



# Phase Up Newsletter

August 2017

Volume 2, Number 19

## Phase Up Mission:

Peers  
Helping  
Achieve a  
Substance free  
Environment with  
Unlimited  
Possibilities

- **OWI Court Dates:**  
**Courtroom N Judge Ankley**  
August 4th 2pm  
August 18th 2pm
- Courtroom M Judge Haenicke**  
August 11th 10:00am  
August 25th 10:00am

## **Phase Up Group Meetings**

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms and **Tuesday Nights @6pm** at Recovery Institute.

## **Support Meetings:**

- **Phase Up Group Meetings**  
**Tuesdays @ 6pm at Recovery Institute**
- **SMART Recovery Meetings**  
Monday & Wednesday 2pm-3pm  
Tuesday & Thursday 8:30am-9:30am at Recovery Institute

[michigan-na.org/sw\\_michigan](http://michigan-na.org/sw_michigan)  
[sites.google.com/site/kalamazooointergrup/](http://sites.google.com/site/kalamazooointergrup/)

*3rd Annual* **PHASE UP PICNIC**  
**Saturday August 19th 10am-2pm**  
  
**Milham Park**  
**400 E. Kilgore Rd.**  
**Kalamazoo, MI 49001**  
*Family and Friends  
Always Welcome*

## PUG at the Nationals in Washington DC

Phase Up Group is a peer run support group that is comprised of alumni and current participants of the treatment courts. Phase Up Group was a dream of the courts. After court sessions, support group meetings were had but there was still something missing. In 2014, PUG started meeting more often and opened up opportunities for members to plan and make decisions with regard to pro-social events. There was a disconnect that we identified. Our pathway into recovery was a result of breaking the law and choosing a court program to make a change for the better. While going through the process, it can be overwhelming and many isolate. Not surprising as you are mandated to change everything that you know (people, places, and things). PUG asked the courts if they could host a bowling event then a sports trip, they said yes and this opened the door to new friendships. And the rest is as they say "history".

PUG to date has hosted outings to sporting events, 1st and 2nd annual picnics with the 3rd coming soon (with a tradition of rain), movies and popcorn, the theatre, planning meetings on Tuesdays and after court (OWI, Sobriety, Women's Drug Court and Men's Drug Court-NORP) support meetings.

Because of the support and respect that the courts have in Phase Up Group, we were nominated for and received the Hero Award from the Michigan Association of Treatment Court Professionals (MATCP). PUG was the first "Group" in the conference's history to have received this award.

With such an honor under our belt, PUG was motivated to do more and take our ideas of support to the next level. A certain judge put it out there that our vision and success needs to be shared.

We filled out the application. A couple of months later, we received an invitation to speak at a breakout session at the National Association of Drug Court Professionals' (NADCP) 2017 national conference in Washington, DC.

In our session, there were peers, recovery coaches, judges, attorneys, probation officers and a host of other treatment court professionals. The presentation was honest, raw and thought provoking. The testimonials on video were impactful. The importance of Pro-social integration into the community with sober events was so well received and the interests expressed was exciting. If you have not yet participated in a PUG meeting or event, **now is the time!**



- Men's Drug Court  
Courtroom D Judge Bridenstine  
August 4th 9am  
August 18th 9am
- Women's Drug Court  
Courtroom K Judge Blatchford  
August 11th 9am  
August 25th 9am
- N.O.R.P. Group Meetings  
Fridays immediately following the Court session in Jury Room M
- W.D.T.C. Group Meetings  
Fridays immediately following the Court session in the Jury Room K

Coming: September 21st



Contact Us:  
Phone: 269-370-1291  
Email:  
[pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)

Facebook Page:  
[www.facebook.com/norpgroup](http://www.facebook.com/norpgroup)  
[www.facebook.com/phaseupgroup](http://www.facebook.com/phaseupgroup)

Website:



*Join us for a Phase Up Get together!*  
**Phase Up Dinner Tuesday**



**August 29th, Meet at 6:00pm**

**Adults: \$11.00 w/Drink    Kids: 3-11 \$.65 x Age**

*Family & Friends Always Welcome*

## Movies & Popcorn at Kalamazoo 10



Join us on Saturday August 26th at 3:30pm. We will meet in the lobby of the Kalamazoo 10 Movie Theater and you will be able to decide what movie you would like to go see. Bring your Family and Friends!!!

## Bowling & Pancakes at Airway Lanes:



Join us on Sunday, August 6th from 9am till Noon for Pancakes and Bowling. All the pancakes you can eat and all the games you can bowl for \$10.00 (rental shoes are included). Bring your Family and Friends!!! We will meet at Airway Lanes at 9am. Hope to see you there!!



Enjoy yourself and support our cause at a special fundraising event for:

Organization name: Phase Up Group  
Date: Thursday, September 28, 2017  
Time: 12:00 pm – 10:00 pm  
Store: 5015 West Main  
Kalamazoo, MI

Fundraiser A  
Guest **MUST** present this flyer to the cashier before paying. Blaze Pizza will donate 20% of proceeds from your meal back to our organization.

## Volunteer & Community Service Opportunities:



Volunteer Kalamazoo  
BUILD • CONNECT • PROMOTE

WELCOME TO VOLUNTEER KALAMAZOO,  
A PROGRAM OF GRYPHON PLACE!

Court Ordered Service

[www.volunteerkalamazoo.org](http://www.volunteerkalamazoo.org)  
3901 Emerald Dr. Kalamazoo, MI 49001  
269-382-8350

GRYPHON  
PLACE

2-1-1

Helping those in conflict and crisis

If you would like to contribute to the Newsletter in any way or have the Newsletter emailed to you, Email us at [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)