



Phase Up Newsletter

October 2016

Volume 1, Number 9

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with
Unlimited
Possibilities

• Sobriety Court Dates:

Courtroom J Judge Westra
October 7th 1:30pm
October 21st 1:30pm

• OWI Court Dates:

Courtroom N Judge Ankley
October 14th 2pm
October 28th 2pm
Courtroom M Judge Haenicke
October 7th 10:00am
October 21st 10:00am

Phase Up Group Meetings

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms



• Men's Drug Court

Courtroom C Judge Krof
October 14th 9am
October 28th 9am

• Women's Drug Court

October 7th 9am
October 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



DETROIT LIONS GAME SOBER OUTING Sunday October 16, 2016 Against the Los Angeles Rams @ 1:00pm

Trip Includes: Lower level Field Seats, Round Trip Bus Ride, tailgating before the Game & Leftovers after the Game. Food, Desserts and Sodas for the bus ride. Cost is \$155 per person. Must be paid in full by October 8, 2016; Deposit \$50

Here's what People are Saying:

Regarding the 3 legs of the proverbial recovery stool the judicial system uses to rehabilitate soft offenders of the counties driving while under the influence of intoxicating substances I have the following thoughts.

I was involved in a 12 step program prior to entering the OWI court system for a 2nd offense in March 2016. I realized the first step completely pertained to me and I owned it all by myself without a "nudge". It takes what it takes...I am very thankful for the program to this point and feel that the judge I am now assigned is doing an extremely good job and embraces recovery although not in recovery himself and not afflicted with the ism of alcohol nor the disease.

I see the 3 legs of the rehabilitation the judicial system is trying to embrace are; honesty & accountability, recovery program of action, and judicial support & community.

The recovery Program of action is offered through a requested number of "self-help" programs suggested as a method of staying clean, sober and abstinent while in the court system and creating a way of life to live without substance abuse.

Community support is integral and happens through the meetings that participants choose to attend where they are involved with other "FOP's-friends of the program" and are brought together through congenial meetings in the courtroom where informal success celebrations or "accolades" are held for doing the next right thing and following the rules. This is also a time where participants receive corrective action for noncompliance with program rules and "discipline" is administered.

The accountability portion is the portion aka: "DROPS" this is the most penal of the 3 legs and where the focus of my thoughts have been. This is the most penal, and resentment building portion of the program as I see so far. When accolades are attained and a person is attending program meetings doing the next right thing and being to "DROP" and inordinate amount it is a felt penalty both in time and absolutely financial strain. This is a negative motivator and I can safely say in the diseased brain of someone in recovery-TRIGGER! What can be done?

I propose re-working the financial strain and the timetable so that it is a cost-benefit not meant to "catch" Friends of the Program but to enhance the strategy for living life on life's terms and incorporate this into how we are regaining control of our lives in accordance with the law. By acknowledging the amount of time it takes for all substances to run the course through the body and working the individual permutations a calculation can be obtained for the exact amount of testing statistically to be done. This is a known data point, not arbitrary and but obtaining this number it could be pre-determined upon entering the Court program how many "DROPS" will be taken during the 14-16 month program.

I propose this dollar amount could be paid over time like the monies owed for court fees and a certain percentage could be worked off through community service and possibly light neighborhood work duty.

Support Meetings:

- Phase Up Group Meetings

Tuesdays @ 6pm at Recovery Institute

- SMART Recovery Meetings

Monday & Wednesday 2pm-3pm

Thursday 8:30am- 9:30am
at Recovery Institute



Tuesdays 1pm at Eastwood House of Recovery



Bilingual Spanish AA meeting
Saturday at 2:00 pm at The Alano Club



michigan-na.org/sw_michigan
sites.google.com/site/kalamazooingroup/

Coming: February 18, 2017



**DETROIT RED WINGS GAME
SOBER OUTING
Saturday February 18, 2016
COST IS \$155 PER PERSON**

Contact Us:

Phone: 269-370-1291

Email:

pug.kalamazoo@gmail.com
norp.kalamazoo@gmail.com

Facebook Page:

wwok.com/w.facebookgroup
www.facebook.com/phaseupgroup

Website:

<http://pugsite.wixsite.com/phaseup>



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



Halloween Orange Ice Hockey Game:



Here are the details for the Orange Ice game:

Kalamazoo Wings vs. Allen Americans

Tickets \$11 plus \$1 processing fee on Groupmatics = \$12

Puck Drop is at 3pm, doors open at 2pm

Parking is \$5 per car

Colored Ice, Costume Contest for all ages, trick or treating throughout the concourse, haunted house open throughout the game, free post game skate (skate rentals available for \$3 or you can bring your own) food and beverage specials, all seating is together in the same section. Follow this link to purchase tickets: <https://groupmatics.events/KWingsPhaseUpOct30th>

Movies & Popcorn at Kalamazoo 10



Join us on Saturday October 22nd at 3:00pm. 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.

Check out our Website: Follow the link Below



<http://pugsite.wixsite.com/phaseup>

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