. This means even more patients and families will be able to receive the help they so desperately need. Since the tournament’s inception approximately \$200,000.00 has been raised through the efforts of many contributors to the event.

Project Turnabout would like to recognize the following people, organizations and businesses that made the day so successful. While we cannot name each person by name in the space allotted, please know that your contribution helped make a difference and will continue to make a difference in the lives of those we serve.

• Thank you tournament sponsors:

Corporate Sponsors (\$2,500.00): Granite Falls Bank & MN Indian Gaming Association

Masters Sponsors (\$1,000.00): Madison Bottling Company & Impact Innovations, Inc.

US Open Sponsors: Advocate Tribune, Bremer Bank & Trust, Granite Falls Knights of Columbus, Prairie’s Edge Casino & Resort, Shakopee Mdewakanton

Sioux Community, T & I Marketing and Upper Sioux Community

PGA Sponsors: Citizens State Bank of Clara City-Granite Falls Branch, City of Granite Falls/Economic Development Authority, G & K Services, G & R Controls, Granite Falls Lions Club, Henle Printing Company, Michael Juenemann, CPA, Plumbing & Heating of Willmar, Inc., Rasmussen Insurance, ReMax Town & Country Real Estate and Renville Lions Club

- Thank you to all of the businesses and organizations who purchased ads in our golf tournament program.
- Thank you to all of the individuals and businesses who made a cash donation as a phantom golfer.
- Thank you to all of the businesses and organizations who donated items for our silent auction/door prizes and other supplies.
- Thank you to the “Caring & Sharing” Golf Tournament Committee: Annette Beckler, Rick Forde, Marcy Heemeyer, Steve Lindquist, Earl Olson, Lorraine Olson, Marti Paulson and Mark Sannerud.
- Thank you to the volunteers who assisted before, during and after the event: Warren Velde, Dick Heggstad, Marti Paulson, Dale Strommen, Annette Beckler, Dick Koopman, Lesley Anderson, Mary Kelly, Joanelle Sannerud, Joseph Sannerud, Rick Forde, Adam Heemeyer, Steve Lindquist, Earl Olson, Lorraine Olson, Marcy Heemeyer, and Mark Sannerud.



John Haines’ Team Poses for the Camera

Pictured L to R: Gene Sannerud, PTAB Board Member John Haines, PTAB Staff Member Barb Ohlemann and Jim Ohlemann



All 96 Golfers Head Out to their Holes Following the Shot-Gun Start

ments' History



The Men's Regular Division 1st Place Winners Pose with their Trophies

Pictured: Craig Roth, Matt Bowles-Roth, Aaron Assad and Joe McShane



The Women's 1st Place in the Senior Division Kicks Back on the Course

Pictured: Lorraine Olson, Marit Nelson, Shirley Miller and Marie Lingl.



Golf Tournament Volunteers

Front Row L to R: Dick Koopman, Annette Beckler, Joseph Sannerud - Middle L to R: Marcy Heemeyer, Marti Paulson, Lesley Anderson - Back L to R: Mary Kelly, Dick Heggstad, Adam Heemeyer, Rick Forde, Mark Sannerud, Dale Strommen - Not Pictured: Warren Velde, Steve Lindquist and Joanelle Sannerud

The following are interesting statistics from this year's tournament:

- 96 golfers participated in this year's tournament in 4 divisions.
- The Men's Regular Division came down to a score card playoff to determine 1st & 2nd place.
- The winners of the Women's Senior Division this year have won their division for the past several years.
- 22 sponsors contributed to the tournament.
- 16 volunteers and 8 committee members worked hard to make the tournament a success.
- 1 Project Turnabout Board Member & 2 staff golfed in the tournament.
- The tournament's namesake Phil Kelly and his son golfed in the tournament and his wife Mary volunteered.
- 129 businesses and organizations purchased ads in our tournament book.
- 22 individuals, families and businesses participated as phantom golfers.
- The revenue of this year's tournament increased 33% over last year's event.

Tournament Winners:

Men's Division 1st Place

Craig Roth, Matt Bowles-Roth, Aaron Assad & Joe McShane

Men's Division 2nd Place

Corey Feldhake, Darwin Strand, Al Turnquist & Mitch Steuck

Mixed Couples 1st Place

Carol Beck, Michelle Pichaske, Bill Phinney & Aaron Pilarski

Mixed Couples 2nd Place

Dave Lange, Mary Lange, Donald Johnston & Joni Johnston

Men's Senior 1st Place

Dick Halterman, Jim Halterman, Bob Rittenour & Don Bontves

Women's Senior 1st Place

Lorraine Olson, Merit Nelson, Shirley Miller & Marie Lingl

Men's Longest Drive: Randy Dockter

Women's Longest Drive: Dawn Dunbar

Closest to Pin Men: Randy Dockter

Closest to Pin Women: Judy Henle

Bullseye: Brian Kelly

Putting Contest: Don Saucke

For more information on how you or your organization can be involved in next year's event, please contact Mark Sannerud or Marcy Heemeyer at 1-800-862-1453 or via email at msannerud@projectturnabout.org or mheemeyer_projectturnabout@yahoo.com.

A Team of Professionals with Compassionate Hearts



Project Turnabout Staff

Mark Bigaoutte

Mark Bigaoutte is an Admissions Counselor and has served patients at Project Turnabout since he was hired as the Human Service Tech in June of 1992. Mark graduated from Willmar Community College in 1993 with an AA Degree in Chemical Dependency Counseling, and was then promoted to Gambling Counselor at Project Turnabout in November of 1993.

Mark was promoted once more in June of 2008 to Admissions Counselor. His duties include scheduling admissions for the primary, extended care, and women's units and doing chemical use assessments. Mark interviews patients in initial care, otherwise known as detox, to see if they are interested in treatment or to connect them with resources in their community such as AA/NA or outpatient treatment. Mark also prepares discharge summaries for all patients who come into detox.

In addition, Mark gives lectures on H.A.L.T. (Overly Hungry, Angry, Lonely, Tired) and AA Steps 6-12, instructs Diversion and DWI clinics, and assists the Central Medical Staff and other units as needed



Mark Bigaoutte,
Admissions Counselor

Kelli Hoefler

Kelli Hoefler is an Admissions Counselor and has worked with patients at Project Turnabout since 2007. Before coming to Project Turnabout, Kelli graduated from Ridgewater College in Willmar, MN with an AA Degree in Liberal Arts with a focus in Human Services.

Kelli began her internship with Project Turnabout in May of 2007 and was hired as the Continuing Care Counselor for Marshall and Redwood Falls in September of that year. In 2008, she received her BCC – Board Certified Alcohol and Drug Counselor certificate. Kelli began her position as an Admissions Counselor in June of 2008 and has since received her LADC or Licensed Alcohol and Drug Counselor certification.

Kelli works with Project Turnabout's patients, families, and referrals from counties and hospitals to get individuals into treatment. She administers assessments and courtesy Rule 25 assessments. Kelli also meets with the patients' families when they check into treatment, answers questions regarding the treatment process, and provides them with the information needed to be involved in their family members' treatment process.



Kelli Hoefler,
Admissions Counselor

Camfel Media Productions

Each year since 1995, Project Turnabout has initiated and implemented a major prevention activity in local schools as part of Red Ribbon Week, which is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually, every October 23rd-31st. Partnering with local middle and high schools for partial financial support of the venture, Project Turnabout has taken the lead in coordinating 15-20 school's co-sponsorship of the Camfel Media Productions.

Camfel productions offer students a truly unique assembly by blending popular music, feature-film clips, human-interest stories, and insightful narrative to create the perfect balance of high energy and educational significance. Ten fast-paced projectors and three huge screens encompassing 12' by 45', hammer home an up-to-date message that will last a lifetime. In addition, schools receive leader's guides, program outlines, and worksheets, as well as the assembly's small-group discussion video – important need-to-know information

that can be repeated for even greater retention.

This year's production, "*Trust Me?!*" will ask students to consider how they are living their lives. Is their character defined as honest, sincere, and trustworthy? Do others consider them as a person that can be counted on and trusted? They'll be challenged to ponder the answer to questions such as "Should I smoke, consume alcohol, or take drugs in order to appear cool to my friends?"

This prevention activity, originally accomplished with financial help from the Bremer Foundation, has continued as a collaboration between area schools and Project Turnabout. The financial cost for each assembly is shared by the school (co-sponsor) and Project Turnabout (sponsoring organization). In addition, Project Turnabout staff coordinate all showings and schedules for participating schools with Camfel Media Productions. Camfel Media Productions is based out of Irwindale, CA. Additional information can be found on the Camfel website at www.camfel.com.

"Tree of Hope"

Have you received a gift certificate or gift card that you would be willing to donate as part of our "Tree of Hope"? The "Tree of Hope" is a silent auction item for Appetite for Life 2009. The entire "Tree of Hope", with its branches full of gift cards, is sold to the highest bidder at the Appetite for Life fundraising gala.

Log onto <http://www.projectturnabout.org/calendar.html> for more information about the event.

The Appetite for Life Benefit is held each year as a fundraiser for scholarships to provide financial support and assistance to compulsive gamblers and their families seeking treatment and a chance for a better quality of life. This year's event will be held Friday, February 20, 2009 at the Metropolitan Ballroom & Clubroom in Minneapolis, MN.

Our goal is to create a somewhat symbolic gift tree full of gift cards, tickets, or experiences that all together will have a significant value both metaphorically and financially.

If you find yourself with a bonus card you received from your own multiple gift card purchases, or if you find yourself with

one too many gifts you might have received or if you have access to modest gift certificates...please share and spread the word to friends, family, co-workers, etc. This tree has the potential to raise a lot of money while only requesting modest donations from as many people as possible.

Let's grow this tree together! **Remember, this is a nice, simple and inexpensive way to ask friends, relatives, etc., to contribute.** We are looking for gift certificates that could predominately be used in the metro area. Some examples of gift certificates that have been donated in the past include Menards, Target, Walmart, and local coffee/retail shops.

You can email Marcy at mheemeyer_projectturnabout@yahoo.com if you have gift cards to share or just simply send gift cards to her attention at the address listed below.

Project Turnabout-Tree of Hope
Appetite for Life 2009
C/O Marcy Heemeyer
660 18th Street, PO Box 116
Granite Falls, MN 56241

UPDATE

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Granite Falls, MN 56241

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