



Crosbie Connection

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Special points of interest:

- Progress with a purpose
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- Gambling Addiction
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President's Message

Progress with a purpose

We have been busy! In June we opened the new Gaming Corporation sponsored training section which now hosts our family, corporate, relapse prevention and 12 step meetings. Benefiting from additional support from the Crosbie Memorial Trust fund we repaved and expanded the driveway, installed in-floor radiant heating, and added air/heat exchange units. These initiatives came from paying attention to client feedback and our commitment to keep client satisfaction a top priority.

Facility upgrades aside, our focus on program and recovery has been unwavering. We never lose sight of the plight of those who walk through our doors. Often with little result, people have heaped pleas, profanity, prayers, punishment, and all manner of new professional paradigms on them. At Crosbie they are met with understanding, love, respect and hope. "Those willing to accept the gift of 12 step recovery will experience a complete and total transformation with deep profound changes in behaviour, thinking, feeling and living." These are the words of Father Mark Hushen, a recent guest of Crosbie House Society and CEO of the internationally renowned Father Martin's Ashley Treatment Centre. He referred to Crosbie as a place where the miracle of recovery begins.

Perry Boyd B.Comm., MBA



Gaming Corporation sponsored training section

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The Gift of Fellowship

Crosbie House Society has expanded its network to include some of the most successful and enduring treatment centers in North America. It is a fellowship of co-operation and support grounded in respect for the power of 12 step recovery. We have shared aftercare contacts, exchanged program tools and are working together to maintain the highest standards of client care.

The visit of Father Mark Hushen, the new CEO of the Father Martin's Ashley Treatment Centre is a real example of selflessness by someone who freely shares his insight into the gift of recovery. He traveled for no other reason than to carry the message of hope to present and past clients at the annual Crosbie BBQ. He met with staff, clients and directors and participated in the activities. This is what he said about Crosbie. "This place is holy ground. This is sacred ground. This is a place where healing happens. This is

a place where the lost soul comes and finds a way back home. This is a place grounded in hope and healing. This is a place that transforms human lives. This is an organization that is doing some terrific things in this part of the world."

We are honoured but ever mindful that in the world of addiction treatment humility is a given. With two centuries of accumulated knowledge there still exists no cure for addiction.



In the Crosshairs: The rules

" Life sometimes becomes extremely complicated and confusing. I found the following article, modified it a bit, and find that it helps to get me back on track. I offer it in hope, that you too can benefit from the simple message."

1. *You Will Receive a Body.* You may like it or hate it, but it is yours for the entire time you are here.

2. *You Will Learn Lessons.* You are enrolled full-time in a formal school called life. Each day you will have the opportunity to learn lessons. You may like the lesson or think them irrelevant or stupid.

3. *There are No Mistakes, Only Lessons.* Growth is a process of trial and error--experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".

4. *A Lesson is Repeated Until Learned.* A lesson will be presented to you in various forms until you learn it. Then you can go on to the next lesson.

5. *Learning Does Not End.* There is no part of life that does not contain a lesson. If you are alive, there are lessons to be learned.

6. *"There" is no better than "Here".* When your "there" has become a "here", you will simply find another "there" that will look better than "here".

7. *Others Are Merely Mirrors of You.* You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

8. *What You Make of Your Life is up to You.* You have all the tools and resources you need. What you do

with them is up to you. The choice is yours.

9. *The Answers Lie Inside You.* The answers to life's questions lie inside you. All you need to do is look, listen and trust.

10. *You will Forget All Of This.*

11. *You Can Remember it Whenever you Want.*

George Libby
Program Director

How this new-found sobriety will affect me will depend largely on how I adjust to it.



Crosbie House

Family Matters

This is a reading from the Al-Anon Book "One Day At A Time" for April 27 (page 118):

Surely it is cause for rejoicing to have the alcoholic find sobriety at last. Yet too many of us assume this means that the bluebird of happiness has taken up permanent residence in our home, and that all problems have vanished.

How this new-found sobriety will affect me will depend largely on how I adjust to it. Am I ready to withdraw from the dominant role I had while the alcoholic could not face family responsibilities? Will I welcome his dedication to AA, and his frequent attendance at meetings? Will I truly cooperate with this miracle by continuing to solve my own emotional problems in Al-Anon?

Today's Reminder

I know that the alcoholic is conquering the compulsion to drink and is growing, spiritually and emotionally. My role in our relationship must be to overcome my personal

shortcomings, so we can grow spiritually together.

"In a re-inventory, I found I could no longer blame the alcoholic in my life for my soul sickness, my restlessness and my feeling of inadequacy. I will accept my share of responsibility for our troubles, for I have learned, in Al-Anon, that many of them were rooted in my own imperfections."

Al-Anon helps the family take the focus off the addict and start focusing on themselves. Our Family Seminars can help give you back to yourself. Sign up for one today!
Dates: Dec. 7 & 8, 2007— Feb. 29 & Mar. 1, 2008 — June 20 & 21, 2008 — Sept 12 & 13, 2008 — Dec. 5 & 6, 2008



Annual Crosbie BBQ



Crosbie Cornerstone
Founding Partner



Training section



Crosbie Cornerstone
Founding Partner

The Nature of Addiction: Gambling Addiction

Many folks who have substance addiction will also have gambling addiction. In fact although normally the risk for gambling addiction is 1.6% to 3% in the population, if a person has another addiction too the risk is up to 38%.

Gambling addiction runs in families. That's part of how we know it is genetic. Identical twins have ALL the SAME genes. Fraternal (non identical twins) have some genes that are different—just like you and your brother do. If one of a set of identical twins has a gambling addiction, there is a 25% chance his brother will too. If one of a set of fraternal twins has a gambling addiction, there is a 9.8% chance his brother will too. Risk is higher in the first set and the only difference between the 2 sets is that in the first all the genes are identical.

We also know gambling addiction is genetic by the results of studies scientists have done. Scientists have done scans (PET) of addicted person's brains and have found, just like in other addictions, many pathological gamblers have less active reward sensors in their brains. This means that like other addicts, path gamblers don't get normal good feelings from the release of the pleasure chemical in the brain in response to the "good stuff" in life. A

sunny day, success at work or school, good food, love making just don't give them the pleasure it does regular people. Addicts or potential addicts don't know this, because they can only feel what they feel, but when they first try a chemical or for instance a VLT in the case of gambling, a large amount of the pleasure chemical is released perhaps for the first time in their lives and it doesn't matter how few reward sensors they have because there is soooooo much chemical, the sensors just get activated and activated. They get a powerful sensation of PLEASURE! This is VERY IMPORTANT. They remember it and put it on the list of things they WILL do again and again and again. Over time this is addiction.

If you are a recovering addict, with a higher risk of gambling addiction, or have a family member who is a gambling addict or even if you don't, and if you gamble, take a minute to take this Player Quiz and see how your gambling stacks up.

Dr. Gen Campbell, CCFP

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Partners' Corner: Crosbie House fulfilled a vital role in our community

For many years Crosbie House fulfilled a vital role in our community by helping people with their addictions. The loss of Crosbie from our community several years ago left a huge void for people who needed treating within the abstinence model. Without the availability of this form of treatment many people and their families suffered terrible losses and anguish. Michelin is proud to be a founding sponsor of the re-opening of Crosbie. The dedication of the directors and staff is truly an inspiration and we commend them for the vital service that they provide

to our community and to people all across the Maritimes and beyond.



Thank you for your determination to see Crosbie House live again.

Andrew Mutch, Personnel Manager
Michelin North America C Ltd
Waterville Plant

Many folks who
have substance
addiction will also
have gambling
addiction.

Moving forward

- The Nova Scotia Gaming Corporation, a Crosbie House Society Founding Partner has again stepped up with a new injection of capital. The project will make Crosbie accessible to more Nova Scotians' with new technology and training. We continue to keep gambling training and awareness a key component in all our program offerings. To date we have successfully treated 14 people with serious gambling addictions.
- Dr. Gen Campbell, addictionist and Crosbie Board member, spoke on the nature of addiction at the Nova Scotia Gaming Conference. She was congratulated by a number of distinguished attendees on giving a complete and accurate description of the disease in a clear and understandable delivery.
- Andrew Mutch, Michelin (N. America) Canada Inc., Human Resource Manager has joined Crosbie House

Society Board of Directors. Michelin is a Crosbie Cornerstone Founding Partner and Andrew brings new skills and competencies to the Crosbie Board. Michelin values its employees and recognizes addiction as a serious workplace issue. Andrew's experience will be value added for our "Workplace Solutions" seminar.

- We owe a debt of gratitude to Bill Carr for taking the time to join us at Crosbie and remind us laughter is a gift of recovery. He gave us a chance to laugh at ourselves while sending subtle messages on addiction and treatment.



Father Mark Hushen



Crosbie House Society

113 Cornwallis Ave.,
New Minas, Nova Scotia,
B4N 4M9

Toll Free: 866-681-0613

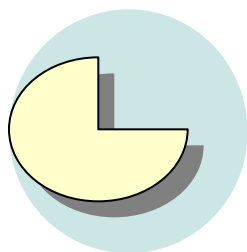
Fax: 902-681-0525

E-mail: crosbiehousesociety@ns.aliantzinc.ca

WWW.

CROSBIEHOUSE SOCIETY.COM

TAKE THE TEST	TRUE	FALSE
consider myself a serious gambler.		
often spend more time gambling than I intend to		
sometimes spend money on gambling that was meant for some other purpose		
sometimes gamble in the hope of paying off my debts or bills		
sometimes feel guilty about how much time I spend gambling."		
have friends or family who worry or complain about my gambling		
sometimes feel guilty about the amount of money I spend gambling		
My gambling puts a strain on my relationships at home		
I have lied about my gambling		
Give yourself one point for every time you answered "TRUE."		
Low Risk :1-2 Moderate risk 3-4 High risk: Gambling is now having negative effects on you. Find out how to control your gambling before it controls you 5+ DANGER: Gambling is having a serious negative effect on your life. Whether you are ready to stop gambling or not, help is available. Remember – you are not alone.		
If gambling may be a problem for YOU, don't hesitate to contact US.		
<i>Test from 'Nova Scotia Health Promotion and Addiction Services</i>		



From the kitchen

New Chef

It makes a sad to report that our dear friend and chef, Bernadine MacClaren, has decided to move back to Ontario. Bernie was active getting this place ready for the first client. She painted, cleaned, scraped, and did whatever necessary to make Crosbie House a reality. In our kitchen, Bernie was more than a Chef. (She was really good at that too !!!) She was there for all clients and recognized as another Staff. She was there for all clients and was recognized as an important staff member. Our warmest thoughts go with Bernie for Success and Happiness .

It's time now to welcome Chef Dianne Crosby. We are so fortunate to have found this special woman to become our new Chef. Dianne brings a wealth of experience and knowledge to the position. We, the Staff, are grateful that you have joined the Crosbie Family.



Crosbie Connection

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Vision Statement

- Recognized leader in Atlantic Canada for effective abstinence based addiction treatment
- Reputation for superior client/customer service
- First choice of corporations and institutions for treatment, training and awareness

The Clients and the Treatment of the Addiction Always come First.