



Advocates for women whose lives are affected by chemical dependency

WSCWSAI

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The Washington State Coalition on Women's Substance Abuse Issues is proud to be sponsored in part by the Washington State Department of Alcohol and Substance Abuse (D.A.S.A.).



1999 Coalition Summit: FORGING THE FUTURE

Save The Date!!: October 1st and 2nd

You absolutely won't want to miss the Women's Coalition ninth annual conference scheduled for October 1st and 2nd at Sleeping Lady Resort and Conference Center in Leavenworth, Washington. We will have the great speakers and workshops that you have come to expect at this conference, but we also plan to spend some time getting your input on the future needs of women and their families as we move into a new century. This will help shape the agenda of the Women's Coalition in the years to come!

Our confirmed keynote speaker will be Katie Evans, Ph.D., co-author of *Dual Diagnosis: Counseling The Mentally Ill Substance Abuser and Treating Addicted Survivors of Trauma*. Senator Patty Murray has also been invited to speak on the health care needs and initiatives related to women and children. We are in the process of finalizing other presenters as this goes to press, but we hope to offer a variety of topics with something of interest for all conference attendees.

Sleeping Lady Conference Center is a unique and beautiful setting! The meeting rooms are comfortable and the lodging is "elegantly simple" by design. The grounds include walking trails, the river, an outdoor rock swimming pool and whirlpool, sauna, gift shop, artwork throughout the grounds and buildings, as well as incredible night stars away from the city lights and autumn colors. The gourmet meals served are outstanding and plentiful. Different from previous years, this conference will have one set priced based on the number of people you elect to share lodging with. The conference fee will include your lodging, three elegant meals, and all conference related expenses. A limited number of scholarships will be available. Brochures will be mailed out in early July and must be returned by the end of August. To add someone to the mailing list, please call Sharon Chambers at (206)729-8522. See you there!

DASA-Women's Services

Below are some of the specialized services DASA offers for women. We believe very strongly in the continuum of care for all clients from primary prevention to treatment to relapse prevention. Our philosophy for women's services includes targeting high risk children for substance abuse prevention and education, especially children of drug abusers. We believe that prevention and treatment need to be closely linked and we encourage DASA's treatment providers to work closely with the prevention providers in their communities. Only by doing effective treatment combined with aggressive prevention can we begin to break the generational cycle of drug abuse.

The Division of Alcohol and Substance Abuse (DASA) contracts with chemical dependency treatment agencies and other entities to provide a continuum of services for low-income women with chemical dependencies. These services are provided on a statewide basis with priority access for pregnant women. Gender specific treatment services are provided in outpatient, residential and hospital settings and child care is available for outpatient participants at specified locations. An intensive child care program known as Therapeutic Child Care is available at some residential programs for children under the age of six while their mothers are in treatment. Outreach, post treatment transitional housing, vocational services and prevention programs complete this continuum.

DASA supports several innovative prevention programs, which serve individuals and families with Fetal Alcohol Syndrome / Effects (FAS/E) through contributing funding to the Fetal Alcohol Syndrome Diagnostic And Prevention Network, the Fetal Alcohol And Drug Unit At The University Of Washington, the Fetal Alcohol Syndrome Family Resource Institute, and the *Iceberg*, an educational newsletter for people concerned with FAS/E. Additionally, DASA contributed to the development of the report "A Comprehensive Program For Alcohol And Drug Abusing Mothers And Their Young Children" a response to HB 2556, completed in January, 1999.

DASA is just now beginning a pilot program with six counties called the Children's Transition Initiative to identify children at high risk times in their lives and enroll them in prevention programs. We encourage Treatment Providers to reach out to their county prevention providers and learn more about this project, and we encourage County Prevention Coordinators to become familiar with the Women's Treatment Services and create linkages. Again, only by working together will we as a field begin to reduce the incidence and prevalence of drug using women and their children.

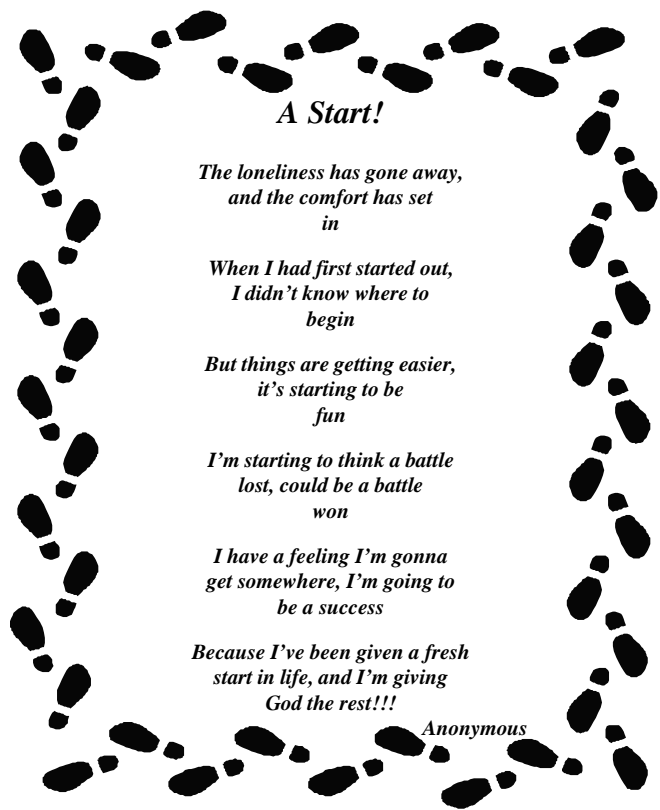
Fred Garcia
Office Chief, Prevention/Treatment-DASA

1999 Legislative Session Update

The 1999 regular session ended on April 26, 1999, with the legislature passing the 1999 —2001 State Operating Budget on the final day.

While none of the bills targeting drug-affected infants passed, the budget authorizes \$2.9 million state, plus \$4.5 million federal funds for the department to conduct pilot programs serving mothers who give birth to alcohol or drug exposed or affected infants. The goal is to reduce long-term dependency on public assistance by encouraging substance-abusing mothers to choose treatment. The program is designed to improve the health and welfare of substance abusing mothers and their children by early identification, improved access to and coordination of chemical dependency, health care and family-oriented early intervention services for mothers and their children. Program services include targeted intensive case management, child development services, family planning services, residential chemical dependency treatment for women and their children, transportation, housing and an evaluation component.

Lorri Cox, MS, CMHC, CDC
Women's Treatment Services
DASA



AWARDS COMMITTEE REPORT FOR 1998 CONFERENCE

The Washington state Coalition on Women's Substance Abuse Advisory Board in 1996 made the decision to honor women who had been ground breakers and visionaries in advocating for women's issue and programs in the last 15-20 years. Our awards committee, comprising of Sharon Toquinto and Ann Forbes, have had a great deal of pleasure in collecting names of potential recipients and unsung heroes in our chemical dependency field.

Our two honorees have joined five former award recipients who were the following: Margie Clemente—founder of Residence XII Recovery Program, Pat Stromberg—retired executive director of Southeast Community Alcohol Center who were honored in 1996. The three 1997 recipients were Marilyn McKell— who developed a women's program and established the first nursery for children of chemically dependent clients in Spokane in the late 70's, and Enid Burke— retired founder of the Studio Club, the first residence for women alcoholics in Seattle area in the 70's and Betty Rogers—who has worked at Central Seattle Recovery Center since 1975 and was instrumental in implementing a women's outpatient program involving child care and parenting skills.

We would like to introduce you to the two honored women for the year of 1998- Pat Tuton —newly retired from Residence XII was involved in women's treatment since 1981. Pat has been involved with girls' and women's sports for many years by coaching soccer, tennis, and other sports with Redmond Parks and assisting with senior citizen's art and walking programs. She admits she thought, "She could cure alcoholism with a tennis lesson" and found she needed much more than that. She has presented workshops on women's issues, relapse prevention and has presented at Bellevue Community College at various times.. Pat has been dedicated to women helping women and encouraging them to learn to play and take control of their lives.

The second award- winner for 1998 was Barbara Day-Miller who has been active in community work since



Right to left-Barbara Day-Miller (award recipient), Marilyn Bordner (Coalition Co-Chair), Pat Tuton (award recipient).

1975. She has worked with Kitsap School District as well as working with the women incarcerated at the women's correctional center. She also was very active in the domestic violence program in Kitsap County and was their volunteer coordinator in the 80's. Barbara's real love for helping women was manifested in 1985 when she started the Agape Unlimited program which allowed her to design a program for women and their children who needed treatment and shelter due to chemical dependency issues. Barbara claims her creative ability is only limited by her ability to write grants and seek donations to keep her programs running and adding needed services.

We are all appreciative of these women and the pioneering work they have done to break through uncharted waters and to have contributed so much to help so many. It is inspiring to have role models and mentors and we thank you.

*D. Ann Forbes
Alcohol/Drug Help Line*

MEMBERSHIP APPLICATION

Join Us!

Membership in the Coalition will add your voice to those of many others in this state who are advocating on behalf of women whose lives are affected by chemical dependency.

Coalition membership can open new networking and educational opportunities with others concerned about chemical dependency treatment for women.

The Coalition sponsors an annual conference and regional meetings to share local state and national information.

Our monthly Steering committee meetings are open to all members and are held on the first Friday of the month. They are held at TASC 811 First Ave. #600 Seattle.

Please fill out and return the membership form along with your membership fee... *Please join us today!*

Individual Name _____

or

Agency Name _____

Agency Representative _____

Address _____

Phone _____

I/we support the philosophy and mission of the Coalition and wish to become regular members.

Type of Membership:

Agency (\$50⁰⁰/yr.)

Save \$10⁰⁰ each on three registrations to the 1999 conference with a paid 1999 agency membership

Individual (\$20⁰⁰/yr.)

Save \$10⁰⁰ on one registration to the 1999 conference with a paid 1999 individual membership

Please make checks payable to: Washington State Coalition on Women's Substance Abuse Issues (WSCWSAI) P.O. Box 1775, Seattle, WA 98111.

*Be a Part of a Positive Statewide Support System
Strength Comes in Numbers!*

Smoke Free Women's Treatment

Triumph Treatment Services - Riel House is a specialized, all female residential treatment center where mother's engage in chemical dependency treatment with their young children, ages birth to six years. Their residential stay is from four to six months, based on their individual needs.

After an initial grant from DASA in 1996, Triumph Treatment Services (TTS) received a grant from the March of Dimes in 1997 to begin a nicotine cessation program for the women at Riel House. A smoking cessation task force was formed within the agency and nicotine addicted staff were polled, educated and offered cessation classes. After one and one half years of research and planning, Riel House became a non-smoking residential facility! Employees were encouraged to become nicotine free and cannot show signs of nicotine use while on duty. Patients are informed of the smoke free status before their admission, so they are aware that if they are nicotine addicted it will automatically become part of their treatment.

In January, 1999, the Washington State Department of Alcohol and Substance Abuse (DASA) collaborated with Riel House to begin a pilot project which incorporates the use of the nicotine patch. At the beginning of treatment, nicotine addicted patients are assessed for their appropriateness to use the patch. If appropriate, the patient will get a doctor's written order for the patch. DASA provides the patches free of charge for the patients. The counseling staff and the participating patients are required to complete surveys at three months and again at six months.

Although it is too early for any long term results, the short term results are dramatic. Since Riel House became nicotine free in January, 1999, the following has resulted:

- * There have been less respiratory problems among the infants, children and adults
- * There has been an increase in the time the mothers spend bonding and parenting their child(ren),
- * There appears to be less aggression and dishonesty among the women,
- * There appears to be increased socialization in a healthy, recovery oriented manner.
- * There appears to be more focus on the development of healthy coping skills.

This was a remarkable undertaking for Riel House. We hope that other facilities will follow our lead and give the treatment of nicotine dependency the same importance as other chemical dependencies.

April Lain

Triumph Treatment Services-Riel House



Upcoming Publications

To those of you who remember the “Brown Book” Report of ten years ago-an updated review is soon to be completed and published. It will include revised criteria for policy development around issues for women and addiction in Washington State. There will be expanded bibliography and updates on lots of issues of interest to all of us.

And...Look for an interesting upcoming pamphlet from the coalition-a resource for counselors responding to issues of childhood physical/sexual abuse.

OUR MISSION

The mission of the Washington State Coalition on Women’s Substance Abuse Issues is to advocate for women whose lives are affected by chemical dependency.

OUR PHILOSOPHY

Addiction is a primary, progressive, and, if left untreated, fatal disease. The origins of addiction in women and their treatment needs are unique. These needs arise in large part from women’s cultural and class experiences, and from their diversity of age, ethnicity, and sexual orientation.

Research, prevention, treatment, funding, and state policies must begin to honor and reflect the effects of these unique experiences.

MY FRIEND’S PLACE- ONE YEAR

May 11 marks the day that our first two families entered the doors of My Friend’s Place, Eastside Domestic Violence Program’s supportive housing program for chemically dependent battered women. MFP staff gathered two weeks ago to remember the year: to celebrate the high points, to shed some tears over the struggles. We have seen 13 families come to MFP. Each one received the foundation work of domestic violence education and safety planning. Most managed at least a month of sobriety. One was forced to leave because her abuser, an expert tracker, had narrowed down her location dangerously close to our location. Several have graduated from all phases of MFP and are living independently. They continue to keep in touch with both treatment provider and domestic violence staff as they struggle with ongoing issues around safety, sobriety, and self-sufficiency.

The hardest work is done by the residents themselves. In this work each resident, both women and children alike, are supported by dedicated staff and volunteers. My Friend’s Place is also a regional, collaborative effort. As a Housing and Urban Development McKinney-funded program, we work with agencies and programs throughout the County to provide the necessary services to one of the most at-risk populations for homelessness, CPS interventions, and physical injury. In this effort,

Eastside Recovery Center provides a certified chemical dependency counselor and child care workers to assure that an out-patient treatment program is provided on site. We are fortunate to have a network of sister drug and alcohol treatment centers and agencies that we can call upon statewide for information, education, and support. MFP staff also work collaboratively with our sister domestic violence agencies throughout the region. We share a legal advocate with New Beginnings and with Consejo as a part of our McKinney proposal. We work with Healthcare for the Homeless, Providence Health System, Northwest Mentor Health, Youth Eastside Services, and Pathways Home (through Seattle Children’s Home) to address some of the more complex physical and mental health needs experienced by these women and children. And other transitional housing providers as well as the King County Housing Authority assist with the final step of our housing component leading to self-sufficiency.

We are looking forward to our second year with the hope and expectation of providing a safe passage to a unique group of women and children..., one by one.

*Linda Olsen
Shelter Program Director
(425)562-884 (for more information)*

Committee Members

Co-Chairs

Marilyn Bordner ❖ *New Horizon Care Centers*

Sharon Toquinto ❖ *Public Health-Seattle and King County*

Treasurer

Margaret Jones ❖ *Residence XII*

Secretary

Linda Olsen ❖ *Eastside Domestic Violence Program*

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Beth Dannhardt ❖ *Triumph Treatment Services*

D. Ann Forbes ❖ *Alcohol/Drug Help Line*

Jane Kennedy ❖ *TASC of King County*

Sue Winskill ❖ *TPCHD's MOMS/DV*

Barbara Myers ❖ *Sundown M. Ranch*

Carol Hoeft ❖ *Eastside Recovery Center*

Patti Bland ❖ *Providence Health System Family Violence Program*

Joe Lucey ❖ *Swedish Medical Center/Ballard*

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Newsletter Editor

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WHO WE ARE

The Coalition is a feminist, non-profit association of individuals and organizations concerned about women's chemical dependency issues. Members include local and state government agencies who work with disabled people, health care providers, domestic violence providers, chemical dependency treatment providers, therapists, researchers, attorneys, and others concerned with public policy issues affecting chemical dependency treatment for women.

WHAT WE DO

The purpose of the Coalition is to advocate for improved, expanded, more accessible and relevant chemical dependency treatment services for women. To achieve its mission, the Coalition:

- ☉ Educates legislators and other policy-makers about the needs of chemically dependent women.
- ☉ Monitors legislation and proposes policy changes to improve treatment services for women.
- ☉ Provides education and training through conferences.
- ☉ Provides networking opportunities for professionals working in the chemical dependency field and other fields affected by the issues of substance abuse.



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Women's Substance Abuse Issues**

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