A Message
From Our Board Chairperson

To the Friends of The South Suburban Council:

During Fiscal Year 2019, we were able to provide substance use disorder treatment and supportive services to 1,530 residents of the Chicago south suburbs and surrounding communities. The Council also acquired a license to operate as a Community Mental Health Center. The Council maintained its status as a licensed and Medicaid certified provider of the Division of Substance Use Prevention and Recovery (SUPR) in the Illinois Department of Human Services. The Council continues its accreditation from The Joint Commission. Meeting professional and regulatory standards reaffirms that The Council delivers quality and effective programs and services.

The pages that follow convey our continuing tradition of being a leader in meeting the substance use disorders treatment needs of residents of our communities and also addressing the increasing need for co-occurring disorder services among those patients who are diagnosed with mental health and substance use disorders. The documented statistics, financial data, and narrative summaries depict an agency providing essential services to those needing our help. Our continued fiscal health and effective clinical programming has enabled us to be positioned as a stable and strong organization in an evolving and changing healthcare environment. We are committed to being there for those who need our specialized healthcare services, particularly those who are financially disadvantaged.

Since the passage of Affordable Care Act, many of the uninsured patients were able to enroll into Medicaid. Medicaid contracts were awarded to Managed Care Organizations. These transformations are creating new challenges and opportunities for providers of behavioral healthcare services. The Council continues to strive to remain a valued provider of substance use disorders treatment services, crisis stabilization services and co-occurring disorder services, as this evolution progresses and will stay connected and integrated within the broader healthcare system.

The Council owes its continuing success to our dedicated Board of Directors, professional staff, and friends. Your support, encouragement and prayers have kept us as a progressive and effective treatment provider. Please take a few minutes to read our 2019 Annual Report and take pride in all we have collectively accomplished on behalf of those suffering from substance use disorders and co-occurring mental health and substance use disorders.

Thank you for your support of our mission and belief in our work.

John Fairman,
Chairperson, Board of Directors
The South Suburban Council on Alcoholism and Substance Abuse
The Council continues to maintain The Joint Commission Accreditation for all services surveyed under the Comprehensive Accreditation Manual for Behavioral Health Care. This accreditation is customarily valid for up to 36 months, or until March 30, 2020. The Council had a Site Visit Inspection from the Division of Substance Use Prevention and Recovery, SUPR, on September 4 and 5, 2018. As a result of this inspection we continue to be licensed to provide treatment for substance use disorders and certified for Medicaid reimbursement by The Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

The Council also continues to be provisionally certified as a Medicaid Community Mental Health Provider for Mental Health Assessments, Treatment Plan Development, Review and Modification, Psychotropic Medication Monitoring, Psychotropic Medication Training, Therapy/Counseling, Mental Health Intensive Outpatient, Mental Health Case Management, Client Centered Consultation, Transition Linkage and Aftercare.

Network and Community Affiliations
The Council recognizes its role as a partner with other providers and community organizations in advancing the availability of substance use disorder treatment and other health and social services to the residents of the south suburbs and surrounding communities. The Council practices this responsibility through active involvement with state and local community organizations, coalitions and partnerships. Some of these groups include the Illinois Association for Behavioral Health (IABH, formerly IADDA), Illinois Partners for Human Services, Behavioral Health Consortium of Illinois, Healthcare Consortium of Illinois, Illinois Alcohol and Other Drug Abuse Professional Certification Association (IAODAPCA), Illinois Association of Drug Court Professionals, Southland Human Services Leadership Council, Family Violence Coordinating Council, South Suburban Youth Service Alliance, South Suburban Juvenile's Officers Association, South Suburban Council on Homelessness, Southwest Coalition, United Way of Metropolitan Chicago—South Suburbs, Will County United Way, Agencies United, Community Services Council of Will County, Inc., Illinois Association of Extended Care Facilities, Illinois Association of Substance Abuse Professionals, South Suburban HIV/AIDS Regional Coalition, Governor's State University College of Health and Human Services Advisory Council, Governor's State University School of Addiction Sciences Advisory Council, JHI Provider Working Group, etc.

Network Leadership
The South Suburban Council recognizes its partnership with Medicaid Managed Care payors and providers. The Council has collaborated with the Cook County Health and Hospital System through its ownership of the Behavioral Health Consortium of Illinois. Ownership of this network involves the collaboration of 12 partners and network owners.

In addition, The Council is a collaborative owner of the Illinois Health Practice Alliance. This network is in partnership with Centene Corporation and IlliniCare.

U.S. Probation and Pretrial Services
The United States Probation contract allows The Council to accept federal parolee referrals from the Northern District of the United States Probation Service as well as defendants from United States Pretrial Services. Our contractual services include: assessments, individual and group counseling, toxicology testing, psychiatric evaluation, medication management and residential treatment. Annual revenue for FY’19 was $39,495.

Male Family Reunification Project
Although this project has ceased to be funded by DASA, the services have been integrated into our programs’ treatment schedule. The Residential Treatment Services—South continues to provide case management services, parenting classes, domestic violence counseling and job readiness training to our residential patients.
Residential Crisis Stabilization Program

The Residential Crisis Stabilization Program (RCS) is a program that was implemented in June 2012 in order to serve uninsured patients that present in local area emergency departments with both a substance use disorder and mental health diagnosis. The program was grant funded through DMH and SUPR as a result of the closing of Tinley Park Mental Health Center. The level of care is a hybrid that incorporates elements of ASAM levels III.2D and III.5. The Program consists of a 12 bed unit, and has specially qualified staff that are credentialed to provide stabilization services to a dually disordered population. It includes counselors that are licensed for mental health services and/or certified as addiction counselors, as well as substantially increased psychiatric services from our consulting psychiatrist. The goals of the program are to provide short term (5-10 days) crisis stabilization services and connect them to additional clinical treatment services as necessary. There were 221 admissions last year. The Council was funded for $759,743.00 in Fiscal Year 2019.

Drug Court Update

The Council has again received grant awards from Cook County that will provide treatment for people that are referred through Adult Probation Drug Court. For FY’19, The Council received $130,032.06 from Adult Probation.

Illinois Department of Corrections

The Council continued to receive contractual referrals from Southwestern Illinois Correctional Center and Sheridan. Both prisons specialize in providing substance use disorder treatment to their inmates, most of whom were sent to prison for drug related crimes. The combined DOC contract billed approximately $36,132 during Fiscal Year 2019.

South Suburban HIV/AIDS Regional Coalition

The Council has participated in the South Suburban HIV/AIDS Regional Coalition for fourteen years. The coalition consists of social service agencies, health care providers and community organizations that are committed to assisting people that are identified as HIV positive. The Council's role is to provide substance use disorder assessments and treatment services to HIV positive addicts and alcoholic's.
Our Commitment to our Employees

We are committed to being an equal opportunity, affirmative action organization in accordance with civil rights legislation and do not discriminate on the basis of race, color, religion, national origin or ancestry, sex, age, sexual orientation, disability or other factors prohibited by law. We seek to provide an environment of respect for employees which promotes professional growth; encourages achievement of individual potential and promotes individual creativity and responsibility. We recognize our responsibility to employees which includes open and honest communication, stated expectations, fair and timely assessment of performance and equitable compensation within a framework of equal opportunity.

COUNCIL LEADERSHIP

Management
Ramaswamy Srinivasan, President & Chief Executive Officer
Janet Coleman, Vice President & Chief Administrative Officer
Kyle Jones, Vice President & Chief Financial Officer
Terry Johnson, Vice President & Chief Clinical Officer
Brian Hazard, Vice President of Clinical Services
Kenneth Johnson, Director of Accounting
Ken Muhr, Director of Information Technology Services
Bradley M. Stein, Director of Marketing, Media Relations & Business Development
Eileen Couture, D.O. Medical Director

Clinical Services
Shari Stucky, Director of Residential Treatment Services (North & South)
David Banks, Director of Outpatient Services
The Council has established the following strategic goals for fiscal year 2020 in order to address the increasing need for crisis services and co-occurring mental health and substance use disorder services; to be prepared for the establishment of Integrated Health Home model; to be a viable provider for value based payment model; to evaluate and address the growing behavioral health needs of the community; and to support the need for stable housing for patients who are in need of continued engagement with outpatient counselors post-discharge from residential services. These goals are guided by the mission and vision of the organization. The following strategic goals are important to improving our patients’ quality of life while maintaining The Council’s financial soundness, clinical strength, and long-term growth needs:

- Expanding crisis stabilization services for patients diagnosed with co-occurring mental health and substance use disorders to a 16-bed co-occurring disorder treatment program, which will serve patients who are in need of a step down service model from a hospital setting
- Increasing care coordination services to reduce recidivism, control cost and become a viable provider for integrated health home model
- Increasing community awareness by establishing a one-stop online community resource for substance use disorder and co-occurring disorder treatment and prevention services
- Stabilizing the finances of current programs by becoming efficient in the delivery of services
- Establishing appropriate staffing levels in all programs.
- Recruiting, hiring and retaining properly credentialed, experienced staff
- Becoming a successful behavioral health provider in the region
- Increasing ease of access to services for citizens in our community with commercial insurance
- Representing the substance use disorder community in various state forums and legislative events in order to improve access to substance use treatment services
- Increasing corporate and private sponsorships for the renovation of the facility
- Improving the efficiency of clinical workflow to improve the quality of care and provide better clinical access for patients

The South Suburban Council on Alcoholism and Substance Abuse has an efficient and comprehensive process for admitting people through a centralized intake department. All prospective patients and referral agencies contact Central Intake. Thorough diagnostic assessments are completed in order to determine the nature and extent of each patient’s addiction and to make appropriate placement into the proper level of care.

The Council continues to see more complex patients with multiple problems including homelessness, domestic violence, mental health, criminal justice, and employment issues. As a result, the assessment process has also become increasingly important and comprehensive. In addition, better cooperation between other treatment providers and community agencies has resulted in more thorough assessments and more appropriate placement of patients.

Central Intake serves as the triage center for The Council with assessments available from 7:00a.m. until 7:00 p.m., Monday through Friday. Central Intake completed 1881 assessments and 7929 non-duplicated telephone/ walk-in screenings during the past year.

In FY20, central intake is planning to add a mental health screening and mental health assessment process to existing ASAM based assessment to support the needs of dual-diagnosed patients.
RESIDENTIAL SERVICES

Upon assessment, The Council’s Central Intake may determine that an individual’s needs can best be met in The Council’s residential programs. By utilizing the six dimensions of the American Society of Addiction Medicines’ (ASAM) criteria, The Council’s staff can better intervene and reverse the process of chemical dependency by more effectively designing individualized treatment plans. Treatment plans are developed after assessing each patient’s individual needs. This allows patients to progress from non-medical detoxification, if necessary, through rehabilitation at a pace that is most suitable for their specific recovery.

Detoxification consists of monitoring withdrawal conditions with medical consultation, counseling, and education. Each patient admitted is provided with educational information concerning treatment options for Medication Assisted Treatment. The Medical Director will evaluate the patients for use of the following medication: Methadone, Buprenorphine-Naloxone, Buprenorphine and/or Vivitrol for Opioid Use Disorders. Acamprostate(Campral), Disulfiram(Anatabuse) and Naltrexone (Vivitrol for Alcohol Use Disorders. All staff have been trained in the Opioid Overdose Prevention Program and how to administer Naloxone if necessary.

Rehabilitation begins when a patient has stabilized and is mentally and physically capable of undergoing intensive counseling. At this time, the staff work with patients to understand their relationship with their drug of choice. Since The Council is a nicotine-free facility, smoking cessation services are offered in Residential Treatment. The Council staff strives to better equip the patient with the skills necessary to maintain a recovery program and to reintegrate into society by providing individual, group and family counseling and relapse prevention services.

Upon discharge from the program, The Council provides patients with referrals to on-going recovery support systems that include medical care, 12-step programs, halfway houses, and outpatient counseling services. In addition, The Council provides education and referral services to family members of its patients including support systems and treatment opportunities.

By providing a safe residential environment, The Council enables the patient to progress at a pace most suitable for sustained recovery.

RESIDENTIAL TREATMENT SERVICES - SOUTH

The Residential Treatment Services - South Building has a variable length of stay, serves men and women 18 years or older and is a 48 bed unit.

Each patient is assigned a primary therapist and a case manager. While the primary therapist focuses on the patient’s addiction, the case manager assesses the need for wraparound services such as domestic violence counseling, parenting, job readiness training, medical/psychiatric treatment and/or assistance with legal/court issues. The therapist and case manager work with the patient to formulate treatment plans to address identified problems.
In addition to individual and group counseling, the program offers relapse prevention planning, anger management, stress management training, parenting classes and domestic violence assessments and education. The program also has a MISA group to address the unique problems of the chemically dependent patients who are struggling with mental illness.

The Program has also initiated and implemented evidenced based practices into the program consisting of motivational interviewing, motivational incentives, and brief intervention lecture/group series on motivation to change, dealing with anger, communication, social networking, and unlocking thinking/opening your mind.

Women's groups offer evidence based treatment curriculum which includes: Living in Balance, Helping Woman Recover, Seeking Safety and Trauma Recovery and Empowerment.

It is our belief that the incorporation of these services will enable individuals to better manage the problems that accompany chemical dependency once treatment is completed and improve their outcome for sustained recovery.

**RESIDENTIAL TREATMENT SERVICES - NORTH**

Residential Treatment Services - North is a 16 bed unit offering comprehensive individual treatment for women and men recovering from chemical dependency. North building has a variable length stay and serves men and women 18 years of age or older.

The program is structured to help patients address their chemical dependency as well as address healthy self-esteem, spirituality, co-occurring disorders, optimal health and nutrition, responsibilities of parenting and healing from trauma issues.

Patients receive evidence based treatment curriculum which includes: Living in Balance, Helping Women Recover, Seeking Safety and Trauma Recovery and Empowerment.

We also provide Gender Specific groups and lectures, Job Readiness Training and weekly MISA groups.

In addition, patients receive individual, group and family counseling from an assigned primary counselor. Each patient is assigned a case manager, who assesses each patient for their individual needs and links the patients to an array of services which include aftercare planning, medical and psychiatric needs and assistance with legal/court issues which include DCFS.

We take a holistic approach toward empowering our patients with the ability to make good choices not only for themselves, but also for their children and their families.

**Our Commitment to Patients**

*We will make services available to clinically eligible patients and not discriminate on the basis of race, color, religion, national origin or ancestry, sex, age, sexual orientation, disability or other factors prohibited by law. We will not deny services to patients due to inability to pay as defined in established fee schedules and guidelines.*
Our commitment to quality patient care

We will strive to provide our patients and their families with quality chemical dependency treatment care services. Included in this quality care will be sensitivity to their physical, educational, emotional and spiritual needs. We will respect the dignity of our patients and are committed to excellence in all the services we provide during the treatment experience. We believe quality treatment for chemical dependency includes acceptance of the disease model of chemical dependency and we embrace the 12-step philosophy of Alcoholics Anonymous as an important element of sustained recovery.

OUTPATIENT PROGRAMS

For individuals who experience substance use disorder and require a minimally restrictive treatment environment, The South Suburban Council offers a full range of quality comprehensive outpatient services for adults. This continuum of care is provided through three primary levels of treatment.

Intensive Outpatient Treatment

The intensive outpatient treatment program provides structured day and evening treatment programs. The program offers substance use disorder education, medical/psychological symptoms of substance use, group and individual counseling, 12-step ideology, support group development and relapse prevention planning while allowing the patient to implement newly acquired skills within the “real world “environment.

The intensive outpatient treatment program meets five days per week, three hours per session (twelve treatment hours per week). The anticipated length of stay in the intensive outpatient treatment program is six to eight weeks. The intensive outpatient treatment program addresses the symptoms of substance use disorder and related areas of impaired functioning in the patient’s life. The intensive outpatient treatment program uses a patient-centered approach that is designed to help the individual self-assess personal substance use behavior and identify intrinsic motivation for change.

Basic Outpatient

Basic Outpatient provides an organized, professionally directed treatment program designed to help achieve permanent changes in an individual’s alcohol or other drug using behavior. These services address major lifestyle, attitudinal and behavioral issues to allow the patient to develop a self-directed recovery program and to support his/her ability to cope with major life tasks without the use of alcohol or other drugs.

Co-Occurring Disorder Treatment

The Adult Outpatient Treatment Program has implemented treatment for Co-Occurring Substance Use and Mental Disorders. Co-Occurring Disorders treatment is offered in both the Intensive Outpatient Program and Basic Counseling Program. SSCA-OPS utilizes evidenced based treatment models designed to provide integrated treatment that can address the substance use and mental health issues at the same time.

Intermediate Counseling & Early Intervention

Intermediate Counseling and Early Intervention provides organized services which are designed to explore and address problems or risk factors that appear related to alcohol or other drug use.
The goals are to assist the individual to recognize the harmful consequences of substance use, make behavior changes and avoid problems related to substance use. In each program, the primary counselor works with the patient to identify problems, establish goals, and commit to a plan of action. In addition to these primary outpatient treatment services, The Council also offers various need-based programs for adults, adolescents, and their families to address special concerns.

**Adult Programs**

**DUI Program Services** provide treatment through the use of a standardized remedial education program, a continuum of counseling services, including a post discharge continuing care follow-up program, as well as providing Secretary of State alcohol and drug evaluation updates.

**Outpatient Medicaid Certified Community Mental Health Program**

Provides mental health services to clients at least 18 years of age or older, who have been diagnosed with a mental health illness and/or emotional disorder that has resulted in significant impairment in the client’s level of functioning in one or more major life areas.

The treatment services consists of a face to face mental health assessment and the development of an integrated treatment plan will be reviewed and modified with the active participation of the client and his or her family (whenever possible and by consent).

The LPC will document the client’s collaboration in every service provided, including mental health assessments, individual treatment plans and discharge plans. The staff will primarily use motivational interviewing techniques for gaining the client’s cooperation in establishing treatment problems, goals, objectives, interventions and services.

**Recovery Coaching Program**

The South Suburban Council on Alcoholism and Substance Abuse offers all patients the opportunity to participate in the recovery coaching program. The recovery coach services refers to non-clinical services that are designed to help initiate and sustain individual recovery from substance use disorders. The SSCA recovery coach engages with the patient early in the treatment process. The recovery coach meets with the patient individually to complete a recovery capital assessment and works with the patient to develop a recovery capital action plan.

The recovery coach works directly with the clinical treatment team to assist the patient in achieving personal identified goals for recovery by focusing on specific services, access to essential resources and community-based support systems. The recovery coaching program begins at the time of admission and continues during the course of treatment and post treatment; continuing care/follow up program. A primary focus of the recovery coaching program is to maintain a supportive and caring relationship with our patients as treatment concludes.
Chemical dependency tends to be highly co-related with many other medical and social issues. People who are under the influences of alcohol or other drugs have compromised judgment which places them at higher risk. The Council receives funding from SUPR, the Cook County Department of Public Health, and the Illinois Department of Public Health to address some of the medical and social issues associated with chemical dependency.

During Fiscal Year 2019, 883 tests for TB were administered to The Council’s patients. Results of the testing indicated that 11 patients had TB infection confirmed with 0 disease confirmed.

Our Commitment to the Community

We will constantly strive to improve the quality of life in our community through our active involvement in and support of appropriate organizations, educational efforts, and projects supportive of our mission.

MARKETING, MEDIA & BUSINESS DEVELOPMENT

It is the goal of our Marketing team to expand and solidify The Council as a destination for those seeking Behavioral and Mental health treatment and recovery support. The Team has developed and will continue to expand its coordination and referral support efforts with all local court systems. The Council has recently expanded into Will and DuPage Counties with a plan to offer assistance to the court systems in Northwest Indiana in 2020. The referral program driven by the referral coordinator/court liaison, is expanding its outreach to legislators and local court systems.

Our Community Relations Coordinator continues to develop relationships with community representatives to ensure awareness of The Council to all residents in the Chicago Southland and Northwest Indiana. The Director of Marketing has written, developed and launched a brand new website and social media platforms that will further the outreach of The Council. The Director of Marketing has also written, developed and launched an entirely new set of brochures that are located on our website as well. These efforts will allow for an easier and a more streamlined recovery process for patients. Patients will be able to access reference resources in one single location from their mobile devices.

The Team has expanded its outreach to more local and statewide agencies to improve our continuum of care approach. This is most notably evidenced by the significant increase in linkage agreements. The Team has been and will continue to spread the word about The Council as evidenced by several recent published articles and news coverage. The Team will focus heavily on future fund raising activities to support The Council financially and expand awareness of The Council to our communities.

It is the hope of the Team to enlighten, educate and promote The Council as the premier Behavioral and Mental Health Treatment Facility in our surrounding communities. The Team will strive to build The Council’s brand, solidify the current structure and expand The Council so we can reach and heal more people in our communities. Future endeavors include newsletters and fundraisers. The team has developed several email campaigns that have been proven to be very successful for promoting awareness of The Council.
Acknowledging those who made significant contributions to the field of substance use disorder and The South Suburban Council.

THE COUNCIL AWARD

The 2019 Council Award was presented to Dr. Bongard, MD. Dr. Bongard has been a significant contributor in the behavioral health arena for the south suburban area, including Ingalls Hospital, Tinley Park Mental Health Center, Grand Prairie Services, The South Suburban Council and others. He has served as a front line psychiatrist providing psychiatric evaluation and psychotropic medication management for more than 40 years. He has been a potent force in helping people recover from substance use disorders as well as managing chronic mental health conditions. He has worked at The South Suburban Council since 2004. We congratulate Dr. Bongard and honor him as the 2019 Council Award recipient.

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<th>Year</th>
<th>Recipient</th>
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<td>1999</td>
<td>Marje Jacobs</td>
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<td>Daniel Ryan</td>
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<td>Ray Brejcha</td>
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<td>James Osta</td>
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<td>Allen Sandusky</td>
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<td>Terry Johnson</td>
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<td>2018</td>
<td>Dr. Richard Bongard</td>
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Our Commitment to Financial Success

We embrace the necessity of financial strength in order to best serve the long-term interests of our patients, employees and community. We staff, organize and measure our services in order to support this focus. We believe that our financial viability and success is dependent upon our abilities to execute our mission and values.

THE SOUTH SUBURBAN COUNCIL CONTRIBUTORS

We gratefully acknowledge the following organizations, corporations and individuals whose contributions aided us in providing quality substance use disorder treatment services to residents of the South Suburbs and surrounding communities.

Contributing United Ways:

United Way of Metropolitan Chicago South-Southwest Suburban
United Way $75,000

United Way of Will County $25,600

Total $100,600

We have made every effort to ensure that each donor’s name is listed correctly. If your name is misspelled, listed incorrectly, or inadvertently omitted, please call report designer, Lori Dill at 708-647-3365 so we can correct our error.

Alanon
Amazon Smiles
Ann Maida
Aubree Taylor
Benefit Community Impact Fund - Abbott Laboratories EGC
Bill Hintz
Cara Bixel
Cesar Rojas
Claudia Collins
Dorothy Hallessy
Elizabeth Osta Van Arsdale
Franciscan Holding Corporation
Jayanthin Neal
Linda S. Bunchek
Mokena Fellowship Center
Network For Good-Anonymous
Nicholas Stockero
Patricia Gilmartin
Paul Hoekstra
Patriot Project USA-Kenny DeAndrea
Rebecca Mason
Sara Martinath
Suburban Service League
The Benevolent and Protective Order of ELKS
The Bonnie View-Shelly Schmelter
Timothy and Rosemary Kearney
Transit General Insurance
Truist-David Skolarus
Wendy Best
United Way Metro Chgo - Fifth Third Bank-Nancy Novak
United Way Metro Chgo - ITW (National) - Brian Franks
United Way Metro Chgo - SSCA Employees
UW of Greater Philadelphia and Southern NJ - Anonymous
United Way Suncoast-Raymond James Local Office-Mr. Michael S. McCormick
Annual Report

Fiscal Year 2019

Licensed by the Illinois Department of Human Services, Substance Use Prevention Recovery and certified for Medicaid reimbursement.

The Council does not discriminate on the basis of race, sex, religion or national origin.

The Council is handicap accessible and gives pregnant women and injecting drug users priority to treatment services.
Gold Sponsor
Franciscan Health Systems

Silver Sponsors
Chicago Lakeshore Hospital
The David Agency
The Horton Group
The Pension Specialists

Advertisers
Chicago Lakeshore Hospital
Cristina Foods
Dr. Couture and Dr. Clinton
Expert Chemical
Mueller
SSCA Boards of Directors
St. Mark United Church of Christ
The David Agency
The Pension Specialists

Contributors
Sharon Butler
Ingalls Memorial Hospital
NAMI-National Alliance of Mental Illness

Silent Auction Sponsors
Aurelio’s Pizza– Homewood
Chicago Bears
Chicago Cubs
Cristina Foods
Elkhart County Fair
Illinois Philharmonic Orchestra
Kane County Cougars
The Master Blasters
TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1) We admitted we were powerless over alcohol, that our lives had become unmanageable.

2) Came to believe that a Power greater than ourselves could restore us to sanity.

3) Made a decision to turn our will and our lives over to the care of God as we understood Him.

4) Made a searching and fearless moral inventory of ourselves.

5) Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

6) Were entirely ready to have God remove all these defects of character.

7) Humbly asked Him to remove our shortcomings.

8) Made a list of all persons we had harmed, and became willing to make amends to them all.

9) Made direct amends to such people whenever possible, except when to do so would injure them or others.

10) Continued to make personal inventory and when we were wrong promptly admitted it.

11) Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12) Having had a spiritual awakening as the result of these steps we tried to carry this message to alco-