

Hospital offers 'tools' to fight alcoholism

By Margaret Miller
staff writer

Walk along the halls of the pleasant, country-style building known as Brighton Hospital and a familiar set of words keep appearing and reappearing.

In framed mottoes, on printed cards and probably on the minds of many patients, the words stand out clearly: "God grant me the serenity to accept what cannot be changed, the courage to change what can be changed and the wisdom to know the difference."

And for the men and women who occupy the 63 beds and spend their days there, the hope is for acceptance of alcoholism, which cannot be changed, and courage for a new kind of life style, which can be changed.

"I'll make it, I have to make it," one man was saying as he talked to a fellow-patient not far from one of the sites of the familiar prayer.

He has a good chance, said David Stratton, director of counseling, if he follows the full program set up for those who enter the hospital, in operation just over 30 years.

"We have the tools for sobriety here," said Stratton. "We lay out a road

map, point in the right direction, and say 'Here are the tools, get with it.' And many who go to Brighton — the count is now more than 26,000 — do make it after the intensive program they undergo in stays of varying lengths.

"OUR PROGRAM starts with detoxification with a minimal amount of drugs," said Stratton.

When the patients leave the 24-bed "detox" area, they are just beginning the path that can lead to the sober life.

For one thing, they are expected to show up for each of the family-style meals, especially breakfast at 7:30 a.m.

They go to lectures on alcoholism by the two physicians on staff, Dr. Russell Smith and Dr. Richard Morin. They attend movies geared to help their understanding of their problems. Each patient is assigned a counselor and goes to group therapy sessions led by that counselor. They get assigned reading — "for those who can't read, we have tapes," said Stratton.

Especially, they go to Alcoholics Anonymous meetings, at least two a week, and four are available. "The AA program is a cornerstone of the treat-

ment here," said Stratton, "and of course one of the requirements for a patient who is leaving is willingness to continue to attend AA meetings. If people come back, it's because they stopped going to meetings."

Besides the activities that are required, the hospital has a wide variety of options not demanded but popular.

There are shape-up sessions, a library, a game area with pool and table tennis and a punching bag, a golf course and a beautiful natural setting that invites long walks through the woods or by the lake. And there are the other people on hand, fellow-patients and a staff Stratton describes as "70 dedicated workers" to help strengthen resolve.

THE USUAL STAY for a patient admitted only to alcohol is 21 days. Those with "cross-addiction," dependence also on drugs that usually take the form of pills, the stay may be as much as 30 days.

One thing they do not leave with, he said, is "a fistful of prescriptions."

They go out drug free, he added. Still, with all the indoctrination, a good share of the patients on any given day are expected to go out and become social drinkers, said Stratton.

Does the staff refuse to let them take that idea home? "No," said the counselor, "we regard it as a therapeutic road test."

And does the staff believe there can be an alcoholic-turned-social-drinker? "I've never seen one," Stratton said.

Many more are in that category, Stratton said. "When I first got here 13 years ago we rarely saw a case of cross-addiction," he added. "Now more than 50 per cent are that way."

Fees amount to \$110 a day, and many hospitalization plans cover the cost.

When patients are discharged, the staff aims at having them fit the description of the "Brighton winner." Such a person, says the sheet that goes home with the patient, shows measurable change of attitude toward physical health, psychological well-being, social functioning, responsibility toward employment and family, and spiritual growth.

It also requires acceptance of alcoholism and willingness to attend AA meetings, and the attitude toward work involves being ready to get back on the job immediately. "If they are ready to leave, they are ready to work," Stratton said.

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Hospitals offer aid to alcoholics

Hospital programs	Services						Fees		
	Inpatient	Outpatient	Medical	Counseling	Information	Crisis phone	None	Ability	Other
Henry Ford Hospital - Fairlane 19401 Hubbard, Dearborn 338-2100	no	yes	no	yes	yes	no	—	—	yes
Alcohol Treatment Center Wayne County General N-Building, Westland 721-5190	yes	yes	yes	yes	yes	no	—	yes	—
Annapolis Hospital 33155 Annapolis, Wayne 722-4400	yes	yes	yes	yes	yes	no	—	yes	Ins.
St. Mary Hospital 36475 Five Mile, Livonia 464-4800 ext. 378	yes	yes	yes	yes	yes	no	—	—	varies
Metropolitan Hospital West 28303 Joy, Westland 522-6737	no	yes	yes	yes	yes	no	—	—	yes
Garden City Osteopathic Hospital 6245 Inkster, Garden City 421-3300 ext. 395	yes	yes	yes	yes	yes	yes	—	—	varies
Heritage Hospital 24775 Halg, Taylor 295-3523	yes	yes	yes	yes	yes	no	—	—	yes

Agencies respond to alcoholics' needs

Agencies/Programs	Services						Fees		
	Inpatient	Outpatient	Medical	Counseling	Inform/Refer	Crisis phone	None	Ability	Other
Catholic Social Services 17332 Farmington, Livonia 421-3730	no	yes	no	yes	yes	no	—	yes	—
Counterpoint Shelter 715 Inkster, Inkster 563-5005	yes	no	no	yes	yes	yes	yes	—	—
Women's Resource Center Schoolcraft College 18600 Haggerty, Livonia 591-6400 ext. 430	no	no	no	no	yes	no	yes	—	—
Out Wayne County Youth Services 2365 Venoy, Westland 653-5005 (Crisis)	no	yes	no	yes	yes	yes	yes	—	—
Phoenix Alcoholism Therapy 6245 Inkster, Garden City 421-3300 ext 395	yes	yes	yes	yes	no	no	—	yes	yes
Community Commission on Drug Abuse 13325 Farmington, Livonia 261-3760	no	yes	no	yes	yes	yes	—	yes	—
2535 Wayne, Westland 326-4320	no	yes	no	yes	yes	yes	—	yes	—

INSIDE ANGLES

PROPOSAL A's fate will be decided by Michigan voters May 19, and state Senator Doug Ross, who has drawn the ire of angry taxpayers for his resistance to the Bob Tish backed plan, will talk about the proposal at two town hall meetings. He'll talk at the Farmington Library tonight at 8 p.m. and at the same time May 14 at the Southfield Civic Center.

The program will include open discussion.

THINKING ABOUT HOME BUYING? But not sure if you can afford it? The Farmington Community Library in conjunction with Real Estate One is sponsoring a free home buyer seminar at 7:15 p.m. Tuesday, May 12, at the Farmington Library, 23550 Liberty.

An attorney, a mortgage representative, a tax expert and real estate persons will be there to answer questions.

For reservations, call the library at 474-7770 or Real Estate One at 477-1111.

VICKOR scored a victory at Oakland Community College, Orchard Ridge campus. Vickor, a musical composition written for choral and piano, was one of the few pieces ever composed by an OCC student to be performed by the OCC choral group in concert.

The student composer is Brian Bellanger.

WILDLIFE MANAGEMENT, a five-day overview for state lands in southern Michigan, is the topic of a public meeting planned May 14 in East Lansing. It's sponsored by the Department of Natural Resources.

Development of the plan is a requirement for matching federal funding, which will be combined with money from the state's Fish and Game fund. That fund is made up of license fees from the state's hunters and anglers.

The meeting will be at 7:30 p.m. at the state police conference room, 714 S. Harrison.

Written comments can also be sent to the DNR's Wildlife Division, Box 30026, Lansing 48909, from May 15 to June 15.

SPEAKING OF THE GREAT OUTDOORS, Sally Wilson, a teacher in the Farmington Public School system, was awarded the certificate of appreciation by the Michigan Outdoor Education Association May 2 at the annual conference in Napoleon, Mi.

The award recognizes outstanding contributions

to outdoor education at the school or district level. Wilson won the award for organizing a three season outdoor education program at Forest Elementary.

FARMINGTON HISTORICAL SOCIETY has designated May as sign-up month. Membership is \$5 for one person, \$8 per couple, \$17 for students, \$10 for businesses, and \$100 for life. Checks should be made payable to the Farmington Historical Society, 34215 Cass Court, Farmington 48024.

TIRE OF BORING LUNCHES? Our Lady of Sorrows school guild is staging a salad buffet on Friday, May 15, in the church hall at 23615 Power Road.

There will be a wide selection of salads with roll and beverage included for \$3.50 (\$3 for senior citizens). Come between 11 a.m. and 2 p.m.

FAMILY A-FAIR is the theme of St. Gerald's Church fifth annual spring fair May 15-17.

Game booths, bingo, craft booths, food booths, a raffle and prizes are on tap. A chicken dinner will be served from 1-4 p.m. on Sunday for \$2.75 for adults and \$1.25 for children.

Fair hours are 6 p.m. to 11 p.m. Friday, 10 a.m. to 11 p.m. Saturday, and 1 p.m. to 6 p.m. Sunday.

SPRING CLEANING is an annual ritual for many, but a mailbox is hardly a priority for cleaning buffs.

Farmington Postmaster Kenneth B. Harris reminds everyone to include your mailboxes in this annual spring rite.

There's even a week in honor of mailboxes: Mailbox Improvement Week May 18-23.

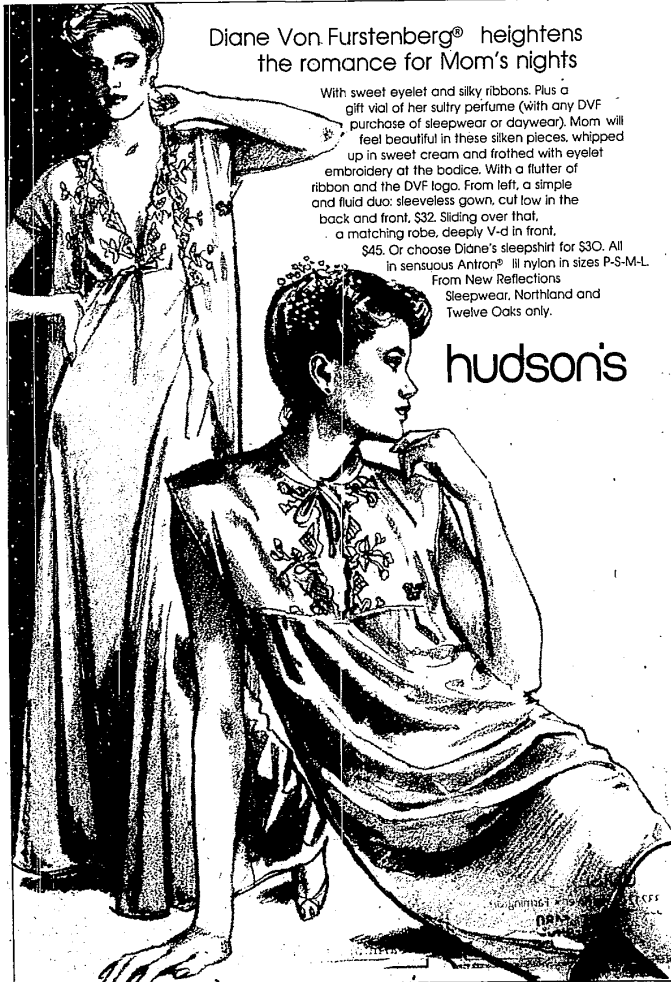
Boxes should be within easy reach for letter carriers. On curbside boxes, the carrier must have access to the box without leaving his vehicle. House numbers should be clearly visible on the box.

All mailboxes must meet requirements for size, strength, safety and location. Guidelines are available from the local post office.

MONTE CLARK is coming to town. The head coach of the Detroit Lions will be at Faith Covenant Church in Farmington Hills at 5 p.m. on Saturday, May 9.

The evening includes games, contests and food.

Tickets are priced at \$2.50 for adults, \$1.50 for children under 12. The church is at 14 Mile and Drake road. For tickets, call 661-9191.



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Is man alone?

"Are We Alone in the Universe?" is the subject of the University of Michigan AstroFest series' 98th free public program at 7:30 p.m. on May 8 in Auditorium 3, Modern Languages Building. Jim Loudon, AstroFest director and

staff astronomer for the U-M Exhibit Museum, will lecture on "why we don't know if other species, intelligent or otherwise, currently exist in our galaxy."