

## Special 25th Anniversary Edition

### Be Where You Are ... by Russell Forrest

One of the keys to serenity in sobriety is a willingness to be where you are—physically, mentally, spiritually or emotionally—at any given moment. Thus, for example, if you're feeling anxious, you permit yourself your anxiety. Or if confused, you allow yourself your state of confusion. This does not mean that you're grateful for where you are, or resign yourself to remaining there forever. Nor does it mean that having moved on from where you were that you seek to return there another day (you probably will anyhow, such being the way of things). It simply means that you give yourself permission to experience in that moment whatever it is you may be experiencing. No censoring of self; no censuring of self. No expenditure of energy to be otherwise or elsewhere. In the language of twelve-step programs, it involves an acceptance of things as they are. In the game of golf, it means playing the ball where it lies.

Tiger Woods, arguably the greatest golfer of all time, still puts the occasional ball into the rough. At such humbling moments, he has a choice: he can accept that he's just hit the ball into the tall grass, or he can berate himself, kick his caddie, cuss the gods, or fling his club to the ground. In short, he can either allow himself to be where he is - in the rough - or else engage in all sorts of deceptions or diversions that block accepting things (or balls) as they are. Acceptance here does not mean that the great golfer enjoys being in the rough, or is grateful for an opportunity to hit out of the rough. Nor does it mean that he seeks to put another ball into the rough at the earliest opportunity (though he undoubtedly will at some time, such being the ways of golf and golfers). It simply means that he allows himself his lie.

Acceptance of things as they are (be it a ball in the rough, or powerlessness over alcohol, drugs, eating or sex conduct), is not resignation to things as they are: "I guess I'll just leave the ball in the tall grass." "Why resist, I'm powerless!" It simply means allowing oneself the moment's truth. Allowing the truth is also a prerequisite for knowing what to do next. After all, it's difficult to know what's next, if you don't permit yourself to know what's now.



Acceptance of the moment helps keep one's addiction at bay.

Acceptance of the moment also helps keep one's addiction at bay. Contrary to popular belief, it is not upsetting feelings or the spiritual blues that invite memories of intoxication past. Rather, what tickles the belly of addiction is an unwillingness to be with the truth of the moment. For example, it is not fear that turns one to thoughts of chemical relief, but a non-allowance of being fearful. "I can't handle this fear," "Being afraid is not manly," "What's wrong with me for being so scared?" or, "I can't let others know I'm afraid," are the very sort of non-permissive statements that pit one against one's self, disallow the moment, and unleash the call of intoxication past.

Last, serenity is not the absence of, but the allowance for. It is not a recovery absent of hardship or strife, misfortune or pain. It is an allowance for life, which includes hardship and strife, misfortune and pain. You can hurt and be serene. You can be confused and be at peace. Serenity is not a "good high." It is unruffled presence in the moment—whatever the moment might be.

Russell Forrest is Manager of Intake & Assessment at Bellwood Health Services.

### Join Us As We Celebrate 25 Years

Join us October 1st-2nd as we host an exciting conference of addiction education and inspiration. Speakers include Dr. Carlton Erickson (Neurobiology of Addiction; Alcohol & Other Drug Recovery in the Future: What We Can Expect); awarding-winning journalist Christie Blatchford (her experiences in Afghanistan); Ron Camacho (Humour in the Workplace); Bellwood experts discussing current addiction and treatment topics including internet addiction, PTSD and trauma, sexual addiction, and mindfulness.

**For Our Alumni:** Mark Saturday, October 3rd on your calendar and be a part of a special Alumni Day, including a BBQ, special speakers and games. Join alumni and Bellwood staff, past and present, and **Celebrate the Freedom of Being Well!**

Visit [www.bellwood.ca](http://www.bellwood.ca) for further details of all of our upcoming anniversary events.

## Special 25th Anniversary Edition

### Special Donation of Art to the Bellwood Foundation

The Bellwood Foundation was recently honoured to accept a special piece of art by Niagara artist Doug Palmateer. The art was generously donated to the Bellwood Foundation in acknowledgement of the Foundation's contribution to the prevention of addiction and promotion of healthy lifestyle alternatives.

Doug Palmateer is a pastel artist whose passion is to capture the mosaics of Niagara in his art.



Crossing the Dunes



Bellwood CEO Linda Bell (left) and President Laura Bhoi (right) accept "Crossing the Dunes" from Doug Palmateer on behalf of the Bellwood Foundation.

### Education and Training Opportunities for Professionals

Bellwood offers a wide range of resources designed to help professionals understand how they can play a role in leading a patient or employee towards a new life without dependence on a substance or behaviour.

We offer many types of training opportunities including: conference presentations, grand rounds, customized corporate-focused workshops, lunch and learn presentations, and Professionals in Residence Days.

The following are some upcoming scheduled education and training events. For a complete list, visit the Events section of [www.bellwood.ca](http://www.bellwood.ca).

#### Professionals in Residence Days

##### Addiction Treatment Information Seminars for Professionals

Meet our staff, and learn about our comprehensive treatment programs and how Bellwood can be a resource for treatment and education. Upcoming seminar dates are:

September 17, October 28, November 25

To register, contact Jennifer Teran at [jteran@bellwood.ca](mailto:jteran@bellwood.ca), or call (416) 847-0752, toll free (800) 387-6198, Ext 302.

### Please Let Us Know

We want to ensure that you are receiving the **Bellwood News** and other important announcements about upcoming educational events and new program announcements.

If you presently receive our mailings via regular post but would prefer email notification, please let us know.

Contact Jennifer Teran at [jteran@bellwood.ca](mailto:jteran@bellwood.ca) with your full name, current mailing address and the email address you would like us to use for future correspondence.

The **Bellwood News** is edited by the Bellwood Marketing Department. Written authorization must be obtained for the reprint of any material in this newsletter.

If you have comments, or wish to have your name removed from the mailing list, please contact (416) 847-0752, or email [jteran@bellwood.ca](mailto:jteran@bellwood.ca).

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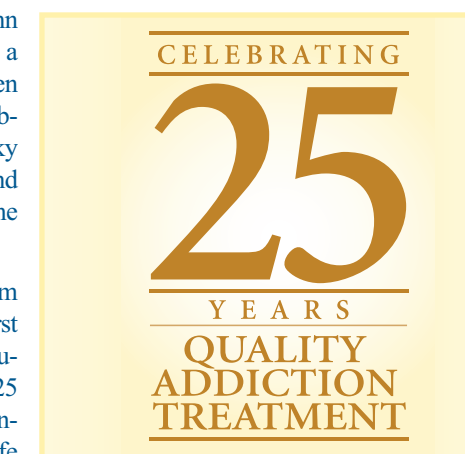
### Looking Back 25 Years: Some Things Change, Others Remain the Same By M. Linda Bell

The last place in the world where John expected to be walking was under a blue awning with "Bellwood" written on it. John's drinking was causing him problems at home and his marriage was on shaky ground. His business was going downhill and he realized that if he didn't do something, he could lose it all.

John was frightened when he flew from Alberta to Toronto. He was Bellwood's first client. Soon after, a politician and two executive businesswomen joined him. That was 25 years ago. None of these people had intentionally set out to create havoc within their life by becoming hooked on alcohol or prescription drugs. The casual use of marijuana or hash was not expected to become a problem.

Most Canadians do not have problems with alcohol or drugs. However, an estimated 11% of Canadians – that's over three million individuals – will. That's a lot of people. Where are they? The general perception is they are down and out, living on "Skid Road." This is a myth.

The majority of people with an addiction problem are driving to work every day. They are business owners and employees. They are teaching your children or handling your



investments. They are cutting your hair and repairing your cars. They are, as we said when I was a kid, "doctors, lawyers and Indian Chiefs." They live in our neighbourhoods, own homes and pay taxes. Their children play hockey and soccer. They are often invisible, even when they are in our own family.

My father was a physician and our home was one of the few alternatives to jail or locked psychiatric wards for alcoholics. It was 1946. Society considered alcoholics to be hopeless and morally weak. While treatment and research has progressed significantly over the years, society's attitude has not changed much.

Dad was a pioneer in addiction medicine. After leaving the Army at the end of World War II, he began a journey that saw him devote his entire medical career to treating alcoholics. His compassion and curiosity about his patients led him on a path of discovery. Medical school had not given guidelines for treating alcoholism at that time – so, he listened to his patients instead. He attended the only Alcoholics Anonymous (AA) meeting that was being held in Toronto in the early 1940s. This is where he began to understand addiction as a progressive illness affecting physical, psychological, social and spiritual well-being. With new insight into the nature

of the disease, he developed a systematic, holistic approach to treatment, recovery and improvement of the total health and well-being for his patients.

These were the principles that provided the foundation for John's treatment in November 1984. Three years earlier, my father and I had begun planning Bellwood Health Services. Dad had set up The Donwood Institute, the first public hospital for addictions in Canada. However, Donwood had a waiting list for over a decade. New services were needed. Since Government funds were not available for start-up, we turned to the private sector. By the spring of 1984, we had finalized our business plan and formed a strong Board of Directors. The brokerage firm of Walwyn Stodgell Cochrane Murray Limited initiated a private placement of shares to raise the needed capital. This may have been a first for health care in Canada

... continued P. 2

### CONTENTS

- 1 Looking Back 25 Years: Some Things Change, Others Remain the Same
- 2 Looking Back 25 Years ... cont'd from P.1
- 3 Addiction, Spring Thaw and Recovery
- 3 New Bellwood Treatment Programs
- 4 Bellwood's Leadership Team
- 4 Looking Back 25 Years ... cont'd from P.2
- 5 Be Where You Are
- 5 25th Anniversary Events
- 6 Doug Palmateer Donation to the Bellwood Foundation
- 6 Education and Training Opportunities

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## Special 25th Anniversary Edition

### ... Looking Back 25 Years continued from P. 1

In November 1984, the new Bellwood team was excited to meet a nervous man from Alberta. My dad was 72, a recipient of the Order of Canada, and recognized internationally as a Canadian medical pioneer. It was his reputation that had made it all possible.

#### New Beginnings

One year later, the Ontario Ministry of Health transferred, and funded, a 12-bed hospital to Bellwood for the treatment of "nervous ailments and alcoholics." We now had two divisions; one funded and one fee for service. In 1986, we opened ourselves to external scrutiny – we were evaluated, and then accredited, by the Canadian Council on Health Services Accreditation (now Accreditation Canada).

Around the same time cocaine, considered "the Boardroom drug", started surfacing in Canada and soon, our first cocaine addict arrived for treatment. We overhauled our program to respond to their unique needs. Then crack became popular. I still remember the shivers I felt when a 12 year old called us for help.

Innovation was again required when Adult Children of Alcoholics (ACOA) began seeking treatment in the mid 1980s. American experts Dr. Timmen Cermak, Sharon Weigscheider-Cruise and Claudia Black were publishing books, speaking out and breaking the silence around the shame and pain from growing up in an addicted home. Bellwood's own Penny Lawson and Linda Charbonneau rose to the challenge. They went to the U.S. for training and then developed Bellwood's ACOA therapy program.

In the late 1980s, our focus turned to Inuit and First Nations. The Government of the Northwest Territories (GNWT) designated Bellwood as their addictions treatment provider for the Eastern Arctic. Our holistic treatment model resonated with the Inuit traditional way of living.

#### Inevitable Change

In 1991, at 80 years of age, Dad handed the roles of President and CEO to me. My sister, Dr. Janice Hambley, an experienced clinical



Dr. Gordon Bell

psychologist, joined the team as Vice President of Health and Clinical Services. Janice would handle internal clinical services while I focused on external relations.

When the GNWT was setting up the first Inuit treatment centre in the Eastern Arctic, we were asked to help. Donna Smith, a Bellwood nurse with First Nations heritage, and I travelled monthly to Iqaluit on Baffin Island. We worked with a group of Elders. Meetings usually lasted five days and were conducted in Inuktitut and English. We'd bring cheese and strawberries for the coffee breaks. The Elders brought raw caribou meat. What a pleasant, tasty surprise! It was a privilege working with Elders planning a program that incorporated their culture into a quality treatment experience.

Janice held focus groups in Iqaluit to ensure that assessment tools and program content were culturally appropriate. Primarily Inuit staff-trainees were hired for the treatment centre, named Innusiqsiurviq. Pre-requisites were a minimum of one year sobriety plus an ability to speak Inuktitut and English preferably. Trainees travelled to Toronto for an initial two months of training at Bellwood, then on-going through Arctic College's Addiction Counsellor Program. Sadly, the Innusiqsiurviq centre closed after five years.

#### The Test of Time

Over the years, the needs of our clients have changed. We've responded through staff

development and innovation, and maintained excellence through research and quality improvement measures.

When a corporate medical director asked Toronto providers how to determine when a person in recovery could return to working in a safety sensitive position, Bellwood stepped up to the plate. When young women told us they were using cocaine to control their weight, we established an eating disorders program. Then, as the casino industry entered Canada, we started receiving calls from compulsive gamblers. The Internet has contributed to the challenges, too, with the rise of online gambling and investing. Online gaming has begun hooking many young people who have become so caught up in the virtual reality that they skip school, become reclusive or develop behaviour problems. One can find anything on the Internet – including people and websites to entice those who cope with life's problems through uncontrolled sexual activity.

People have looked for ways to change the way they feel for centuries. For some, their choices lead to addictions or behaviours that are life threatening. Dr. Bell's philosophy has endured the test of time. In the last 20 years, science and research have validated his understanding of addiction as a disease and the benefits of a holistic approach to recovery. Neuroscience can now demonstrate the long-term effects of substance abuse. Brain scans can map neurological changes within the brain and receptor sites that lock a person into an addiction or behaviour. We know that genetics and environment play a part in the risk factor in addiction. However, why one brother develops a problem and another brother or sister does not is still a mystery. Research studies also show how the mind and body are interconnected, and highlight the value of using diverse techniques in order to enhance recovery success.

#### Looking Ahead

Thirty-eight years ago, I agreed to work with my dad for one year. It's been a very long

... continued P. 4

## Special 25th Anniversary Edition

### Addiction, Spring Thaw & Recovery ... by Terence Flynn

Addictions freeze lives. They stifle the spirit of those who suffer from them as well as those family members who have to live with the active addict. The effect is they all feel frozen on the inside. They have little hope that they will ever get out from underneath the weight of addictions. They feel stuck in their lives because they are frozen by fear, helplessness and hopelessness. Their worlds seem dark and bleak.

Some lines from Bette Midler's *The Rose* come to mind:

*Just remember in the winter far beneath the bitter snows  
lies the seed  
that with the sun's love  
in the spring  
becomes the Rose.*

Spring is a wonderful time to reflect on the journey from addiction to spiritual recovery. What appeared a few weeks ago so frozen, dark and bleak is now thawing. We see new life pushing its way through the earth. There is renewed hope and belief in new possibilities in the air. The sun rejuvenates and invigorates us. Our zip and enthusiasm for life begins to awaken. We are beginning to feel alive again.

Several ancient civilizations worshipped the sun. They saw it as a power greater than themselves. It provided light for their lives and was the force that made their crops grow to provide them nourishment to deal with the challenges in their lives.

For those in recovery from addictions, the Higher Power is like the sun. It provides the recovering addict the courage and strength to stand in the light of his or her personal truth. It enables them to live their lives from a place of honesty and openness. The seed of their spirit begins to grow and they are on the way to blossoming into the rose that they really are - fully functioning, decent human beings.

It is important for each of us to never forget, that buried under the frozenness of addictions is the seed of a decent human being. That seed needs a power greater than itself to become what it was intended to become - a worthwhile, productive, decent human being. It needs time and the right conditions to blossom.

*Terence Flynn, MA, MS, ICADC, ICCS, CCGC is the Spiritual Director at Bellwood Health Services.*

### New Bellwood Addiction Treatment Program for Drivers with Licence Suspensions

Bellwood is now offering a new coordinated service for individuals who have had their drivers licences suspended because of issues relating to alcohol or drugs. Our program is designed for individuals who are seeking treatment for a substance addiction and require an addiction physician to monitor their care and communicate with the Ontario Ministry of Transportation.

#### This all-inclusive service includes:

- Confidential addiction assessments
- Experienced addiction physicians who manage medical care and Ministry of Transportation reporting requirements
- Comprehensive addiction treatment program
- Continuing care and support

**Please note that Bellwood cannot guarantee that the Ministry of Transportation will reinstate an individual's driver's licence.** Bellwood will provide clients with high quality treatment and care, and provide required reports and documentation to the Ontario Ministry of Transportation.

### New Bellwood Methadone Tapering & Addiction Treatment Program

Bellwood's new Methadone Tapering and Addiction Treatment Program helps individuals taper off methadone and address their addiction through a comprehensive treatment program.

This specialized treatment program includes:

- **Outpatient Tapering Phase:** The individual is tapered gradually to a lower dose of methadone, under close supervision of an addiction physician
- **Comprehensive Residential Treatment Phase:** Once the target dose of methadone is reached, the individual is admitted to Bellwood's residential treatment program and switched to suboxone as part of a medically-supervised withdrawal phase
- **Outpatient Continuing Recovery Program:** One year of continuing care support included

**For more information about these new programs, please call the Bellwood Intake Department at 416-495-0926 or 1-800-387-6198, or visit [www.bellwood.ca](http://www.bellwood.ca).**

## Special 25th Anniversary Edition

### Introducing Bellwood's Leadership Team

*This is an exciting time for Bellwood Health Services, as we celebrate 25 years of quality addiction treatment and education. As we continue to grow and plan for the future, we would like to share some exciting news about Bellwood's leadership team.*

**Laura Bhoi**, previously Vice President of Strategic Development, has been appointed President of Bellwood Health Services. Laura joined Bellwood in September 2005, with a background in health services management and business development. Laura holds an Honours Psychology Degree from Queen's University, and a Master of Business Administration Degree from McMaster University. As Dr. Bell's granddaughter, Laura is committed to upholding Bellwood's values of excellence in quality care.



**Linda Bell** will continue in the role of CEO, with a focus on building linkages and partnerships with community and industry. Linda has held the position of President and CEO for the last 19 years, and will continue to focus on promoting awareness about addiction and recovery within our communities.



#### ... Looking Back 25 Years continued from P. 2

and very full year! It has been challenging and fun. Bellwood will continue to provide leading edge treatment, education and training in the field of addiction medicine and behavioural health. However, the time has arrived once again for a change in leadership. I will continue as CEO, while Laura Bhoi has taken on her new role as Bellwood's President. She is committed to upholding Bellwood's values of excellence in quality service with a caring, respectful treatment approach. Laura, who has a

Masters in Business Administration, joined the Board of Directors in 2002 and became Vice President of Strategic Development in 2004. She brings valuable business experience and expertise in health services management to her new position. Laura is also Janice's daughter and Dr. Bell's granddaughter. I can now watch her with a twinkle in my eye as my dad once watched me!

What a gift he gave us all.

In loving memory of R. Gordon Bell, Thank You.

*M. Linda Bell*

**Susan McGrail, MSW, RSW**, has joined Bellwood in the role of Clinical Director. Susan comes to Bellwood with extensive clinical and managerial experience. She has held leadership positions with Halton Health Care Services, the Centre for Addiction and Mental Health, the Toronto East General Hospital and Queen Street Mental Health.



**Dr. Janice Hambley** will be taking on a new role as clinical and research consultant. Dr. Hambley has held the position of Vice President of Clinical Services for the last 19 years, and we are very pleased that she will be staying on with Bellwood in a clinical supervisory role.



**Dr. Mark Weiss** has been appointed Bellwood's new Medical Director. Dr. Weiss has been on staff at Bellwood Health Services since 2004, and is an M.D. psychotherapist with a focus on the medical and psychotherapeutic management of addiction.



**Janet Lansche, CA**, will continue in her role as Vice President of Finance and Administration. Janet has been with Bellwood since October 2001. Janet worked at Pricewaterhouse-Coopers for 17 years prior to joining Bellwood. Janet has been involved with teaching part time courses at the University of Toronto for over 20 years and has also taught at the Institute of Chartered Accountants of Ontario.



As we look towards the next 25 years, our leadership team and all of our staff will continue to uphold Dr. Bell's comprehensive treatment approach, and the highest standards of excellence in quality care.