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## **Crawford County Mental Health launches national book**

**By Chance Hoener / [choener@morningsun.net](mailto:choener@morningsun.net)**

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GIRARD — Crawford County Mental Health officially launched the sale of its new book Friday.

“Trail of the Warrior” — written by CCMH Executive Director Rick Pfeiffer — is inspired by the lives of four people recovering from addiction. The book follows those characters’ stories and their interactions with a loveable dog, Rosie. The book is being used to educate, as well as fundraise for a new addiction treatment facility in Crawford County.

Pfeiffer wrote the book, but worked with a team to edit, rewrite and get the book published. The book underwent an almost complete rewrite from its first sample printing to the launched version.

“The book is so much richer now,” Pfeiffer said.

In the rewrite, Pfeiffer included more of Rosie, a richer detox sequence based on real events and added actual therapy dialogue to the end.

The book launch was hosted during the Crawford County Commission meeting Friday, and included readings from the book, background information and even an appearance from Rosie — the real life dog included in the book.

All proceeds from the sale of the book will CCMH’s non-profit organization, FACT, Inc., and be used to help build a new addiction treatment center, as well as the ongoing treatment for clients.

Pfeiffer said the group hopes to sell 200,000 copies of the book. CCMH needs to raise \$1.5 million to match \$1 million pledged by Crawford County to build the new center.

A packet including an informational letter, sample copy of the book and more was sent to about 3,200 groups nationwide, including Alcoholics Anonymous, Narcotics Anonymous, book discussion groups, and more.

"In 12-step programs, you eventually get to step 12, which is to share the message and help someone else," Pfeiffer said. "That's what this is for us."

The book is also an important piece of CCMH's strategy, which is "Identify. Educate. Build."

Pfeiffer said addiction was identified as concern for Crawford County through community meetings and studies done by the Crawford County Health Department. The studies found that substance abuse was identified as the number one problem in Crawford County five years in a row.

"We identified addiction as a priority through those studies," Pfeiffer said. "Now we will educate about addiction with this book, and hopefully raise the money to build a new center to help solve the problem."

"Trail of the Warrior" can be purchased at [ww.trailofthewarrior.com](http://ww.trailofthewarrior.com). The first chapter can also be downloaded for free at that website. Copies of the book will also be available for purchase at Ron's Supermarket Pitt Cafe.

A book signing with Pfeiffer will be hosted from 10 a.m. to 4 p.m. December 23 at the north entrance of Meadowbrook Mall.

Print copies of the book were printed by Pittcraft.

— *Chance Hoener is a staff writer for the Morning Sun. He can be emailed at [choener@morningsun.net](mailto:choener@morningsun.net) or follow him on Twitter [@ReporterChance](https://twitter.com/ReporterChance).*



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## New Addiction Treatment Center Coming to Pittsburg

Updated: Dec 13, 2017 10:19 PM CST

By Mike Mahoney [CONNECT](#)

PITTSBURG, KANSAS - Currently, the intersection of 30th and Michigan in Pittsburg is just a vacant lot. But it's also the upcoming site of the city's next addiction treatment facility.

Crawford County residents told the Crawford County Mental Health Center they want more help for area addicts, and the health center listened.

"We needed a stronger residential facility. We needed a stronger crisis component. We needed a stronger social detox component and then primary care. We hope to make the facility able to be expanded to 50 beds, and we only have 25," said the health center's Executive Administrator Richard Pfeiffer.

With the help of the city of Pittsburg, a location has already been secured.

"We want to put them in the most productive environment that they can (have); something that's easy for them to build and an easy place for people to access, and I think that site is that," said Pittsburg City Manager Daron Hall.

The Crawford County Board of Commissioners is also helping out by committing one million dollars towards the facility's construction, if the mental health center can raise an additional 1.4 million dollars. One way the center plans on raising that money, is by releasing a book called "Trail of the Warrior," a novel inspired by the true life stories of people recovering from addiction.

The health center's pet dog Rosie, was also a major influence.

"The inspiration of the book came from the concept initially of working with our facility dog Rosie. She had such a solid response from consumers gaining recovery and seeing in her, a nurturer for a return to sobriety, that we started to write the story about her," said Pfeiffer, who is also the book's author.

Pfeiffer believes the facility will open to addicts, some time in 2020.

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# CHAPTER 1: PRESENT DAY

*October 2017*

**O**ur father who art in Heaven, hallowed be thy name, thy kingdom come.” Charlie did not know what had motivated him to say it, but it felt right. The pastor crumbled dirt on the grave, adding to the somber finality of the moment. As Charlie looked around at all the people, he wondered what had brought everybody here and was surprised that there were so many in attendance.

Liza continued the prayer. “Thy will be done on Earth as it is in Heaven.”

Everyone began to speak in turn; all to say goodbye to Rosie. Weeks ago, Charlie knew her life must end. How could he ever let her go? She had heard so much over the years; listened, been a friend; delivered a lot of people from evil.



“Forgive us our debts as we forgive our debtors.” Charlie continued to pray, as his mind flashed to the journal.

Joe, a weathered old Vietnam soldier, took his turn speaking about Rosie. His worn hat told a story, “Semper Fi.” Joe closed as he always did. “God will save your soul, AA will save your ass. Devil’s in the brew.”

Rosie, Charlie thought, you have no idea how many lives you have changed. Or maybe you do.

That rainy night when you appeared, John Barleycorn lost. Rosie won.

Finally, it was Charlie’s turn to speak. So many emotions were swirling through him that he struggled to find the words.

So, he started at the beginning; the beginning that had saved his life so many years ago. “My name is Charlie and I am a recovering alcoholic and addict. In the bottom of a rain-filled ditch on a stormy night, Rosie arrived and saved my life.”

Charlie spoke of his story of recovery. Then, as Charlie walked away from the grave, Joe put his arm around him.

Charlie turned to Joe and said, “I wrote in my journal last night about Zoey. She was my dog I lost when I was eleven.”

Joe said, “Let’s go read the journal over a cup of coffee.”

From the journal, Charlie read...

*“Zoey and I were always close. We were inseparable.  
She awoke with me, ate with me, slept with me.*

*In hard times a bark, a growl, a lick made life less anxious. She made the family chaos easier to bear. It was as if some deeper force joined us together. I hoped to be her protector and hero.*

*Zoey was my angel and guardian. Zoey unselfishly gave of her calm presence, kindness, and loyalty. I spoke to Zoey always believing she understood. She wanted me to be a person that people respected.*

*Zoey taught me the worthiness of my hugs.*

*Zoey and I hid together; she taught me to be invisible when parties got out of hand.*

*There was a time when I thought Zoey was all I needed in life. She could teach me everything I needed to know. As Zoey became just a memory that memory became a treasure.”*

Now I know the world is only the visible aspect of God; What being a warrior does is cause a challenge by following the trail in search of a higher purpose for my life.

My recovery trail begins with a memo from my mother about that incredible dog, Rosie.