



HUGS Foundation

Helping families of chemically dependents find
Hope, Understanding, Gratitude and Serenity

news

How HUGS Touched One Family, In their Own Words

HUGS: Helping Families. Changing Lives.

My Grandson Nick:

"Hugs was so so near and dear to my heart today when I received a beautiful thank you letter from my grandson Nicholas. His letters and his openness in sharing his journey through his recovery have given me back my grandson that I was endangered in losing to his addiction.

My grandson began his recovery in February of 2012 at the WTC in Montana and then at Powerhouse in Louisiana. These were states that I had not included in visiting on my bucket list!

In April of this year my daughter and myself attended Nicholas graduation from Powerhouse and we were thrilled to also have Dianne in attendance to share this occasion. I was never so proud of Nicholas.

I am so thankful for the financial and emotional support from Hugs that our family received. Also thankful for the other families that we have met through the Hugs organization that have shared with us their stories of both acceptance and healing when faced with addiction." *-Kathy*

My Son Nick:

"HUGS donation meant so much to me and my family. The financial impact of treatment for my son was difficult. HUGS supported me when I needed help the most. To have an organization care about the recovery for the whole family is significant. Recovery for the whole family is crucial to help your addict.

There's still a stigma in regards to addicts. HUGS was on my side and validated my son and my family were worthy of help. This meant so much at a time when I needed support, understanding and hope to help my son with his recovery.

HUGS is assisting with saving the lives of our children. There is such a great need to help financially to get the children treated. All of our children deserve the highest care possible. I will pay it forward and won't forget how much HUGS helped and truly wants all teens get treatment. All families are in need of support. I thank them for their generosity and HUGS is making a difference." *-Erin M.*

Nick: what HUGS means to me

Today, my life is is completely opposite of when I was in active use. My first day of inpatient was 2/3/2013 and ever since that day my life has completely changed. I finally figured out who I am, and truly have found happiness. I've been given a chance to restart my life, and at the age of 18 years old to have that opportunity is absolutely a blessing in every possible way. My relationship with my family used to be a nightmare, my mother used to be terrified of me, and didnt know what to do with me. I would do anything to get high. Deep down this crushed me because me and my mother used to have such a great relationship before I started using. Today my recovery means my family. I have the same great relationship I had with my mother and grandmother that I had before my use.

The money from HUGS that I received meant way more than I could ever imagine. Treatment is not cheap, its effective and my mother knew so she sacrificed for me to be there. The money from HUGS I received meant way more than just help paying for treatment. It meant a visit from my family, worth more than all the money in the world. Staying sober is not easy, at times I needed to be pushed along. Those visits were what kept me motivated. To spend time with my family like we used to have is truly what my favorite thing about being sober is. When my mother first visited, we were best friends again. We laughed like we always used to, we had fun with my grandmother. We joked around, we were goofy in public places. We were a family again.

This right here is how HUGS helped me way more than just with money. HUGS helped me see my family, and motivated me to graduate from treatment. When my mother told me she trusted me again, was a life changing moment, and is moving to me just to think about. The donation from hugs meant more than money could buy. *-Nick*



A Note From *Dianne*

As HUGS celebrated five years of achievements at the Anniversary Dinner in November, I could feel excitement in everyone who attended about what HUGS is doing for families who are

struggling with addiction and what HUGS will continue to do in the future. To make plans for the future, I need to think about values that I believe support recovery.

First of all, I believe in the power of families. Healthy families are critical to long term recovery. Families can look at their part in the addiction process; they can set limits and boundaries; they can leverage appropriate consequences; they can love their children in healthy, supportive ways. As a volunteer at Oakview, I met a family who was so sad and desperate to help their only son. Eventually, the best thing for the young man was residential treatment and then aftercare at Power House in Gonzales, LA. HUGS was able to help the family with the financial burden. In the spring, I was in Gonzales and was able to attend this young man's graduation from Power House. What a moving experience!! To see the journey of recovery come full-circle was seeing Hope, Understanding, Gratitude and Serenity come to fruition. Joy replaced the sadness and hope replaced the despair that had been so evident with the whole family. This family is on the continuing journey of recovery with the help of Al-Anon, AA and a supportive community.

Another important thing that I think about when planning for HUGS' future is that the young addicted person is more than his addiction. These young people have talents, abilities and skills that need to be appreciated. In the spring John Thomas invited me to attend Drug Court graduation. The young people in Drug Court attend every week with their family and are held accountable for their actions and sobriety. As part of the graduation ceremony, one of the young men was asked to play his guitar. This young man played beautifully and is very talented. HUGS had helped his family with the cost of treatment. With recovery, I am sure this young man's talents will soar.

As the HUGS Board and I plan for the future, I thank you for your continued and generous support of our mission. Our mission is to support families and promote family recovery. By giving financial assistance to families at residential treatment centers and/or sober living facilities, we affirm our belief that families are at the core of recovery and that recovery will peel back layers of fear, resentment, anger and other harmful emotions and reveal the true talents and joy of the young person.

HUGS to you! *Dianne*



A Note From *Fritz Vogt*

It is no coincidence that the majority of treatment centers offer some form of family based services. One basic tenant of systems theory is that a system (family) will always work to maintain homeostasis or sense of normalcy when faced with adversity. When a family is dealing with active addiction for a substantial period of time, their sense of normalcy becomes negatively impacted. Over time they can become comfortable with chaos. Although chaos is not a pleasant or desirable feeling it becomes familiar for these families.

So what happens when the chemically dependent is removed from the system and provided with treatment services? Often times the family will continue to engage in chaotic behaviors to make members of the family feel comfortable. Remember chaos has become the new family norm. These unhealthy patterns of interaction can have a severely negative effect on the chemically dependent's chances of ongoing recovery. In order to ensure the best chances for sustained recovery, it is important for families to unlearn these maladaptive coping skills. By learning new and healthy coping skills a family can support their loved one in treatment and many times become a significant source of strength and support. ***A family that is treated together recovers together.***

David "Fritz" Vogt, MSW, LCSW
Clinical Director, Power House Services

HUGS Foundation teams up with The Rock Pile for "Fundraising that Rocks"

The HUGS Foundation has teamed up with The Rock Pile, 900 Nagel Road, Avon, OH, through their "Fundraising that Rocks" program.

This past spring/ summer HUGS received a donation of \$100 from the Rock Pile, simply because a few generous individuals thought to mention HUGS when placing their orders through the Rock Pile. Imagine how that number could grow by spreading the word!



Just mention that you would like to make a donation to The HUGS Foundation and The Rock Pile will donate 5% of your purchase price back to HUGS to assist families of chemically dependent adolescents fund ongoing treatment.

To learn more about the Rock Pile, visit their website at www.therockpile.com.



HUGS Foundation Receives Funding From The Honor Project

In early August, founder Dianne Vogt was notified that the HUGS Foundation was chosen as a recipient of Tier II funding from **The Honor Project**. **HUGS will receive \$10,000 to continue helping families in our community.**

The Honor Project Trust is the fortunate result of litigation pursued by the Ohio Attorney General Office in a case captioned State of Ohio, et al. v. American International Group, Inc., et al. Upon settlement of all claims with the defendants, excess proceeds remained. It is these proceeds that serve as the basis for the trust that now funds charitable organizations that meet the criteria created by the Court's Orders.

HUGS is very proud to be among the 2014 recipients and will be honored to be among those receiving their check at the Honor Project distribution event on Thursday, September 4 at the Global Center in Cleveland.

Anniversary Dinner

On November 9, 2013 the Cleveland Yacht Club was decorated with time machines and silver balloons to celebrate "A Time for HUGS." Kathy Winzig and Assunta Rossi chaired the event which started with a Donor Reception followed by dinner and guest speaker John Thomas, a longtime case worker with the Juvenile Court. 130 guests, including counselors from New Directions and Juvenile Court, celebrated the first five year accomplishments of this one-of-a kind

non-profit organization. Fritz Vogt, the Clinical Director of Power House in Gonzales, LA, presented HUGS with a \$10,000 scholarship to be used by a family whose young person needs aftercare at a half-way house. At the end of the evening, all the balloons were popped and everyone went home with a small favor reminding them of a fun evening. The enthusiasm for HUGS was palpable and set the tone for another exciting and successful five years.



6th Annual *HUGS* Golf Outing



After a week of cloudy skies, the sun broke through on June 21 for the Sixth Annual HUGS Golf Outing at Stonewater Golf Course. The Higher Power brought good weather so that everyone present was able to play golf on the velvet fairways, enjoy the music of Casey O'Rourke, dine on a delicious dinner by the Stonewater chef and desserts by Bob Sferra and participate in the fabulous Chinese and Live Auction. The Committee members, Sammie Brickel, Maureen Olden, Barb Fisher, Alyce Kasper, Molly Cooney, Tim O'Rourke and Michael Kennedy, donned the "HUGS not Drugs" tee shirts and were seen everywhere selling raffle tickets, setting up auction items, doing whatever was needed to make this the

best outing yet. Special helpers were Beth and Abby Plonka, photographer Emily Vogt, Nancy and Alec Bohyer and auctioneer extraordinaire, Chis Boyher.

Before dinner, Dr. Don Malone, head of the Department of Psychology and Psychiatry at Cleveland Clinic, spoke about the epidemic of heroin and prescription drug overdoses in northeast Ohio and the importance of organizations, such as HUGS, who are there to help defray the high cost of treatment. Dr. Malone presented the value of the HUGS mission from the professional perspective.

The foursome of Mary Jane and Ed Hadaway and Tish and Dan Blasdel won first place in the golf tournament. As friends of HUGS, everyone went home with a HUGS lunch bag, donated by Carol Sparker and popcorn balls by Kernels by Chrissie. The day was a huge success and \$20,000 was raised to help families of chemically dependent young people. ALL proceeds will go to help pay for treatment in residential settings as well as sober living environments.

GOLF OUTING DONORS

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Al-Anon Helps Families Recover

Since the 1950s Al-Anon has been helping the loved ones of chemically dependent individuals find their own recovery and serenity. Countless families have been returned to wellness through their involvement in 12-step recovery. Treatment is but a beginning for families on their path to recovery. Al-Anon provides families with a cost efficient (Al-Anon is free but donations are encouraged) and effective connection to family recovery.

As a treatment provider, I have worked with hundreds of families whom are struggling with addiction. Treatment services are a wonderful way to connect families with recovery networks and help them overcome roadblocks to recovery. However, **TREATMENT IS NOT ENOUGH!!!** There is no cure or pill for recovery. Recovery is based on the maintenance of a program of action to ensure future success. In my experience, individuals whose families engage in Al-Anon have significantly higher chances of staying sober than those whose families do not.

Al-Anon does not have a monopoly on family support. Nar-Anon, Co-Dependents Anonymous, and Families Anonymous are wonderful support groups that offer similar programs to Al-Anon. I encourage families to find a program they are comfortable with and stick with it. It may help save your loved one's life!!

David "Fritz" Vogt, MSW, LCSW
Clinical Director, Power House Services

Naloxone for Opioid Overdose Available

We are all aware of the heroin and prescription pain medication epidemic that has hit northeast Ohio. There is important information you should know if you or someone you love has an opiate addiction. Naloxone (also known as NARCAN) is a medication that can reverse an overdose that is caused by an opioid drug. When administered during an overdose, Naloxone blocks the effect of opioids on the brain and restores breathing within two to eight minutes. Naloxone has been used safely by emergency medical professionals for more than 40 years and has only one function: it reverses the effects of opioids on the brain and respiratory system in order to prevent death. Naloxone has not potential for abuse.

Naloxone is available to family members and loved ones of addicts by contacting Project DAWN, a community-based drug overdose prevention and education project. For more information call 216.721.4010 or 216.778.7878 or email www.thefreeclinic.org.

Kernels by Chrissie Raises Money for HUGS

Over the past three years, Chrissie Fahey, the owner of Kernels by Chrissie, a very tasty gourmet popcorn business (www.kernelsbychrissie.com), has supported HUGS by giving a portion of her proceeds from Bay Days and a similar event in Independence. In the first two years, Chrissie donated over \$2,000. This year Kathy Winzig and Dianne Vogt helped sell the Kettle Corn at Bay Days. When asked, we gave HUGS along with the bags of popcorn!

Look for Kernels by Chrissie at the Crocker Park Farmers Market and other events around the Cleveland area. HUGS to you Chrissie for all your support!





Support **HUGS** Matching Gifts

Did you know that many companies offer their employees a Matching Gift Program? Often employers provide their employees an incentive to give financial support to charitable organizations by matching the employees' financial donations dollar for dollar. Typical rules are that the charitable organizations must be registered as tax exempt under IRS Code, Section 501 (c)(3). There may also be a small minimum donation amount like \$100 to minimize paperwork cost. Each matching gift program is different, but an example is your \$100 donation could be \$200 if a simple form (that is typically obtainable in a firm's Human Resource department) is completed.

Think of it as Doubling Down in Black Jack except you and your chosen charity both win.

HUGS Honors Bay Middle School Principal Sean McAndrews

The HUGS Foundation recently presented a special achievement award to Bay Middle School Principal, Sean McAndrews for his commitment, support and years of ongoing dedication to parent and student drug education awareness in the school and the community.

HUGS presented a special achievement award to Bay Middle School Principal, Sean McAndrews for his commitment, support and years of ongoing dedication to parent and student drug education awareness in the school and the community. The award was presented by Dianne Vogt, founder and Executive Director of HUGS, an organization dedicated to helping families and children struggling with the costs associated with drug addiction recovery programs. HUGS stands for Hope, Understanding, Gratitude and Serenity. "It is just great that Sean is being recognized for his passion and dedication to this important issue," said the event organizers. "Without his leadership, many parents and children would not get the education they need to help combat the effects alcohol and other drugs can have on our Bay Village families."

Addiction is destroying families on a daily basis.

HUGS is providing families with the opportunity for recovery. If you are interested in getting involved or assisting financially. Please contact Dianne Vogt via email at hugs@hugs4families.org or by calling 216-521-5568.

Enjoy an afternoon out and raise money for HUGS at

phil.an.thro.pi.a

Monday December 8, 2014

*Executive Caterers, Landerhaven
11:00 a.m. Registration
12:00 Noon, Luncheon & Program*



Admission is a tax deductible donation made out to your favorite 5013(C) (3) non-profit organization. More information and reservation forms can be found online at: <http://executivecaterers.com/philanthropia/> please consider attending and making a donation to HUGS

The Lakewood Women's Club

is a philanthropic organization that sponsors fundraisers throughout the year, with proceeds going to Lakewood organizations, the Scholarship Program, and members of our community. The HUGS Foundation was named as a two-year recipient of funds. At the Gathering Place on Madison in Lakewood, President Torey Worrone and Treasurer Meghan Friedrich presented Dianne Vogt with a \$1,000 check. **Watch for the 10th Annual Great Pumpkin Fun Run and 5K on October 26, 2014.**



A Special *HUGS* Thank You to our 2014 Annual Fund Donors

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to learn more
about HUGS, visit
www.hugs4families.org



Our Mission:

Family support is critical to long term recovery of alcoholic and chemically dependent adolescents.

The HUGS Foundation is dedicated to helping families in Northeastern Ohio, providing funds for treatment, travel, and ancillary services not covered by insurance benefits.

Additionally, families who have received help from HUGS will have the opportunity to help others in need of addiction recovery, thus creating an invaluable networking system.

to learn more about HUGS, visit www.hugs4families.org