

# Destiny

The New Destiny Treatment Center newsletter  
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New Destiny  
Treatment Center

## Alcohol and drugs

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



*Dr. Bolois*

Over the next several issues I want to share information with you about alcohol and drugs and how they affect the brain and human behavior.

There is much to tell. First, I want to share some basic information about alcohol.

Alcohol is perhaps the world's oldest known drug. Alcohol is primarily used for its effects on the central nervous system. Alcohol is toxic to almost everything, including the liver, heart, brain, stomach, pancreas, and unborn baby - yet people still drink gallons of it. Why do people drink?

Currently, more than 80 percent of all high-school aged Americans have tried alcohol and five to 10 percent of this group regularly drinks to intoxication.

The social use of alcohol may

include a cold beer at a ball game, a glass of wine with meals, or a glass of champagne when toasting newlyweds at a wedding reception. Greater consumption may be labeled drug abuse when alcohol causes danger to the drinker or to others affected by the drinker's behavior.

There are two general types of problem drinkers. First are the abusers, who intentionally drink too much too often, make wrong choices about their

*See "Alcohol and drugs," page 4*

## Half-time report

*Client testimony by Blake Bitticker*

My name is Blake. I am a 24-year-old from Dover, Ohio, where I graduated from high school. I was an average student and I enjoyed sports: soccer, cross country, and track. I lettered four years in wrestling, going to the state tournament my senior year.

After high school I attended WYO Tech, a well-known auto technician school. I was on my own for the first time, living in an apartment in Pennsylvania with three other men. One roommate used drugs and sold a great deal of marijuana. I started to experiment with drugs.

At the same time things were changing at home. My dad didn't come home from work until early in the morning, if he came home at all. On the weekends that I drove two and a half hours home

for a visit I often did not see him at all. Serious problems had developed between my dad and my mom, but my mom tried to keep things as normal as possible. She wanted to assure me that everything would be okay and that she loved me. However, things continued to get worse.

At school I started using drugs more and more. I came home less. I tried almost every drug I could find and combined them with alcohol. I still attended classes but most of the time I was high. At school I used many tools and machines while high. I could have hurt myself or someone else.

I partied nightly, selling anything I could to get money. I even started to deal drugs to get more money. I wrecked three cars. Three days before graduation I was asked to



*NDTC client Blake working on a vehicle in the maintenance shop.*

leave the school because of my drug habits.

I ended up back home living with my mom. I stayed clean for a short time.

My parents were divorcing, so there were times when I wouldn't see or

*See "Half-time," page 3*

## NDTC clients present Christmas drama

*Rev. Lester Rowan, assistant director*



*Rev. Lester Rowan*

For the first time in New Destiny Treatment Center's history a group of clients presented a Christmas play, "A Cricket County Christmas Cruise," for family and friends. The cast consisted of eight treatment center clients and four young ladies from area churches.

The comedy's story line involves a group of country folk and their city cousins joining together for a Christmas cruise. The play's theme emphasizes the truth that "you can't judge a book by its cover," meaning that we cannot tell the true character of another person from outward appearances.



*A Cricket Country Christmas Cruise cast (L-R): Hal Brenner; Nathan Moore; Amy Blackburn; Adam Castle; Sarah Boyd; Jonathon Johnson; Sara Mayle; Rob Green; Jillian Mayle; Alan Altier; Blake Bitticker; and Roy Griffith*

The folks from Cricket County - fish truly out of water - head to the open seas for their first Christmas cruise. Once aboard, the country clan is mistaken for the ship's cleaning crew.

Another cruise participant, an actor practicing the part of a wise man for a Christmas pageant, is mistaken for one of the real Magi. A simple farm boy is mistaken for a high-class millionaire and two of the country cousins look like supermodels.

Why the confusion? Perhaps because everyone is only looking at what's on the outside. Even at the birth of Jesus outward appearance did not convey that a King had been born. Again, in his adult life, Jesus was misjudged because too many people simply viewed him as a carpenter from Nazareth.



*Left: Country cousins "Elkin" and "Fester" talk with cruise director, "Donnie."*

*Below: City cousin, "Mimi," and her newfound friend, "Michael," watch a fellow cruise passenger (Wise Man) practice his lines for an upcoming Christmas pageant.*

in a lot of hard work rehearsing and getting everything ready for the show.. Some staff members contributed many hours of help to make the event a reality. They include: Connie Hawthorn, Ellie Norris, Brent Basiletti, and Lisa Berger along with her husband, Don. We thank and appreciate each of them for their help.



There was a large crowd of people in attendance including family members and friends who gathered for the immensely enjoyable performance. We hope to put on more plays in the future at New Destiny Treatment Center.

I believe that this experience was very enriching for the performers. They put

## Blessed to be a blessing

God loves to bless, and the blessings we receive are meant to bless others. In fact, God's commitment to bless is so strong that even His curse of punishment for humanity's first sin included a greater promise of blessing.

When Adam and Eve disobeyed God's sole command, he cast them from the Garden of Eden into lives of toil and pain. But at the same time He promised that He eventually would obliterate sin, Satan and death (Genesis 3:14-19). God said, "I will put enmity between you [the serpent] and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel" (Genesis 3:15). Biblical scholars often call this promise the

"Covenant of Grace" because it is the first allusion in Scripture to Jesus' future coming and ultimate victory over sin. Here we see an important connection between the blessings of God and the work of His people: God uses the latter to accomplish the former.

God blesses His people so that they will become blessings and preserve life (see 2 Corinthians 9:11). Such blessing is never merely spiritual or merely material, but rather, God's blessing is realized through acts of "righteousness and justice" which always include both spiritual and material aspects (Genesis 18:17-19).

As Christian stewards, we should desire all of God's blessing—both spiritual and

material—with our whole hearts. However, our goal in receiving God's blessing should be for the purpose of preserving the spiritual and physical lives of those we encounter through acts of "righteousness and justice" (Genesis 18:19); God does not bless exclusively for our own personal prosperity. Blessing others is what it means to be "blessed."

*Editor's note: Article reprinted courtesy of Generous Giving.org.*

*NDTC greatly appreciates the sacrifices of our donors, and our staff continually prays that their dedication to and support of the organization will be blessed by the Lord.*

Half-time (continued from page 1)

hear from my dad for a month or more. My mom struggled (she had three jobs) to keep the house that I had always known as home. I got a job at a relative's bowling alley. I enjoyed the work and told mom that I would help her with money and work around the house. But I never did.

I liked my job, but I was working with one of the area's biggest marijuana dealers. I was high and drunk all of the time. I spent all of my paychecks on drugs. I stole money and jewelry from my mom. I drove high and drunk. I would stay out all night or for several days without letting my mom know where I had gone. My life was lying, stealing and getting high. I did anything to get what I wanted. I even took my mom's "emergency" credit card and in one day charged more than \$1000.

About the same time I decided I wanted a motorcycle, so I stole one. I went to jail, to

court, to jail, to a treatment center and back to jail again. I was given more chances than I deserved and I blew every one of them. New Destiny Treatment Center was my final stop.

I arrived on May 3, 2007. At New Destiny all of the men want to succeed. I really wanted to succeed for my family, but I also needed to succeed for myself.

At NDTC, I learned that with God's help all things

*"A staff member told me that life for people in my situation is like a football game. The first half of the game is over and we have really messed that up. We are losing badly. Then comes half-time: it is the period when we are in treatment."*

- Blake Bitticker, NDTC client

are possible. I believe that now. Most of the men stay there for nine-month treatment. I am in my final month. I have decided to stick around a while longer and help with maintenance, something I really enjoy. I will be able to visit home more and I hope I can help someone else who is going through treatment.



A staff member told me that life for people in my situation is like a football game. The first half of the game is over and we have messed that up. We are losing badly. Then comes half-time; it is the period when we are in treatment.

We should take the time we need during this half-time period so that when we take the field for the second half of our lives we are ready to win the game of life!

## Dads still care and are grateful

December 16th was the day and the New Destiny Treatment Center dining hall the location for the Dad's Still Care party.

At this event men in the treatment program celebrate Christmas with their children and families. The men prepared gift lists. Generous donations from supporters and shopping by volunteers provided gifts that each man happily gave to his children.



Each father wrapped his child's gifts. As Dec. 16 approached every dad eagerly anticipated his child's delight and surprise as gifts were opened.

However, things didn't go as planned. A winter storm swept through the area making travel hazardous, so the party was canceled. Plans for an alternate event were unsuccessful, so the men packed their gifts and delivered them personally when they visited home for the Christmas holiday. Those

who were unable to go home made other arrangements to get the presents to their children.

Though there was disappointment because of the canceled parties, everyone was grateful for the kind expressions of love and goodwill from you, our readers. Through your generosity

more than 20 children received very nice presents from dads who otherwise would not have been able to provide any gifts.

All the fathers along with the New Destiny staff wish to express deep appreciation to everyone who helped make this a joyous time of giving and celebration. May the Lord richly bless you.

**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: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

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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)

alcohol use. The second group is what we at NDTC call the dependent users. These individuals lack control over their use of alcohol in lifestyle situations where abusers would ordinarily stop drinking. Alcohol-dependent people are called alcoholics, and these people have a medical disease based on brain chemistry dysfunction.

There are three times more male than female alcoholics. This has not changed over the past 10 years. It does appear, however, that more women have begun to abuse alcohol. One interesting hypothesis is that women have a "protective" gene and that their brain chemistry is more resistant to alcohol. Whatever the case, male and female alcoholics can get into trouble with any alcoholic beverage (beer, wine, or spirits) and alcoholism appears to have a strong hereditary component.

Studies on families over the past 20 years have shown that about 60 percent of the contributing causes to alcoholism are

hereditary. That means that 40 percent of the causes of alcoholism are environmental (psychological or social).

Chronic heavy drinking can produce liver damage (fatty liver, cirrhosis), cardiovascular diseases (heart disease, hypotension), brain damage (cerebellum degeneration, enlarged ventricles), peripheral nerve damage (neuropathies, paresthesias), neurological damage (cognitive and memory impairment), and motor disorders (gait).

Untreated alcohol withdrawal can range from flu-like symptoms to a life-threatening event. Early stage withdrawal (one to four days after abstinence) symptoms include: transient visual or tactile hallucinations, irritability, tremor, insomnia, tachycardia, and convulsions. Late state (one to seven days after abstinence) withdrawal symptoms include persistent hallucinations, cognitive impairment, agitation, delirium tremens, hypotension, diaphoresis (sweating), and fever.

Most alcohol-dependent men who seek help at NDTC are in life-threatening situations that require detox and immediate medical help for the damage alcohol has done to their organs.

Many of the men started drinking in their teens and have not stopped. Many of them arrive as young as 18 years old. One of the saddest things they tell us are the facts of how they got their first drink. I hear of how their mother, father, or relative thought it was cute - until the young person found no way to stop drinking.

Next month I want to share stories with you about men who have struggled for most of their lives with an alcohol problem. I believe you will be able to see how this information is relevant when you understand first-hand what is going on in the lives of men addicted to alcohol. Our goal here at New Destiny is to treat them and show them the way to Christ. He is their cure and the way to complete deliverance.

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.

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