

# AWARENESS HOUR 2017

SATURDAY MORNING RECOVERY SERIES

*Celebrating a 41-year legacy of healing and hope.*

“Anyone and everyone can escape the hell that addiction has created for them and their families if they dare to take the first step—reaching out and accepting help.”

-FORMER FIRST LADY BETTY FORD



**Reach out today. We're here for you.**

Contact us for a free consultation.

**877-444-5771 | [BettyFordCenter.org](http://BettyFordCenter.org)**

The Betty Ford Center is in-network with most insurance carriers.

#### Hazelden Betty Ford Foundation locations

Aurora, Colorado  
Beaverton, Oregon  
Boston, Massachusetts  
Center City, Minnesota  
Chaska, Minnesota  
Chelsea, New York  
Chicago, Illinois  
Irving, Texas  
Maple Grove, Minnesota

Naples, Florida  
Newberg, Oregon  
Plymouth, Minnesota  
Rancho Mirage, California  
San Diego, California (*coming soon*)  
St. Paul, Minnesota  
Tribeca, New York  
West Los Angeles, California

The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs. It is the nation's largest nonprofit treatment provider, with a legacy that began in 1949 and includes the 1982 founding of the Betty Ford Center. With 16 sites in California, Minnesota, Oregon, Illinois, New York, Florida, Massachusetts, Colorado and Texas, the Foundation offers prevention and recovery solutions nationwide and across the entire continuum of care to help youth and adults reclaim their lives from the disease of addiction. It includes the largest recovery publishing house in the country, a fully accredited graduate school of addiction studies, an addiction research center, an education arm for medical professionals and a unique children's program, and is the nation's leader in advocacy and policy for treatment and recovery.

© 2016 Hazelden Betty Ford Foundation  
5790-1 (9/16)

# AWARENESS HOUR 2017

SATURDAY MORNING RECOVERY SERIES



# A TRADITION OF HEALING AND HOPE

Welcome to the Betty Ford Center’s 41st season of Awareness Hour, celebrating a legacy of recovery wisdom and strength. Our Saturday morning sessions share the hope of addiction recovery through perspectives and voices that open the way to new insights, understanding, and healing.

Come, join with friends, family and fellow, travelers. You will find information and inspiration for your journey.

## A FREE SERIES FOR YOU

### 2017 DATES AND TOPICS

January 14	Healing the Hurt: Families, Addiction, and Recovery
February 11	What Else Is Going On? Addiction and Related Disorders
March 11	Safe and Sound: Healing from Trauma and Addiction
April 8	Celebrity and Recovery: Can I Still Be Creative If I’m Sober?

### SCHEDULE

9:00 a.m.–9:30 a.m.	Registration & Refreshments
9:30 a.m.–10:30 a.m.	Presentation followed by Q&A

### MEET OUR MODERATOR



**Jerry McDonald**  
We are honored to welcome Jerry McDonald as emcee of our Saturday morning recovery series. A long-time counselor and interventionist, Jerry has been associated with the Betty Ford Center for many years.

### LOCATION

Annenberg Center for Health Sciences  
Eisenhower Medical Center  
39000 Bob Hope Dr.  
Rancho Mirage, CA 92270

### FOR MORE INFORMATION

[HazeldenBettyFord.org/AwarenessHour](http://HazeldenBettyFord.org/AwarenessHour)

This event is free of charge. To learn more, please contact Robin Costello at [RCostello@hazeldenbettyford.org](mailto:RCostello@hazeldenbettyford.org) or 760-636-5985.

# 2017 TOPICS AND PRESENTERS

## JANUARY 14

### HEALING THE HURT: FAMILIES, ADDICTION, AND RECOVERY



#### Susan Ford Bales

The daughter of President Gerald R. Ford and First Lady Betty Ford, Susan Ford Bales worked side by side with her mother at the Betty Ford Center. Deeply concerned about the impact of addiction on families, she helped to launch several initiatives at the center, including a highly regarded children’s program, innovative training for medical students, and specialized programs for women. Elected to the center’s board of directors in 1992, Ford Bales served as board chair from 2005 to 2010.



#### Mary Bono

Mary Bono represented California’s Inland Empire and Desert Region in the United States House of Representatives from 1998-2013. During her 15-year congressional career, Bono served on the Energy and Commerce Committee, House Armed Services Committee, Judiciary Committee, and the Small Business Committee. Today at FaegreBD Consulting, Bono provides guidance to clients on media and strategic communications matters. She focuses her practice on legislative, regulatory and policy matters affecting the technology, privacy, data security, energy and health care industries.



#### Jerry Moe

Jerry Moe is the national director of the Children’s Program at the Hazelden Betty Ford Foundation. Moe serves as an advisory board member of the National Association for Children of Alcoholics, and his work has been featured in national media including the Today Show, Nickelodeon News, Time magazine, U.S. News and World Report and USA Today. He is a nationally recognized author, lecturer, and trainer on issues related to children and families hurt by addiction.

## FEBRUARY 11

### WHAT ELSE IS GOING ON? ADDICTION AND RELATED DISORDERS



#### Judi Hollis, PhD

Judi Hollis, PhD, created the nation’s first eating disorders unit and went on to train professionals worldwide using her bestselling book, *Fat is a Family Affair*. Through media appearances and her own radio show, she has been offering a gentle, disciplined path away from our nation’s overeating epidemic. Dr. Hollis has also maintained her own 70-pound weight loss, and became a champion of Twelve Step recoveries. In 2009, she was honored with a star on the Palm Springs Walk of Stars.



#### Gary Lange, PhD

Gary Lange, PhD, specializes in helping problem gamblers and their families. Dr. Lange is a professor of psychology at California State University where he received the “Excellence in Service Learning Instruction” award. As a certified addictions specialist, Dr. Lange supervised the Betty Ford Center’s Family Program. He currently serves as a provider and supervisor with the California Office of Problem Gambling’s free Gambling Education and Treatment Program. In 2016, Dr. Lange received a Lifetime Achievement Award from California Council on Problem Gambling for his work with problem gamblers and their families.

## MARCH 11

### SAFE AND SOUND: HEALING FROM TRAUMA AND ADDICTION



#### Martha Susan Horton, PhD

Martha Susan Horton, PhD, is director of the Amate Institute in Boulder, Colorado, dedicated to helping adolescents and adults achieve emotional maturity/ sobriety through the Amate Growth Work Method she developed. Dr. Horton is the author of *Growing Up in Adulthood: The Journey to Emotional Maturity*.



#### Johanna O’Flaherty, PhD

Johanna O’Flaherty, PhD, has dedicated her life’s work to focusing on the correlation between ancestral trauma, addiction, and healing. Dr. O’Flaherty helps patients recognize and address how their addiction and recovery difficulties might be related to current or past upheaval.

## APRIL 8

### CELEBRITY AND RECOVERY: CAN I STILL BE CREATIVE IF I’M SOBER?



#### Mystery Celebrity Guest Speakers

The myth that sobriety negatively affects a person’s ability to be creative will be shattered by artists who discovered their abilities and achievements are greater than ever in recovery. Guest speakers will share the challenges and rewards of their personal recovery journeys in this special session, followed by time for audience questions.

**AWARENESS**  
**HOUR** 2017  
SATURDAY MORNING RECOVERY SERIES



**Betty Ford Center**  
Part of the Hazelden Betty Ford Foundation



# AWARENESS HOUR 2017

SATURDAY MORNING RECOVERY SERIES

*Celebrating a 41-year legacy of healing and hope.*

“Anyone and everyone can escape the hell that addiction has created for them and their families if they dare to take the first step—reaching out and accepting help.”

—FORMER FIRST LADY BETTY FORD



**Reach out today. We're here for you.**

Contact us for a free consultation.

**877-444-5771 | [BettyFordCenter.org](http://BettyFordCenter.org)**

The Betty Ford Center is in-network with most insurance carriers.

#### Hazelden Betty Ford Foundation locations

Aurora, Colorado  
Beaverton, Oregon  
Boston, Massachusetts  
Center City, Minnesota  
Chaska, Minnesota  
Chelsea, New York  
Chicago, Illinois  
Irving, Texas  
Maple Grove, Minnesota

Naples, Florida  
Newberg, Oregon  
Plymouth, Minnesota  
Rancho Mirage, California  
San Diego, California (*coming soon*)  
St. Paul, Minnesota  
Tribeca, New York  
West Los Angeles, California

The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs. It is the nation's largest nonprofit treatment provider, with a legacy that began in 1949 and includes the 1982 founding of the Betty Ford Center. With 16 sites in California, Minnesota, Oregon, Illinois, New York, Florida, Massachusetts, Colorado and Texas, the Foundation offers prevention and recovery solutions nationwide and across the entire continuum of care to help youth and adults reclaim their lives from the disease of addiction. It includes the largest recovery publishing house in the country, a fully accredited graduate school of addiction studies, an addiction research center, an education arm for medical professionals and a unique children's program, and is the nation's leader in advocacy and policy for treatment and recovery.

© 2016 Hazelden Betty Ford Foundation  
5790-1 (9/16)

# AWARENESS HOUR 2017

SATURDAY MORNING RECOVERY SERIES



# A TRADITION OF HEALING AND HOPE

Welcome to the Betty Ford Center’s 41st season of Awareness Hour, celebrating a legacy of recovery wisdom and strength. Our Saturday morning sessions share the hope of addiction recovery through perspectives and voices that open the way to new insights, understanding, and healing.

Come, join with friends, family and fellow, travelers. You will find information and inspiration for your journey.

## A FREE SERIES FOR YOU

### 2017 DATES AND TOPICS

January 14	Healing the Hurt: Families, Addiction, and Recovery
February 11	What Else Is Going On? Addiction and Related Disorders
March 11	Safe and Sound: Healing from Trauma and Addiction
April 8	Celebrity and Recovery: Can I Still Be Creative If I’m Sober?

### SCHEDULE

9:00 a.m.–9:30 a.m.	Registration & Refreshments
9:30 a.m.–10:30 a.m.	Presentation followed by Q&A

### MEET OUR MODERATOR



**Jerry McDonald**  
We are honored to welcome Jerry McDonald as emcee of our Saturday morning recovery series. A long-time counselor and interventionist, Jerry has been associated with the Betty Ford Center for many years.

### LOCATION

Annenberg Center for Health Sciences  
Eisenhower Medical Center  
39000 Bob Hope Dr.  
Rancho Mirage, CA 92270

### FOR MORE INFORMATION

[HazeldenBettyFord.org/AwarenessHour](http://HazeldenBettyFord.org/AwarenessHour)

This event is free of charge. To learn more, please contact Robin Costello at [RCostello@hazeldenbettyford.org](mailto:RCostello@hazeldenbettyford.org) or 760-636-5985.

# 2017 TOPICS AND PRESENTERS

## JANUARY 14

### HEALING THE HURT: FAMILIES, ADDICTION, AND RECOVERY



#### Susan Ford Bales

The daughter of President Gerald R. Ford and First Lady Betty Ford, Susan Ford Bales worked side by side with her mother at the Betty Ford Center. Deeply concerned about the impact of addiction on families, she helped to launch several initiatives at the center, including a highly regarded children’s program, innovative training for medical students, and specialized programs for women. Elected to the center’s board of directors in 1992, Ford Bales served as board chair from 2005 to 2010.



#### Mary Bono

Mary Bono represented California’s Inland Empire and Desert Region in the United States House of Representatives from 1998-2013. During her 15-year congressional career, Bono served on the Energy and Commerce Committee, House Armed Services Committee, Judiciary Committee, and the Small Business Committee. Today at FaegreBD Consulting, Bono provides guidance to clients on media and strategic communications matters. She focuses her practice on legislative, regulatory and policy matters affecting the technology, privacy, data security, energy and health care industries.



#### Jerry Moe

Jerry Moe is the national director of the Children’s Program at the Hazelden Betty Ford Foundation. Moe serves as an advisory board member of the National Association for Children of Alcoholics, and his work has been featured in national media including the Today Show, Nickelodeon News, Time magazine, U.S. News and World Report and USA Today. He is a nationally recognized author, lecturer, and trainer on issues related to children and families hurt by addiction.

## FEBRUARY 11

### WHAT ELSE IS GOING ON? ADDICTION AND RELATED DISORDERS



#### Judi Hollis, PhD

Judi Hollis, PhD, created the nation’s first eating disorders unit and went on to train professionals worldwide using her bestselling book, *Fat is a Family Affair*. Through media appearances and her own radio show, she has been offering a gentle, disciplined path away from our nation’s overeating epidemic. Dr. Hollis has also maintained her own 70-pound weight loss, and became a champion of Twelve Step recoveries. In 2009, she was honored with a star on the Palm Springs Walk of Stars.



#### Gary Lange, PhD

Gary Lange, PhD, specializes in helping problem gamblers and their families. Dr. Lange is a professor of psychology at California State University where he received the “Excellence in Service Learning Instruction” award. As a certified addictions specialist, Dr. Lange supervised the Betty Ford Center’s Family Program. He currently serves as a provider and supervisor with the California Office of Problem Gambling’s free Gambling Education and Treatment Program. In 2016, Dr. Lange received a Lifetime Achievement Award from California Council on Problem Gambling for his work with problem gamblers and their families.

## MARCH 11

### SAFE AND SOUND: HEALING FROM TRAUMA AND ADDICTION



#### Martha Susan Horton, PhD

Martha Susan Horton, PhD, is director of the Amate Institute in Boulder, Colorado, dedicated to helping adolescents and adults achieve emotional maturity/ sobriety through the Amate Growth Work Method she developed. Dr. Horton is the author of *Growing Up in Adulthood: The Journey to Emotional Maturity*.



#### Johanna O’Flaherty, PhD

Johanna O’Flaherty, PhD, has dedicated her life’s work to focusing on the correlation between ancestral trauma, addiction, and healing. Dr. O’Flaherty helps patients recognize and address how their addiction and recovery difficulties might be related to current or past upheaval.

## APRIL 8

### CELEBRITY AND RECOVERY: CAN I STILL BE CREATIVE IF I’M SOBER?



#### Mystery Celebrity Guest Speakers

The myth that sobriety negatively affects a person’s ability to be creative will be shattered by artists who discovered their abilities and achievements are greater than ever in recovery. Guest speakers will share the challenges and rewards of their personal recovery journeys in this special session, followed by time for audience questions.

**AWARENESS**  
**HOUR** 2017  
SATURDAY MORNING RECOVERY SERIES



**Betty Ford Center**  
Part of the Hazelden Betty Ford Foundation