



Advocates for women whose lives are affected by chemical dependency

WSCWSAI

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IN THIS ISSUE

- Volunteer for NDAC 1
- Westside Award Winner 2
- Living in 2004 3
- Meeting Dates 3
- Brown Book turns Grey ... 3
- Now is the Time 3
- Contact your Legislators ... 4
- Newsletter Delivery 4
- T-Shirts 4
- Why God Created Children ... 5
- She's Got All Kinds of Trouble .. 5
- Membership Application . 6
- CD History Project 6
- Steering Committee Positions . 6
- WSCWSAI Website 7
- Be a Part of Your Newsletter .. 7
- Mission/Philosophy 7
- Membership Renewal 7
- Meet the Members 8
- NIDA Study 8
- Screen for Safety 9
- Eating Disorders 10-12
- Volunteer for NDAC Cont 13
- Our address has changed 13
- Eastside Award Winner 14
- Its Good to be a Woman 14
- Planning Session 15
- Membership Bonus 15
- Committee Members 16
- Who We Are/What We Do 16

Volunteers at Northwest Deaf Addiction Center

Even before we opened the doors of Northwest Deaf Addiction Center (NWDAC) in Vancouver, Washington, volunteers have been there to help us whenever we need assistance. Before we moved into the space NWDAC calls home, volunteers from the Deaf recovery community donated many hours of sweat and hard work to clean the rooms, decorate and shape the center into a warm and inviting place for the first person to enter on April 30, 2001. The space had not had residents for



Volunteers help at Northwest Deaf Addiction Center

many years and had many cobwebs to tackle. Most of the artwork and extra furniture have been gathered from the community donations and help to give us a homey and safe feeling.

The first spring we had staff and other community members donate flowers and time to bring us several years of beauty. We have also been able to raise tasty vegetable due to many hours of volunteer work to get the beds ready to plant. That first spring we also had a Deaf community member, Chuck, "chuck of all trades", volunteered his time and sweat to run all our computer networking cables. We have him coming back next week to help us lay cable for our new video camera for calling thru the video relay system that is used by most of the Deaf community now.

Continued on Page 13

Washington State Coalition On Women's Substance Abuse Issues 2003 Westside Award Recipient

The Washington State Coalition on Women's Substance Abuse Issues presents an annual award for outstanding service to women. This year's award was presented to Charlotte Hunter, Program Director of Eastcenter Recovery at Grays Harbor Community Hospital. The presentation took place in Burien at a workshop sponsored by the Coalition. A candidate from Eastern Washington will be selected for the award to be presented at a Coalition- sponsored workshop in Yakima. In the words of Ann Forbes, who gave the award: "This gives us an opportunity to recognize the 'unsung heroines' who have consistently contributed so much for other women. By giving two awards we are able to acknowledge women from various parts of the State who have given so much in so many ways for better treatment for all but especially for women."



Ann Forbes presents the award to Charlotte Hunter

Charlotte Hunter has been in the nursing profession since 1965. She managed a 45 bed OB/GYN Unit for the U.S. Army in Germany for two years. Following her discharge she remained on inactive reserve status while managing a 30 bed OB/GYN unit in Miami, Florida for ten years.

When she moved to Washington, she settled in the Grays Harbor area and was employed as a nurse at the Ocosta School for four years while working part time as a Home Health Nurse in Westport. She was a First Responder for 10 years on the South Beach Ambulance Services. Charlotte has worked in the Chemical Dependency Unit at Grays Harbor Community Hospital for 17 years. In 1990, she became certified as a Chemical Dependency Nurse.

After starting out in the unit as the night and evening relief person, then the Head Nurse, she moved to the directorship of the program in 1993. It was due to Charlotte's persistence and dedication as well as being a "voice for recovery" that the unit did not close when the Care Unit ended its contract with the hospital. Charlotte did not want to see the treatment center leave the Harbor as it was so sorely needed, and there were stories circulating that she "advocated, cajoled, pushed, had meetings, and might have even coerced people from the bar stools to fill the beds and prove to the 'powers that be' that treatment was needed and the unit should not be closed."

Whatever it took, this treatment center has been a success. In 1993, she started the Chemically Using Pregnant Women program. The treatment center claims to be unique in that if a woman delivers while in treatment, she can return with her infant to complete treatment. Four hundred women have completed this specialized treatment in the past 11 years.

In 1994, the Alcohol/Drug Helpline gave Charlotte the Margaret Burris award for her excellence in Chemical Dependency Nursing, and her ability to preserve a treatment center against all odds. Other awards she has received along her very interesting career are as follows: Distinguished Meritorious Award of Commendation from the United States Army; Certificate of Award for Outstanding Achievement in the delivery of quality nursing care; Certificate of Deep Appreciation for Caring Service and Dedication on National Nurses Day in 1989.

We all need to be proud and pleased to have such a contributor in our system, and it was with great pleasure the committee chose this outstanding candidate. I was honored to be able to present this, but I was sorry that we were not able to do this at our annual conference. This type of work needs to be acknowledged by many more people, and though we know Charlotte, was not doing it for recognition, she has given hundreds of extra hours to help in her community for the betterment of young girls and women. Thank you, Charlotte. All of us appreciate your dedication.

Ann Forbes-Alcohol/Drug Help Line

You know you're living in 2004 when...

1. You accidentally enter your password on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of 3.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends is that they don't have e-mail addresses.
6. When you go home after a long day at work you still answer the phone in a business manner.
7. When you make phone calls from home, you accidentally dial "9" to get an outside line.
8. You've sat at the same desk for four years and worked for three different companies.
10. You learn about your redundancy on the 11 o'clock news.
11. Your boss doesn't have the ability to do your job.
12. Contractors outnumber permanent staff and are more likely to get long-service awards.

And the real clinchers are...

13. You read this entire list, and kept nodding and smiling.
14. As you read this list, you think about forwarding it to your "friends."
15. You got this in an email from a friend that never talks to you anymore, except to send you jokes from the net.
16. You are too busy to notice there was no #9.
17. You actually scrolled back up to check that there wasn't a #9
18. And now you are laughing at your self.

Steering Committee Meeting Schedule

Our monthly Steering Committee meetings are open to all members and are held on the first Friday of the month-typically at Residence XII in Kirkland. If you are interested in joining us for a Steering Committee meeting simply email Amy Gostovich so that we can give you directions and reserve your lunch. (Lunch is Five dollars).

- June 4
- July-No Meeting
- August 6
- September-10
- October 1-Spokane
- November 5
- December 3



**MARK
THIS
DATE**

Women and Addiction in Washington State

The Washington State Coalition on Women's Substance Abuse Issues published *Women and Addiction in Washington State* (affectionately called the Brown Book due to its cover color) over nine years ago. It has recently been updated and can no longer be referred to as the brown book but has now taken on the nickname of the Grey Book. You can receive a copy of *Women and Addiction in Washington State* by calling the Alcohol Drug Clearing House at 1-800-662-9111.



NOW IS THE TIME FOR ALL GOOD WOMEN TO COME TO THE AID OF THE COALITION!!!!

I have been cloned so now there are two of us on the Membership Committee. We are looking for renewals! We ended the year with 102 members and we could use a few more. As you dig out your checkbook start thinking about recruiting some new members for the Coalition. Your membership dues provide us with the opportunity to continue to seek innovative ways to support women and children who have been impacted by alcohol or drugs.

Last year we had a very successful conference at Sleeping Lady. This year, due to budget restrictions, we will not be hosting a fall conference but we will be sponsoring four training sessions around the state on Eating Disorders.

These events have been scheduled for October in Spokane and November in Vancouver. In the spring of 2004 they will be held in Yakima, and South King County. The locations will be posted on the website, with notification by e-mail and snail mail to our members.

With your assistance we have been able to maintain the viability we have achieved over the years of promoting awareness of women's issues. We continue to seek alternative forms of financial support through grant writing and other contributions. If each member brought in one new member, just think what we could do!

We thank you for your support in the past and urge you to send in your renewal or new membership registration as soon as possible. We really want to continue to include you or your agency on our mailing list.

Visit our website: www.wscwsai.org

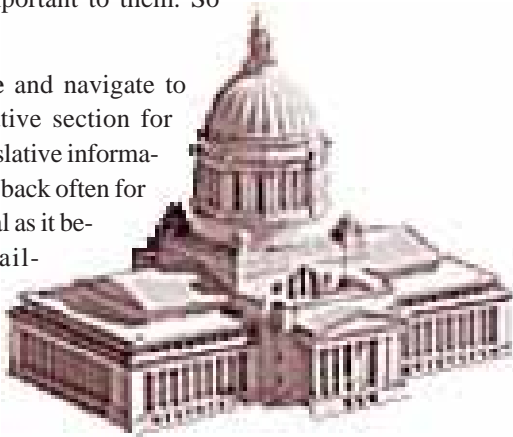
Ann Forbes & Jackie Hyman, Membership

Contact your Legislators

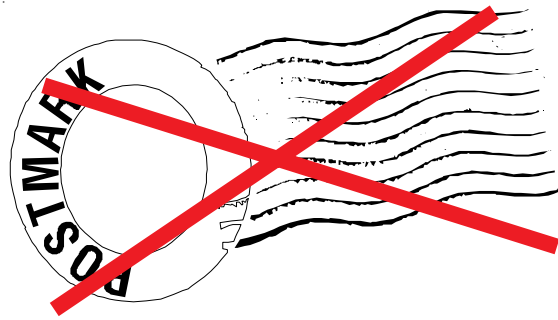
Now is the time for you to contact your legislators-before session. You need to know them and they need to know you. Have them come and visit your program-see what you do. They need to know about our services.

And let legislators know your experience with “meth”. Let them know how patients do in treatment-that they are treatable. The public has the impression that people who do “meth” are not amenable to treatment and that they cannot parent their children. This kind of thinking has great potential to develop into legislation. We can circumvent some of this by educating them now!!! And you are the best person to do this. Your legislator will be glad to meet with you. You are a voter. You are important to them. So call them!!

Click Here and navigate to the Legislative section for current legislative information. Check back often for new material as it becomes available.



Newsletter Delivery



The Coalition is looking to provide you the most beneficial services that we can within our budget. We believe that our newsletters are a vital part of the information service that we provide on issues relating to women’s treatment. We have made a commitment to provide up to four newsletters a year from this time forward. The cost of providing this service is great. Therefore we are exploring other avenues to bring you this information in a more cost effective way. You were notified about this newsletter e-mail alert if you have already registered for this service or you found it on the website yourself. If you did not receive an e-mail alert, please send us your e-mail address so that we can begin to notify you by e-mail so you won’t miss out. You can e-mail your name, address, and e-mail address to Agostovich@triumphtx.org to add yourself to the e-mail mailing list. Additionally please take the time to visit the e-mail survey on the website and return it to us so that we may better survey you our members.

T-Shirts

The WSCWSAI now has T-shirts available for purchase. Show your support for women’s services by sporting one of these quality T-shirts. All of the T-shirts are preshrunk cotton and have an embroidered WSCWSAI logo. They are available in medium, large, X-large, 1X, 2X, and in short sleeves there are also limited quantities of 3X and 4X.

To order your shirts-complete this order form and send it with your check or money order to the:

**Washington State Coalition on
Women’s Substance Abuse Issues**
P.O. Box 907
Yakima, WA
98907



Name

E-mail Address

Address

City

State Zip

Daytime Phone

Fax Number

Item	Size	Individual Price	Quantity	Total Price
Short Sleeves		\$10.00		
Long Sleeves		\$15.00		
Shipping and Handling				\$3.50
Total Payment Due				

Why God Created Children

(And In The Process Grandchildren)

To those of us who have children in our lives, whether they are our own, grandchildren, nieces, nephews, or students...here is something to make you chuckle.

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to his own children.

After creating heaven and earth, God created Adam and Eve.

And the first thing he said was "DON'T!"

"Don't what?" Adam replied.

"Don't eat the forbidden fruit." God said.

"Forbidden fruit? We have forbidden fruit? Hey Eve...we have forbidden fruit!!!!!"

"No Way!"

"Yes way!"

"Do NOT eat the fruit!" said God.

"Why"

"Because I am your Father and I said so!" God replied, wondering why He hadn't stopped creation after making the elephants. A few minutes later, God saw his children having an apple break and He was ticked!

"Didn't I tell you not to eat the fruit?" God asked.

"Uh huh," Adam replied.

"Then why did you?" said the Father.

"I don't know," said Eve.

"She started it!" Adam said

"Did not!"

"Did too!"

"DID NOT!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own. Thus the pattern was set and it has never changed.

But there is reassurance in the story!

If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself. If God had trouble raising children, what makes you think it would be a piece of cake for you?

Things to think about!

1. You spend the first two years of their life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and be quiet.
2. Grandchildren are God's reward for not killing your own children.
3. Mothers of teens now know why some animals eat their young.
4. Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.
5. The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.
6. We childproofed our homes, but they are still getting in.

Advice for the day: Be nice to your kids. They will choose your nursing home one day.

And finally: If you have a lot of tension and you get a headache, do what it says on the aspirin bottle:

"take two aspirin" and "keep away from children"

She's Got All Kinds of Trouble

INTEGRATED TRAINING CURRICULUM

For social service workers who are helping women with multiple problems involving substance abuse and chemical dependency, domestic violence, adult sexual assault, and child sexual assault.

The WSCWSAI analyzed the need for integrated trainings in Washington State for service providers who are working with women with multiple problems of substance abuse, chemical dependency, domestic violence, adult sexual assault, and child sexual assault. These trainings would facilitate communication between these systems to better serve women.

The complete training guide is now available for purchase.

To order your copy of the "She's Got All Kinds of Troubles"

Trainers Handbook-complete this order form and send it with your check or money order to the:

Washington State Coalition on

Women's Substance Abuse Issues

P.O. Box 907

Yakima, WA 98907

<i>She's Got All Kinds of Troubles Trainers Handbook</i>	Individual Price	Quantity	Total
	\$15.00		
Shipping and Handling			\$3.50
Total Payment Due			

Name

Organization

Address

City State Zip

() ()
Daytime Phone Fax Number

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.

For more information please access our Website www.wscwsai.org or attend our monthly Steering Committee meetings. Meetings are open to all members and are held on the first Friday of the month. They are held at Residence XII, 12029 113th Avenue NE, Kirkland.

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

Individual Name _____
or

Agency Name _____

Agency Representative(s) _____

Address (including City and Zip) _____

Phone _____

E-Mail _____

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

Type of Membership:

Agency (\$150⁰⁰/yr.)

Save on two registrations to the 2004-5 workshops with a paid agency membership & receive a link to your agency on the webpage-Link address _____

Individual (\$25⁰⁰/yr.)

Save on your registration to the 2004-5 workshops with a paid individual membership

Please make checks payable to: Washington State Coalition on Women's Substance Abuse Issues (WSCWSAI) P.O. Box 907, Yakima, WA 98907.

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

CD History Project

In January of 2003 a group of people gathered to discuss putting together a history of the chemical dependency field in Washington State. This was the beginning of the Chemical Dependency/Prevention History Project. The Washington State Coalition on Women's Substance Abuse Issues is in a unique position to contribute information. The Alcohol/Drug Helpline has volunteered to maintain a website dedicated to the project so that anyone interested in participating could post stories, reports and just plain anecdotes directly on the internet for others to see.

Since the initial meeting, a special e-mail account has been opened and a message board has been made available. The Helpline is hosting the depository of information but the people from the field will be doing the writing. With some support from DASA the group hopes to hire a professional writer to pull it all together and we are hoping to produce a draft document by January 2004. It all depends on you. This is everybody's history. If you have any information on the 'good old days' or if you know someone who has a story to share we hope you will get into action! Don't wait too long!

Check out the website and message board:

www.cdhistory.adhl.org

E-mail us: cdhistory@adhl.org

Fax: 206-722-1032

Call us: 1-800-1240 or 206722-3700 (Ann or Gerry)

Regular Mail: CD History

P.O. Box 80243

Seattle, WA 98108-3401

Steering Committee Positions

There are several Steering Committee positions available to members of the Women's Coalition. We would like to take this opportunity to encourage anyone interested in applying for a position. If you are interested, you can contact Barbara Myers at 457-0990 x 365/email @ Barbmyers@sundown.org or print and complete the application on the website (www.wscwsai.org).

For those of you that are interested in becoming more active and involved, please apply. Being an active member, I have found it to be an exciting adventure in learning more about women's issues in legislation. It led me to discover the many programs available and what is needed to give women an opportunity to succeed in life as well as have more confidence.

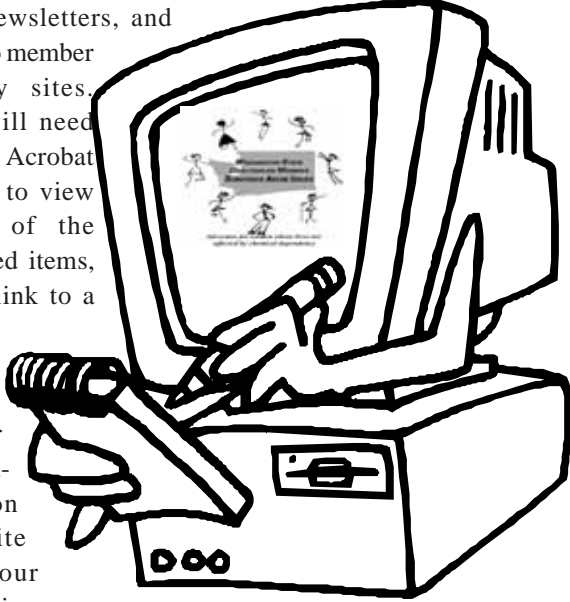
Come on ladies, step up and let your voices be heard. Let's make a difference!

WSCWSAI Website

It's your site!

If you are reading this article then congratulations you have found our website. Now bookmark this site.

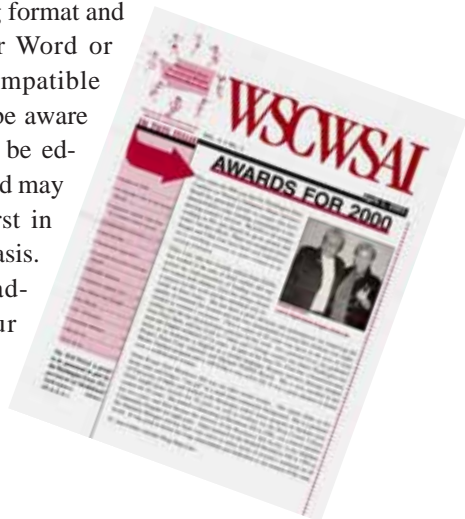
We are adding many new items. You will now find your current newsletters, and links to member agency sites. You will need Adobe Acrobat reader to view many of the archived items, but a link to a free download of reader is available on our site for your convenience.



The website will be what the members want. So take a look and tell us what you want! Please visit the comments page and send your comments to the webmaster. We look forward to hearing from you soon.

Be a Part of Your Newsletter

Do you have a story idea for the newsletter. Maybe you have something to contribute or just a request for something you would like to learn more about. Anything that relates to women's services is open for discussion. Send your stories or story ideas to AGostovich@triumphtx.org. Please send any pictures in a jpeg format and stories in either Word or WordPerfect compatible formats. Please be aware that stories may be edited for length and may be used on a first in first published basis. Thank you in advance for your contributions.



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.

Membership Renewal

It is that time of year for renewal of your membership in the Coalition. This year with all the talk of budget cuts, and actual cutting of programs, it is even more timely and important that we pledge our support to women's programming. We have already been alerted that DASA has cut the Coalition out of the budget so we are going to need to be creative with our recourses, and think of ways to generate funds and ways to be heard so that we do not see vital programs being cut. Many of us have worked for years to get recognition for discrete programs for women. We want to that funding is there for women with children and pregnant or homeless women and that accessible services are available on a continuum basis.

Our rallying cry must be based on a strong personal commitment, pledging to get more members so many voices can be heard from many quarters. This year our dues structure has increased slightly to \$25 for an individual and \$150 for corporate members. We will need to pull together for the common good and to be sure not to lose the vision of our mission statement during these funding crunches. The Mission Statement reads, "Advocates for women whose lives are affected by chemical dependency".

You can renew your membership or join your voice for the first time by completing the membership application in this newsletter or by printing and completing the application on the Coalition's website (www.wscwsai.org). Send you completed applications to

WSCWSAI

Meet the Members

Who are Your Steering Committee Members (Part 7)

In part one of this ongoing series you will be introduced to of your steering committee members. In the March 2002 issue you met four of our newest steering committee members. (Jackie Hyman, Leona Moran, Margo Caldwell, and Shereen Hunt) In the June 2002 issue we introduced you to members who have been apart of the steering committee for many years(Beth Dannhardt and Ann Forbes. In the September 2002 issue you were introduced to another member who has been on the board for many years (Barb Myers). In March 2003 you met two of our newest members. In the August 2003 issue you were introduced to out DASA Liason (Sue Green). In the February 2004 issue you met former co-chair and current committee member Sharon Chambers. In each future newsletter we will give you a glimpse into the backgrounds of the remaining committee members. Also look for background information on sub committees and the role they play in the coalition. Learn about your steering committee and its sub committees and how you can become more involved in the WSCWSAI and make your voice heard in the realm of women's services.

Melissa Laws

Melissa Laws entered the chemical dependency field in 1990 after taking a few courses at the community college on the subject. Planning to be involved on the business end of things, she assisted in opening and establishing the office for a private outpatient program in King County. From this point, her focus changed as she realized the gratification was in the direct client contact, and not the business side of services.

She and her husband started Prosperity Counseling & Treatment Services Inc. in 1992 with a small loan of \$3,000.00 and the assistance of an established nursing care facility in Pierce County. Having a small contract for mentally ill male veterans with substance abuse issues, they made ends meet until a state contract could be established.

From this point, Prosperity grew and changed from recovery house services, with veteran males, to state funded males, to co-ed treatment. The transitions have continued to currently the largest all women's inpatient program in the state. Being completely state funded and private for profit has not been easy, but extremely rewarding.

Her passion for serving women with chemical dependency issues stems from her experiential knowledge and continued education of the complex issues facing women attempting to recover. Women being relational in nature have multifaceted issues to address while in treatment, they are typically mothers, daughters, and partners; with their experiences and choices being impacted by their many roles over their life-span.

Melissa finds this work challenging with never two days being the same, and rewarding, with her belief that her efforts and the efforts of those who work within her agency being validated by the hundreds of women whose lives have been changed by their experience within Prosperity's program.

She currently lives with her husband and business partner David, and their four children and three dogs. She assists in coaching baseball and loves to camp.



NIDA Studies: Seeking Safety and Women's Health Education

As many as 80% of women seeking treatment for drug abuse have experienced either sexual or physical assault. These experiences often lead to nightmares, an inability to stop thinking about the event, feeling numb, being easily frightened and jumpy, or feeling depressed, worried, or hopeless. These are just a few signs of a condition know as post-traumatic stress disorder (PTSD).

A study is being conducted at Residence XII through the *National Drug Abuse Treatment Clinical Trails Network*. We have been chosen as the only site west of the Mississippi to be a part of this important study. The empowerment of women has always been a central value to Residence XII. This value has been a cornerstone of bringing gender specific treatment to our clients and developing a program that can best serve women. The NIDA (National Institute on Drug Abuse) Women and Trauma project was embraced by Residence XII as a way to empower women and women's treatment through research.

NIDA Study Continued

Most scientific research has been done primarily on white, middle class men. As a result the treatments that are born from those research projects have not been tailored to address and respond to the needs of women. Addressing the needs of women is especially important due to the high number of women who have experienced events in their journey that leave a lasting impact on their lives. The Women and Trauma project is exciting because it is looking specifically at the treatment of women with substance abuse and Post Traumatic Stress Disorder (PTSD).

National Drug Abuse Treatment

Clinical Trials Network



The national study will compare two different interventions designed to specifically for women: **Seeking Safety and Women’s Health Education**. These interventions will be in addition to the usual treatment provided at Residence XII. We, along with the National Institute on Drug Abuse, are studying these groups to see how well they help women 1) reduce their substance use, stress, and other emotional problems, and 2) increase their treatment attendance. This study is being conducted at several sites across the United States. About 480 women will be enrolled nationwide, including about 60 volunteers from Residence XII.

The study has just begun after many months of planning and training. We can offer women in need of alcohol and drug treatment a more comprehensive program which will include treatment for their trauma issues. Women will receive extra groups and individual sessions as well as being compensated for participation in the study.

As partners in helping women find the treatment they need, we want to let you know that the study is now open and we are seeking volunteers for the study. If you know of women with drug abuse issues and symptoms of PTSD we would be

happy to talk with her about treatment and participation in this important study. Participation is completely voluntary and will not effect treatment options with Residence XII.



Please contact our research coordinator, Allison Kristman-Valente at 425- 823-8844, 1-800-776-5944 or akristmanvalente@residencexii.org with questions or to make referrals of women. Women may contact Allison directly if they are interested.

Safely Screening for Safety:

Battered Women in Substance Abuse Treatment Settings

The following is an excerpt from an article by Patti Bland, M.A. CCDC. The complete publication can be seen at www.wscwsai.org (choose the Safety Screening section) The complete publication also includes screening tools including interview questions, risk assessments, manifestations of violence, lethality scale, substance abuse wheel handout, and manifestations of violence.

Safely Screening for Safety: Battered Women in Substance Abuse Treatment Settings

By Patricia J. Bland, M.A. CCDC

(Includes excerpts from [Women Talk about Substance Abuse and Violence](#), ten women interviewed by Debi Edmund and Patti Bland; edited by Debi Edmund, 6/2000)

Adapted from [Screening Chemically Dependent Battered Women In Not Out of Our Programs](#), by Patti Bland, from [The A Files](#) Washington State Coalition Against Domestic Violence Newsletter, Vol. 3, No. 3, Pages 127-138, October 2001

About the Issue

There are very few adequate resources for the many invisible women who are both battered and chemically dependent. Our challenge as chemical dependency professionals is to develop empowering services to ensure both safety and sobriety for battered women seeking recovery in our treatment programs. Safety is an essential element frequently lacking in the lives of women and children who have been impacted by both substance abuse and domestic violence. Lack of safety can prevent access to treatment as well as undermine recovery efforts. Many women attempting to recover from chemical dependency also experience intimate partner violence. Although we cannot always ensure safety (or for that matter, sobriety) we are obliged to provide as safe an environment as possible for all women who use our services or work at our programs.

Barriers to women’s safety and sobriety are magnified when routine screening for domestic violence and sexual assault fails to occur. Screening for current domestic violence is not as common as routinely screening for a past history of abuse. However, all forms of abuse are often routinely neglected by treatment providers in our well meaning efforts to focus on the disease concept. Failure to ask key questions or to recognize cues indicating the presence of both domestic violence and sexual assault stems from a variety of causes. Concerns about triggering relapse, overwhelming the victim or defocusing treatment are often present. Other causes include: lack of time, sense of helplessness to assess outside one’s own area of expertise, fear of “opening up a can of worms,” concerns about angering or hurting a woman’s feelings, lack of knowledge of community resources as well as lack of trust in other system providers. These barriers are compounded if they exist within a culture that routinely denies the prevalence of domestic violence and limits access to services for women dealing with multiple issues. ...

For more go to www.wscwsai.org (choose the Safety Screening section)

Eating Disorders & Chemical Dependency Trainings

When 90% of women fresh out of High School who are not overweight have become regular dieters, (based on the 1996 counsel on weight and size), that reflects a problem. When the nightly news reports the staggering statistics regarding obesity in the United States, we have a problem.

Many of these men and women are turning to drugs for weight control. As a result, we are seeing an increasing number of clients in drug and alcohol treatment programs with eating disorders in conjunction with their addictions. Quite often, clinical staff may be ill equipped to adequately address eating disorder behaviors within the treatment setting.

Over the last six months, The Washington State Coalition on Women's Substance Abuse Issues in conjunction with Linda Walrath, has held four trainings across the state, (Yakima, Burien, Spokane, and Vancouver) addressing Eating Disorders and Chemical Dependency. Nearly 150 people from the chemical dependency and mental health fields attended these trainings.

These interactive trainings were designed to empower clinicians to address eating disorder behaviors within the context of chemical dependency treatment settings. Eating Disorders were defined using the DSM IV and behavioral descriptions for anorexia, bulimia, and binge eating. Etiology was presented to explain genetic, social, and psychological factors of eating disorders. Co-occurring disorder was explained as having an eating disorder in conjunction with chemical dependency, not separate from and happening "at the same time"; with cross addiction explained as one addictive behavior "being replaced with another" during attempts to control or while being in "pseudo" recovery from one addiction. Identification of when an individual is beyond a practices scope of care and medical intervention is necessary was also shared within the trainings.

Within food related disorders such as anorexia and bulimia, there is a "cycle of food related addictions" (presented in this newsletter-page 11) that has been identified, and interven-



Linda Walrath presented at four regional trainings on the subject

tion strategies were given in the trainings for addressing the individual at the most opportune time with intervention and assistance towards recovery. The "compulsive eating cycle" was presented to assist in understanding the mental and behavioral process for compulsive eaters (presented in this newsletter-page 12), as well as the therapeutic needs of individuals with eating disorders: Establishing trust, Self-Esteem, Relationships (family conflict), Perfectionism, Boundaries, Body image (weight emphasis), Nutrition, Control issues, Victimization, and the Readiness to Change process. Gaining understanding of how these needs influence an individual with an eating disorder and how the clinician can establish therapeutic bonds while addressing these needs is the primary key to success with eating disorders and chemical dependency.

The therapeutic bond, in conjunction with meal planning, exercise planning, maintaining "balance" and moderation, with basic education on nutrition are key components for treatment.

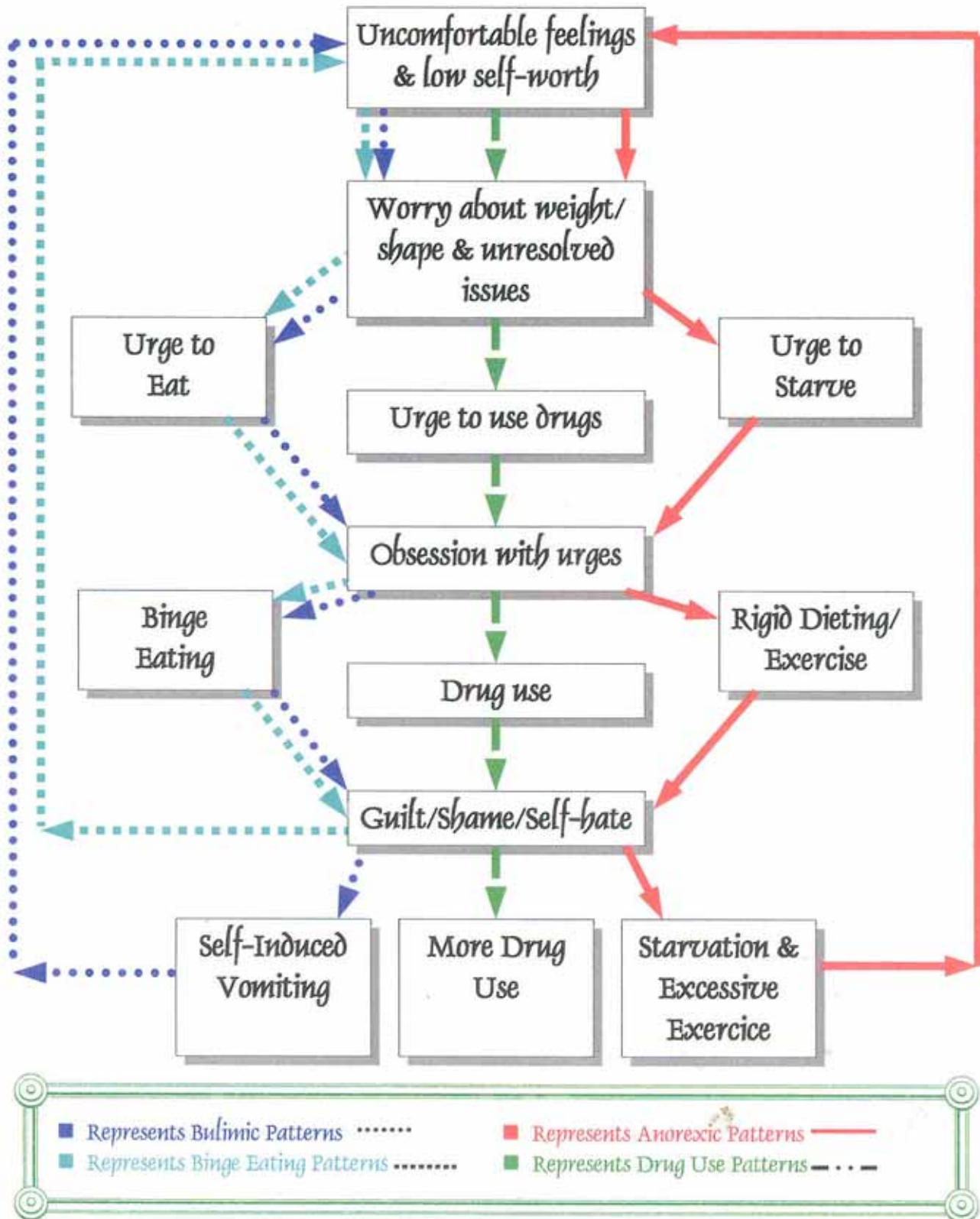


Linda explains the cycle of food related addictions

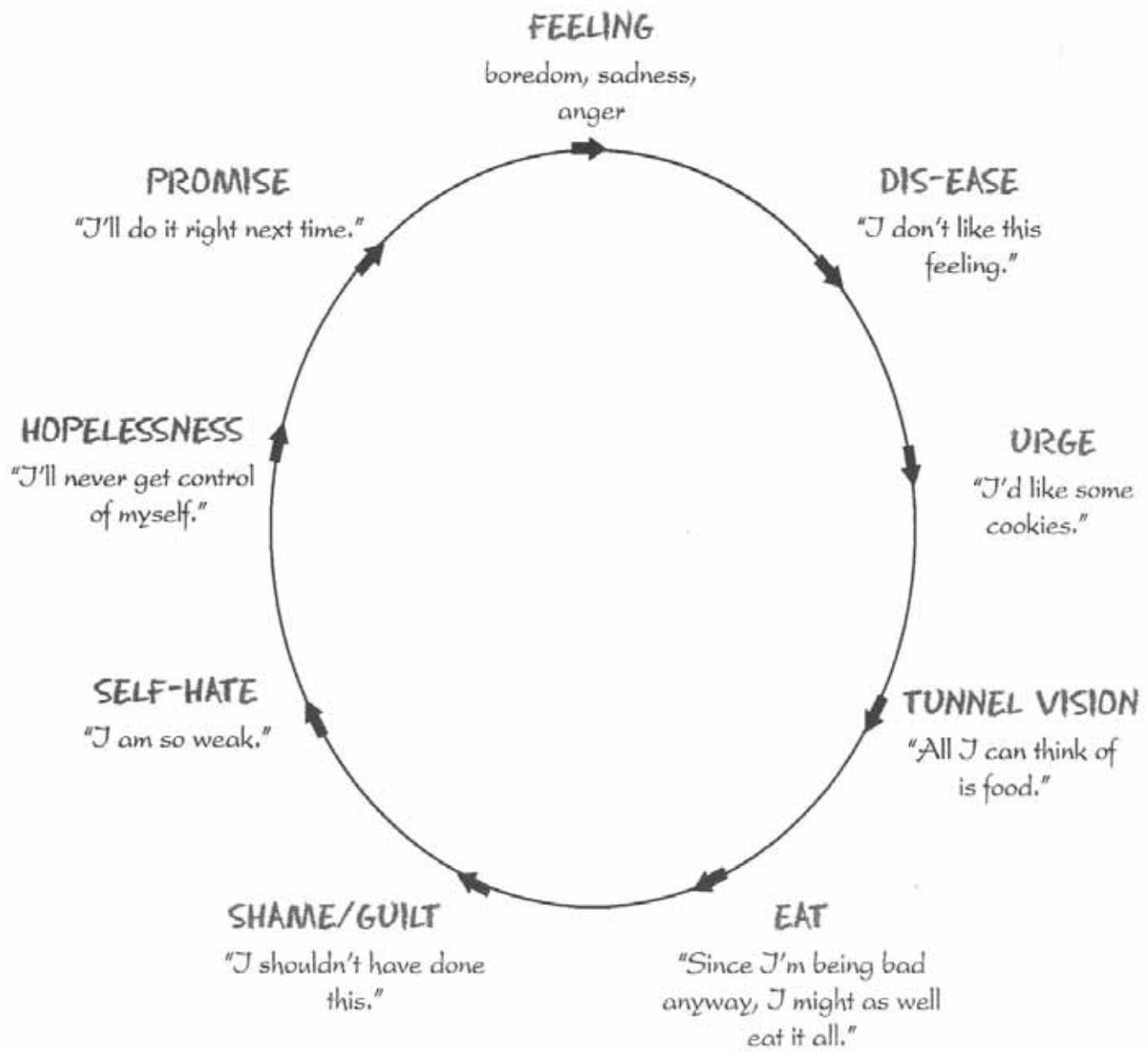
The Washington State Coalition on Women's Substance Abuse Issues plans on offering additional trainings on various areas of concern and we encourage any ideas or needs from our readers to be submitted through this web site or in writing to the Association's post office box in Yakima, Wa. For additional support or information specific to eating disorders with chemical dependency, Linda Walrath can be contacted through her program, Exodus Counseling in Sumner, Wa. 253-891-2662.

Melissa Laws-Prosperity & Together Care

CYCLE OF FOOD RELATED ADDICTIONS



THE COMPULSIVE EATING CYCLE



Volunteers at Northwest Deaf Addiction Center

Continued from Page 1

A wonderful recovery “hippie”, Tobey, from Salem, Oregon came and helped teach us how to make beautiful, vibrant tie-dye shirts. It was a great family event for the Deaf recovery community. He learned some sign language and still keeps in touch with us via our sober email list at NWDAC.

Everyone has a talent they can share at a treatment center. I am sure you learned to play board games and cards as a child. On a free night at NWDAC, you can see volunteers playing UNO or backgammon with a small group of Deaf patients. I know we have the advantage of sign language students who want to practice their skills as a willing pool of volunteers. However, there are people who just feel good giving back to their community thru their volunteer work. Many churches and other civic organizations have list of people who want to help. The twelve-step community has volunteered in many ways to help us have a strong recovery foundation. They have brought meetings, literature, and involvement in recovery league softball, horseshoes, camping, disc golf and step studies. The language skills of many of the Deaf recovery community are challenged when trying to understand the written materials of 12 step communities. We have volunteers who help with teaching recovery language and help break down the understanding of the 12 steps.

Another great resource we have tapped into is a wonderful knitter from Olympia, Washington, Kate Jantz-Koprivnik. She has been a great friend/volunteer to NWDAC. It started with a simply phone call introduction from her friend, Ann Forbes from the Alcohol and Drug Help Line, that happened because she was taking sign language classes. Kate began to drive to Vancouver from Olympia once a month to teach knitting to the Deaf recovery community. She donated her time, yarn and use of needles. We made a day of each time she came; morning sessions, lunch and afternoon were more practice of what we learned in the mornings. We have women, men and children participate in the workshops. Many warm scarves were made for themselves or to give as gifts. She also brought looms and we made placemats, table runners, and mats. We are now the proud owners of donated loom, spinning wheel, sewing machine and lots of wool and yarn as a result of Kate’s volunteer work and her large network of knitters and weaver from the Olympia Weavers Guild. The tradition of knitting and crocheting has now been passed down from senior patients and is a great new hobby for many. We even have a few who are working on larger projects such as blankets now.

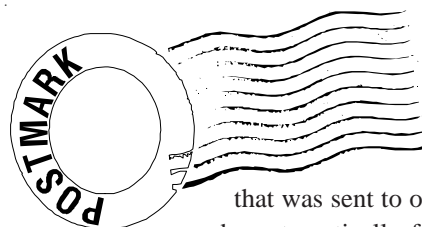
The most powerful volunteers we have at NWDAC are the patients who come back to help give back to the place that assisted with their recovery journey. Dawn, was a volunteer, who came to help teach a twelve step study every Wednesday for any months, she then mentored another graduate, Brent, to teach the class. The class is still an ongoing weekly, volunteer driven, part of the recovery culture of NWDAC. Both Dawn and Brent are now working as residential staff at NWDAC and watching their skills as volunteers, helped us be able to assess their potential as staff. We also have graduates and patients who are close to completion who volunteer time to tutor in understanding feeling words, help with homework, teaching life skills such as riding the city buses, and help with office projects. We also use volunteers to help with camping trips and softball practice for Recovery Softball team, “NWDAC- Higher Powered”.

NWDAC has been lucky to have many volunteers to help us over the years. When you are new in recovery, you are very awkward with the concept of “normal”. Volunteers can bring that sense on normalcy to a center. They are full of energy and want to be there to share what gifts they have to offer. Playing a game of Rummy, coloring “fuzzy” posters, making friendship bracelets, making cookies, planting flowers, throwing a Frisbee: these may all seem so simply but often staff are too busy to participate in these activities. Volunteers thrive on these simple, enjoyable activities. So, tap into local resources for these activities. Your patients will learn that there are many things to do when they are “bored” and need low cost/free activities to keep them away from the excitement and lure of their old drug communities. Coming back to volunteer after you complete treatment is becoming part of the culture of NWDAC patients and everyone benefits!!

If you have any questions or comments, please contact me at Jackie@nwdac.org, 360-696-5880 (V), or 360-696-5912 (tty).

Jackie Hyman, Program Director-Northwest Deaf Addiction Center

Our Address has Changed



The coalition has a new mailing address. The new address is P.O. Box 907, Yakima, WA 98907. Any mail

that was sent to our old address should be automatically forwarded for now. In the future please send items to the new address. Thank you.

WSCWSAI 2003 Eastside Award Recipient

Martha M. "Marty" Thorp

The Washington State Coalition on Women's Substance Abuse Issues presents an award annually to an individual for outstanding service to women. Marty Thorp of Sundown M Ranch was given this award on March 17, 2004 in Yakima at a workshop sponsored by the WSCWSAI. This award is given to women who have consistently contributed to other women. Marty was given this award in acknowledgment of giving so much in many ways for the better treatment of women.

Marty's statistics:

Born 2/10/39, Berwyn, IL

Graduated from Riverside-Brookfield High School, 1956

Worked at the *Chicago Sun Times* in classified advertising copy control. 1956-57.

Attended Wichita State University 1957-1960

Worked as academic secretary to dean of graduate school, Wichita State University., 1959-66.

Moved to Sequim, Washington 1968.

Worked as paralegal for district court judge, then prosecuting attorney, from 1970-78.

Attended treatment at Sundown M Ranch, White Swan 1974.

Got sober 1/15/75. Was Sequim duck in group secretary and GSR.

Moved to White Swan and was employed at SMR 1/1/79.

Started as housemanager. Was aftercare coordinator for a year. Certified as counselor, 1981. Last certified as CCDCIII and CDP.

Married to Dave Thorp, 7/19/82.

Facilitated gender specific (women) groups since 1986.

Established and has facilitated elder women's groups since 1994.

Participated in development of nicotine cessation program.

Developed and presented "PacMan", "Good Grief", "Feelings", "Early Warning Signs," "Here and Now" and other lectures.

Has done family counseling, periodically, since 1985.

After accumulating more than 300 college credits, finally was awarded a BA in Social Sciences, 12/2000!!!!

Retired from full time counseling March 6, 2004. Marty has started part time employment in family counseling at Sundown M Ranch and anything else she can get into.

It is good to be a woman:

1. We got off the Titanic first.
2. We can scare male bosses with the mysterious gynecological disorder excuses.
3. Taxis stop for us.
4. We don't look like a frog in a blender when dancing.
5. No fashion faux pas we make, could ever rival the Speedo.
6. We don't have to pass gas to amuse ourselves.
7. If we forget to shave, no one has to know.
8. We can congratulate our teammate without ever touching her rear end.
9. We never have to reach down every so often to make sure our privates are still there.
10. We have the ability to dress ourselves.
11. We can talk to the opposite sex without having to picture them naked.
12. If we marry someone 20 years younger, we are aware that we will look like an idiot.
13. We will never regret piercing our ears.
14. There are times when chocolate really can solve all your problems.
15. We can make comments about how silly men are in their presence because they aren't listening anyway.



Shreen Hunt (co-chair) with Award winner Marty Thorp at Sundown M Ranch

WSCWSAI Retreat Planning Session

Goals for the Future

The WSCWSAI met in February at Residence XII in Kirkland, for our annual planning retreat. Energy was high and planning commenced! The coalition has great plans for our members in the coming year, and lots of opportunities to join the process of being an advocate for women whose lives are affected by chemical dependency.

Keeping with our established purposes, the coalition made plans **to expand networking opportunities** by setting a goal that within three years, we will have educated community systems about the disease of alcohol and drug addiction and its effects on women and families. Our objectives for this is to develop literature and written information that can be presented across various systems and to individuals for the purpose of educating on the basics of chemical dependency, the programs available in Washington state, (various modalities of services) and how the system operates.

Keeping with our established purposes, the coalition made plans **to educate and train** through conferences and regional trainings. Our objectives for this is to research options for a conference in 2005. We are quite excited about this as the coalition is known for their great conferences. Locations and topics, as well as possible joint ventures with other organizations are being reviewed as funding is always a concern in these difficult and challenging fiscal times. Additionally, regional trainings on various topics are being reviewed and established. Our "education committee" is responsible for these regional trainings and we strongly encourage participation by our membership in the committee. (if you are interested please contact use through this web site or in writing to the post office box)

In addition to our above goals, we also made plans to educate ourselves on the needs of elderly service needs through literature search, and looking for a speaker knowledgeable on this subject to expand the coalitions knowledge of this increasing population of concern. (if anyone reading this has current resources in this area, please contact us through the web site or in writing, any support in this area is appreciated).

Finally, we set a goal **for supporting our membership**. This goal will be accomplished through establishing a message board for members to utilize in order to gain support, education as well as the ability to share in discussions surrounding our field, advocacy, and concerns. This is forthcoming research and development.

Continuing to **educate legislators and other policy makers** about the needs of chemically dependent women will remain a focus in the coming year as well as monitoring legislation and making proposed policy changes when necessary for the continuing advancement of services and focus for chemically dependency women and their needs.

As you can see, this year is full of work, growth, and advancement. Please join us in advocating for women whose lives have been affected by chemical dependency. If you review the women you know, work with, are related to, or who have touched your life in some manner, we, the coalition, bet that at least one has been impacted by chemical dependency (maybe even YOU directly). Get involved and assist the coalition, become a member and grow with us, supporting the Washington State Coalition on Women's Substance Abuse Issues and our goals for 2004. (for membership, review the application on this web site)

Melissa Laws-Prosperty & Together Care

Membership Drive Bonus Event

Sign up now and **SAVE!** Your dues will take you through December 2005-This only applies for those signing up **NOW**.

Get involved and support women's issues through your contribution of membership to the Washington State Coalition on Women's Substance Abuse Issues Check us out on the web: www.WSCWSAI.org

We have a big year planned:

- *Regional trainings
- *Conference planning
- *Informational position papers
- *Community services support and education
- *Resource and referral collaboration, across the state
- *Legislative canvassing and policy development for Women's services

We advocate for women whose lives have been are affected by chemical dependency. JOIN US TODAY !!!

Please print the membership application on page 7, fill it out and mail it in for benefits and support to start immediately!

Your contribution to membership is tax deductible; the coalition is a 501c3 non-profit organization.

Committee Members

Co-Chairs

Shereen Hunt * *Merit Resource Services*

Melissa Laws * *Prosperity*

Treasurer

Beth Dannhardt * *Triumph Treatment Services*

Secretary

Barbara Myers * *Sundown M. Ranch*

Linda Felton * *Spectrum Counseling & Assessment*

Marilyn Bordner * *New Horizon Care Centers*

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

Cindy Obtinario * *DV Project-ADHL*

Of Counsel

Nalani Askov

DASA Liaison

Sue Green * *DASA*

Newsletter Publisher

Amy Gostovich * (509) 961-4489

Steering Committee

Sharon Chambers * *Residence XII*

Patricia Benge * *Triumph Treatment Services*

Marcia Glendenning * *Catholic Community Services*

Jackie Hyman * *Pacific Crest Consortium*

WHO WE ARE

The Coalition is a non-profit association of individuals and organizations concerned about women's chemical dependency issues. Members include: individuals, local and state government agencies who work with disabilities, health care providers, domestic violence providers, chemical dependency treatment. They include 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:

- ☉ Provides networking opportunities for professionals working in the chemical dependency field and other fields affected by the issues of substance abuse.
- ☉ Provides education and training through conferences.
- ☉ 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.



WSCWSAI

**Washington State Coalition on
Women's Substance Abuse Issues**
P.O. Box 907
Yakima, WA 98907

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