

VOLUME XXXIX

THE VIEW

NEWSLETTER OF THE RIDGEVIEW ALUMNI
ASSOCIATION STEERING COMMITTEE

I CAN'T, BUT WE CAN

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“ALONE WE CAN DO
SO LITTLE, TOGETHER
WE CAN DO SO MUCH.”

**RIDGEVIEW
ALUMNI
ASSOCIATION
3995 SOUTH
COBB DRIVE
SMYRNA GA
30080**

CAN WE GIVE YOU A LIFT

Remember hitting your bottom? Do you remember that moment when you first began to feel some hope? Looking back, can you remember those angels who appeared at that precise moment when you needed help the most? I can. They helped lift me up until I could stand on my own.

I can also remember the abject fear of, "How am I going to pay for this?" No insurance, no real savings, no trust fund, no golden benefactor. Scared, having hit my bottom, finally able to ask for help. I was in a safe place. The rest would just have to take care of itself.

*Treatment costs money, real money. Programs, therapies, prescriptions, food, shelter, and all the while, life continues to go on outside without us. As active members of the Ridgeview Alumni Association, our fundraising focus is the **Ridgeview Alumni Charitable Corporation, a Nonprofit 501c3** to financially help the person currently in treatment. Whether it's more time in treatment, housing, medications, or educational support, we all know how a helping hand at that critical moment can make or break a spirit.*

*The Ridgeview Alumni Charitable Corporation is dedicated to providing that powerful connection.
Won't you make a commitment to help lift someone up?*

Ridgeview Alumni Charitable Corporation (RACC)

Date: _____

_____ **YES**, I wish to contribute to the Ridgeview Alumni Charitable Corporation. As a person in recovery, family member, friend, business owner or corporate representative / sponsor.

Here is my donation of \$_____.

Name: _____ Phone: (_____) _____

Address: _____

City: _____ State: _____ Zip Code: _____

Make checks payable to: Ridgeview Alumni Charitable Corporation

Mail to: Ridgeview Alumni Charitable Corporation | 3995 South Cobb Drive | Smyrna, GA 30080-6397

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I CAN'T; WE CAN

SUBMITTED BY: TOM S.

I tried every way I could to 'control' my drinking, and tried many of the ways my relatives suggested to help with my problem.

After many years of living in fear and frustration, I decided to try what worked for others who drank like I did and were free from the compulsion to drink. Well, I decided to get further help when I got out of the hospital after 5 days IV detox and was



admitted into Ridgeview.

I started attending an AA group that had some old timers with over 2 years of sobriety! How

in the world did they do that? They kept talking about a 'we program' and after

about 3 months, I started letting some of the guys know more about me and I learned more about them. Hence, the Fellowship found its way into my life. I no longer felt all alone in a room full of people.

We have managed to stay sober for many years now, and I do not take credit for it. I could never have done it without the "WE."

ROAD TRIP VS. RIDGEVIEW — A PSYCH PERSPECTIVE

SUBMITTED BY: ELAINE B.

There are so many things I could write about with the "I Can't, But We Can" themed newsletter, but the phrase itself reminds me of why I entered Ridgeview in the first place.

Depression had formed a dark cloud over my head, like that cartoon character who constantly had a cloud that rained on him but nobody else. I had quite the talent at isolating, and my brain convinced me that was a good thing. In reality, isolation only worsens depression. One of the best quotes I've heard on depression is this: Depression lies to us, but in our own voice. The things it says **seem** true, but they are not.

While going to regular therapy appointments, I talked about the lonely, depressed feelings that would not go away. My therapist suggested Ridgeview.

I was thinking more of taking a road trip, alone, for 2 weeks, driving cross country. That would solve everything. Escapism! It's not just for breakfast anymore!

I didn't realize it then, but I do now. One thing the Ridgeview Psych program taught me is to trust other people's brains, particularly those like therapists, doctors, and loved ones close to us. So while I just **knew** that a road trip would solve all my problems, I decided to trust my therapist's brain and go to treatment at Ridgeview.

Looking back, I know I made the right choice and even smiled wide when the case managers told us that sometimes, our own perspective isn't thinking accurately. That's when we need to trust other brains, who may see things in us that we are ignoring, or denying, or just don't want to focus on. It's important that we stay connected with our home groups, Ridgeview alumni, and various communities where people know us and can look out for us.

Trust other people's brains once in a while. Road trips are still a great way to enjoy life, but not as a way to resolve problems that existed for a lifetime.

In every way, I am in recovery because, "I Can't, but We Can."



THE VIEW

TOGETHER, THE SKIES ARE THE LIMIT

SUBMITTED BY: CRYSTAL R.

It seems like I have struggled with episodes of my mental illness for the greater part of my life. For years, I tried to get help from someone who could save me. I kept losing control of myself and I lived in a toxic environment. Chaos felt normal and safe. However, I wanted more from my life. Loneliness and depression kept me down for too long.

I ended up trying and frantically searching for the answers to stop the cycle that plagued my world inside my head. I turned to alcohol and not complying with the psych drugs in order to stop the madness. Every time I was doing well, I would quit taking my medications. My life consisted of being in and out of hospitals. I was so lost, confused, and alone in my suffering.

I celebrated 6 years of sobriety from alcohol and 1 year in recovery from my mental disorders. For me, my big life changes happened in the grief of losing



someone so close to me. I got help with my substance abuse back in 2014. The day that my uncle passed away, I went up to Jasper to enroll in a substance abuse intensive outpatient program. I had a lot of shame and guilt. Though I worked through the substance abuse, my mental illnesses seemed bigger than I was.

I had my friends, and they did everything they could do to help, but the experiences and emotions tied to those experiences didn't allow them to get through to me. In March of 2021, both of my grandmas passed away. This was so disheartening. I felt like I lost my safe place.

Once again, I disengaged, and I had a lot of emotional turmoil. I was heading



down the lonely pathway that was so out of my control. Self-harm was the next negative coping skill that I used.

I listened to my therapist and doctor, and I found myself at the access center here at Ridgeview. I fought the process, and I turned the pain that I had inside towards myself. I thought there was no way I was going to connect with anyone, and that I would walk this journey alone. However, somewhere inside of me, I knew I deserved contentment.

Something magical happened. I started talking in group, just a little at a time, and the other people in group started connecting with me. Then I started becoming more connected with them and myself as well. I couldn't start this part of my journey without all of my group members and the amazing team

at Ridgeview that helped me sit with the sadness and the hurt while still being in control. I got triggered so many times, but I got to see just how resilient and courageous I truly am.

Today, I still talk to my friends, family, and I have a new set

of people that are safe for me. Today, I am part of

something even bigger than my mental illness and substance abuse. I am currently giving back all of the care that I received while I was in PHP here at Ridgeview. I volunteer my time to those struggling, just like I was at one time. I help others find their voices through journaling and help them feel understood, just as I felt in the program. Now, I pace myself climbing the mountains of emotion and experience. Together, walking in each other's journeys, side by side, we will conquer the pain, sadness, grief, and shame. Vulnerability will be the key we need to lift each other up. I couldn't do this by myself, but together we will shine bright, if only for today. And that is beautiful! The skies are the limit.

I CAN'T BUT WE CAN

I can't do this alone. I just can't. And I'm grateful for that—let me tell you why.

I've tried almost every method and approach under the sun to quit my harmful habits and behaviors. At first, I thought it was just my environment. I would blame relationships, jobs, people, finances, and places. I would think, "it's just this woman, parent, job, city, etc. that's making me sick." In fact, I'm still working on a resentment I have with the city of Miami (the entire city is very concerned about this). I placed culpability on everything except myself. To remedy this, I tried getting in and out of relationships, because I blamed people for my issues or would think that a romance could fix me. I also tried the "geographical cure" multiple times. I moved from

Atlanta, to Tampa, to Miami, back to Atlanta, back to Tampa, and now I'm back in Atlanta. Clearly, my environment was neither the source nor the remedy for my illnesses.

After recognizing that my problem was internal, I turned to will power. I thought I was strong enough, smart enough, or dedicated enough to change on my own. Failed attempts at using will power include: parceling out my drugs on a schedule (which was laughable), using reason and logic to convince myself I could stop (although I taught philosophy at a university, my addictive thoughts eventually won the argument), and creating all sorts of elaborate systems for managing my life alongside addiction and depression (chaos ensued).

By then, things had also gotten worse. Since my problem was internal, I began to attach feelings of guilt, shame,

SUBMITTED BY: VICTOR E.

and hatred towards myself. It was hard to look in the mirror. I didn't care for or about myself. I felt worthless, empty, and nonexistent. I wanted to die.

That was my bottom. Complete bankruptcy in every form: spiritual, emotional, financial, social, and physical. I had proven that I can't recover alone. Nothing on the outside created my problems, and nothing on the inside can fix my problems.

It wasn't until I reached out for help—honestly and genuinely—that my life started to get better. Ridgeview helped me get back to a normal baseline of healthy habits. I began to eat, sleep, exercise, and care for myself on a regular schedule. 12-step programs have given me structure and goals to

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WE, NOT ME

"We admitted we were powerless over alcohol—that our lives had become unmanageable." (AA, Step 1). As I study the 12 steps of Alcoholics Anonymous, I am often drawn back to that first word of the first step: "We." Right off the bat, I am provided with the implication that AA is a "We" program. One message that may be suggested here, I believe, is that, "I can't, but

We can." Imagine the mess I would cre-



*We may
not have it all
together,
but together
we have it all*

ate by trying to establish a program of recovery, based only on and with Steve alone. I have chosen to return to active recovery from a lapse several times. Starting in my pre-

SUBMITTED BY: STEVE D.

sent struggle for restoration and progress, I began to more completely learn the true value of "We." I began this renewal out of desperation. Desperation was truly a gift, as I urgently worked to come back from dismal times. Certainly, the pain of desperation can motivate change; I now seek change for a sober

(Continued on page 6)

WE, NOT ME (CONT.)

and healthier life. My desperation motivated me to just, “shut up and listen.” I recognized that I needed help. I had to let my despair foster my work to clear my vision

covery behavior. Certainly, I seek this in the rooms of Alcoholics Anonymous. Also, essential to my “We” program are the folks in my meetings of the

SUBMITTED BY: STEVE D.

steps without a sponsor and other friends. I need help from my “We.”

I have learned that my “We” is not made up entirely of folks working the steps for whatever their reason. For instance, my family, especially my siblings, are also coping with real life challenges. I see how they are successfully surviving and maturing. In recovery, I am not going to allow myself to miss their lessons on living life and thriving. They are, gratefully, a part of my “We.”

When I approach others for their help, I must do so with humility. Being humble depends on the recognition that I know myself sufficiently for today and am grateful for who and what I am in the present moment. With humility, I accept that there is no room in my life for excessive pride nor ego. Many of us thank our Higher Power for the gift of who and what we are. We may also, reverently, celebrate the personal work it took to get us to where we are. In my recovery achievements, I recognize that I have done something successfully and am proud of myself. I do this in the same way that I would be proud of anyone else, who has been effective in striving for a goal. No pride nor ego. Part of that is understanding that I cannot take sole credit for my successes. It is “We.” I have learned lessons on humility with the help of resources such as the book [Drop the Rock](#) by Bill P., Sara S., and Todd W. They focus on Steps 6 and 7. Remember that in Step 7, “Humbly” is an essential word. I humbly ask that my

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and become more teachable. I wanted to find new teachers. This time, I work to be more honest and authentic. I simply must dedicate myself to doing what I am told to do by folks, who are working successful programs themselves. I want their serenity. It matters not to me what 12 step program my teachers are thriving in. It shouldn't matter that a teacher is in a program other than AA. I have to remember that drinking alcohol abusively is just a symptom of my underlying disease. Various defects of character are shared by many people working the 12 steps, whatever their gathering is called. In meetings, I listen for people who are successful in addressing similar, underlying problems like me. These people are a vital part my “We.” My disease is not unique. My symptoms are not rare. There is help and sanity in the “We” of my meetings and relationships.

Essential to my sobriety today is seeking help from my peers. I must listen for their successful approaches to our shared challenges and emulate their re-

Ridgeview Alumni Association and our RVI Continuing Care gatherings. Although there are indispensable recovery discussions in these meetings, there is also a social component. I find new approaches to friendship in these meetings. As a result, I have learned new social skills and am a friend as never before. To be painfully honest, I think that in the past I was too codependent to have truly healthy friendships. It was difficult to have a stable, nourishing, reciprocal “We.” That is a character defect that I continue to address. For instance, I am making real progress in learning to set and hold boundaries for myself and others.

Before, somewhere deep inside, I thought a reliance on others was a sign of weakness and incompetence. Boy, was I ever wrong. That first word in the first step, “We,” tries to teach me something different. I do not want to be alone. I can now, respectfully, accept that I really am not clever enough to decipher and work the 12

THURSDAYS WITH SAM: ONE DAY A TIME

SUBMITTED BY: MARY BETH I.



Sam Anders saved my life.

In the early days, I kept going in and out of the rooms, always wanting to be sober but never being fully committed to what I needed to do.

One day, Sam sat me down and asked the key question. **“What’s it going to take for you to get sober?”** Because if you keep living like you are, you will die, and I don’t want to see that happen.”

For those who knew Sam, you know he was never one to mince words, and his simple question finally hit home



with me. He told me to keep it simple, that all I needed to do was be sober for one day at a time. So I started by being sober one day. And then the next, and then the next. Living one day at a time made the impossible seem possible. It’s

how I’ve reached 23 years of sobriety today, and will reach 24 years later this month.

Sam also told me to get involved with the Ridgeview Alumni. I wasn’t sure it would help, but I saw a serenity in Sam that I yearned for, so I did what he said to do. I got involved in alumni. I started showing up early to alumni meetings, when several members would gather in Sam’s office in the Pro North building. It was the meeting before the meeting, many of us said. We talked about all the important things in life. Sobriety, community, a higher power, and football.

We all miss Sam, and I continue to tell others what he told me. Take things one day at a time. It’s been a great journey of I Can’t, but We Can. And we have.

I CAN’T; WE CAN

SUBMITTED BY: SEAN C.

In 1993, the Colorado Rockies played their first game in Major League Baseball. Living ahead of the fashion curve, I went out and bought one of their hats. No one had any of these caps. The emblem was a “CR” emblazoned on the front of the bill. I wore my new purchase to an AA meeting one night and an old-timer asked me, “What does the CR stand for? Chronic Relapser?” I wanted to take him outside and deck him, and then I remembered he was a professional boxer.

As much as I hated to admit it,

Jimmy F. was right. I had been doing things my way for the past four years and I wasn’t making much progress. Sober a week, or maybe a month, and I’d be right back to drinking. The obsession to drink was (and I imagine still is) very powerful. I know the cravings rule, because today I see others who did things by themselves and ended up drunk like I did. They are fortunate to be able to come back!

The Big Book of Alcoholics Anonymous states that “half measures availed us nothing.” On April 2, 1996, I

had my first sobriety date. I got a sponsor and started working the steps. I attended meetings almost every day. If I missed a meeting, it was approved by my sponsor to do so because I ran *everything* by my sponsor. No thinking required, just ask Paul D. and he will tell me what to do. I even moved into the same apartment complex as my sponsor. Paul and I worked together at AT&T and would go into the office together, eat lunch, go home, etc. When you saw

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THE VIEW

WE, NOT ME (CONT.)

shortcomings be removed. I need to respectfully emphasize my “We” in my successes with this step, as well as the



other steps. This book is a treasure.

When making amends, my humility will not tolerate me being defensive. The other person in such a conver-

sation is, at some level, part of my “We” and deserves respect. They must be allowed to comment on the

damages they perceived that I did as an active alcoholic. The fault may be something I did while in recovery. I must listen to and accept others’ comments without trying to justify nor defend my ac-

tions. The other person may actually ask for explanations, though. I believe that in this case, it is acceptable for me to relate to what hap-

SUBMITTED BY: STEVE D.

pened in the context of my disease and recovery. That is not an excuse, but rather explaining how I am trying, now, to live in the solutions. I can explain the disease of addiction or other mental health issues, if needed. No excuses, just recovery truth, as I know it. I am grateful for the work that I do to make true living amends, to *live* the actions formed from my apologies. That is forever work. Not a day goes by without me feeling grateful to those in my “We”, who have been there to help me with my journey to sanity.

I CAN’T BUT WE CAN (CONT.)

work toward. Prayer and meditation keep me grounded, mindful, and in touch with my higher power. My sponsor and recovery network provide insight and check me on my idiotic thoughts. Being of service reminds me that I’m valuable, worthy, and boosts my confidence. My therapist and psychiatrist give me much needed clinical support. They all do what I can’t. It takes a village to keep me in recovery.

Before recovery, I was trying to do everything on my own. Today, I just have to do the next right thing and take care of my (relatively minor) responsibilities. As I had heard and have found to be true: “it’s simple not easy,” but I have become accustomed to living the recov-

ery life. I just do my part, reach out when I need help, and have faith that everything else will be taken care of. And somehow it is! I stopped trying to figure things out and surrendered. Now, I could care less how it works. It just does, so I will keep doing it. I’m grateful it works because I’m happy and I love myself, and I *never* thought I would be able to say that. I’m grateful I can’t do this alone because I don’t have to! My obligations are few, my commitments are manageable, and I have a higher power and a squadron of people to help me. The external world takes care of itself, and

SUBMITTED BY: VICTOR E.

when I form connections, my internal soul is healed.



I CAN'T; WE CAN (CONT.)

SUBMITTED BY: SEAN C.



one of us, you usually saw the other.

For 18 months, I relied upon my sponsor and the sober members of Alcoholics Anonymous. However, looking back at the “half measures” thing, I didn’t want to go past the Third Step. The rest of the steps were for those people who really needed them. Even though my sponsor, as well as his sponsor, strongly suggested that the rest of the steps applied to me also, I thought they were over the top and a little too gung-ho on AA.

Once again, I relapsed in October of 1997. At that time, I transferred from Massachusetts to Georgia with my company. My master plan was to get loaded on the move to Atlanta, stay drunk for about a week, and then come back into the halls of AA and start over again. My disease had other ideas. Once I moved to Norcross, GA, I couldn’t get sober for another 13 months. On February 10, 1999, I made it into Ridgeview Institute on an outpatient program. I got a home group (Easy 1-2-3 in Duluth, GA), a new sponsor, and I even started working the steps. I got up

to Step 7, when in July of that year, I flew up to Boston against my sponsor’s suggestions to see my parents. My father and I got in a big fight while I was there, and I relapsed. I stayed out on maneuvers for only 20 days (my shortest relapse). On Monday, July 26, 1999, I came back in and this time, Ridgeview kept me! I haven’t had a drink

since then.

Drinking *could* still be in my future, but it doesn’t have to be. I and so many others have found that if we stay connected to this program, do the steps on a daily basis and follow suggestions, then we can stay sober and have a life of peace and happiness. I



like to refer to the people that I associate with in Alcoholics Anonymous as “my tribe.” There are countless examples of how I tried to do things my way and it never worked. Taking shortcuts or justifying why my sponsor doesn’t know what he’s talking about will eventually

lead to my downfall. There is no way that I can do this alone. The lesson was painful, but I see now that when I align myself with Alcoholics Anonymous, my life becomes serene.

Let me end with this – Service. Being able to help someone else, whether in AA or outside, allows me to feel good about myself and to know deep down that I am on the right path in my life. I can’t stay sober by myself, but we can. A major part of my sobriety over the past 23 years is being a member of the Ridgeview Alumni Association. Please take the time to find out about this organization. It has kept me connected all these years. I find that when I can help someone in the halls of AA, at work, or at home, that I’m not thinking about me. In this way, my Higher Power can use me and put me to good use. I am finding that this is the reason why I was put on

this earth in the first place. Love one another!!

BEEN THERE, DONE THAT

SUBMITTED BY: JEFF W.

Before my experience at Ridgeview being treated for anxiety and depression, when I heard someone boastfully use the phrase “been there, done that,” I usually rolled my eyes and

tuned that person out. I could care less about your wonderful experiences that you were so quick to embellish and to brag about your accomplishments and adventures.



After going through the Intensive Outpatient Program (IOP) at Ridgeview, I became eager to hear, “been there, done that” and would even seek out others who had those experiences to share! What changed?

When depression and anger took control of my emotions, I found out that I could not handle these emotions by myself. When I found my current therapist some 6 years ago, I discovered that therapists have experience with patients in these areas, with some therapists even having experienced these emotions themselves. I soon became eager to receive counsel from my therapist and from the experiences of other clients, both past and present.

In October 2017, when my therapist strongly suggested that I visit Ridgeview and to consider the IOP Program, I was very interested when I learned that I would be around others

who had somewhat similar issues. Since I couldn’t handle my problems myself, I could really use the advice and the support of others who had similar experiences.

I soon learned, however, even those with issues that were far different from my own had advice and suggestions that also helped me in my recovery. I was

like a sponge, in that I listened and took note of everyone kind enough to share their experiences and the tools they used in their recovery. The work they did and the lessons they learned gave me hope and optimism that I might be successful in my battle with my psychological issues.

After several weeks, I learned yet another important lesson. Being a “sponge” was not beneficial to the rest of the group. I had felt intimidated in sharing and thought that no one could possibly learn anything from me. I was wrong. When I began to open up and to share, I felt better about myself and I felt closer to the group.

I soon learned, however, even those with issues that were far different from my own had advice and suggestions that also helped me in my recovery. I was

After “coining out” of IOP, I immediately became involved in the Monday Night After Care Program at Ridgeview. Some of the attendees I had met during IOP, but others had been involved in this group for years. This group allowed me to continue to interact with others, to share experiences, and to learn tools to cope with my problems.

In March 2020, COVID changed all of our lives. Now having more time at home, my dear friend Elaine suggested that I give both the Ridgeview Alumni and the Thursday Night Continuing Care a try. Both were on a new system called “Zoom” and I had no experience with that whatsoever.



er. I decided to give it a try.

I again was somewhat intimidated, in that the wonderful people in both Alumni and Continuing Care had years of involvement with Ridgeview. Further, the majority of those in Continuing Care had addiction challenges and a relatively small number of us were “psych people.” In addition, many of these people had years and years of

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12 STEP SERVICE WORK

SUBMITTED BY: RUSTY G.

In the Big Book of Alcoholics Anonymous it says, "Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our-self-pity?"

Selfishness- ---self-centeredness! That, we think, is the root of our troubles. Above everything, we alcoholics must be rid of this selfishness. We must or it kills us. It goes on to say that God makes that possible. He does and will, but if you are like me, you realize that he will open the door, but unless I get out of the chair, I can't walk through that open door there has to be action.

Service work for me has meant 3 things, not excluding keeping me sober and saving my life; the ability to get out of my head (a dangerous place to be) and out of self-pity, being

in God's will, and a Spiritual Connection. Guess what? The world is not just about me or about my way. There are others who hurt worse and have worse problems.

Ridgeview sent me to a long term treatment program that turned out to be the greatest experience of my life. However, the first few days were tough. I was coming off medications and I'd devastated my life and everyone else's around me. I went crying to the staff about how horrible my life was, and I didn't get the reaction I expected. The staff member looked at me and said, "Quit whining and go help someone who is hurting worse than you. Somebody else just came in and they have less days than you. Go talk to them and tell them how you made it another day. It is not always about you."

I find serenity where I least expect

it. I get that phone call from someone hurting and suddenly I am not hurting as bad anymore. Bill's Story states, "Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet." My experience with the 12- Steps and getting sober has been about getting rid of my ego and gaining humility. That has been my journey to God and serenity. When I have serenity, using alcohol and other drugs never comes into my mind. I stay off of the emotional and mental roller coaster. But until I begin to work the Steps and live this program, which means service work, it continued to be a struggle.

Outside of the program, the limits of helping others is limitless, if I am willing. I can't, but we can.

BEEN THERE, DONE THAT (CONT.)

SUBMITTED BY: JEFF W.

experience, some being clean and

"BEEN THERE, DONE THAT" is a phrase that I admire, respect, and seek from others. "I CAN'T BUT WE CAN" is a great lesson to learn and Ridgeview Institute is a wonderful resource to experience this truth!

sober for 5, 10, 15, 20, or more years. What could I offer this group?

I soon found out that the people in this group had wonderful lessons to share and support to offer,

even with our different challenges and life experiences.

I "met" and got to become friends with these people via Zoom and never met ANY of them in person until the Summer of 2021 - after 1 year! I knew that these were true friends, and this was an amazing group in that we formed these bonds on computer screens. After meeting everyone IN PERSON, I realized how

fortunate that I was in terms of finding a support group!

From IOP to After Care to Alumni to Continuing Care, I learned that "BEEN THERE, DONE THAT" is a phrase that I admire, respect, and seek from others. "I CAN'T BUT WE CAN" is a great lesson to learn and Ridgeview Institute is a wonderful resource to experience this truth!

THE VIEW

NAMI WALKS, YOUR WAY

SUBMITTED BY: JOSEPH W.

"I can't, but we can." This past October, members of the Ridgeview community banded together for our THIRD annual NAMI WALKS, YOUR WAY campaign. We had a glorious day, spectacular weather, and an exciting turnout. The purpose of our "hike in the woods" was to support NAMI, the National Alliance for Mental Illness. NAMI seeks to educate the public about mental illness, remove the stigma long associated with those who deal with its impact, and provide support for those that do, in fact, suffer.

This year, in 2022, NAMI WALKS raised over \$250,000 just for the State of Georgia. Individually, each team that participated banded together with the more than 100 teams across the State of Georgia to reach this goal. A classic example of "I can't, but we can!"



PICTURES OF EVENTS 2022

SUBMITTED BY: DAWN L.

Gratitude Dinner:



Ridgeview Alumni Charitable Corporation Walk :



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2023 UPCOMING EVENTS

SUBMITTED BY: DAWN L.

EVENT	DATE & TIME	LOCATION
First Friday - January	January 6, 2023 @ 7:30pm	Day Hospital Auditorium
First Friday - February	February 3, 2023 @ 7:30pm	Day Hospital Auditorium
Dinner and a Movie	February 25, 2023 @ 5:00pm	Day Hospital Auditorium
First Friday - March	March 3, 2023 @ 7:30pm	Day Hospital Auditorium
Ridgeview Alumni Charitable Corporation Walk	Saturday, March 18, 2023 @ 10:00am	TBD
First Friday - April	April 7, 2023 @ 7:30pm	Day Hospital Auditorium
First Friday—May	May 5, 2023 @ 7:30pm	Day Hospital Auditorium
Spring Fling	Sunday, May 7, 2023 @ 12:00 noon	Day Hospital Parking Lot
First Friday - June	June 2, 2023 @ 7:30pm	Day Hospital Auditorium
Dinner and a Movie	June 17, 2023 @ 5:00pm	Day Hospital Auditorium
First Friday - July	July 7, 2023 @ 7:30pm	Day Hospital Auditorium
Whitewater Rafting	July - TBD	TBD
First Friday - August	August 4, 2023 @ 7:30pm	Day Hospital Auditorium
First Friday - September	September 8, 2023 @ 7:30pm	Day Hospital Auditorium
Tubing on the Chattahoochee	September - TBD	TBD
13 th Annual Sam Anders Serenity Scramble - Golf	September 29, 2023 8:30am - Registration 10:00am - Shot Gun Start	City Club Marietta 510 Powder Springs Street, SE Marietta, GA 30064
First Friday - October	October 6, 2023 @ 7:30pm	Day Hospital Auditorium
Fall Festival	Sunday, October 15, 2023 @ 12:00 noon	Day Hospital Parking Lot
First Friday - November	November 3, 2023 @ 7:30pm	Day Hospital Auditorium
Gratitude Dinner	Sunday, November 19, 2023 @ 5:00pm	Day Hospital
First Friday - December	December 1, 2023 @ 7:30pm	Day Hospital Auditorium
Garden Decorations for Christmas	December 2, 2023 @ 10:00am	Serenity Garden

PICTURES OF EVENTS 2022 (CONT.)

SUBMITTED BY : DAWN L.

Alumni White Water Rafting:



Alumni Tubing Event:



SAM ANDERS SERENITY SCRAMBLE 2022

SUBMITTED BY: STAN D.



We had another successful Golf Tournament at The City Club Marietta in Marietta, Georgia. We had 48 golfers compete in the 12th Sam Anders Serenity Scramble benefiting the Ridgeview Alumni Charitable Corporation. The tournament champion was the team comprising of Evan Oglesby, Arthur Culbreath, and Horace King. After the tournament, there was a four-person shoot-out for \$50,000.00 if there was a hole in one (no winner). We had a great lunch and raffle with plenty of food, fellowship, and fun!

We would like to thank all of the participants and our sponsors. And a special thanks to Evan Oglesby, the retired NFL player and an Olympic Athlete for their participation and support.

All funds raised will allow the Ridgeview Alumni Charitable Corporation to continue to help those in need. We look forward to seeing a larger turnout next year!

Gold Sponsors:

Ridgeview Institute

Silver Sponsors:

National Physician Consultants
Continuum Health Innovations

Bronze Sponsors:

Myriad Genetics/GeneSight
McManus Construction Law

Hole Sponsors:

Carter's Pharmacy, Southern Food Services

Special Tournament Sponsors:

Wade Ford, Advantage Hole In One



Thank You!



Ridgeview Alumni Association Serenity Garden Brick Order Form

Name _____ Phone (____) _____

Message to be engraved on brick: (3 Lines/14 characters per line, includes spaces) Cost \$30.00

(Line 1) _____

(Line 2) _____

(Line 3) _____

Please fill out name and contact number, even if you wish to contribute anonymously, so we may contact you in case any questions arise about the inscription.

Make checks payable to: Ridgeview Alumni Special Projects

Mail to: Ridgeview Alumni Steering Committee | 3995 South Cobb Drive | Smyrna, GA 30080-6397

This issue, as well as archival copies, are available on our website at www.ridgeviewalumni.com. The Newsletter will be in an Adobe PDF format, our website will link to download the FREE Adobe Reader, allowing you to read and print the Newsletter at your leisure.

If you would like to be notified by e-mail when a new Newsletter is placed on the site, E-mail us at sysadmin@ridgeviewalumni.com or contact us thru the Website at sysadmin@ridgeviewalumni.com. Please put "newsletter" in the subject line.

Thank you to those who submitted articles for this edition of the Newsletter, if we have learned anything in recovery it is that *We cannot keep what we have if we do not give it away!*

If you would like to submit an article for the next Newsletter, please email it to Elaine B. at ehb216@yahoo.com or Crystal R. @ crsmart2006@yahoo.com using "Newsletter" in the subject line.

Elaine B, *Communications Chair, Proofreader, Steering Committee Minutes*
Crystal R. *Editor, Design & Layout* Paul S. Liistro, Jr., *Alumni Website*

THE VIEW

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Love & Service,
Communications Committee

