

# Destiny

The New Destiny Treatment Center newsletter  
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New Destiny  
Treatment Center

## Alcohol and drugs: part 5

*Dr. R.W. Bolois, executive director*



*Dr. Bolois*

Alcohol affects individuals differently in various stages of life. Last month we focused on the first two stages. This month we'll examine how young adults,

the middle-aged and seniors are affected.

Young adults are between the ages of 18 and 29. During this period many young people pursue post-secondary education, enlist in the military or

enter the workforce. This time of transition carries an increased risk of problems with alcohol. This group is most likely to drink heavily, regardless of their gender, ethnicity, and school or work status.

The problem of young adult drinking continues to escalate: alcohol-related deaths rose five percent for 18 to 24 year-olds between 1998 and 2001.

Young adults may not have access to mental health services, making them vulnerable to psychiatric conditions such as depression and anxiety, often associated with dangerous drinking patterns.

Researchers now believe that the brain continues to develop into the mid-20s. Scientists continue to explore alcohol's potentially damaging effects on the young adult brain.

Using noninvasive brain scans—such as the electroencephalogram (EEG), which measures and records the brain's electrical activity—researchers can study changes that occur with drinking and determine whether the brain can return to normal function as young adults begin to “age out” of heavy drinking. Although most young adults drink less as they transition into midlife, some continue to drink heavily.

*See “Alcohol and drugs,” page 4*

## NDTC board member promoted to heaven

More than 40 years ago Brother Glen Miller began offering his support and assistance in the ministry then known as the Barberton Rescue Mission, now New Destiny Treatment Center.

He was wholeheartedly in favor of the work being done with those who might be described as down and out. Glen was always interested in doing whatever he could to help those who had no one else to help them.

On Monday, April 28, Brother Miller went home to be with the Lord from the Walnut Hills Nursing Home in Walnut Creek, Ohio.

We offer our sincere condolences to his wife, Ada, and their nine children along



*Glen Miller and his wife Ada*

with their spouses and children. We trust that God will provide all the grace and comfort they will need during the days ahead.

Brother Miller was a long-time board member of the Barberton Rescue Mission and NDTC. He was faithful in his support and diligent in spreading the word about God's work at New Destiny. His ministry also included coming with his church group

to conduct a chapel service each month.

One of the best legacies of Glen Miller is the “beef-of-the-month” project. In the very early days of his association with New Destiny, Glen purchased a whole beef to donate to the facility for the meals provided to residents and clients.

Eventually, Glen organized twelve different Holmes County churches to take turns providing beef each month for NDTC. The project has continued to this day.

Only eternity will reveal everything Glen Miller has meant to NDTC. We have lost a great friend, but heaven has gained a great saint. He has finished his course and we look forward to the day when we will meet him again in glory.

## Every graduation is different, yet the same

*Rev. Lester Rowan, assistant director*



*Rev. Lester Rowan*

The 15th annual New Destiny Treatment Center graduation service was held in the NDTC chapel Friday, May 2. There were 21 graduates who have completed—or will complete in the near future—nine months of treatment. Fifteen

graduates were present at the ceremony and celebration.

This graduation was different from other years because of the variation in personalities and unique stories of the graduating clients. However, this graduation was like all others in that it was very inspiring and emotionally moving.

The experience of attending graduations never gets old. The stories of redemption are always touching and evoke tears of joy from the listeners.

Robert Green finished the treatment program



*NDTC graduating class of 2008 along with Rev. Howard Russell, executive director Dr. Bolois, and assistant director Rev. Lester Rowan.*



*Left: 2008 NDTC graduate Larry Stallings sings, "One Day at a Time."*



*Bottom left: NDTC graduate Robert Green with his daughters.*



*Bottom right: (L-R): Dr. Michael Jacobson, Executive Director Dr. Bolois, and Dr. James Phillips.*

Treatment Center. He related how knowing Christ and receiving help at New Destiny has enabled the relationship with his mother to be re-established.

in March. He spoke on the topic,

"How my life has changed." He proudly introduced his two young daughters to the audience as he stood and testified about how God returned their father to them.

Larry Stallings shared his testimony in a song, "One Day at a Time." Larry completed treatment in October 2007.

The topic, "What it means to have family support," was presented by Frank Brandstetter.

Frank gave praise and glory to the Lord as he expressed his deep gratitude for the love and support of his mother, grandmother and other family members.

Jonathon Johnson escorted his mother to the podium, then spoke about how God brought him in from the streets and from the despair of addiction to New Destiny

Finally, Ernest Holbrook spoke about how Christ pulled him from a life of addiction. A wrongful conviction had placed him on death row. Since his exoneration, he has re-established a relationship with his ex-wife, who was in attendance.

Remarks were made by our physicians, Dr. Michael Jacobson and Dr. James Phillips. It is a great blessing to have strong Christians providing medical treatment for New Destiny clients.

Board Chairman Rev. Howard Russell also spoke briefly and inspired the audience to give a love offering for the ministry.

Graduation was a wonderful celebration of God's great grace. One thing that hasn't changed in 15 years is the lasting impression that the ceremony and client testimonies have on each of our lives. If you weren't there you will not want to miss next year's graduation. Plan now to attend! **(First Friday in May)**

## Praise God for a new destiny!

*NDTC client testimony by Hal Brenner*

My name is Hal Brenner and I am from Wooster, Ohio. I want to share my story of addiction and the hope I now have for a better life.

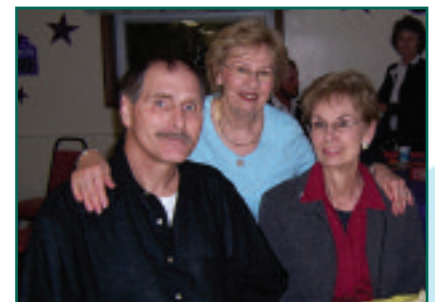
Many factors contributed to unstable conditions in my childhood. My father passed away when I was 10. I was too young to understand, yet old enough to remember him.

A few years later my mom remarried and we moved to a farm. I loved it there and my new stepfather was good to me. However, after

four years of marriage to my mother, he became unfaithful and divorce resulted. After that, I decided I would never trust another man.

I wasn't happy, so I started smoking marijuana and dropped out of school. I met a girl from Florida and moved there with her. In Florida, drugs were readily available.

I contracted arthritis and gout, which required pain medication; I got hooked on painkillers. Also, about 10 years ago I was



*NDTC client Hal Brenner pictured with his mother and aunt.*

*See "Pain," page 3*

# NDTC thanks high school Beta Club for volunteering at New Destiny

Some 22 high school students from Heritage Christian School in Canton, Ohio performed volunteer service April 18 at the New Destiny Treatment Center.

All were members of the school's Beta Club, affiliated with the National Beta Club. They were accompanied by the club's advisor, Mrs. Kristina Rowan, a Spanish teacher at the school.

The students volunteered their time to satisfy the club's requirements that students perform service projects in the surrounding community.

According to the national organization's Web site, "the purpose of the National Beta

Club shall be to promote the ideals of character, service and leadership among elementary and secondary school students, to

reward meritorious achievement and to encourage and assist students in continuing their education after high school."

Many of the students worked hard pulling weeds and spreading fresh mulch around the shrubs in front of the main administration and office building and the security office building. Other students washed all the windows in the administration building.

Treatment center staff members who helped coordinate the day complimented the youth on their hard work and pleasant attitudes.

New Destiny Treatment Center extends its deepest thanks and gratitude to the young men and women of the Heritage Christian School Beta Club for their help in making the facilities look great for the annual client graduation service held May 2.



*Members of the Heritage Christian School Beta Club diligently work at pulling weeds, spreading fresh mulch around the shrubs and washing windows at NDTC.*

## Client testimony (continued from page 2)

diagnosed with severe attention deficit disorder (ADD). The disorder went undetected for many years. The pain in my joints and not being able to focus in my thought processes made addiction cycles even worse.

I feel that I learned a lesson about judging others once I discovered my weaknesses. Yet, my addiction continued until I finally got in trouble with the law. I thank God for a place like New Destiny Treatment Center where I finally realized that God not only forgives me, but He still loves me.

When I arrived at New Destiny I thought, "I don't want to go through all that 'church stuff.'" I had been at many rehab facilities before, but never in a Christian program. The longer I stayed, the more I realized how God was working and changing me.

My cocaine addiction was so severe that it clouded my mind for years. But the more scripture I heard, the

more I understood. When you go through a program like New Destiny, it takes time for God's Spirit to clear up a mind muddled by 30 years of addiction.

I really never knew how much God loves people and cares about every area of our lives – even the little things. When my feet hit the

floor every morning, it is truly a gift to know that I have God in my heart.

I no longer have a desire to use illegal drugs. The only explanation for that is that the Lord took the desire away. I praise and thank Him for a new destiny!

### **Yes, I want to help return husbands to their wives, fathers to their children, and sons to their parents.**

I am enclosing \$ \_\_\_\_\_ as a:  900 Club Member (\$100 per month) beginning the month of \_\_\_\_\_, 200\_\_.

(If partnering with a friend, please include full name and address of partner for tracking purposes.)

Monthly gift (other than 900 Club)  Annual gift  One-time gift

In memory of:  In honor of: \_\_\_\_\_

I prefer to donate by credit card:  Visa  MasterCard

Gift amount: \$ \_\_\_\_\_ Card #: \_\_\_\_\_ Exp.date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature (required): \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

I am unable to contribute at this time, but I want to be a prayer partner for the New Destiny Treatment Center. Please continue sending the *Destiny* newsletter.

Alcohol and drugs (continued from page 1)

Young adults we work with at New Destiny started drinking and could not stop. Many have received dishonorable discharges from the military, flunked out of colleges and have severely damaged relationships.

We help them focus on their responsibility to work with us to secure a better life for themselves. This is where our motto comes into play: "Our only treatment is abstinence and our only cure is Christ."

Members of the next group are "midlife." For alcoholics, the years between ages 30 and 59 can be devastating. This is when the consequences of heavy drinking often become evident. Alcoholic liver disease, alcohol pancreatitis, several types of cancer, disorders of the heart and circulatory system, alcohol-related brain disorders and other adverse effects on the endocrine and immune systems are likely to emerge.

Individuals in midlife may be more willing to seek treatment for alcohol dependence. Men who come to NDTC in this age bracket

almost always need medical attention.

Many of our clients stay the full nine-month treatment term and get ready to start a new life, but with a broken body. A number have passed away shortly after receiving treatment because they waited too long to get help. That is why we encourage young people to seek help as soon as possible.

The final stage is senior adults, who tend to drink less than other age groups. However, research suggests that alcohol-related problems in older adults soon may become a national health issue.

Senior adult drinking is on the rise. As people live longer and as the present generation of younger people who drink ages, the number of people who drink will increase.

Older adults are at particular risk for alcohol-related problems. They metabolize alcohol slowly. As a result, alcohol remains in the body longer. Older adults are more likely to have health conditions that can be

exacerbated by alcohol, including stroke, hypertension, neurodegeneration, memory loss, mood disorders and cognitive or emotional problems.

Older adults are more likely than younger people to take medications, putting them at risk for alcohol/drug interactions that can be dangerous or even life-threatening. Alcohol also may decrease effectiveness of some medications.

According to current literature, education may be the most beneficial treatment for alcohol use disorders in older adults. Many seniors lack information on the dangers of alcohol use. Older adults who began drinking earlier in life tend to have worse treatment outcomes than those who began drinking later in life.

I am thoroughly convinced after working in the treatment arena that education, counseling and therapy all work, but nothing brings the change that is needed until the alcoholic gives his or her life to Jesus Christ.

Mailing list changes: Requests for change of address or removal from mailing list should be sent to Melinda Holsopple at (330) 825-5202 (ext. 120) or [gholsopple@aol.com](mailto:gholsopple@aol.com). Please remember it often takes at least one month for changes to take effect.

June 2008

CHANGE SERVICE REQUESTED

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New Destiny  
Treatment Center



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