

THIS IS WHO WE ARE.



**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

Highlights & Lessons from a Camelot Era of Recovery Advocacy

presented by

Jeremiah Gardner

Hazelden Betty Ford Foundation



Mall of America – Bloomington, MN



Freedom
Fest
76

One Day



One Day – A Reflection



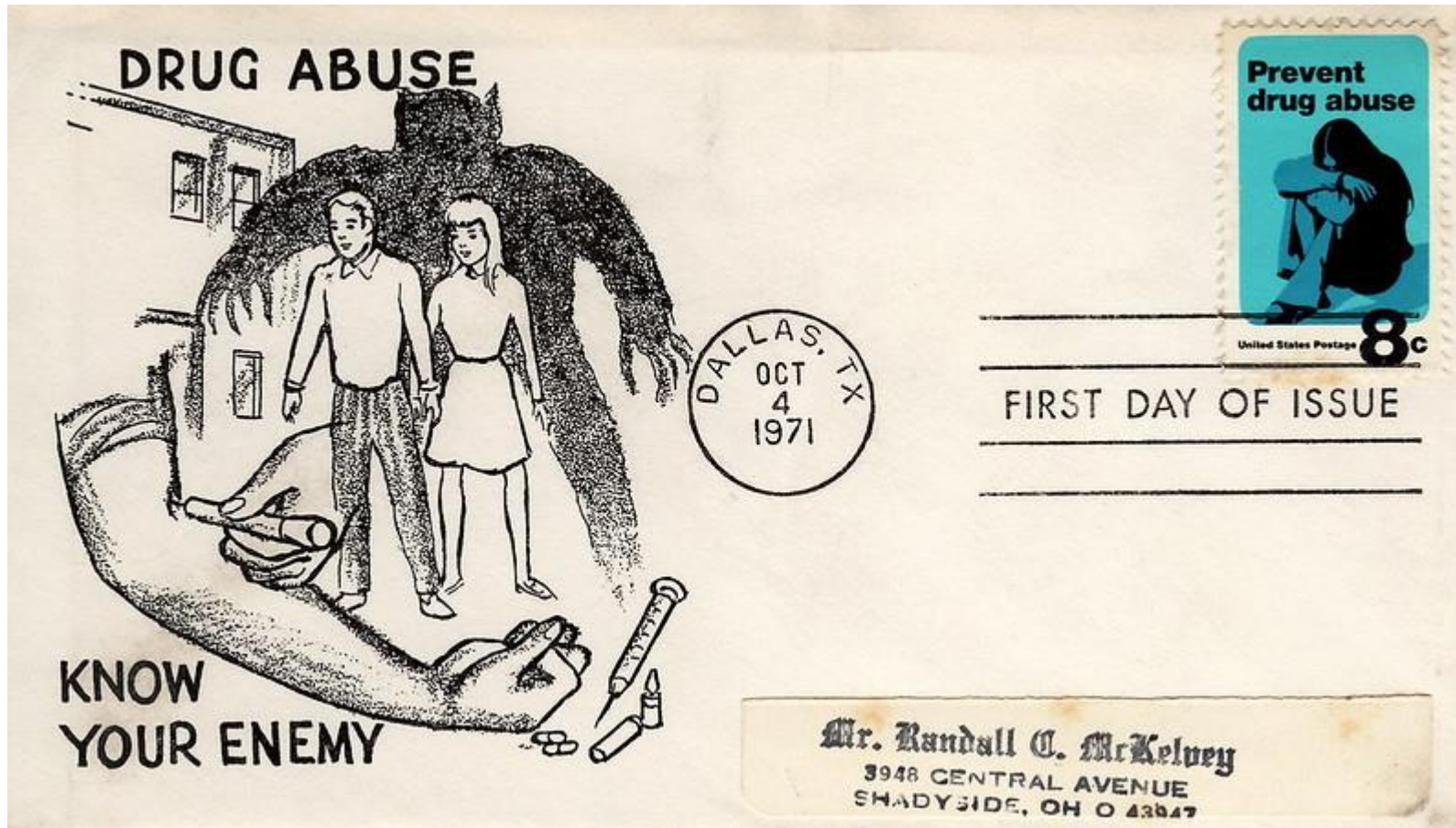
Abbreviated Timeline

- **1970s:** A Brief but Spectacular Era of Recovery Advocacy, Establishing Roots Still Growing Today
- **1980s:** The Movement Stalls Amid Drug War (“re-stigmatization, de-medicalization, re-criminalization”)
- **1990s:** A New Recovery Advocacy Movement Begins to Emerge
- **2001** – Faces & Voices of Recovery is Born

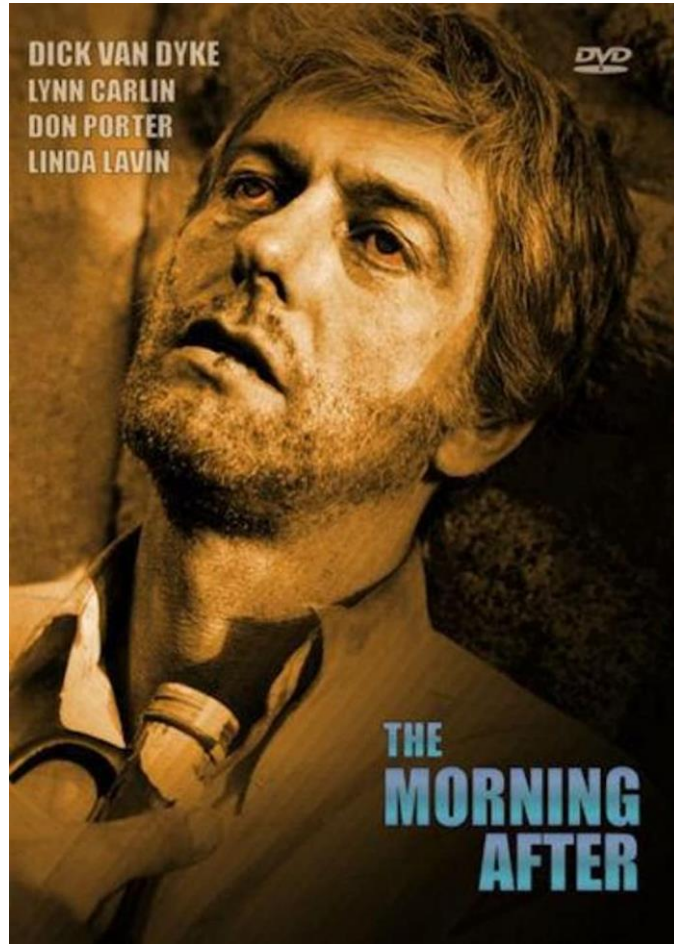
Some Environmental Context

- **1970** – Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act
- **1971** – Bill W. dies
- **1971** – Nixon declares drugs public enemy #1; Drug War begins
- **1973** – DEA established
- **1975** – Vietnam War ends

1971



1974



A new approach to women alcoholics

'Women for Sobriety' founded in Quakertown

By Nancy L. Wylie

A nonprofit corporation dedicated to reaching and rehabilitating women alcoholics has been started in Quakertown.

Women for Sobriety, Inc., states as its aims "to reach women alcoholics and provide them with rehabilitation programs; to provide educational and informational programs to alert all people to the effects of alcohol abuse."

Dr. Jean Kirkpatrick, 32, a native and resident of Quakertown, is the president of the new organization, incorporated July 9. For the present the organization is handling office matters from her home at 384 Franklin St., phone 538-8024.

Other officers of the new group are Dr. Sheva Rapoport, Allentown, vice president; Senja Lowerfish, Dobbs Ferry, N.Y., treasurer, and Natalie Schiffman, Dobbs Ferry, N.Y., secretary.

Dr. Kirkpatrick said she first began working on the concept of the organization about two years ago and believes it to be the only group of its kind specifically devoted to women's problems in relation to alcohol abuse. Other alcoholic rehabilitation programs include both men and women in mixed therapy and discussion efforts, she said.

The organization hopes to open two centers or meeting places by Sept. 1 and is now looking for appropriate sites. One is to be in the Allentown-Bethlehem area and the other is to serve Westchester County, N.Y., where Dobbs Ferry is located.

Future hopes call for centers "all across the country," she explained. Dr. Kirkpatrick will lead group

"...There are at least five million women alcoholics in this country today."

Dr. Jean Kirkpatrick

therapy sessions at each of the two centers herself in the beginning, while training group leaders to take over that role six to eight weeks after the centers open, she said.

She will also write and publish a monthly newsletter for the organization.

A sociologist, counselor and recovered alcoholic herself, Dr. Kirkpatrick said she was prompted to form the organization because of "the crying need for a place where any woman—all women—with this particular kind of problem can get together."

Presently she did some teaching and worked as a technical writer for a textbook firm. She said she met the other officers of the organization through the women's movement, an association she hopes to maintain in relation to the goals of the women-only group.

"For a long time it was presumed male alcoholics outnumbered female ones by 5 or 6 to 1," Dr. Kirkpatrick explained. "Women with drinking problems were often shielded from public view by their families."

"But we are coming to see that it's probably closer to a 1 to 1 ratio now. We know there are at least five million women alcoholics in this country today."

According to Dr. Kirkpatrick, most women alcoholics start drinking in their mid-30s, a stormy time of life when their children are developing identities of their own and the familiar role of wife, mother and homemaker begins to change character. Professional women may find at that point they have struggled to reach the top of their field only to find it now lacks meaning and significance.

The feeling of "What do I do now?" or "Where am I going?" leads to frustration, stress and loneliness. For some, a drink seems like a chance to "cool off" or escape from questions too hard to answer.

As any alcoholic can tell you, one drink is not enough.

Though women alcoholics characteristically begin drinking later in life than their male counterparts, who have more socially acceptable opportunities for "a beer with the guys," women's drinking problems got out of hand faster.

"And when a woman's drinking problem becomes most severe, that is the time she is most likely to be alone," Dr. Kirkpatrick said, based on years of personal research.



Symbol of hope

"Among husbands whose wives are alcoholic, nine out of 10 leave their wives." But men are luckier—"Of women whose husbands are alcoholics, nine out of 10 stay."

"A man who drinks usually can go home to a woman who may not be talking to him, but who stays with the children."

Because of alcohol's physiological effects on the human system, men who drink heavily become impotent. Though the desire may be there, they become physically incapable of enjoying sex.

But women drinkers may become quite promiscuous under the influence, which does little to resolve the emotional and family problems which may have sent them on the road to a fifth day in the first place.

The hardest problem for the alcoholic is deciding when and where to go for help, Dr. Kirkpatrick said.

The alcoholic is characteristically hostile to other people, full of criticism of even minor things, negative and anti-everything. She feels no one else could possibly understand.

"But one day you wake up so sick you know you have to get help or you'll die."

The disease of alcoholism, like that of drug abuse, causes the body to become physiologically dependent on a foreign substance. Adjustment to alcohol becomes a need for alcohol.

In the end, its absence causes the DT's (delirium tremens), and the accompanying convulsions can cause death. Some heavy drinkers never reach this stage—they may die of liver problems or perish in violent social situations first.

"At a certain point for the alcohol addict there is no turning back the clock—you either stop drinking or you die."

Women for Sobriety's founder is confident from personal experience that going to an appropriate source of help is well over half the struggle for the alcoholic who wants to become a functioning woman again.

"Once she gets through the front door her battle is 75 per cent over—I would put it that strongly," she said.

Weekly therapy meetings will not dwell on members' exploits with alcohol but will deal more with coping now.

The new organization will center on "management of today and the future," its founder said.

"The past is irretrievably gone—thank goodness—we need to learn how to pick up the pieces today and remake ourselves for tomorrow."

The approach of therapy will not be that of the rather detached clinical professional, Senja Lowerfish explained. Dr. Kirkpatrick's skill in counseling women will have the added



dimension of experience, her own emotional and professional background, she said.

Making their organization known to the public and raising funds are the big jobs now facing Dr. Kirkpatrick and her staff. Most of the money is expected to come from individual contributions, even small ones.

"There is no place where professional women, working or middle class women can go for help in solving their particular problems with alcohol," she said.

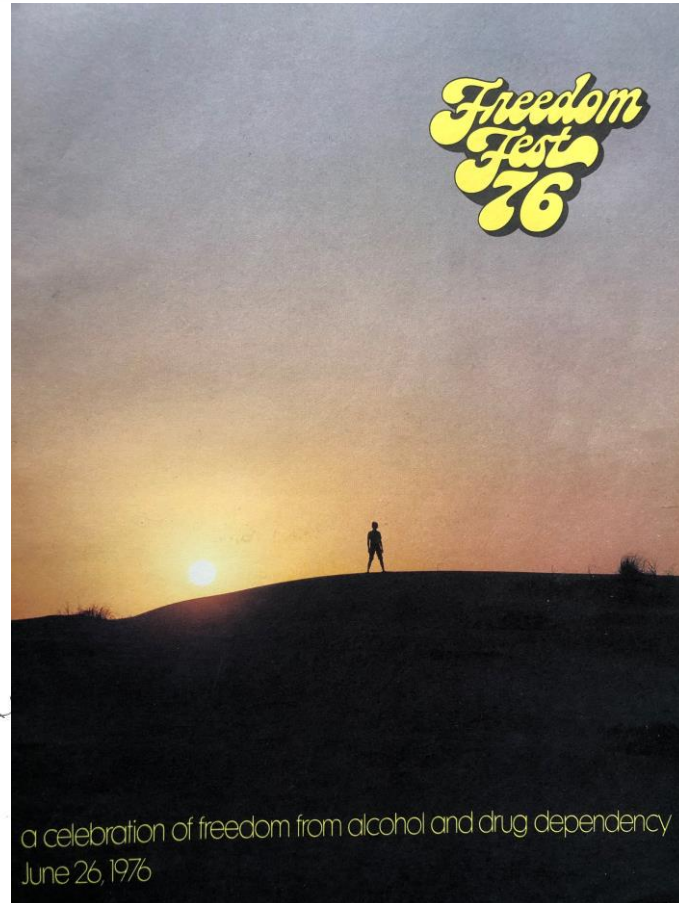
If Women for Sobriety succeeds in its aim, that void will soon begin to be filled.

May 9, 1976

Operation Understanding: Recovered Alcoholics' Challenge to Stigma

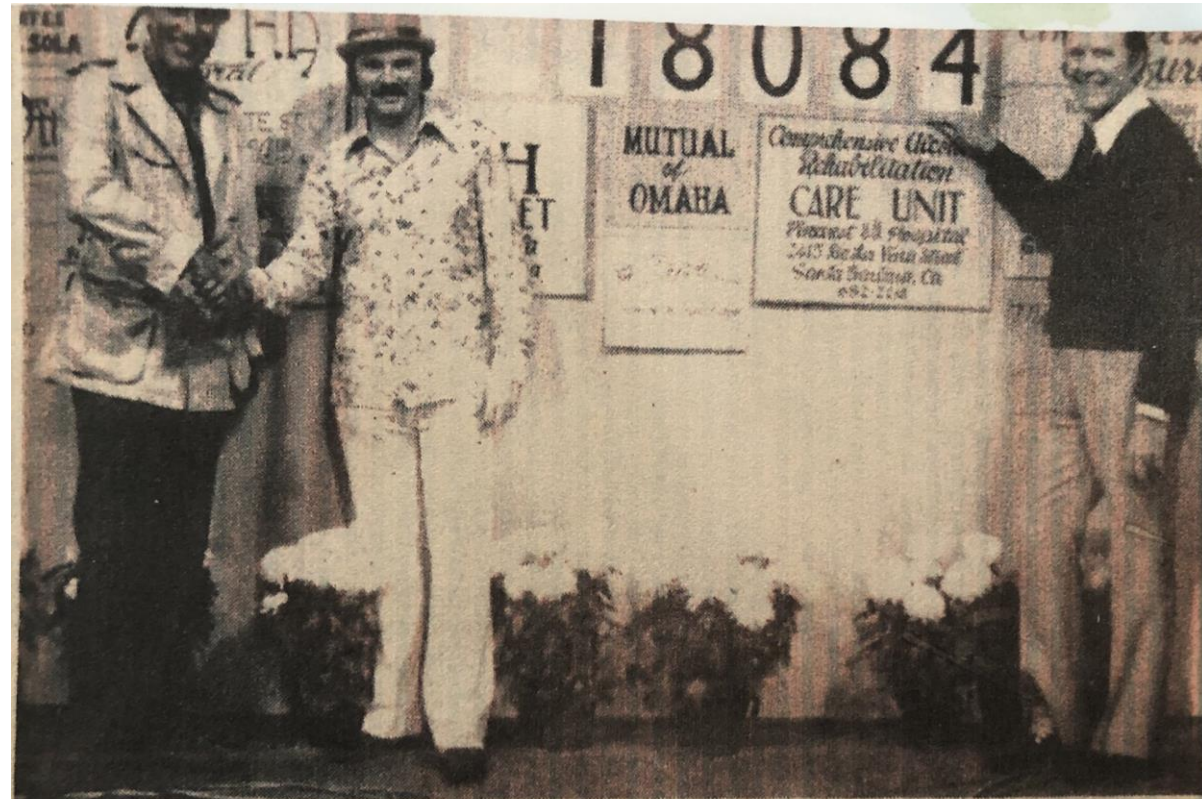


June 26, 1976



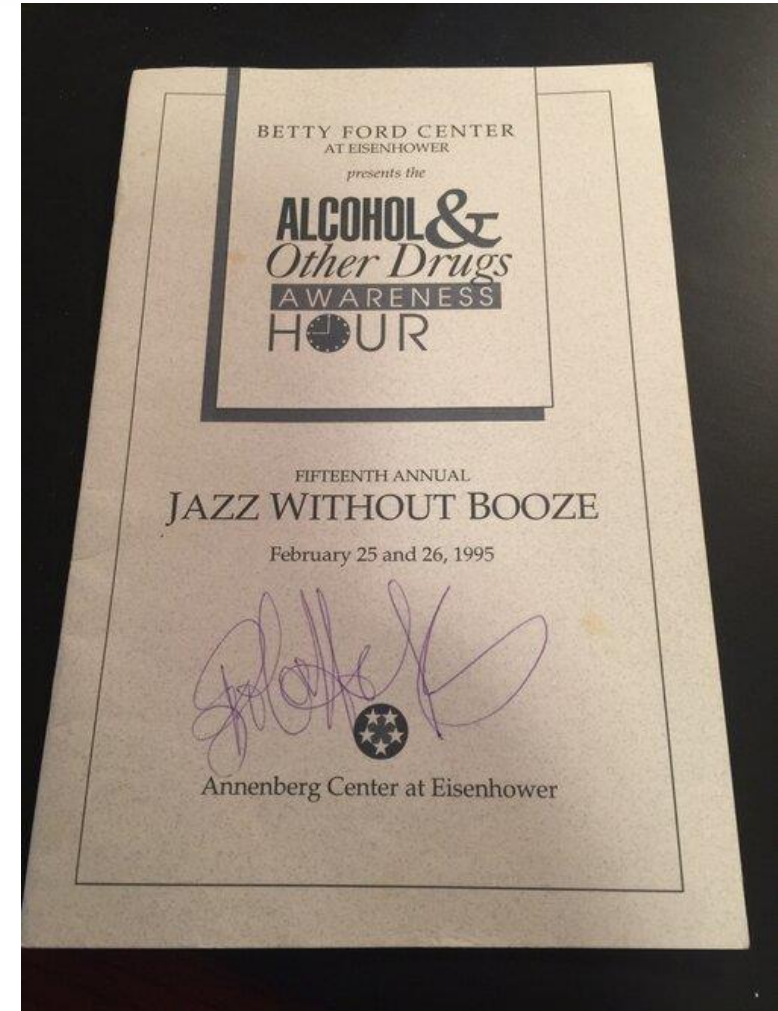
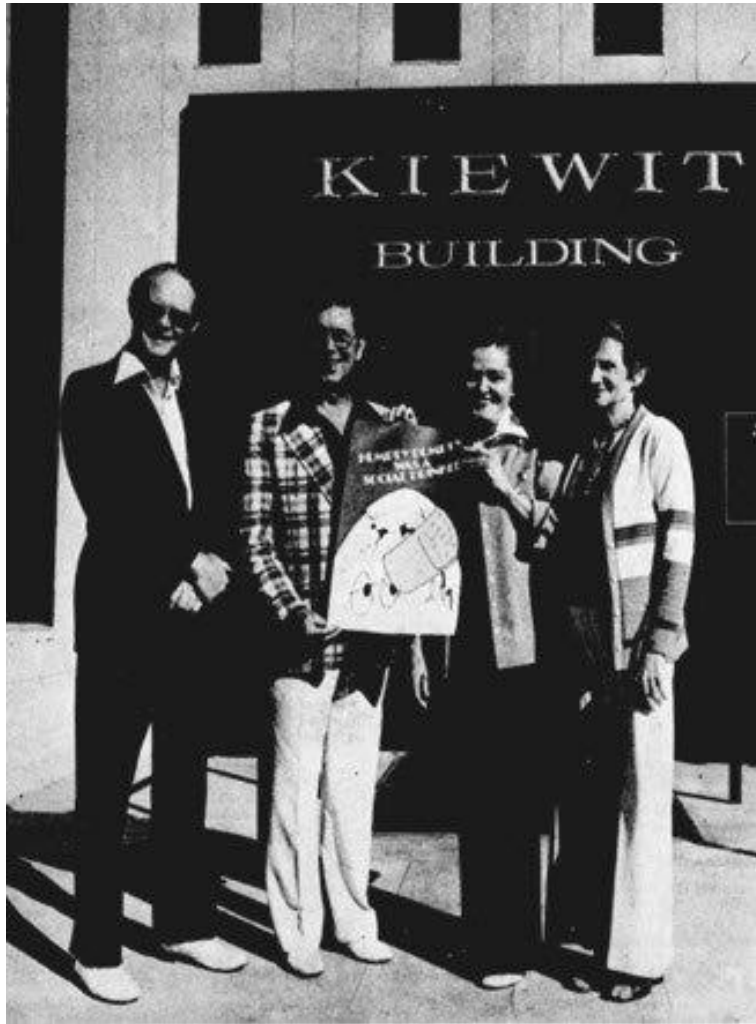
June 28-29, 1976

18 HOURS!
T.V. PERSONALITIES
MOVIE STARS
THE SANTA BARBARA JAYCEES
present
THE NATIONAL COUNCIL
ON ALCOHOLISM
TELE-RAMA
At the EARL WARREN SHOWGROUNDS
COME ON DOWN!
LIVE ON K.E.Y.T. & CABLE CHANNEL 6
LIVE IN PERSON
DICK VAN DYKE
HOWARD DUFF
JAN CLAYTON
GARY CROSBY
BRADFORD DILLMAN
ROSI & The ORIGINALS
MERCEDES McCAMBRIDGE
COMEDIAN DICK CURTIS
RALPH WAITE (The Waltons)
ANSON WILLIAMS (Happy Days)
Former L.A. Dodger DON NEWCOMB
JACK SHELDON (The Merv Griffin Show)
Saturday, June 28th, 11:30 p.m.*
through
Sunday, June 29th, 6:00 p.m.

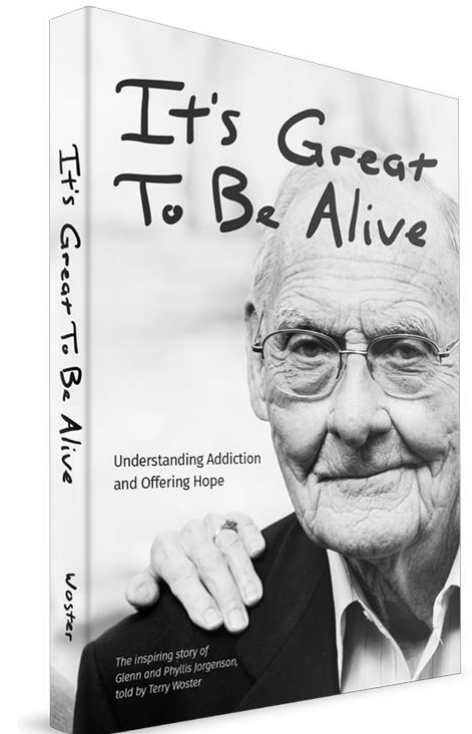


\$18,084 AND COUNTING—Dick Van Dyke (left) congratulates Neil Scott (center) of the local National Council on Alcoholism for the success of the first ever telethon on alcoholism. On the far right is Jack Smith of "You Asked For It" television fame, who was the moderator for the 18-hour event at Earl Warren Showgrounds. (TODAY photo by Stephen H. Smith)

Nov. 13, 1976



Dec. 31, 1976



Jan. 26, 1978



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.

April-May-October 1978

Betty Ford enters hospital for help with 'dependence'

Los Angeles Times

LONG BEACH, Calif.—Betty Ford, wife of former President Gerald Ford, was admitted yesterday to the alcohol and drug rehabilitation center at Long Beach Naval Hospital for treatment of what hospital authorities described as "a problem with medication."

Capt. James Zimble, acting commanding officer at the hospital, denied that the 60-year-old former first lady is in any way addicted to drugs. He would not say which medication is involved or how long she will be hospitalized.

He said she has suffered from arthritis for several years and has "developed a dependence she is trying to overcome." He added that her "condition is fine."

She also issued a statement.

"Over a period of time," the statement said, "I got to the point where I was overmedicating myself. It's an insidious thing and I

mean to rid myself of its damaging effects.

"There have been too many other things I've overcome to be forever burdened with this."

Earlier yesterday, her husband said at a press conference in Tampa Bay, Fla., that she had an acute arthritis attack about a week ago and, "she's not out of the woods yet."

He abruptly canceled personal appearances on the east coast earlier this month and flew to Palm Springs, Calif., to be with his wife, who, he said, was feeling the effects of a bad cold and the pressures of moving into their new home in that desert city.

The decision that she undergo treatment at the hospital in Long Beach, Zimble said, was made last week when it was thought that the former first lady was suffering from the arthritic condition.

But, he said, it later was determined that her ailment was "a problem with medication."

In a statement released through his office in Palm Springs, Gerald Ford said his wife's treatment in Long Beach was in no way related to the cancer that resulted in the removal of a breast in 1974.



Ford



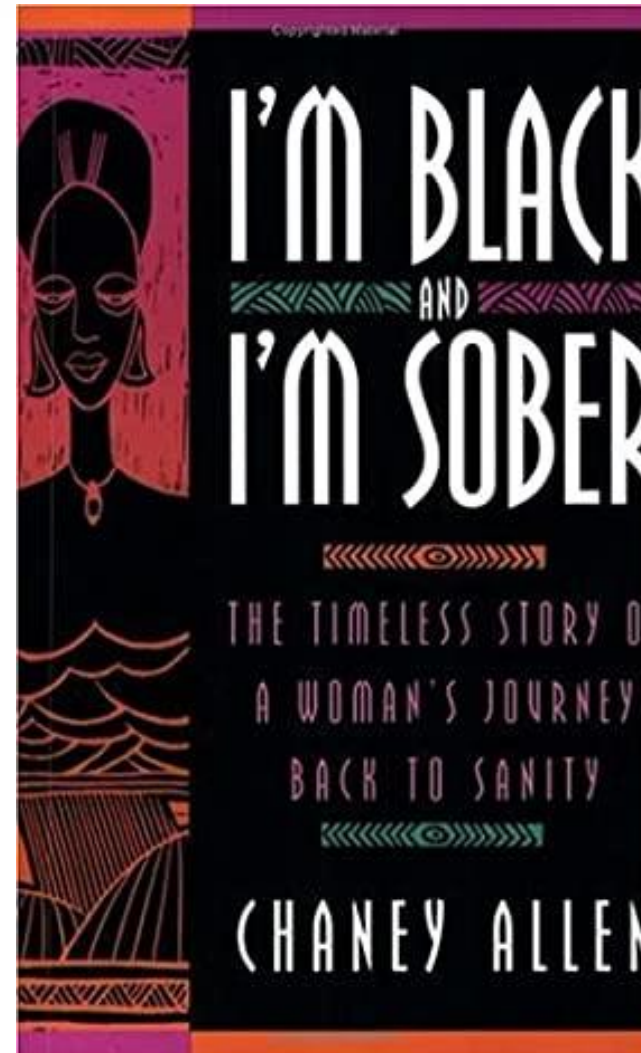
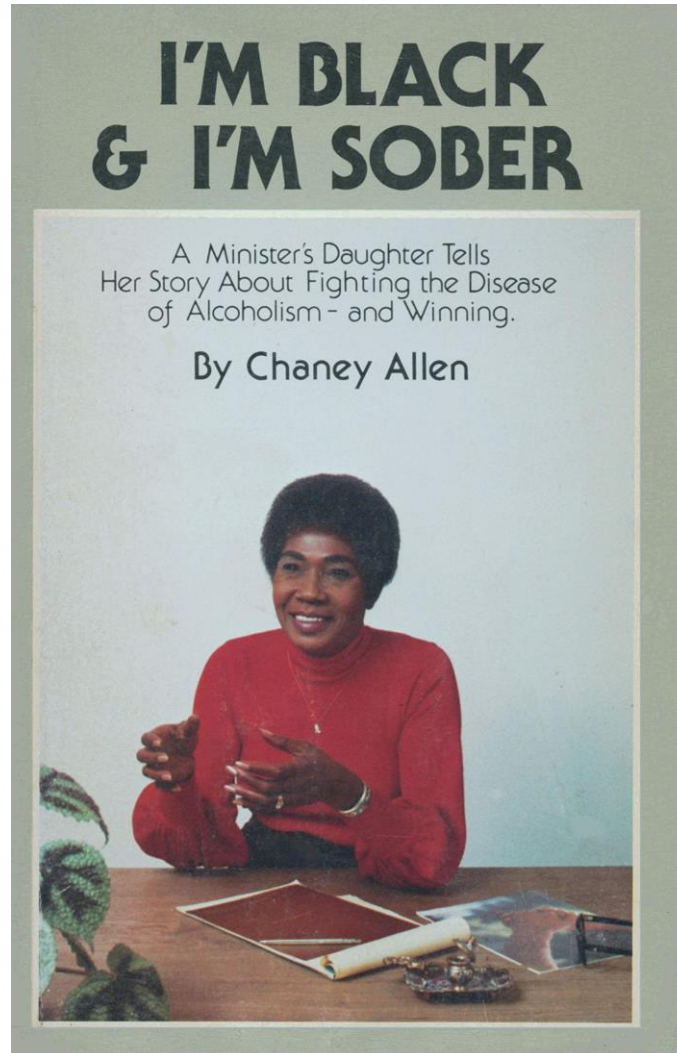
Associated Press

Ford goes home

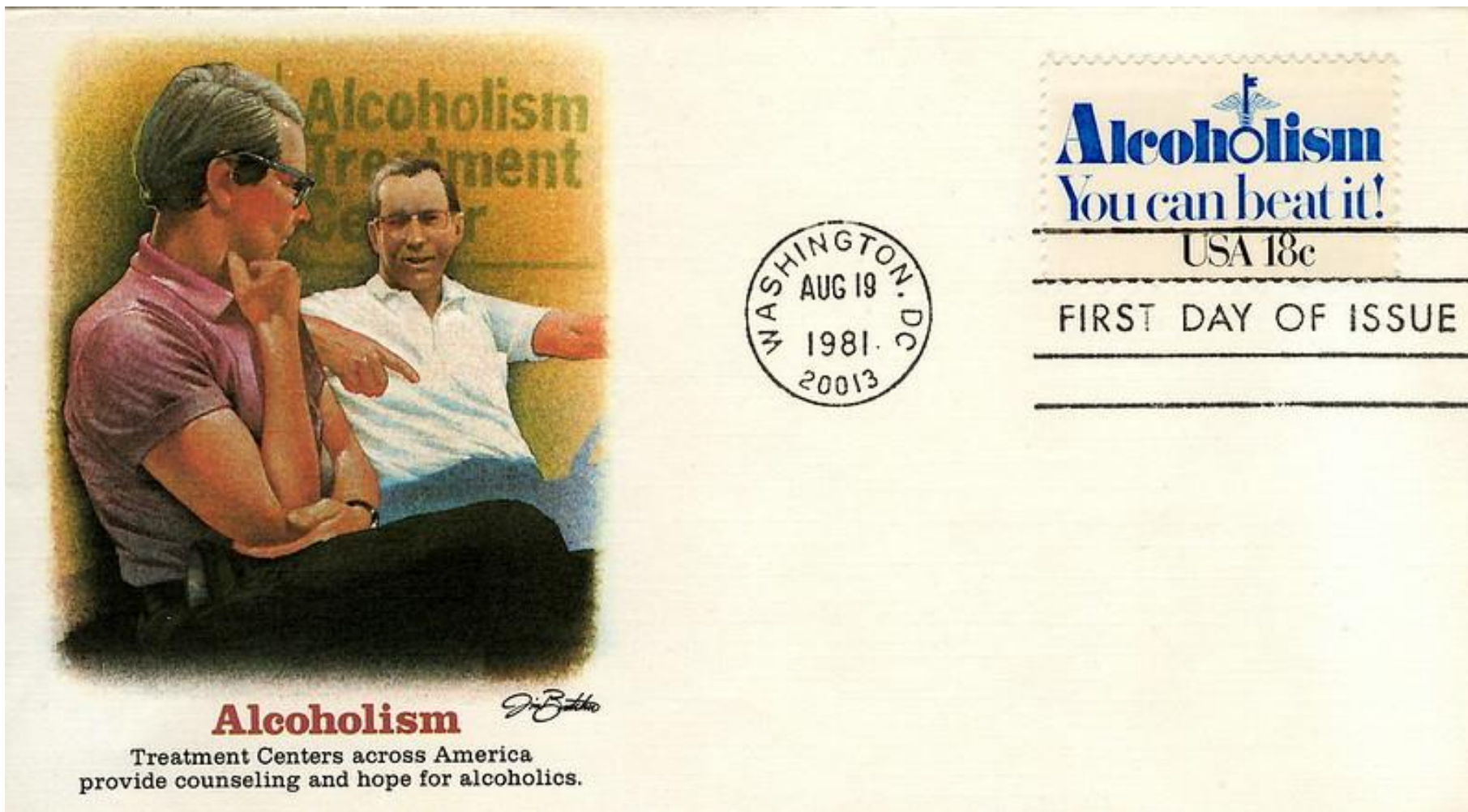
Former first lady Betty Ford looked cheerful but a little tired as she left Long Beach Naval Hospital Friday after nearly four weeks of treatment for addictions to alcohol and medication. Ford, carrying a gold-wrapped package, left the hospital shortly before 6:30 p.m. Central Daylight Time. She did not talk to reporters except to answer, when asked how she felt, "just fine."



June 1, 1978



Aug. 18. 1981



Discussion

- What are some of the threads or sparks carried forward through the 1980s and 1990s, providing a foundation on which Faces & Voices of Recovery and a new recovery advocacy movement could be launched in 2001?
- What's the legacy of this period of recovery advocacy?
- In what ways does the current era of advocacy represent progress from this Camelot era?
- What lessons should we heed moving into the future?

Thank You

Contact Me – let's talk history, recovery and advocacy

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