



Newsletter April 2018

Letter from the Executive Director

Well, much has happened since our last newsletter! Not only for PAL, but for me personally. Over the past few years, I have been essentially serving in the role of Executive Director as well as the Board Chairman. As PAL has grown this has evolved into too many hours and responsibilities to be handled by a volunteer. I mentioned two months ago that we were looking to hire an Executive Director, and that due to a generous grant from the BHHS Legacy Foundation we were able to obtain partial funding for that position. After a search by the committee they felt the candidates were not quite a fit for where we are as an organization. They then asked me to consider doing the job on a temporary basis (up to two years), to help stabilize our organization as well as put PAL in a better position to hire a full-time, long-term Executive Director. After much prayer and consideration, I have accepted this new role, with a goal of finding a long-term director and hopefully mentoring them into this position. To do this, I needed to step down as the Board Chair, and Jim Kreitler took over this position. Jim is a capable leader on our board and will do an amazing job guiding PAL into the future.

I am humbled at this opportunity and the trust that has been placed in me, and I realize the importance of maintaining PAL's vision of making PAL meetings available to every community that needs them. We continue to receive inquiries almost daily on how to start a meeting. We have seen 25 new meetings start since the beginning of this year, and likely we will have over 100 meetings in at least 30 states before the end of April. Sadly, the demand is growing, because there are many hurting families out there looking for answers. Although we are not equipped to expand out of the United States yet, we have had requests from Canada, South Africa and Greece regarding a need for meetings.

We are also in the middle of our evaluation by Northern Arizona University professors. Please, if you have not completed this 5-minute survey, take the time to respond, details are in this newsletter. The information goes directly to them, and we are excited to see what they will be able to tell us about the effectiveness of PAL. I already know it was vital in saving my family, but it will help us tremendously to have your responses to back up what we believe PAL is doing.

Our blogs are back from our Counselor and recovering person. Since this newsletter is arriving the day after April fool's day, we asked him to take that theme and apply it to how addicts lives truly reflect a game of "smoke and mirrors" when it comes to manipulating their loved ones. We also have some myths to share and of course we hope that you can see how your financial help has brought PAL to so many people. Will you consider supporting us in this breakout year for PAL? Please, wherever you are, consider Arizona Gives day on April 3rd as your opportunity to support PAL. We have

been blessed with a grant that is matching your gift 2-for-1, and we can win financial prizes based on how many people give and how much we raise, details can be found further down in this newsletter. Speaking of the newsletter, we are working on a new format, please bear with us as we work through a new look.

Thank you all for your support, your prayers and your help in making PAL available to so many. We are all at different stages of this journey. Maybe you've just joined our email list and have only attended one meeting and your situation seems hopeless. My wife and I felt that way once and thought we would never be able to get our lives back, let alone find joy again. We soon learned from our PAL group that we were not alone, others had gone before us, they were willing to stand beside us and walk with us on this journey. We will be eternally grateful for them and for Mike Speakman for his foresight to establish PAL. Now we have a board that is committed to helping PAL grow and I intend to help them meet their goals. It will be my mission to do what I can to get PAL's name out there and to hopefully see a day where PAL will no longer be needed. But in the meantime, we have work to do.

Blessings,
Kim Humphrey
PAL Executive Director