



蘆葦營七月 快訊

Reeds Recovery *Express* July

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壓傷的蘆葦、祂不折斷，將殘的燈火、祂不吹滅。……以賽亞書 42:3

A bruised reed He will not break, and a smoldering wick He will not snuff out... Isaiah 42:3

促使成癮者及家屬從物質及成癮疾患走向康復，獲得生命的清醒

To facilitate recovery and sobriety among addicts and their families.

Approval for Association Application: In June, we were approved by the Ministry of the Interior for application to become Reeds Recovery Association. This critical moment in our development is due to your encouragement, support and recognition over the last 9 years! We'll be holding our Founder's Conference and first Preparation Committee on July 18, and our founders are already eager for that big event. Let us continue to strive forward together.

Scary Reality! On June 12, we were invited to lecture at the 2015 Conference on Alcoholism jointly organized by the Northern Region Mental Health Network, Miaoli County Public Health Bureau, Taoyuan City Department of Public Health, Hsinchu City Public Health Bureau and Hsinchu County Public Health Bureau. For an added dose of reality, Mr. Tseng came along to share his 6 years of recovery experience, and here is where scary reality hit. It was Mr. Tseng's first speech before a group of professionals, and the stress was so great that the night before, he began thinking "I could really use a drink"!

Following his military discharge, Mr. Tseng was drinking almost every day; otherwise, he would be hit with great discomfort, such as rapid heartbeat, profuse sweating and other post acute syndromes. Drinking and resting from drinking became the focal point of his life. "I often wondered why I loved drinking? Why I always got drunk?" Drinking was no longer a comfort or enjoyment, but a necessity. Without that drink, panic, depression, guilt, frustration would set in. Mr. Tseng blamed his drinking on external causes such as insomnia, depression and stress. To limit his alcohol, he switched to beer, kept a daily log, worked with his doctors to drink in moderation, exercised more, took a variety of medications...but quickly lost control again. "Eventually I couldn't stand living this way anymore."

At Reeds Recovery, Mr. Tseng came to understand that alcoholism is a disease, and that he could not tolerate any alcohol at all. "I was stunned. What had I been doing? All my grief and remorse in dealing with alcohol were like guinea pigs on the running wheel. No matter how hard I had run, I could not escape going down the same road. Suddenly, it became clear to me for the first time that after two decades of drinking, not battling with alcohol is my only way out of that maze. Yet just because I stopped drinking, my physical exhaustion, grief and loneliness did not immediately go away. Years of accumulated agonies continued to batter me, and during the first few months of not drinking, my depression was even more intense."

Through disease management, recovery work and support group, Mr. Tseng has been sober for over 6 years. In addition to his regular day job, he worked evening part-time, and continued his support group involvement. "I hike, bike, read, and enjoy good food, but I also experience the stress of survival and grief. I experience a life that is real and sober."

Proper knowledge and disease management enabled Mr. Tseng to safely deal with many similar "I could really use a drink" relapses, and allowed him to stand before everyone today to share the reality of a safe coexistence between an alcoholic and his disease, conveying a very valuable lesson and encouragement to the audience.



Old & New Faces: Beginning June, in addition to recovery work, education and development, Lydia Lin will assume responsibility for the center's administration and management. Fortunately, despite her lack of cooking talent and green thumb, she has two talented helpers, Cai-Rong and A-Cai, to help create a healthy and comfortable environment for recovery so that we can better focus on providing our clients with care instead of being distracted by the many chores and distractions of housekeeping.

Sincerely,

Reeds Recovery