

# Turning a New Leaf

## Remembering a Founder, a Leader, a Friend of New Leaf



New Leaf Resources is mourning the loss of one of its founders, current vice president and strongest advocate, Dr. Marty Doot, who passed away unex-

pectedly last November at the age of 60.

Marty was a leading expert in the field of addiction and was currently serving as associate medical director for Advocate Medical Group and chief of the addiction treatment program at Lutheran General Hospital in Park Ridge.

In the late 1970's, Dr. Alex DeJong and Marty were part of a group that formed the Christian Care Center (which later became New Leaf Resources) to address the devastating effects of chemical dependency in the Chicagoland

area. The early ministry focused on education, intervention and referrals.

"As a medical doctor, Marty treated the physical and emotional aspects of addiction," said former Executive Director Rich Grevengoed. "He touched a myriad of lives for good in God's kingdom. May none of us forget his passion or commitment to bring God's healing touch to those who live with the pain of chemical dependency."

Marty served on the Board for nearly 14 years and according to Executive Director Terry Top, he was

instrumental in navigating the organization through some crucial times.

"Marty wanted New Leaf to be a ministry while also being thoroughly professional," said Top. "He took great joy in seeing the organization that he helped form help so many hurting people. New Leaf would not be the strong ministry it is today without the vision and dedication of Marty Doot. We pledge to continue the legacy he created."

Marty is survived by his wife Judy, three children and two grandchildren. **A complete list of memorial gifts is printed on page 2.**

## Intervention: How to Help Someone Who Doesn't Want to Be Helped

By Stephen Lanterman, LCWS, LMSW, Addictions & Mental Health Specialist

Intervention is a process by which harmful, progressive, and destructive effects of chemical dependency are interrupted and the addicted person receives help in order to stop using and develop new, healthier ways of coping with their problems.

The goal of the intervention is to break down stubborn defenses so that specific facts about the person's behavior and consequences of those behaviors can shine through long enough for the person to accept it. When done in an objective, unequivocal, nonjudgmental, and caring way, it can be better received.

To be effective, intervention needs to include those who are meaningfully involved, facts about the person's drinking or using behavior, and information about treatment options. A leader should be designated and a written list of what will be covered should be compiled. Determine the order in which everyone will speak and what realistic and firm responses they will give. Rehearse once or twice prior to the intervention, with someone playing the role of the addicted. Often this action leads to the person seeking help.

Is the intervention a failure if the person does not im-

mediately agree to get help? No. Keep trying. Interventions have a cumulative effect. Look at intervening as a process not an event. The intervention team usually made up of family and friends, learn how to relate to the addicted person in new ways. They learn to get past their fears, anger and shame that have kept them from taking productive action. They also learn to understand addiction better and how they can live healthier lives.

As the people around the addict change, the addicted person is forced to face reality and can no

*(Continued on page 2)*

### Five Principles of Intervention

1. Meaningful persons in the life of the chemically dependent person are involved.
2. Specific data about the events and behaviors involving the dependent person's chemical use are documented which legitimize their concerns.
3. The dependent person is told how their behavior impacts others in a nonjudgmental way.
4. Specific choices are offered to the dependent person (treatment center or hospital).
5. When the dependent person agrees to accept help, it is made available immediately.

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**Our Mission**

**New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.**

**CARE Convention Challenges Students "to Care"**

Last Fall, 6th grade students from Calvin, Crown Point, DeMotte, Highland and Lansing Christian Schools attended New Leaf's CARE Convention, a day-long prevention program which focuses on how to "care" for others and themselves.

Through skits, songs, small group sessions and guest speakers, the purpose of the convention is to help students remain drug-free, increase their care for themselves and others, and live their lives in God-honoring fashion.

**Intervention...**

*(Continued from page 1)*  
longer live in denial and rationalization. When a person has to face the effects of their addictive behavior and is no longer being enabled, the wall of defense and denial is gradually broken down. This long term view of intervention can also lead to a positive result.

The better prepared family and friends are, the more smoothly it will go. New Leaf therapists are well equipped to assist with preparing for and implementing an intervention. For more information, call (708) 895-7310.

Countless numbers of recovering persons have said, "thank God someone knew enough and cared enough to do this for me!"

This year's theme, based on Philippians 1:27, "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ," challenged the youth to put their faith into practice.

Guest speakers Mark Morris, professional speaker; Dan Kuiper, a youth minister and Ken Dalla Costa, a clinical supervisor and foster care therapist, presented powerful and thought provoking talks on making choices, family dysfunction and alcoholism and bullying. After the presentations, students



met in small groups with their teen leader from Illiana Christian High School, to talk about the topics.

CARE Conventions are held twice a year; in the fall at Illiana and in the spring at Timothy Christian High School. For more information call (708) 895-7310.

**To see more pictures from the CARE Convention, log onto [www.newleafresources.org](http://www.newleafresources.org).**

**Special Gifts**

**Contributions to New Leaf Resources can be made in memory or in honor of a loved one or friend.**

**In Memory of Dr. Marty Doot**

- Ms. Pamela Bernstein
- Mr. & Mrs. Roger Boerema
- Mr. & Mrs. Robert Buckley
- Mr. & Mrs. Paul Buikema
- Ms. Gail Canning
- Mr. & Mrs. Mavin Carlson
- Mr. & Mrs. Arnold Case
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- Mr. & Mrs. Leonard W. Maybaum
- Mr. & Mrs. Tim Ooms
- Mrs. Hilda Ozinga
- Mr. & Mrs. Gary Peltzer
- Dr. David Scheftel & Dr. Marjorie Gets
- Mr. & Mrs. Richard L. Schuler
- Mr. & Mrs. William Spies
- Mr. & Mrs. William F. Stoub, Jr.
- Mr. & Mrs. Calvin Tameling
- Mr. & Mrs. Robert W. Trauscht
- Audrone Vanagunas
- VanDyke Family Charitable Trust
- Mr. & Mrs. Robert Venhousen
- VHS of Illinois/MacNeal Medical Staff Fund
- Mr. & Mrs. Dirk Zaagman
- Mr. & Mrs. John Zeilstra
- Mr. & Mrs. Les Zunkel

## Lisa's Story of Empowerment and Encouragement

**N**ew Leaf client Lisa, recently shared her story in hopes of helping someone else trapped in an abusive relationship.

*"When I walked through the door at New Leaf Resources, I did not know how it would change my life. All I knew was that the pain I lived in had become too big for me to bear alone anymore. I reached out so I could live again. I had no idea what that would mean.*

*Like most abused women, I lived the cycle of abuse with*

*my husband and as sick as it may sound it was my normal. I struggled to believe that I was abused yet couldn't deny it. I would go to therapy off and on at times, struggling with the truth. After deciding to leave I went to court, got an order of protection and with the help of family and friends, we (my children and I) left. We could breathe for the first time in years. I will never forget the day that changed our lives.*

*Growing up in a Christian home, I was always told that God is here. I would rely on*

*that constantly. I would call on him to strengthen me to fight for my freedom from my marriage. He answered and guided me in so many ways.*

*New Leaf took those seeds that were tossed aside; they nurtured them, encouraged them to grow, held them when the strong wind blew and I stand today a strong beautiful woman producing fruit as I help other women stand in their pain."*

**Read Lisa's entire story at [www.newleafresources.org](http://www.newleafresources.org).**



**"I did not know how it would change my life. All I knew was that the pain I lived in had become too big for me to bear alone anymore. I reached out so I could live again. "**

**- Lisa,  
a New Leaf client**

## What's New at New Leaf Resources...

**W**elcome new Board Member **Dave Mackinnon**. We look forward to your enthusiasm and expertise.

Thank you to **Ken Cooper** and **Thelma Venema** who are retiring from the board. Your dedication and support has been invaluable and deeply appreciated.

We are happy to welcome Addiction and Mental Health Counselor **Linda Culver** who recently joined the staff. Linda will be seeing clients in Crown Point, and temporarily at Munster Christian Reformed Church. Special thanks to **Munster CRC** for the use of their parsonage. Linda lives in Lowell with her husband Lyn, and has two adult children.

Beginning at the end of February, Linda will be

starting a new Therapy Group titled "Got Stress?" for women. New Leaf regularly offers Therapy Groups for addictions, men's and women's issues and other topics. These groups are a great supplement to individual therapy. See the website for more details.

Thanks in part to faithful and generous donors and a very conservative stance on spending, New Leaf ended the year with only a slight deficit. "Given this economy, we are very pleased with the outcome of this past year," reported Executive Director Terry Top. "We are in a very solid financial position," Top explained, "and we pledge to continue to be faithful stewards, while offering professional services to those seeking help."

To make a contribution to New Leaf Resources, log onto the website at [www.newleafresources.org/donate.cfm](http://www.newleafresources.org/donate.cfm).

## Time To Update Your Estate Plan?

**E**state planning is not only for the wealthy, it is for everyone. It is simply the process of deciding where your assets should be distributed after your death. It is important, not only because of how our families will be affected, but also because we are stewards of God's resources. Our friends at Barnabas Foundation will be pleased to answer your questions, guide you in making decisions that best fit your personal circumstances. Call Terri Kasper at (708) 895-7310 for more information.

## Special thanks to...

- The staff at **Great Lakes Bank** for helping with the newsletter and Christmas mailings.
- **Lois Stob, Dick Lubbers** for helping with the Thanksgiving mailing.
- **Danielle Luchene** for designing our Christmas Card.
- **Louise Claffy** for decorating our Lansing office at the holiday.
- **John Stob** for maintaining the landscaping at the Lansing office.
- **Herm DeVries** for building the shelves in the Lansing and Crown Point offices.
- **Shari Krajewski** for coordinating the payroll.

## Save a tree

Would you prefer to get this publication via e-mail? Please let us know by sending us your e-mail address to [terri@newleafresources.org](mailto:terri@newleafresources.org).



 **new leaf resources**  
hope. help. healing.  
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### New Leaf Resources is...

A **professional mental health agency** which provides counseling services to individuals, families, couples, children, churches, schools and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support and coaching.

## Save the Date

 **new leaf resources**  
hope. help. healing.

### Annual Celebration Banquet

Featuring ~  
**Comedian John Branyan**

**Friday, May 1, 2009**  
6pm Fellowship  
6:45pm Dinner

**DoubleTree Hotel**  
*Grand Ballroom*  
5000 W. 127th Street, Alsip

Please RSVP by April 17 ~  
(708) 895-7310 or  
[terri@newleafresources.org](mailto:terri@newleafresources.org)

Sponsorships are available. Contact Terri Kasper for more information.



**C**omedian John Branyan's resume includes performing on the Gaither Homecoming Cruise, touring with Chonda

Pierce and appearing on the new Ken Davis and Friends DVD, "Get 'Em While They're Hot." He's been touted as "brilliant, extremely funny, a laugh-out-loud, one-man tour de force."

**We're Moving...our Elmhurst office is relocating to space in Horizon Community Church in Downers Grove. Our new address, as of April 1, will be 2129-63rd St., near the intersection of 63rd and I-355 in the Meadowbrook Shopping Center.**