

Phase Up Newsletter

APRIL 2017

Volume 2, Number 15

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with

Unlimited
Possibilities

Coming: April 20, 2017

Free Dinner!!!

Register at

PhaseUp.org
for a

Free Dinner at TenTen Buffet

First Ten People to sign up will receive one free dinner ticket for the April 20th Phase Up Dinner.

• Sobriety Court Dates:

Courtroom J Judge Westra

April 14th 1:30pm

• OWI Court Dates:

Courtroom N Judge Ankley

April 14th 2pm

April 28th 2pm

Courtroom M Judge

Haenicke

April 7th 10:00am

April 21st 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.**



• Men's Drug Court

Courtroom C Judge Kropf

April 14th 9am

April 28th 9am

Ever Wonder Who We Are & What We Do? Words by Our Own Judge Westra

Isolation among participants in treatment courts has been a constant and recurring problem. Participants work a program that stresses leaving behind a using environment and often that environment includes their social activities, social group, friends and even family. Many people in recovery face the hard choice of isolation or a return to an environment that is not conducive to, and in fact, a threat to recovery.

The Kalamazoo Phase Up Group (PUG) started a Group tailor-made for participants in the Kalamazoo County Sobriety Court. In the beginning they held bi-weekly meetings immediately following court sessions. In addition to conducting 12 step meetings, the more senior participants would welcome new participants and answer questions about the right way to complete program requirements, giving new participants the benefit of their wisdom, counsel, advice, and most of all, support.

In 2013 and 2014 a new group of people became active in the program. They bonded quickly and began looking for ways to take PUG to the next level. The most common characteristic among the group was the lengthy duration of their addiction, the high number of past legal involvements arising from their addiction and a strong desire and energy to make significant change in their own lives and the lives of others. Serious about their own recovery, they took the framework of the Phase Up group and added weekly meetings in the community. They became familiar with alternative peer support group programs such as Smart Recovery and Woman's Recovery. They received training to be group leaders in those programs and began offering those sessions as well. They brought guest speakers to address a variety of issues including problems with the interlock and driver's license restoration. Some became certified as Peer Support Specialists and Recovery Coaches. They began attending every court session to support others in the program even when they weren't required to be there. They reached out to those who were struggling with their recovery. As alumni they continued to attend court sessions and reached out to others who had graduated before and invited them to join the group. They started a newsletter and became a clearinghouse for information on meeting locations, community service opportunities and assistance for participants in a variety of areas. They began organizing sober events. Trips to professional sporting events, bowling parties, card parties, picnics and other social events. They began hosting community service projects of their own and engaging in clothing and food drives for those in need. Most importantly, they became good friends and welcomed new participants into their circle of friends.

For those who chose to become involved in PUG, there was a positive third choice to the choices of isolation or returning to their former using environment.

Countless participants have had their recovery experience enriched through the efforts of PUG. With PUG leaders in attendance at every graduation, graduates offer special thanks to the group for the support and friendship that was a significant contributing factor to the successful completion of the treatment court program. Many graduates continue their involvement with the group as alumni continuing to build upon the solid recovery foundation offered by the group as they venture out without the support of the court.

Based on the success of this program in the Kalamazoo Sobriety Court, they were contacted by participants of programs in other counties in West Michigan and have mentored participants to start similar programs in those counties. They worked with Kalamazoo County Drug Treatment Court to start and oversee a similar participant support group in the Men's and Women's Drug Courts.

While several people within the organization have been leaders and have been instrumental in the development and evolution of the program, it is the chemistry, energy and desire for the celebration of a life in recovery of the active members of the group as a whole that has led to its success and the success of its active participants. I therefore nominate the Kalamazoo Phase Up Group to be awarded the status of MATCP 2017 Treatment Court Hero.

- Women's Drug Court
Courtroom K Judge
Blatchford

April 7th 9am

April 21st 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

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
sites.google.com/site/kalamazoointergroup/

Contact Us:

Phone: 269-370-1291

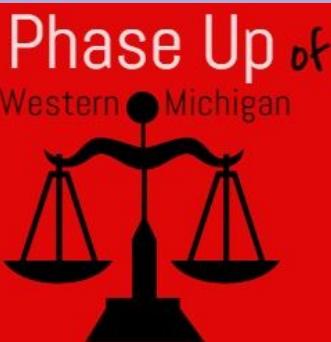
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www.facebook.com/phaseupgroup

Website:



Join us for a Phase Up Get together!
Phase Up Dinner Thursday



Ten Ten Buffet Grill & Sushi April 20th, Meet at 6:00pm

Adults: \$10.69 Kids: 7-11 \$7.39 Kids: 3-6 \$4.39

Family & Friends Always Welcome

Movies & Popcorn at Kalamazoo 10



Join us on Saturday April 8th 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!!!



Fundraising Euchre Tournament
EASTWOOD HOUSE OF RECOVERY
Every Saturday Night at 7pm
Suggested Donation \$5.00



Airway Lanes **3rd Annual Sober Bowling Tournament**

April 23rd **Sign up at 11am**
Bowling starts at Noon
Scotch Doubles
SUNDAY APRIL 23rd
COST: \$15.00 PER PERSON
Includes: 3 Games of Scotch Double Format Bowling,
Shoe Rental, Prizes and Trophies!
Draw for partners, 50/50 Drawing, Mystery Game,
Trophies for 1st, 2nd & last place

Volunteer & Community Service Opportunities:



Volunteer Kalamazoo
 BUILD • CONNECT • PROMOTE

WELCOME TO VOLUNTEER KALAMAZOO,
 A PROGRAM OF GRYPHON PLACE!

Court Ordered Service
www.volunteerkalamazoo.org
 3901 Emerald Dr. Kalamazoo, MI 49001
 269-382-8350



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