

The Permanente Medical Group, Inc.

CHEMICAL DEPENDENCY RECOVERY PROGRAM

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J. DAVID ARTERBURN
Medical Group Administrator

April 25, 2000

To Whom It May Concern:

I am writing this letter in support of LifeRing Secular Recovery. Kaiser Oakland's Chemical Dependency Recovery Program has been at 969 Broadway, Oakland since May of 1995. Ours is a regional program, drawing participants from Alameda and Contra Costa Counties and occasionally from Solano, and San Joaquin Counties. The Oakland CDRP offers four levels of care for chemically dependent people. Our population is a mix of voluntary and mandated patients. Some of our patients are struggling with addictive disease only, while others are dually diagnosed.

All the CDRP patients are required to go to outside support meetings. We offer traditional meetings such as NA and AA. We also offer LifeRing for patients who are not comfortable with the format of 12-step programs. LifeRing meetings have been offered on Tuesday and Wednesday since our program began. Last April LifeRing began a Saturday morning group. LifeRing meetings have always been well attended but the Saturday group has been so popular that at times we have had to open a second meeting room to accommodate all the people who wish to attend.

I am happy to state that LifeRing has always been able to coexist harmoniously with other support meetings. Patients report being satisfied with the format and some say they attend LifeRing and 12-step support meetings. I am happy to recommend LifeRing to any drug treatment program.

Sincerely Yours,



Jeffrey Blair MS MFCC
Day Treatment Co-coordinator