

SUNDOWN M RANCH

"A Non-Profit Organization"

P. O. BOX 81 - WHITE SWAN, WASHINGTON 98952

- History:** The Sundown M Ranch is a non-profit alcoholism treatment center for male alcoholics. This facility is incorporated and governed by a Board of Directors composed of civic leaders, physicians, judges, county and city officials and recovered alcoholic business men. This treatment center opened March 4, 1968. Over this four year period 1500 clients have been the recipients of the Ranch program. Men from all walks of life. Professional, laborers and indigents.
- Location:** Sundown M Ranch is located on a 80 acre tract, 30 miles south of Yakima, Washington. A beautiful campus has been developed that includes two brick dormitories. One, two and three bed rooms, carpeted throughout, with draperies, comfortable furniture and air conditioning. All areas are kept meticulously clean.
- This facility is licensed by the Washington State Department of Social Health Services. License No. B. H. 208.
- Program:** The treatment program is based on the disease concept of alcoholism. The purpose of this open-ended 21 day psychological and educational therapy program is to help free the problem drinker from dependence on alcohol.
- We recognize that alcoholism is an illness that destroys its victims physically, psychologically, socially and spiritually, and our treatment therapy is directed in these areas. A principal aim is to create an attitude change from a course of self destruction to one of self development.
- Costs:** The cost of this 21 day treatment program is 350.00. As previously stated, this facility is not a medical center and as a result detoxification and other medical services are available at Yakima Memorial Hospital.
- Staff:** Executive Director - (Administrator) Merrill W. Scott
Retired executive of Allied Stores Corp., Vice President of 100 million dollar Bon Marche Stores complex. Served in several executive positions which included food service, personnel and General Merchandise Manager.

Program Director - Robert Bach

B. A. degree. 2 years graduate school. Seven years as a Counselor for Washington State Juvenile Parole. Three years on Sundown M Treatment Staff.

Operating Director and Counselor - Howard Kelleher.

B. A. degree. Rutgers School of Alcoholism studies. Four years on Sundown M Treatment Staff.

Counselor and Training Supervisor - Sr. Patricia Hauser

M. S. W. teacher's certificate. Utah School of Alcoholism studies. Two years on Sundown M Treatment Staff.

Counselor and Chaplain - John McClure

B. A. degree. Master degree in theology. Three and one-half years on Sundown M Treatment Staff.

Family Counselor - Mrs. Katherine Kelleher

B. A. degree. R. N. Active in Alanon for over 10 years. Four years on Sundown M Treatment Staff.

Counselor - Trainee - Everett Atkins, Jr.

B. B. A. Finance Major. Economics Major. 3 years pre-law. Several members of the Treatment Staff are recovered alcoholics.

Our in-residence capacity is 45 beds. Our average case load is 40.

An eight to one treatment Staff ratio.

WELCOME TO SUNDOWN "M" RANCH

The Sundown "M" Ranch is a private, non-profit treatment facility for men afflicted with the illness of alcoholism. Our purpose is to work with this group of men to discover why the alcoholic behaves towards alcohol as he does.

Sociologists say that "all behavior is meaningful," and we believe this principle applies to alcohol related behavior. Through self honesty and hard work on all phases of the Ranch program it is our belief that you can discover a new way of facing old problems without alcohol.

Each alcoholic is a different individual but many have the same personal and emotional conflicts. While you are at the Ranch, away from the pressures of our society, the opportunity is available for you to slow your life down and hopefully discover these conflicts that have disturbed your purposeful life.

You will be part of small group therapy, private one-to-one counselling, and sixty lecture-discussion meetings in a 21 day period. Our staff is professional and paraprofessional in the fields of therapy and counselling. Many of the staff members are themselves recovered alcoholics and understand the alcoholic's problem.

The Ranch provides a family atmosphere where living together and communicating our feelings we are able to develop a better feeling toward ourselves and towards our fellow man. We endeavor to help the individual create an attitude change sufficient to bring about new motivation for self development.

The Ranch program presents the opportunities to fully examine whether or not alcohol presents a significant problem within our lives; who and what we are, the real self; and to open the door to a spiritual life we find acceptable. The program of treatment is guided by the philosophy of Alcoholics Anonymous. We agree with Dr. Bell of Canada, an authority on Alcoholism, that AA is the most significant development in therapy in the Twentieth Century.

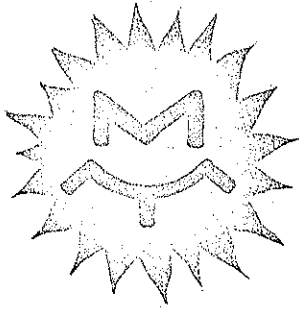
Many case histories have proven that alcoholics have similar character problems in the areas of anxiety, loneliness, anger, self pity and fear. We have learned that these characteristics can be examined in a calm organized manner and put in proper perspective once they are recognized for their destructiveness. Changing and growing can be painful. We are here to give you our support during this important twenty-one days of your life. We feel that our purpose is in agreement with William Faulkner's quote, "to examine the human heart in conflict with itself."

The Sundown "M" Ranch has been in operation since March 4, 1968 and over twelve hundred men have received treatment and many of these men are living purposeful lives without alcohol today. Remember, "today is the first day of the rest of my life."

YES; WE CAN BE HAPPILY SOBER THE REST OF OUR LIVES, ONE DAY AT A TIME.

ADMISSION POLICY
SUNDOWN "M" RANCH - ALCOHOLISM REHABILITATION CENTER
Revised 9-1-71

1. The total cost of therapy plus board and room is \$350.00 for 21 days. Any additional days over the 21 day program period is at the rate of \$17.00 per day. Special arrangements can be made for those eligible for public assistance grants. The fee for out-of-state residents is \$400.00 for 21 days. FULL PAYMENT DUE ON ADMISSION. Admission hours are from 8:00 A.M. to 8:00 P.M.
2. Prospective residents who suffer from withdrawal and/or other medical problems should see a physician prior to coming to the Ranch. Men entering the Ranch must be sober or they will be refused admission. Medical costs are the responsibility of the resident.
3. All residents must be ambulatory and physically able to climb stairs to dormitory rooms.
4. Luggage and personal effects will be examined for medication or alcohol at the time of admission. Prescribed medication will be dispensed by the staff.
5. Visitors to see residents are welcome on Sunday afternoon. Visitors who come to the Ranch while drinking or have Alcoholic beverages in their possession will be asked to leave.
6. Meals cannot be served to visitors without prior arrangement.
7. Money and valuables must be deposited in the office vault.
8. All residents are expected to stay a minimum of 21 days. Residents are expected to remain on the premises during their stay at the Ranch; however emergency reasons are accepted.
9. Transportation to the Ranch from nearby towns for those who arrive by plane or bus will be provided by appointment. (Applicable between the Ranch from Yakima, Wapato, or Toppenish.)
10. Residents are discouraged from bringing their own vehicles. If it is necessary to bring your own car, parking areas are provided. Car keys are to be turned over to the director on admission.
11. Tobacco and cigarettes are available for purchase at the Ranch. The staff will arrange to pick up personal toilet articles, etc., on their regular daily trips to town. Residents should provide their own writing supplies.
12. Towels and soap are provided by the Ranch.



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PROGRAM DESCRIPTION

By Robert Bach
Program Director

Attached is the twenty-one day, Sundown M Ranch, alcoholism therapy program.

The purpose of this open-ended 21 day cycle is to help free the problem drinker from dependence on alcohol. It is directed in the areas of physical knowledge of alcoholism; psychological awareness; social life (responsibility) and spiritual recognition.

A primary aim is to create an attitude change in the individual from a course of self destruction to one of self development. We repeatedly stress that our treatment is only a beginning and that involvement in A.A. in the client's home town is essential.

The philosophy of Alcoholics Anonymous is the core of our educational program. This portion of the program is delivered by professional counselors who are themselves recovered alcoholics. We agree with Dr. Gordon Bell of Canada, that A.A. is "...the most significant development in therapy in the Twentieth Century."

There are 63 lecture meetings in the 21 day schedule. The schedule is open-ended and clients may begin their treatment at any point in the program. With the aid of private counseling and small group therapy, they are quickly caught up in treatment. Counseling sessions begin at 8:30 a.m. and a counselor is on duty each day until 9 p.m.

Physical knowledge of alcoholism is presented in four lecture meetings, a visiting M.D., and a medical film (shown twice).

Different aspects and approaches to psychological awareness are covered on all but 3 days of the cycle. Knowledge regarding our emotional and psychological difficulties is a great aid in rewriting a sober life style.

Social life and responsibility is presented on 8 different days. The alcoholic has a great need to re-enter the mainstream of our life and society.

Spiritual recognition and acceptance of the spiritual is discussed in 5 sessions. The alcoholic recovers in 3 stages: (1) Physically, (2) mentally and (3) spiritually. By reopening the spiritual door to one's life, the alcoholic is encouraged to continue in this personally rewarding area.

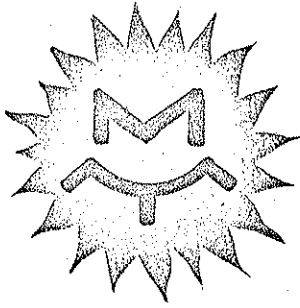
The Indian alcoholic has some special problems within our society and consequently we have a counselor who specializes in an Indian caseload. The Indian small-group philosophy is based on the premise that all native Americans have some common basic values. They also share basic frustrations and problems.

If the Indian resident should choose to do so, he is able to enter another non-Indian group. The counselor has an understanding and feeling for Indian values and culture. The Indian resident is allowed free expression toward "the white man." An attempt is made to turn this into positive action. The Indian client is integrated and every effort is extended to make him feel accepted and comfortable.

There have never been two Ranch residents alike and consequently our counseling staff is flexible and able to move treatment in different areas and directions as the individual's needs dictate. One resident may be confronted very directly with his behavior and problems. Another may be treated with a psychological soft touch. It is of primary importance that the alcoholic admit his problem and then proceed to learn all he possibly can about himself and alcohol.

Our counseling staff has received professional training in Transactional Analysis and we feel that the Parent-Adult-Child approach to ego states is a valuable tool with some residents. Many leave the Ranch with a totally new concept of "how I got this way." Transactional Analysis is valuable in defining interpersonal relationships. Once the alcoholic gains some inner definition, some "who am I?" he is able to discover he does have a choice.

We stress the total program, milieu therapy. In the words of Dr. Clinebell, we use "empathic understanding and unconditional positive regard." Many residents need to be cared for in order to "care for" himself.



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1st Day

- A.M. Physical Introduction - Mr. Bach
- P.M. Physical Progression of Alcoholism - Mr. Kelleher
- Eve. Early Warning Signs - Mr. Atkins

Mr. Bach opens the 21 day cycle with a brief summary of tentative goals for all residents. These involve personal internal evaluation which each resident must make for himself regarding his use of alcohol; a scrupulous honesty regarding his own personal inventory; and hopefully some kindling of a spiritual awareness. The staff is well aware that each guest is an unique human being and will be able to utilize treatment at a different intensity and speed. One resident may show great personal awareness in a few days, while another may progress only far enough to admit alcohol as a problem. The morning session continues with some basic data regarding the human body and alcoholic beverages.

In the afternoon Mr. Kelleher presents the most typical pattern that humans follow into the progression of full-blown alcoholism. Many residents have not reached the rock-bottom chronic stage and thus may save themselves years of destructive behavior.

In the evening Mr. Atkins uses a long-playing record made by five Medical Doctors for Sandoz Laboratories in which each doctor presents what they feel are "early warning signs" for alcoholism. Mr. Atkins follows a portion of the record with a group discussion of what the residents feel about their own behavior and where they may be as individuals.

2nd Day

- A.M. Ulterior Games We Play - Mr. McClure
- P.M. Admission of Alcoholism (Step 1) - Mr. Kelleher
- Eve. Resident Study Groups (Staff led)

Mr. McClure begins the day with a meeting directed at examining our personal interaction with others and how many people involve themselves in serious game-playing behavior. In Transactional Terms, all games are dishonest and have an "ulterior" payoff.

Mr. Kelleher opens the Admission Phase of recovery in which the individual must make his own admission and consequent surrender to the problems that alcohol may be presenting in his life. This is Step One of the A.A. philosophy.

Every Wednesday evening the residents are divided into three separate study groups. These are staff led. The residents use a "Tablemate" study guide to discuss the admission; the personal inventory; and finally the spiritual needs.

3rd Day

A.M. Personal Maturity - Mr. McClure
P.M. Acceptance of Alcoholism (Step 1) Mr. Bach
Eve. Physical Aspects - visiting M. D.

In discussing maturity, Mr. McClure focuses on the individual's necessary ability to roll with life's punches.

Mr. Bach holds a second meeting on the personal admission and acceptance of alcohol as a significant life problem. Without the personal decision treatment may be futile.

On the third day of each cycle, a Medical Doctor from the Indian Health Service in Toppenish, volunteers a lecture and a question answer session with Ranch residents.

4th Day

A.M. Power Greater Than Self (Step 2) - Mr. Atkins
P.M. Kind of Person I Am - Mr. Bach
Eve. "For Those Who Drink" - film

In the morning Mr. Atkins discusses the "spiritual vacuum" that most alcoholics feel. The need for a "higher power."

Mr. Bach covers general personality characteristics most common to all alcoholics. These include high anxiety and low self-esteem.

The evening film made by Dr. Gordon Bell of Canada illuminates the physical aspects and is so full of information that it is shown twice within the cycle.

5th Day

A.M. Physical Summary - Mr. Bach
P.M. Loneliness and Boredom - Mr. Bach
Eve. Resident Group Discussion

The morning meeting sums up the previous week as pertains to the physical aspects of alcoholism. By this point many guests have resolved some of their own doubts as to the physically addictive properties of alcohol.

Two of sobriety's major enemies are confronted in the afternoon session.

The Saturday evening meeting is always an all-resident group discussion, with resident co-chairmen. By tradition there are no staff members present. The co-chairmen are given discussion guidelines, but basically the meeting is their own. The co-chairmen are chosen from residents in their third week of the program.

6th Day

A.M. "Love-Humility-Hope" - Mr. McClure
P.M. "Out of The Shadows" - Film
Eve. Personal Decision (Step 3) Mr. Kelleher

Mr. McClure reflects on some basic human and spiritual values of love, humility and hope.

The Sunday afternoon session is open to visitors, and we are now showing an excellent film revealing one alcoholic wife's trip "Out of The Shadows" of alcoholism.

In the evening, Step 3 of A.A., a "spiritual decision" is presented by Mr. Kelleher.

7th Day

A.M. Spiritual Awakening - Sr. Hauser
P.M. Spiritual Awareness - Sr. Hauser
Eve. "Verdict at 1:32" - Film

Sr. Hauser poses many spiritually related questions in the morning session, and these are resolved in the afternoon session. We stress that "spiritual" is not related to any specific dogma or religion. Any individual can have spiritual awareness without the discipline of organized religion, and therefore, "spiritual" is an intensely personal and individual quality.

The evening film continues with the physical knowledge of alcohol's damage.

8th Day

A.M. Personal Inventory (Step 4) - Mr. Kelleher
P.M. Personal Inventory (Step 4) - Mr. Bach
Eve. Dr. Earl - A.A. Philosophy - Tape

A "searching and fearless" inventory of oneself is the essence of Step 4. It is encouraged at Sundown. There are guide materials to follow. We feel it is an essential personal housecleaning tool.

The evening tape was made by an A.A. member, Dr. Earl, a practicing psychiatrist, who gained his sobriety through A.A.

9th Day

A.M. Inventory Admission (Step 5) - Mr. Bach
P.M. Character Defects (Steps 6 & 7) - Mr. Kelleher
Eve. Resident Study Groups (Staff led)

The necessity for one to "talk out" the problems uncovered in Step 4 is the Inventory Admission. It has been proven effective as a way for the alcoholic to face a sober life, dispelled of much guilt, remorse, and misunderstanding about his own past actions.

Mr. Kelleher discusses the A.A. philosophy as indicated in Steps 6 & 7, of really being willing to change basic attitudes, basic life-styles in order to grab the handle of self respect and sobriety.

The resident groups in the evening are the same as the second day.

10th Day

A.M. Inventory Admission (Step 5) - Mr. McClure
P.M. Personality Development - Sr. Hauser
Eve. Human Sexual Behavior - Mr. Bach

Mr. McClure gives another viewpoint of "talking out" our past as revealed in Step 4.

In the afternoon, Sr. Patricia Hauser calls upon her teaching skills to discuss personality factors and development.

In the evening Mr. Bach discusses Human Sexual Behavior. The discussion uses materials from Dr. Reuben, the Johnson-Masters report, and Dr. Eric Berne's Sex and Human Loving. This important area of physical and psychological health is most often thrown off course by alcoholic behavior.

11th Day

A.M. Restitution (Steps 8 & 9) - Mr. Atkins
P.M. Learning and relearning - Mr. Bach
Eve. Personality Development - Sr. Hauser

Mr. Atkins utilizes Steps 8 & 9 to illustrate the necessity for thorough restitution in all areas in order to regain peace of mind and self respect. Restitution toward oneself is given priority.

In the afternoon we discuss one's human ability to re-learn a life without alcohol, behavior modification as applied by learning theorists.

12th Day

A.M. Daily Personal Inventory (Step 10) - Mr. Kelleher
P.M. Alcoholic Characteristics - Mr. Kelleher
Eve. Resident Group Discussion

The need for constant personal awareness and daily improvement of character defects is the subject for the morning meeting. Old feelings and old habits might initiate old behavior.

Mr. Kelleher continues in the afternoon with development of certain basic alcoholic characteristics. A few of these are impatience, intensity, a need for recognition, etc.

The Saturday evening session is traditionally given to resident discussion.

13th Day

A.M. Person I "Can" Be - Mr. McClure
P.M. "Time For Decision" - Film
Eve. Social Responsibility - Mr. McClure

Mr. McClure points out the possibilities of being a "whole" person. One that can function in the normal mainstream of life.

The afternoon film was produced in Los Angeles. It concerns the husband, an alcoholic attorney, and the familie's attempt to bring about a confrontation and "decision." Many visiting wives find this film valuable also.

How can we take part in our society and end "anxious apartness" is the focal point of Social Responsibility.

14th Day

A.M. Spiritual Maintenance (Step 11) - Mr. Bach
P.M. Spiritual and Society - Fr. Dan Green
Eve. Fr. Barney, Spiritual Needs - Tape

The 11th Step of A.A. philosophy begins with "sought through prayer and meditation." Each resident is urged to spend time in deep thought and meditation, each in his own way, to establish a spiritual "conscious contact" with a higher power. Residents reveal a marked lessening of anxiety when they can utilize this step.

Fr. Dan Green, whose Parish is the nearby community of Wapato, volunteers his years of experience and education to illucidate the value of spiritual life in every day affairs.

Fr. Barney, a recovered alcoholic priest, made the evening tape. He discusses his own path to problem drinking, and tells how A.A., with understanding by his superiors, helps maintain him in an active sober life. Fr. Barney is best known for his work with alcoholics in the cities of Portland and Seattle.

15th Day

A.M. Washington State Patrol - Officer
P.M. The Family and The Alcoholic - Mrs. Wingate & Mrs. Kelleher
Eve. "For Those Who Drink" - Film

An educational Officer from the Washington State Patrol conducts the morning meeting. He is currently showing a new film by the King County (Seattle) A.S.A.P., followed by a thirty minute RAP session in which he answers many resident queries.

Mrs. Mary Wingate and Mrs. Katherine Kelleher, both active in the family role in the treatment of alcoholism, discuss the interwoven family life with the alcoholic

The evening session shows the physical film by Dr. Gordon Bell.

16th Day

A.M. Helping Other Alcoholics (Step 12) - Mr. Bach
P.M. Practicing the Principles (Step 12) - Mr. Kelleher
Eve. Resident Study Groups (Staff led)

The 12th Step urges the recovered alcoholic to reach out to others with the same problem and "keep it (sobriety) by giving it away." Many ways are illustrated for alcoholics to help each other, and reach newcomers in order to give them a chance for recovery.

Mr. Kelleher discusses how the basic philosophy of A.A. can reach into every area of our lives, particularly our relationships with others.

Evening study groups.

17th Day

A.M. Personal Communication - Mr. McClure
P.M. How It Works - Mr. Atkins
Eve. Yakima A.A. Group

Getting in touch with others is essential for the isolation that the alcoholic often feels. Mr. McClure notes that our behavior is a valid form of communication that often transmits a different message than our words.

Mr. Atkins applies the common sense philosophy of A.A. recovery and explains how this philosophy can help the alcoholic reschedule his whole person.

Several car loads of the Yakima A.A. group journey 32 miles to the Ranch and hold an "open" A.A. meeting for all residents.

18th Day

A.M. Levels of Communication - Mr. Bach
P.M. Pitfalls and Aids - Mr. Atkins
Eve. Communication RAP - Sr. Hauser

Mr. Bach calls upon Transactional Analysis to explain how there are many levels of communication in every life. These range from "withdrawal" where there is small risk but no reward, or "stroke" to the opposite, "intimacy" which involves the greatest emotional risk but carries with it the greatest interpersonal reward.

How to remain sober once the alcoholic has made the first move is of great importance. Mr. Atkins presents some "aids", ie., food, rest, structuring free time and new sober social contacts, including man/woman.

In the evening Sr. Pat Hauser ties all of the communication levels into a give-take RAP session.

19th Day

A.M. Serenity Prayer Analysis - Sr. Hauser
P.M. Communicating Emotions - Sr. Hauser
Eve. Resident Group Discussion

Sr. Pat goes over the application of the Serenity Prayer to our lives. What can we change, what can we accept "as is" and how to recognize the difference. Often the application of this philosophy carries a fine reduction in anxiety.

Many alcoholics see themselves as worthless, outcasts, loners, "black sheep." In their interpersonal actions they are likely to hide their feelings and not really communicate what they feel. They may be hiding their best "self" and allowing a false image to show. Sr. Pat discusses how to best communicate emotions.

The evening, as every Saturday, is all resident discussion.

20th Day

A.M. Philosophy of Attitudes - Mr. McClure
P.M. Spiritual RAP - Mr. McClure
Eve. Personal Honesty - Mr. McClure

Mr. McClure reflects upon how dependent we are on our attitudes. Is our cup "half-full or half-empty?" To the resident with a healthy attitude of acceptance, his sobriety is much more a matter of choice than of a forceable action. Not a must but a "choice" - a decision for sobriety.

Nearing the end of the treatment cycle many residents have questions concerning their own spiritual development or lack of it. The Spiritual RAP session settles many of these questions.

In the evening, Mr. McClure is concerned with what we tell ourselves regarding our feelings and behavior. Do we rationalize in order to do as we please or can we become realistically "self honest."

21st Day

A.M. Into Action - Mr. Kelleher
P.M. "Let Go" - Life Without Alcohol - Mr. Kelleher
Eve. Ranch Introduction - Mr. Scott

The last day of the treatment cycle begins with learning how to apply "sobriety" to our lives. How to put knowledge and desire for sobriety "Into Action."

In the afternoon Mr. Kelleher urges all to "let go" of the old life and proceed with a life without alcohol. Some rewards are slow to arrive, but others, good health, self-respect, etc., are almost immediate. Part of the basic Sundown Treatment philosophy stresses that alcohol must be replaced in our lives. The old "solution" has now become a "problem."

Mr. Scott ends our cycle of treatment and begins another with a Ranch history and introduction. He describes the basic Sundown philosophy and his own role as Director. The new resident is made aware that his stay at Sundown is supportive and nonjudgemental.

To: Board of Directors
Sundown M Ranch Corporation

From: Merrill W. Scott
Sundown M Ranch - Executive Director

Subject: Indian Treatment Program
Sobriety Evaluation Study - Calendar year 1971

From March, 1968 through December 1971, a total of 171 Indian clients have been the recipients of the Sundown M Ranch 21 day treatment program. Of this total, 114 enrolled during the calendar year 1971. 77 were a direct result of a coordinated program developed between the Mental Health Office of the Portland area Indian Health Service, Northwest Reservations Tribal Councils Outreach Program and Sundown M Ranch Alcoholism Rehabilitation Center. We consider this coordination of resources the reason for our 64% Indian client increase and a major step forward in Indian alcoholism rehabilitation. Another factor that contributed to this important break through was Rev. John McClure. It was at this time he became a full time member of the Sundown M Ranch treatment staff. Previously Mr. McClure was Pastor of the Christian Indian Mission Church, White Swan. For many years he has studied Indian culture, worked with the Indian people in developing local programs and was respected by the many he served.

The Sundown M Ranch integrated treatment program places special emphasis on small group therapy. Mr. McClure developed our Indian small group program on the basic Indian culture concepts, that Indian people are tribal people who operate for the most on democratic principles. Hence, the program has at its center the group. That most Indian people have many things in common and they feel much freer to express their thoughts and feelings within their own group. That there has been much pressure for the Indian to become assimilated into the dominant culture, so there is considerable pride in having their own group that works within the framework of the total treatment program.

As a result of the Indian culture influence and the coordinated program, the demand for treatment has grown rapidly and is continuing at a more rapid pace. Our plans for the immediate future include an Indian Counselor Trainee who can work in the present program and hopefully help to increase its efficiency.

We appreciate the cooperation we received from the Tribal Outreach Coordinators in helping us prepare the sobriety evaluation statistics for the Reservations covered in this report.

We are also most grateful to Dr. J. Shore, M.D., and his Mental Health Office Staff for their support as the coordinating body. Also, for the encouragement and cooperation given our staff.

TO: Merrill W. Scott
Sundown M Ranch, Executive Director

FROM: Dow Lambert
Alcoholism Information & Referral Center, Trainee

SUBJECT: Analysis of Sundown M Ranch Corporation
Alumni Sobriety Evaluation

My purpose in writing this analysis is to try to take a deeper look into the significance of the Sobriety Evaluation. In the cover letter it was stated that the survey was not expected to show perfection, but intended to give guidance. So we ask, "What does the survey show, what can we learn from it, and how can we improve it?"

QUESTIONS AND ANSWERS

The first question, and probably most often asked, is, "Who has the best chance of staying sober after treatment therapy. After totaling all the information available we find that the man who is married, living with his family, working and attending A.A. has the best chance of maintaining his sobriety. This situation seems to be the most stable and supportive of sobriety. We can validly infer from the above that the man who is single or divorced, not living with a family of some sort, not working and not attending A.A., would have the least chance of staying sober.

The next question might be, "How effective is A.A. with the Ranch graduates? By tabulating the Sobriety Evaluation figures we can come up with percentages of sobriety for those men attending A.A. and those men not attending A.A. Seventy-nine percent of all men known to be attending A.A. are sober! Conversely, 78.8% of all men known not to be attending A.A. are not sober!

Does a man have to be married to remain sober? No, but the survey shows that 79% of all the married men are sober, 62% of the single men are sober and 59% of the divorced men are sober.

Does the working man have a better chance for sobriety than the unemployed man? Obviously, since 77.5% of the working men are sober and 62% of the unemployed are not sober.

How can we help the man who goes to the Ranch but doesn't have a wife, family, job or A.A. waiting for him when he graduates? One implication of the study is that he needs somebody in the community who cares what happens to him. If he has no family a "substitute family" could be found in a half-way house or boarding home environment. A strong A.A. group can help by having some stable sponsors contact the man upon his arrival back into the community. Is there a job placement agency or vocational rehabilitation program available in the community? Can we get the man back on a job? These are the areas that need community support in order for the returning "loner" to even have a chance.

DIFFICULTIES AND IMPROVEMENTS

Some questions cannot be answered due to lack of information. For example, "Why is there a lower rate of sobriety in some areas than in others? What effect does community attitude have on sobriety? How many men had at least one relapse

and then regained sobriety? How long have these men been sober? Why is there a lack of information in some areas?" We cannot answer these questions with fact at this time, only with conjecture. It was an extremely difficult and time consuming task to gather the data that was used for this study. As was stated in the cover letter more of this information will be available when the State Evaluation Program is put into operation and computer services can be used.

CONCLUSION

The Sobriety Evaluation and this analysis have dealt with some facts and figures about the success rate of Sundown M Ranch. With this information it should be possible to predict a man's chances of maintaining sobriety following treatment at the Ranch. If he has a wife or family, a job, and access to an A.A. group, he would need only a minimum of follow-up time. If not, it would be our responsibility to make substitute arrangements for those resources lacking. A half-way house, a vocational rehabilitation agency, and A.A. sponsorship are but a few of the services that could be used. If these services are made available in the community the already high success rate of Sundown M Ranch can be expected to get even higher.

SUNDOWN M RANCH CORPORATION
 ALUMNI SOBRIETY EVALUATION
 Percentages

65% SOBER		35% DRINKING			
Married	Single	Divorced	Married	Single	Divorced
<u>79.1%</u>	<u>62.1%</u>	<u>58.6%</u>	<u>20.9%</u>	<u>37.9%</u>	<u>41.4%</u>
Yes A.A.		No A.A.	Yes A.A.		No A.A.
<u>79.0%</u>		<u>21.0%</u>	<u>21.2%</u>		<u>78.8%</u>
Employed		Unemployed	Employed		Unemployed
<u>77.5%</u>		<u>22.5%</u>	<u>32.8%</u>		<u>67.2%</u>
SOBER 65%		DRINKING 35%			

YAKIMA COUNTY HEALTH DISTRICT
129 North Second Street
Yakima, Washington 98901

Dear Physician:

May we discuss a major medical problem of concern to all: Alcoholism?

THE SUNDOWN M RANCH
Alcoholism Rehabilitation Center
Offers:

SUCCESS: Since opening March 4, 1968, the Ranch has treated 1500 men. The Burlington Northern Railroad and Pacific Northwest Bell clients have a sobriety success of 71%. Documented follow-up verification.

ATMOSPHERE: Twenty-one (or more) days without alcohol; without societal pressure; without drug dependence.

PHYSICAL HEALTH: Beautifully landscaped campus in a quiet relaxing setting, air conditioned brick dorms, immaculately clean, one, two and three bed rooms, carpeted throughout, nourishing diet, physical recreation.

EDUCATIONAL THERAPY: Sixty-three lecture meetings that stimulate, educate and confront the total man.

PERSONAL PROGRESS: Individual therapy, small group therapy, family counseling, in addition to the extensive lecture series.

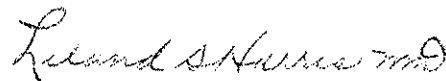
QUALITY: A professional staff that can challenge any treatment problem with many approaches and disciplines.

The Ranch requests that detoxification take place prior to admission.

Literature available on request or contact your local Alcoholism Referral Center.

I TOTALLY RECOMMEND THIS PROGRAM.

Very truly yours,



Leland Harris, M.D.

Director

Yakima County Health Department

SUNDOWN M RANCH FOLLOW-UP PROGRAM

Phase I - Yakima Group, May 10, 1972

Group Leaders - Sr. Patricia Hauser, M.S.W. Everett Atkins, Jr.

PURPOSE: To establish an out-patient treatment group as a follow-up to the therapy program at Sundown Ranch.

GOAL: To aid the Sundown client in his continuing recovery from the effects of alcoholism.

METHOD: Develop a small group therapeutic environment.

1. As a means of maintaining the progress already achieved in the Ranch program.
2. As a support and stimulus to further personal growth as he encounters the adjustment process of a sober life-style.

DESCRIPTION: Two counselors from the Ranch staff will act as co-therapists for the initial group. Hopefully, this will be a supportive aspect insofar as their familiarity with the therapists will reduce their anxiety of entrance into a new group setting. An ideal group number would probably be about eight to ten members, but some adjustment may be necessary dependent on the number actually attending. It is probable that a second group will soon be a necessity.