One day at a time
Progress not perfection
Don't quit before the miracle happens
Serenity
Hope
Recovery rocks
Keep it simple
Lifeline
2015 Garth Barker Memorial Scholarship awarded

The 2015 Garth Barker Memorial Scholarship recipients were recently announced. The recipients are Kiah Halvorson and Aaron Winter.

Halvorson, of Lanesboro, Minnesota, is pursuing a degree in alcohol and drug counseling from Winona State University, in Winona, Minnesota; and Winter is pursuing the same degree online at The University of South Dakota, in Vermillion, South Dakota.

The Garth Barker Memorial Scholarship Fund was established both to honor Barker, who passed away in 2007, and to assist students pursuing a career in chemical dependency counseling. Funds raised at the annual “Bikes for Barker” event, set for June 25, 2016, support the fund. Barker was director of Fountain Centers from 1990 to 2007.

From left to right: Aaron Winter; Josh Barker, Garth Barker Memorial Scholarship Fund committee member and son of Garth Barker; and Kiah Halvorson.

Gratitude

A big thank you goes out to…

• Friends that joined us on Dec. 12 to decorate and assemble gift bags for patients involved in the treatment programs over the holidays! As they received the gift, patients remarked that they were grateful for people that gave up their time because they cared and that was the best part of the gift bag.

• The anonymous donation of $100 to purchase “Bikes for Barker” t-shirts for patients in the residential units to enjoy.

• The “Bikes for Barker” scholarship committee participants for contributing their time and talent to make this fundraiser a success!
Shep was my grandfather’s dog when I was a kid. Shep would bark loudly and viciously every time my family and I visited my grandparents. He was a big, burly, scary dog and was kept in a small kennel in my grandparents’ backyard. Shep would stop barking only when my grandfather yelled at him; and, while I remember my grandfather as a kind man, he was really loud and angry with Shep. Although I didn’t know it at the time, I think my grandfather was abusive of Shep.

It’s sad to think of my grandfather in this way. Although he’s been dead many years, I remember him as soft-spoken and kind to my siblings and me. I want to believe that he didn’t know what he was doing to Shep, that he was so mean towards Shep because Shep was such a mean dog. In reality, Shep was probably so vicious because he was mistreated. My grandparents fought a lot too. I don’t think my grandparents really knew how to control their emotions. I think they were two sad, struggling adults who had probably been beaten-down throughout their adult years, maybe even abused as children.

Abuse has a way of changing the brain, making people (and other animals) respond in a primitive, overly emotional way. While anger is often displayed, the real feeling is fear. It’s like everything is experienced as a threat – what people say, how they look at you . . . When you’re abused, you feel like you have to constantly look over your shoulder to stay safe and fend off any threats that come your way. It’s not like you try to be angry or mean, it’s more like that’s the first feeling that shows itself whenever you feel threatened – or challenged – or attacked – or even believe any of this is happening. The brain is wired to react in a hyper-emotional way.

Shep sure acted like this. So did my grandparents. So do many patients at Fountain Centers. One thing people do to control emotions that overwhelm them is use alcohol and other drugs. People learn quickly that drugs are remarkably effective at taking away negative feelings, at least in the short-term. Of course negative feelings – pain and distress – actually intensify when a person is in withdrawal, and using drugs never solves problems. They’re just buried for a little while.

People can do what Shep never could have done. People can develop skills to manage intense and overwhelming emotions. We can learn how to calm ourselves – self-sooth. People can learn to be attentive to triggers for negative emotions and outbursts. We can stop before reacting, take a break, and improve our ability to talk through strong feelings. Each of these things decreases the chance of reacting intensely. It also decreases the likelihood of using, and it increases a person’s sense of control and, ultimately, satisfaction in life.

As I think about my grandparents, I feel a deep sense of sadness for them. No one was there to help them figure any of this out, but they left me with a very important life lesson. They taught me that some dogs bark not because they’re mean but to protect themselves, and I believe people are no different. I’d like to invite you to consider this idea too. The next time you find yourself reacting with intense emotions, take a break for a bit, calm down, and reflect on what’s going on for you. Maybe you’re reacting so strongly because you’re feeling the need to protect yourself. Maybe you can find peace by responding differently. Maybe you’ll feel safer when you begin to control your emotions rather than the other way around.
After more than three decades with Fountain Centers, Jo Engelby, currently a counselor at Fountain Centers in Rochester, Minn., will be retiring on March 31.

“It was such a difficult decision to make,” she says of retiring, “but I’ve worked toward this and my children support this decision. It’s time.”

Engelby started as a treatment technician on Fountain Centers’ Albert Lea campus after six months of sobriety, and has been with Fountain Centers ever since. As a treatment technician, she was part of the team who set up the Fountain Centers program in Angola, Indiana, in 1986. She worked as a counselor with the inpatient units on the Albert Lea campus after completing Fountain Centers’ counselor training program in the late 1980s.

“I was probably one of the last classes through that program,” she says. “I ended up quitting my treatment technician job and just worked with the counselors. I documented over 2,000 hours while in that program.”

Engelby, who lives in Hayward, Minn., has been commuting to the Rochester office for 15 years. When asked what she’s enjoyed the most during her tenure with Fountain Centers, she fondly recalled setting up the Indiana program.

“It was such an honor,” she says. “I was there for about one month and at that time in my recovery, I felt really good about the work I was doing. It was also my first airplane ride!”

After struggling through a divorce and custody issues of her children, Engelby was admitted to Fountain Centers for alcohol abuse in March, 1981. It wasn’t until she completed treatment and was in the aftercare program, that she was encouraged to get a job as a treatment technician.

“I was a displaced homemaker,” she says. “I’ve filled out two applications in my whole life. One for a fast-food restaurant, and I never heard from them, and one for Fountain Centers.

“I had no self-esteem at that time, but people I worked with kept saying, ‘You have a gift, you have a gift Jo and you need to share it,’” she says. “I have a passion for working with people facing addiction. Someone believed in me and I wanted to pass that on. I wanted to pass my gratitude on.”

While her retirement plans are still, “up in the air,” Engelby does plan on working in her garden this spring and summer and spending more time with her children, grandchildren and great-grandchildren who all live in the Twin Cities area.

“Being in this field wasn’t a goal of mine back then, but circumstances have definitely worked out that way and I’m so thankful,” she says.
“It’s going to be a son of a buck, but you’ll get through it.”

Lyle Muller recently celebrated 33 years of sobriety.

Lyle Muller’s daughter had recently moved back home from California, and as he was on medical leave at the time, he offered to babysit his three-year-old grandson.

“My grandson and I had quite the time together,” he recalls. “My wife, Joyce, would go to work, my daughter would drop my grandson off, and we would go out on adventures. But I’d always pick up a quart of Bud Light on those adventures.”

Muller says the drinking eventually caught up with him and he was drinking every day and every night. He also received two DUs.

Muller was admitted into Fountain Centers’ Forest City, Iowa, program on Sept. 27, 1982, although he wasn’t entirely convinced he needed to be there.

“I told them I’d play their games and then get the hell out,” he says, “but the Forest City program had this thing where if you weren’t getting along too well in your recovery process they would room you with someone who was making good progress.”

Muller ended up sharing a room with John Galvan.

“John said that medallion he got meant more to him than the piece of paper he got from Iowa State,” Muller says, “and he was a very successful architect. That really turned me around. I spent 45 days in treatment. I got my chip in the middle of October.”

Muller insists his story is no different than anyone else’s. He says his family was very supportive during and after he completed treatment. He and Joyce have been married for 65 years.

Muller recently celebrated 33 years of sobriety and has stayed involved with Fountain Centers. During treatment in Forest City, Muller became friends with Mike McGinnis, but lost track of him over the years.

“But then I picked up an issue of the Lifeline and there he was,” he says. “He had done a program for Fountain Centers and it said if you wanted more information to contact Jenine Koziolek, so I did.”

So Muller, Joyce, and a friend, John Smith, met Mike and Jenine for lunch and to reconnect. “It was wonderful and I’ve stayed in touch with Jenine ever since.”

Muller has also lectured for Fountain Centers and while he still goes to a weekly AA meeting, he no longer actively sponsors anyone, “but I spend a lot of time on the phone. I talk to people and kind of sponsor them in that way,” he says, “unofficially.”

When asked if he had any advice for people recently out of treatment, he recommends the following:

- Go to meetings and get a sponsor with at least one year in recovery. They’ll make your recovery a lot easier.
- Get involved in the recovery community.
- Be honest and don’t be bashful.
- Don’t drink.
- If you run into trouble, call someone.
- Listen closely to the crusty old farts. Their longevity is nice, but we all did it one day at a time or one second at a time.

“IT’s not going to be easy, it’s going to be a son of a buck, but you’ll get through it.”
April is Alcohol Awareness Month

Keep your family safe:
Talk to someone about the dangers of alcohol abuse
Talk early, talk often: Parents can make a difference in teen alcohol use

The need to provide meaningful education on the dangers of underage drinking and drug use has never been greater. And it is important to know that parents can play a significant role. As kids get older and alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will “get through it,” or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with your children about drinking and drug use, but it will be well worth the effort you put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50 percent less likely to use these substances than those who don’t have such conversations.

As a parent you can be a primary source of positive and reliable information and it is important to take advantage of “teachable moments.” It’s not so much about “the big talk,” but about being there for them when the issues come up -- on TV, at the movies, on the radio, about celebrities or sports figures, or about their friends. Don’t miss your opportunity to teach your kids. If you do, they will get their information from the media, the internet or other sources that not only misrepresent the potential negative impact of alcohol and drugs but actually glorify their use!

You have more influence over your kids’ attitudes and decisions about alcohol than you think. So start early! Children go through many different stages as they grow up and what’s appropriate to tell an 18-year-old and a 9-year-old can vary quite a bit. Yet, it’s never too early to begin the conversation. The more informed children are, the better off they’ll be.

According to the National Council on Alcoholism and Drug Dependence (NCADD), here are some basic guidelines to assist you:

- Listen before you talk: Encourage conversation. As parents we want to have “all the answers.” And, sometimes we are so anxious to share our wisdom -- or our opinion -- that we don’t take the time to listen. For kids, knowing that we are really listening is the most important thing we can do to help.
- Talk to your child and ask open-ended questions: Talk to your child regularly -- about their feelings, their friends, their activities. As much as you can, and sometimes it’s not easy, try to avoid questions that have a simple “yes” or “no” answer.
- Be involved: Get to know your child’s friends and continue to educate your child about the importance of maintaining good health – psychological, emotional and physical.
- Set expectations, limits and consequences: Make it clear that you do not want your child drinking or using drugs and that you trust them not to. Talk about possible consequences, both legal and medical, and be clear about what you will do if the rules are broken.
- Be honest and open: Care about what your child is going through as they face and make decisions that will affect their lives now and for the future.
- Be positive: Many parents have discovered that talking about these issues with their children has built bridges rather than walls between them and have proudly watched those children learn to make healthy, mature decisions on their own.
- Family History: Both research and personal experience have clearly documented that addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you have a family history of problems with alcohol or drugs, be matter of fact about it, as you would any other chronic disease, such as heart disease, diabetes or cancer.

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Article adapted from ncadd.org.
Excessive alcohol use, is it still an issue?

Jenine Koziolek, Outreach Specialist

There was a Dec. 22, 2015 Washington Post article written by Christopher Ingraham titled, “Americans are drinking themselves to death at record rates.” In this article, Ingraham draws attention to the national focus that has been placed on the overdose deaths related to heroin and prescription painkillers and while this deserves significant attention, he pointed out that, “alcohol is killing Americans at a rate not seen in at least 35 years.”

According to the Centers for Disease Control and Prevention (CDC), 30,700 Americans died from alcohol-induced causes in 2014. If we include deaths from drunk driving, other accidents and homicides committed while under the influence of alcohol, the estimate is closer to 90,000 (opioid overdoses were estimated at 28,647 in 2014).

This number is representative of alcohol-induced deaths. It doesn’t account for the other major effects alcohol has on our society such as family problems, hospital and emergency room department visits, and alcohol-related crimes among others. Excessive alcohol use was estimated to cost the U.S. $249 billion in 2010.

Is excessive alcohol use still an issue? My answer a resounding YES.

I’m certain the next question on your mind is, “What can we possibly do about this?” While we have no control over how people choose to consume alcohol, we all have the opportunity to make the difference by participating in intervention and prevention strategies. Contact your local prevention coalition about how you can get involved or contact me or Ric Staloch to learn more about how to support individuals that are working on reducing or quitting their own chemical use.

Thoughts on stigma from NCADD’s Founder, Marty Mann

Excerpt taken from www.ncadd.org

“A few among you consider alcoholism a proper subject for open discussion, few among you would willingly label yourself, or a friend or colleague, an alcoholic, and even fewer would be able to recognize alcoholism early, when there is the best chance for recovery.

“All of this is the result of stigma, a state of mind which is essentially mindless since it overlooks all the things which have been learned; a state of mind which produces public attitudes that are anti-therapeutic to say the least. In bold language, Stigma Kills.

“Stigma manifests itself in many ways; in false beliefs, such as that alcoholism is a moral problem and alcoholics moral delinquents; or that alcoholism is simply a matter of will power and alcoholics are weaklings; or that alcoholism is a deliberate self-degradation and alcoholics are simply letting themselves slide downhill—‘throwing their lives away,’ or that alcoholism is only found among homeless indigent derelicts—‘Skid Row bums’; or finally, that alcoholism is a hopeless condition and alcoholics are all ‘hopeless drunks’ (spoken as one word).

“The results of stigma are also many, and all are destructive. The family that has an alcoholic in its midst goes to great lengths to conceal this, and the fellow workers of the alcoholic—often including his immediate superiors—cover up for him, keep giving him ‘one more chance to straighten up.’ The friends, neighbors and others in more casual contact with the alcoholic carefully look the other way. All are participating in a great conspiracy of silence, many of them in the mistaken belief that they are protecting the alcoholic when actually they are preventing him from getting help.”

A message from Fountain Centers:

Don’t stay silent. If you, or a family member, friend, neighbor, or colleague are struggling with alcohol use, call for help today. Save a life!
The COST of Excessive Alcohol Use

A Drain on the American Economy

Healthcare $28 billion

Workplace Productivity $179 billion

Collisions $13 billion

Criminal Justice $25 billion

$249 billion loss

www.cdc.gov/alcohol
What a good time of year to reflect on our recovery to see that we are still growing. With springtime comes a fresh start and new growth. Our recovery should always be growing as well. For me that means keeping it fresh and trying new things. Some may argue that I am a creature of habit and they don’t see me trying a whole lot of new things. But I am like the mighty oak and my growth is slow.

Although here in Minnesota we are probably still looking at our snow covered yards, be assured that as spring comes upon us, new growth is taking shape. As spring time progresses, the snow melts, the earth warms, and we soon see signs of growth. The grass turning green, trees starting to bud and the daffodils and tulips sprout from the ground. As the days of sunlight get longer and we can start to shed our winter coats, how can we not feel happy and relieved that the long winter is finally over.

The comparison to my recovery is an easy one. The relief I felt a couple days after the last time I went to treatment of course was much greater than the relief of making it through another winter. The relief I felt that I was not trapped in the grip of my addiction and that there was hope for a better tomorrow was much like the relief (gratitude) I feel in recovery I get to experience again and again. Like my lawn and garden, my growth in recovery reflects how well I care for it. My lawn and my recovery soon get shabby without care. As I would prune off the dead branches of my trees and bushes I also need to work at removing the defects of my character. This has to start with a thorough examination. And by pruning off the dead and dying branches from my trees and bushes I allow the plant to concentrate its energy on new growth. The same holds true as I work at removing my character defects. Whereas my plants grow fuller and healthier as I care for them, my recovery grows in spirituality, acceptance, humility, and serenity. And my life becomes fuller and healthier.

Like the sun warming the earth and freeing the frozen waters, my recovery warmed my heart and freed me from the hard and set ways of my addictive thinking. Sometimes the unthawing in the spring brings floods. Water overflows the riverbanks and creates problems. But with time and the power of gravity, the river returns to its banks. The same is true with my thinking. Sometimes I think I can do this on my own and I create my own problems. But like the power of gravity that can restore order to the river. My higher power and recovery program can restore order to my life.

So as spring seems to awaken our landscape let it also awaken us. Take time to notice the tiny streams of water as the snow and ice melt. See the buds on the trees and the plants sprouting out and turning the earth green. Let the sun warm our hearts so we can smile and be kind to each other. And just as winter releases its cold icy grip on earth, let’s try to release our resentments and forgive others and ourselves. And as each spring brings a new beginning, we can let each day be a new beginning for us to once more experience the joy of living. Stay Gold.
Donations needed, much appreciated

Patients in our residential and extended care treatment programs have the opportunity to participate in many different leisure activities including arts and crafts, reading and games. Bingo is a favorite on the women’s unit!

If you or someone you know has games or puzzles you aren’t in need of anymore, please consider donating them to our units. We are also always looking for small bingo prizes. Contact Dani Krogman, therapeutic recreation specialist, at 507-377-6411 to arrange.

Giving back

Joni Burns-Duenes, Nurse Manager

People go into the nursing profession for many reasons. For some, it is the family career choice. For others, it is because of a mentor or passion you have for the job. For Kari Blair, it was a major life event that triggered her interest. In 1988, recently graduated from the now-named Riverland Community College’s LPN program and new in recovery, she wanted to give back to Fountain Centers and the sober community as a thank you for what they had given her: a new life and guidance along the way. Kari was transitioning from the single mother of three and living in low-income housing to a more stable career and the security that comes with it. Kari started out on the medical/surgical hospital floor on the Albert Lea campus of the now-named Mayo Clinic Health System – Albert Lea and Austin. She became aware of the opening at Fountain Centers when Tonia Lauer, then Human Resources director, spoke to Kari’s class about open positions at the medical center. She was “in.”

Now, 28 years later, Kari is able to sit and reflect on her passion for giving back and what working at Fountain Centers has given her: staff connections, biking around the lake with a coworker after her shift was over, talking about AA topics in a counselor’s office while smoking with coworkers, the “gym” where Fountain Centers had recovery activities and alumni events on the campus, and all of the staff that were in recovery.

She also remembers everything being on paper. There wasn’t an electronic medical record and things such as health physicals were all done by hand by Ted Myers, M.D., the medical director at the time. She adds that while “people, circumstances, and time changes things” she is still running strong here at Fountain Centers through those many changes. After 28 years she still enjoys coming to work at Fountain Centers each day to share her own strength and hope.

For those out there seeking a new career path or have a passion for nursing, Fountain Centers is currently recruiting for open nursing positions. For more information about current opportunities within nursing at Fountain Centers, visit our careers page at mayo-clinic-jobs.com.

Joni Burns-Duenes, Nurse Manager
Kari Blair, LPN
Adult Women’s Residential Program

We are attentive to the unique needs of women, including those who may have experienced trauma or abuse in their lives, and use treatment interventions to ease distress and support emotional and spiritual growth. Our primary goal is to restore hope and healing to those with alcohol and other drug problems and their families. We focus on making our program safe and supportive for those seeking to overcome alcohol and drug use problems with all of our staff trained to support a culture of healing and recovery.

Aspects of the Program

- Monitoring for withdrawal and medication-assisted therapy in a sub-acute setting
- Assignment to a primary counselor who coordinates and directs all aspects of treatment
- Individualized treatment plan
- Group therapy to explore chemical health issues, factors influencing chemical use, and implementation of strategies to live a healthier life with a particular focus on issues such as relationships, spirituality, sexuality, and self-concept
- Individual counseling as needed
- Family education and family group to support an open dialogue about chemical health issues, healthy family functioning, and strategies for healthy living
- Leisure and recreational activities
- Skills-based groups including:
  - Relapse prevention
  - Motivational enhancement
  - Managing your mental health
  - Healthy living
  - Twelve step facilitation therapy based on the behavioral, spiritual, and cognitive principles of Alcoholics Anonymous and Narcotics Anonymous

All patients have the opportunity to attend self-help support groups in the community as well as at the facility while at Fountain Centers.

Recovery Support Services

We recognize that treatment is only the beginning of the healing process. We work hard to help the patient to create a continuing care plan that reflects their needs after discharge. We are here to provide support even after the program is completed.

- Telephone Recovery Support by a trained Recovery Coach
- Outpatient programs across all of Southern Minnesota including locations in Albert Lea, Austin, Faribault, Mankato, Owatonna, Rochester, and Waseca
- Recovery Support Group with a trained peer facilitator in each of the outpatient locations
- Sober activities organized by our LIFE Club alumni group and designed to put the fun in recovery

Visit our website fountaincenters.org to see a sample schedule and learn more about the program or call 1-800-533-1616 for more information on treatment.
Danica Reiser, LADC
Danica has been a clinical supervisor for Fountain Centers since 2011. Prior to her role as a clinical supervisor, Danica was the primary adolescent unit counselor and float counselor in which she began her employment in May of 2008. She graduated from Minnesota State University - Mankato with a B.A. in alcohol and drug counseling/corrections and is currently working towards the completion of her master’s degree in mental health counseling. Danica lives in Owatonna with her husband and enjoys spending time at their lake lot every weekend.

Deb Engelby, Lead Treatment Technician
Deb has been working for Fountain Centers for the past 9 years, primarily on the women’s unit since it opened in October, 2007. Prior to Fountain Centers, she worked in retail in many different roles including personnel manager. Deb has reaped the benefits of Fountain Centers and recovery in herself as well as many friends and family members. Her life outside of Fountain Centers belongs to her children, grandchildren and friends. She enjoys reading, exercise, family vacations and time outdoors.

Ashley Casey, Temp-ADC
Ashley experienced an unfortunate life event at the young age of 2, when her mother was killed by a drunk driver. At age 8 she began speaking with her grandmother at Mothers Against Drunk Driving (MADD) victim impact panels, conferences and schools. Her passion to teach others about the dangers of problem drinking continued into high school when she participated in Youth In Action which lobbied to lower the legal blood alcohol content (BAC) to .08, add a dime on tap and ensure keg registration. She always knew she wanted to go into the helping field and this was solidified when close family members struggled with their own addiction. “I know how powerful this disease is and how fast it can uproot your entire forest,” she says. Ashley has since graduated with a B.S. degree in alcohol and drug studies from Minnesota State University - Mankato and is currently pursuing her license in alcohol and drug counseling. She plans to continue her education and pursue a master’s degree. Outside of Fountain Centers Ashley enjoys spending time with her family including four children and her two English Mastiff dogs.

Sara Villa, Temp-ADC
Sara was raised by her grandparents starting at the age of 5, due to significant mental health and chemical dependency on both sides of her family. She’s always had a passion for helping others work through their problems, and understanding how the human mind works. Sara graduated with a B.S. degree in psychology, and minor in alcohol and drug studies from Minnesota State University - Mankato and recently passed her exam to receiving her license for alcohol and drug counselor. She interned with Fountain Centers on the adolescent unit, and started at Fountain Centers as a float counselor in December, 2014. She recently started a new position as a primary counselor on the women’s unit. Sara enjoys spending time with her family and friends, painting ceramics and going on motorcycle trips with her fiancé.

Leslie R. MacBride, MS, LP
Leslie is a licensed psychologist who comes with a background in co-occurring disorders and chemical dependence. During her 20+ year career she has worked with children, adolescents and adults with mood disorder, personality issues and behavior problems. She came to work at Fountain Centers in 2011 after spending three years at Mayo Rochester in medical research with endocrinology/metabolism and stress-related aspects of cardiology. Leslie is a classically trained musician and artist. She is concerned about the ethical treatment of animals and problems of extreme poverty in the third world. She lives in Rochester, as do her adult children. Her son is a computer engineer and her daughter runs her own business. Volunteer interests are hospice, training service animals and working with isolated communities of the Amish with major mental health concerns.
Fountain Centers touched many lives in 2015

What people are saying about treatment at Fountain Centers

“It helped me to stay sober and want to stay sober. It changed my attitude.” – Carter B.

“Fountain Centers not only taught me good coping skills, but also showed me behaviors I needed to change and humility.” – Andrea G.

“I had a great experience here. I enjoyed it being a smaller group of women. I found it much more helpful than a larger group. The education groups were very well presented and easy to understand.” – Jacalyn L.

“At first it was scary, both the place and also uncovering things that are deep within. During treatment things came out that were so simple and silly. I can now recognize my emotions again and how I feel in certain situations.” – Derric A-M.

Recovery:
Heals relationships and ultimately impacts family, friends, co-workers and more!
“Bikes for Barker”
9th Annual Scholarship Fundraiser
Supporting students pursuing careers in chemical dependency counseling
SATURDAY, JUNE 25, 2016

BENEFIT BREAKFAST Serving pancakes, eggs, bacon and more at the Albert Lea American Legion, 142 N. Broadway, from 9 to 11:30 a.m. Suggested donation: $5.

MOTORCYCLING Starting at the Albert Lea American Legion, the route is a scenic 100-mile motorcycle run. Registration is at 9 a.m.; bikes will leave at noon. Cost: $20/motorcycle.

BICYCLING Starting at the head of the Root River Trail in Fountain, Minn. Ride is approximately 11 miles, downhill and kid-friendly, to the City Park in Lanesboro, Minn. Registration: 1 to 2 p.m., in Fountain, Minn. Cost: $10/bicycling family.

A free shuttle service will be leaving from Lanesboro at 4 p.m. to bring bicyclists back to the trail head to pick up their vehicles.

BOTH RIDES END AT THE LANESBORO CITY PARK FOR THE BIG CELEBRATION!
Lunch will be provided. Suggested donation: $5.

SILENT AUCTION Will take place during the breakfast and will end at 11 a.m.

RAFFLE $5/ticket, prizes include: Trip for two to Las Vegas or destination of choice arranged with Four Seasons Travel in Albert Lea ($1,000 value), two prepaid Visa cards valued at $250 each, and other prizes.

FOR MORE INFORMATION Call Brad, 507-259-2362 or Sparky, 507-440-1562.
facebook.com/BikesforBarker fountaincenters.org gbmscholarship.com #BikesForBarker
Recovery Support Groups
open to anyone in recovery

Fountain Centers’ Recovery Support Groups are for anyone in recovery. They are peer-led groups that do weekly check-ins where they share their high points and low points of the week and how they handled them. Each participant is encouraged to identify and share weekly goals and they give and accept support from peers. All of the groups are held at Fountain Centers’ locations. Participants are asked to be sober to attend. Contact Ric Staloch at 507-377-6711 with any questions. Locations and times include:

**Fountain Centers in Albert Lea**
408 W. Fountain St.
Monday 6 p.m.
507-377-6411

**Fountain Centers in Austin**
101 14th St. N.W.
Wednesday 10 a.m. & 5:30 p.m.
507-434-1890

**Fountain Centers in Fairmont**
828 N. North Ave.
Tuesday 10 a.m. & 6:30 p.m.
Thursday 5:30 p.m.
507-238-4382

**Fountain Centers in Faribault**
2301 4th Street N.W.
Wednesday 5:30 p.m.
507-334-6413

**Fountain Centers in Mankato**
1400 Madison Ave. #326
Tuesday 10 a.m. & Wednesday 5 p.m.
507-625-3372

**Fountain Centers in Owatonna**
134 Southview St.
Wednesday 5 p.m.
507-451-0511

**Fountain Centers in Rochester**
Cedarwood Plaza
4122 18th Ave N.W.
Monday 5:30 p.m.
Wednesday 5:30 p.m. (adolescent only)
507-252-0818

**Fountain Centers in Waseca**
505 S. State St. Suite 6
Wednesday 5 p.m.
507-835-4342