

The DDAer

The Quarterly Newsletter for DDAers and Friends of DDA

This issue:

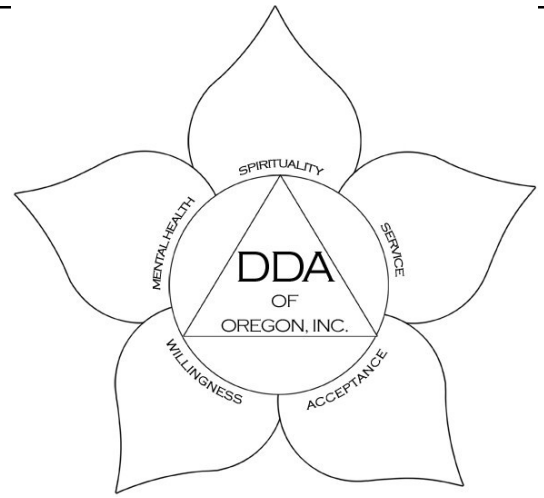
*The Legacy of Dr. Dean Brooks
by Bob Nikkel*

Corbett's Corner

How to Start a New Chapter

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"To Live Without Hope is to Cease to Live."
F. Dostoyevsky

Dr. Dean Brooks offers wisdom and support to DDAers

By Bob Nikkel

In February, the monthly DDA Fellowship meeting in Salem was honored to have Dr. Dean Brooks in attendance and to have him speak to us about his long involvement in promoting peer support approaches. While Dr. Brooks, at age 92, is vibrant and full of good humor, I worry that someday he will be best known for allowing the Oscar-award winning classic film, "One Flew Over the Cuckoo's Nest" to be filmed on site at Oregon State Hospital while he was superintendent. He may also be remembered for playing the psychiatrist, Dr. Spivey, opposite Jack Nicholson. What may not be as well known is that he and Mr. Nicholson spontaneously made up some of the best dialogue in the film—and that he and the Hollywood actor formed a lasting friendship that continues to this day.

But I hope that Dr. Brooks should be at least as well known for his support of 12-Step recovery approaches like Dual Diagnosis Anonymous in both state hospital and community settings. He was also a practitioner of one of the most challenging steps—that of taking a fearless moral inventory. However, more on that a little later.

We learned at the fellowship meeting that Dr. Brooks knew another famous individual in American history—Dr. Bob Smith, one of the two co-founders of Alcoholics Anonymous. Dr. Brooks was assigned as a newly minted medical doctor from the University of Kansas Medical School to work alongside Dr. Smith in the surgery unit at a hospital in Akron, Ohio during World War II. Dr. Smith was an incredibly skilled and respected surgeon and all the young doctors wanted to be in the operating room with him. However, many people at the time felt Dr. Smith had a habit of admitting people with alcoholism as inpatients to the hospital. But that's where Dr. Brooks learned the value of treating people with addiction problems in a respectful and peer-supported environment.

So, when Dr. Brooks came to the Oregon State Hospital, first as a staff psychiatrist in 1947 and later as superintendent from 1955 to 1982, he began AA meetings inside the hospital. He also promoted the seeding of many AA meetings in outlying communities around Oregon so that patients had support groups to transfer to upon discharge. And what else could you expect from a man who, as it turns out, also knew Bill Wilson (the other

co-founder of AA) and Father Martin (who just passed away in early March 2009) of "Father Martin Film" fame?

As happened in the February fellowship meeting, when Dr. Brooks is in a fellowship meeting and hears about that moral inventory step, he knows what he's talking about. Plus he has always practiced what he preaches. In 1969, for example, he authored a well-received article in one of the peer-reviewed journals, *Hospital and Community Psychiatry*, in which he tells of "A Bushel of Shoes" to introduce needing to take an unbiased and fearless look, even in his own program at the Oregon State Hospital. If you ever have a chance to meet Dr. Brooks, ask him about that "Bushel of Shoes" and wait for this gifted physician to tell you the whole story with that ever-present twinkle in his eye.

He's a man who knows what it takes to recover and to support those of us who are in that magnificent process. This is what I'd like Dr. Brooks to be known for when the chapter gets written on his era in Oregon's history of mental health and addiction care: his pioneering endorsement and promotion of peer supports as crucial to recovery.

How to start a new chapter of DDA

by Stephanie S.

The process of starting a new chapter of DDA is simple! That has always been Corbett's goal when it comes to starting new DDA chapters.

The first step of the process is just picking a place, day and time for your DDA meeting. Also, you'll want to consider if you'd like the meeting open or closed. Once you've done this, contact the central office to give us the details of your new chapter. If possible, we'll coordinate Corbett's schedule with the first meeting so that he is able to attend and act as chairperson.

Next, you'll want to be sure you have all the materials you need— a meeting binder, flyers to post around your community and current meeting directories. All of these materials can be provided to you by the central office.

The meeting will be listed on the DDA website under the appropriate county and also in our meeting directory. That's all there is to it!



Corbett's Corner

The DDA motto, "To Live Without Hope is to Cease to Live" was penned by Fyodor Dostoyevsky. In a 1997 publication of "Inside Oriented" in San Bernardino, California it was noted that "A guiding principle for Corbett is 'To Live Without Hope is to Cease to Live.' " At that time this quote became the DDA motto. The power of Hope in our fellowship cannot be overstated. We find references to Hope in our meeting format, Our Preamble and Just for Today in DDA. Most importantly, we read in our fifth tradition that: "Each DDA group has one primary purpose—to carry its message of HOPE and recovery to those who still suffer from the effects of Dual Diagnosis."

This primary purpose is the very foundation of our fellowship and has sustained us since our inception in 1996.

Love, Peace, and Blessings,

Corbett

Announcements

Are you on the DDA Fellowship Gathering Invite List? Each month, DDA hosts a fellowship gathering for DDAers and friends of DDA. The gatherings are either in Clackamas, Oregon at A Daily Reprieve Recovery Center or in Salem. If you would like to be added to the invitation list, please send an email to: stephanies@ddaoforegon.com

Newest DDA chapters: Allen Blvd. Baptist Church in Beaverton, Oregon; FolkTime in Portland and Oregon City; Klamath Basin Recovery Center in Klamath Falls; Washington County Community Corrections in Hillsboro.

Sobriety Certificates are available on the DDA website or by contacting the central office, as well as lots of other great DDA materials! Check it out!

Submit your poetry or stories to the newsletter or the upcoming DDA Big Book!

Guidelines for writing:

- Try to keep your writing within or under 500 words.
- Accompany your story with a completed and signed consent form, available on our website or call the central office to request that one be mailed to you.
 - Send your written story and consent form to:
DDA of Oregon, Inc. PO Box 2883 Portland, OR 97208
or email to: stephanies@ddaoforegon.com

DDAers Poetry & Writings on Hope

“When All is Gone...Hope Remains”

By Justin H.

To be loved is to be adored and cherished. To feel love is to feel an affection so intense your heart is flooded with a passionate enthusiasm! But like the mighty empires throughout history, love can be conquered, being replaced with hatred and discontent.

To have strength is to possess power. To have power is to have the ability to resist the everyday attacks of stress and wear. However, every person that possesses strength also possesses some kind of weakness. Once that weakness is exposed, the strength is slowly stripped away from the poisonous forces that smother us like hot, unbearable humility. Leaving us a shell of the person we once were.

To be blessed with will power is to be able to stand on your own two feet. You are a warrior that stands alone. With strength of mind you are able to carry your desires and wishes. But how long can one last on his or her own before they are overmatched?

To put your faith in someone or something is to blindly believe in truth, value and loyalty. Can you do this day in and day out for the rest of your life? The realistic and honest answer for most of us is no. Faith is tested on a daily basis, overwhelming us to the point where we begin to question and falter. Our faith is often placed with disbelief and doubt.

Then there is hope, brothers and sisters! When all else is test, lost and taken away; there is hope. Our motto is: “To live without hope is to cease to live.” Hope will always remain! Don’t ever give up! There is always hope! Hope for all of us! And may that hope carry us through for the rest of our days! Never forget: To live without hope is to cease to live.”

What DDA means to me

By Tim P.

I would have to say “life.” DDA has given me such great hope—I cannot express my gratitude for this program. Within the meetings of other DDAers, I find strength to share how chaotic and unmanageable my life is without the support of fellow DDAers. Not to mention the peace I experience after a meeting. I once quoted a saying “I wanted to and didn’t, until I tried and couldn’t”, now with the help of the DDA program I have the inspiration and courage to live “life.” I so look forward to seeing you all at a meeting soon.

DDA Recovery

By Mac A.

There was once a time
Drugs and alcohol were an excuse
Then I sought solace in rhyme
And seen the truth in my ruse

Anxiety and depression
Were the aftershocks of post traumatic stress
Being high become an obsession
But now I must confess

I am dually diagnosed
And give thanks to DDA
They are a fine group of folks
Who have showed me the way

Open minds and open hearts
In total anonymity
Together and apart
In DDA recovery!

DDA of Oregon, Inc.
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The DDA Star Summer 2009 Issue 2

Dual Diagnosis Anonymous of Oregon, Inc.

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(503) 222-6484

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Portland, OR 97208

Questions, concerns or suggestions regarding this
newsletter? Please contact the editor, Stephanie S. at
(503) 222-6484 or stephanies@ddaoforegon.com

What is DDA?

Dual Diagnosis Anonymous (DDA) is a peer support program based on a version of the 12 Steps of Alcoholics Anonymous with an additional 5 Steps that focus on Dual Diagnosis (mental illness and substance abuse). DDA's unique 12 Steps Plus 5 Program offers hope for achieving the promise of recovery.

Please check out our website at

www.ddaoforegon.com