



Advocates for women whose lives are affected by chemical dependency

# WSCWSAI

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*The WSCWSAI is proud to be sponsored in part by the Washington State Department of Alcohol and Substance Abuse (D.A.S.A.).*

## Residence XII Turns 20

Residence XII is Celebrating 20 Years! What stories we can tell! If it weren't for a group of women some 21 years ago that had a dream . . . and at times it seemed an impossible dream, Residence XII would not have become a reality. This group of women observed that many women in early recovery were struggling with issues that had not been met or even discussed. Because of our easy-to-find shame and guilt buttons and the fact that opportunities were not available to begin a process of resolving these issues, maintaining sobriety seemed utterly hopeless.

The dream of finding a place where women could begin a safe journey to recovery began by leasing space at St. Thomas Center in October of 1981. Before we knew it, we



*Residence XII's new building in Kirkland*

were licensed by the State of Washington and owed four months back rent! Marion Schoen came to us from California where she had developed a women's only unit for chemical dependency in Orange County. Her dream matched ours and from then on we have steadily grown, being nourished by our patient's sobriety and the support of their families being the basis of that growth.

Our first Capital Campaign was in 1986 and we eventually purchased land in 1993. Bastyr University took over the remaining space at St. Thomas in 1995 and due to their success and growth it soon became apparent that they would need our space as well. Finally, we moved into our new home August 14, 2000. We continue to be deeply grateful for the generous contributions that have made this dream come true. Marion Schoen said many times that two things were essential in a woman's recovery - when they walked in our doors they needed to feel safe and intuitively know that there truly was hope. We continue to see the value of her vision and find it inspirational to share this with members and friends of the Woman's Coalition. Please feel free to drop by if you are in the area, or call ahead, 425-823-8844

Greta Kruger

# NAADAC 2001 25<sup>th</sup> Annual Conference on Addiction Treatment

I went to the NAADAC 2001 25<sup>th</sup> Annual Conference on Addiction Treatment courtesy of a scholarship from the Coalition. I had a wonderful experience. I attended workshops on Methamphetamine Use, Cultural Awareness in Treatment Practice, and The Neurobiology of Addiciton. It was interesting to be around a lot of doctors, scientists who work behind the scenes and who gathered a lot of data for us on the front lines to help our patients.

The interesting things about methamphetamine treatment are as follows: Patients require being on detox status, much like a heroin addict would be. They need to be administered an EKG initially; vitamin B complex will assist them with withdrawals and malnutrition. Antibus can help with relapse prevention, because most methamphetamine drink alcohol. Good questions to ask to indicate reduction in toxicity over time are: "How are you sleeping?" "How is your food tasting?" "How is your energy level?" It takes 12 to 18 months for normal pleasure to return to methamphetamine users. It also appears that they do fairly well in treatment until the fourth month. They enter a depression at that point, and symptoms of withdrawal reappear. This is a period of high risk of relapse. It is important for these individuals to be placed in relapse prevention treatment at this time, and to help them to understand this as a part of recovery, resulting from using methamphetamines.

I attended a panel of individuals from various ethnic groups. They encouraged learning what the rituals within each ethnic group are, i.e., weaving of baskets, use of feathers and natural objects, etc. By using familiar symbols and familiar rituals, a comfort level is established and patients can break through defenses and begin to share needs from life and family, to help with the recovery process. In learning about cultural treatment with First Americans, I had a very eye-opening experience.

It was very interesting, and made me understand that a lot of times in treatment – in that setting – as a therapist myself I felt I need to know an outcome. I would work with a patient and I need to know how the outcome would come. In this workshop Michael G. Becker really enforced that we don't need to know the outcome. That first we start with the beginning. We teach the patients how to begin on their past, then it goes into a circle. The circle represents who they're becoming, and as it continues that they continue their whole path of recovery. That we need to teach them who they're becoming.

In the Neuro-biology of Addiction, I learned a lot of infor-

mation about the chemicals that our patients use and how they act in each and every part of the brain. They have really put a lot of research into this.

They showed a really interesting game at the end where you take different colors of paper and you talk about the seratols, the endorphins, and you do an exercise with the groups. Each group has a certain color, and it makes a certain sound. They stand up in the one group (if they're doing an endorphin), they sit there and they go real slow without any kind of chemicals (like with cocaine involved). And it shows how it works and how everything works. And then you add a chemical to it like cocaine, and it shows how what happens when each one passes it down. Then you have a runner and one person before it comes up to the runner – they make a sound like what endorphin would make, like "weeee." Then the runner takes it to the end and it goes faster and then by the end of the exercise with all this cocaine, it shows that endorphins are dropped and there's only like one; the endorphin and the other seratones are just all over the place. And I think this is a really good exercise to show how chemicals do affect the brain. And again, I welcome anybody who wishes more information to contact me. There is too much information to even write it in this summary. I have different kinds of Johari Windows in a circle. I have all kinds of information on how chemicals do affect the neurotransmitters. I have more exercises to use in the groups to aid developing understanding. Please call and ask me, and I'll share my information with counselors throughout WSCWSAI.

Janelle Mason-Triumph Treatment Services

## Save the Date

The 11<sup>th</sup> annual WSCWSAI conference will be held again at Sleeping Lady. This year the conference will be held on October 22-23, 2001. The tentative topic for this year will be *Being Professional: CD Counseling-Art or Science*.

If you would like to be a part of making this conference a reality you may join or participate in the Conference committee. For more information call the conference committee chair- Jane Kennedy. She is available at King county TASC (206) 720-0234 ext. 111 or e-mail her at jane.tasc@accessone.com.

Last conference several people expressed an interest in arriving a day earlier. This can be arranged through the conference coordinator-Karen Christensen. You may call her directly at (206) 784-0924 or e-mail your questions to karencea@earthlink.net.

## Future Newsletters

The Coalition is looking to provide you the most services beneficial services that we can within our budget. We believe that our newsletters are a vital part if 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 feel that we must explore other avenues to bring you this information in a more cost effective way.

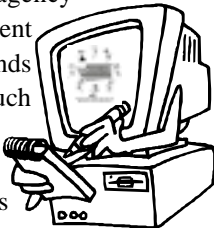
The Washington State Coalition on Women's Substance Abuse Issues is gathering information to begin a program which will allow us to send you information such as newsletter and conference information via e-mail rather than through the standard mail of the postal system. This will allow us to cut our costs while reaching more people. Beginning with the next newsletter we will not be sending out our standard mailing. Instead we plan to post the newsletter in our web page and notify as many as possible by e-mail. Initially we will also send out a postcard to alert you to the new newsletter.

Please fill out the following survey and fax to Amy Gostovich at (509) 576-3076 or send the same information via e-mail to [Agostovich@triumphtx.org](mailto:Agostovich@triumphtx.org) with the words e-mail survey in the subject line. If you do not have any access to e-mail or internet please indicate so and put your correct mailing address in section for e-mail addresses. We will try to send those who do not have access paper copies as long as it is financially feasible.

## WSCWSAI Website Website is Growing!

If you haven't seen your web page yet, then start up your web browser and go to [www.WSCWSAI.org](http://www.WSCWSAI.org). Now bookmark this site.

We have added many new items. You will now find an archive of past newsletters, links to member agency sites, member requested links to pertinent sites, the full version of She's Got All Kinds of Trouble, the PTSD Pamphlet, and much more. 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.



Still to come will be conference information and more links that you request. The website will be what the members want. So take a look and tell us what you want! Please send your comments via e-mail to the webmaster on the comments page. We look forward to hearing from you soon.

## E-mail Survey

Organization/Individual responding:

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Would you be willing to receive WSCWSAI publications such as newsletters, conference information and web page updates via e-mail rather than through standard mail?

Yes \_\_\_ No \_\_\_

Would you rather receive an e-mail notice with a link to the website when a new item is published or an attachment of the item in your e-mail?

Attachment \_\_\_ Link \_\_\_

Will receiving e-mail help dissemination of our information through your organization?

Yes \_\_\_ No \_\_\_

Can you receive attachments through your current e-mail service?

Yes \_\_\_ No \_\_\_

Can you download software (specifically Adobe Acrobat Reader-a free program)?

Yes \_\_\_ No \_\_\_

Do you have e-mail and/or internet access available to you?

Yes \_\_\_ No \_\_\_

Please list the names and e-mail addresses of all the people in your organization who would like to receive e-mail from WSCWSAI (Please print clearly or type and attach extra paper if necessary):

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Fax to Amy Gostovich at (509) 547-3076 or send e-mail to [AGostovich@triumphtx.org](mailto:AGostovich@triumphtx.org).

# 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 Residence XII, 12029 113<sup>th</sup> 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 (\$100<sup>00</sup>/yr.)

Save on two registrations to the 2002 conference with a paid 2002 agency membership & receive a link to your agency on the webpage-Link address \_\_\_\_\_

Individual (\$20<sup>00</sup>/yr.)

Save on your registration to the 2002 conference with a paid 2002 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!**

# MY FRIEND'S PLACE:

## Supportive Housing for Women Impacted by Domestic Violence And Chemical Dependency

My Friend's Place celebrated its third birthday in May! It is hard to believe that it has already been three years since the first morning the program opened: the sounds of children, the smell of bacon, the voices of women getting acquainted with each other, the many questions of new staff. It has been an exciting process and an incredible learning experience!

In 1998, Eastside Domestic Violence Program opened the first transitional housing program nationally for women seeking safety and working on sobriety. Agency staff had spent several years planning and fund-raising. Invaluable help came from many sources: Eastside Recovery Center/Therapeutic Health Services, King County DASAS, Washington State DASA, and the Coalition on Women's Substance Abuse Issues.

Since we opened, 34 families have lived at My Friend's Place. And our outcomes have far surpassed our anticipations. 93% of the women coming to us completed 30 days of outpatient treatment (we had hoped for 70%). All of them received support with safety planning, domestic violence education, parent education, and legal advocacy. Of the women who achieved three months of sobriety during their stay with us, 81% moved on to permanent affordable housing. 25% continued their work in another transitional facility (there is overlap between the two since we maintain contact for six months after exit and will count a move into permanent housing in our statistics). These numbers exceeded my wildest expectations, and certainly gives a preliminary indicator that if domestic violence survivors are able to complete treatment in a confidential, supportive environment than they will be able to maintain stability. We know that there have been relapses, but our former residents have been in touch with us and have been able to get back on track quickly. To our knowledge, none of our graduates has lost her permanent housing. The goals for increasing skill level and income have also been surpassed by women who have enrolled in either an educational program or a job training program. And twice the number of women has secured employment than we had projected.

HUD-McKinney renewed our contract for another two years, so we look forward to continuing this important work. Leadership for this program is provided by Joleen Smith, Program Director, and Erin Galvin, Counseling Coordinator.

Linda Olsen, Executive Director

## New Material for Fetal Alcohol Syndrome

Now available for purchase at the Washington State Alcohol/Drug Clearinghouse: "The Journey Through the Healing Circle" materials that helps parents & families deal with fetal alcohol syndrome

The Clearinghouse is proud to announce a new cooperative project with the Foster Parent Training Institute - a part of the DSHS Children's Administration Division of Licensed Resources.

A partnership of Washington state agencies, health-care experts and traditional Northwest tribal storytellers has produced a collection of stories, health tips, and practical knowledge that will help parents and foster parents learn about Fetal Alcohol Syndrome and gain a deeper understanding of how it affects their children.

Produced by the Washington State Department of Social and Health Services (DSHS), "The Journey Through The Healing Circle" is now available to parents, schools, and other social service agencies as a series of videotapes, video CD's, a promotional poster, and professionally illustrated storybooks.

The series begins with the words of a Native American storyteller, who tells his listeners: "We have gathered here with Grandfather, our Creator, the ones who fly, the ones who crawl, the ones who swim, the ones who walk on four legs, and those beautiful spirits ... those who have Fetal Alcohol Syndrome and Fetal Alcohol Related Conditions ... who have come to earth as volunteers to teach us what we need to know to heal in our communities."

DSHS produced the video series and books in partnership with the Department of Information Services as a way of helping families who care for victims of Fetal Alcohol Syndrome and related conditions.

The materials are not just for Native Americans. Of the children seen in Washington clinics, approximately 50 percent are Caucasian, 23 percent are Native American, and 11 percent are African American. By presenting the information using traditional Native American storytelling techniques, the



## 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.

authors were able to present this much-needed information to families across all walks of life in a way that is appealing to cross-cultural audiences.

DSHS has already made the video series available for check-out from local libraries across the state.

### How to purchase your own copies:

Visit the DSHS Internet website at <http://www.wa.gov/dshs/fosterparents/journey.html> to review the materials and download an order form.

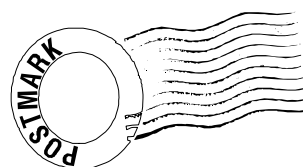
Complete the order form and send it with a check or money order to the Washington State Alcohol/Drug Clearinghouse. The address is provided on the order form.

Prices are cost recovery for everyone. Washington residents must add 8.8% sales tax.

Full payment by check or money order must accompany all mail-in orders. No purchase orders accepted.

## 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.

## **cCommittee Members**

### **Co-Chairs**

**Marilyn Bordner** ❖ *New Horizon Care Centers*

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

### **Treasurer**

**Beth Dannhardt** ❖ *Triumph Treatment Services*

### **Secretary**

**Linda Olsen** ❖ *Eastside Domestic Violence Program*

### **Steering Committee**

**Patti Bland** ❖ *New Beginnings*

**Sharon Chambers** ❖ *Residence XII*

**Chris Lair** ❖ *Private Citizen*

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

**Jane Kennedy** ❖ *TASC of King County*

**Melissa Laws** ❖ *Prosperity & Together Care*

**Barbara Myers** ❖ *Sundown M. Ranch*

**Joleen Smith** ❖ *Eastside Domestic Violence Program*

**Marlene Bosler** ❖ *Allvest House North*

### **Of Counsel**

**Nalani Askov**

### **DASA Liaison**

**Sue Green** ❖ *DASA*

### **Conference Coordinator**

**Karen E. Christensen**

### **Newsletter Publisher**

**Amy Gostovich** ❖ (509) 961-4489

## **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.



# **WSCWSAI**

**Washington State Coalition on  
Women's Substance Abuse Issues**

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Yakima, WA 98907

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