



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.).*

## Together Care

Together Care is an agency that grew out of Prosperity, a facility that started contracting with the Division of Alcohol and Substance Abuse in 1993.

Established in January 2000, Together Care maintained business on a temporary basis in Summer. After locating a permanent building, remodeling efforts began in March of 2000 to house twelve women and their children. The women along with their infants and children moved into the new facility, located in North East Tacoma in Dash Point, May 2001.

Together Care is a program for pregnant and parenting mothers who suffer from the disease of chemical dependency. Our mission is to work towards the reunification of families within our community and to gain support through local resources to ensure success for their futures. The focus is to help women have a safe and productive treatment experience that can translate into better outcomes. Together Care helps women deal with the lingering issues of domestic violence, co-dependency, parenting, navigating support systems that develop ongoing recovery skills.



*Together Care shows its Pride*



*Together Care-back side*

*Continued on Page 8*

# Annual Coalition Conference at Sleeping Lady...Again

*The music of her rivers, the fragrance of her trees and the mystery of her rocks, combine to welcome visitors and restore the human spirit*



**Conference Committee Chair-Jane Kennedy Bids Conference Attendees Welcome**

Despite the threat of snow in the passes, busy work schedules, and the trauma of 9/11, nearly 100 intrepid souls showed up for the Coalition's 11<sup>th</sup> annual conference October 22<sup>nd</sup> and 23<sup>rd</sup>. Held again by popular demand at the fabulous Sleeping Lady Conference Center in Leavenworth, the day and a half of presentations and workshops drew participants from all corners of the state and from a cross section of disciplines. About half were first time attendees and many of the veterans had attended numerous previous conferences.

The conference theme was professionalism in chemical dependency treatment and related interventions. The keynote address *Research and Practice: A Relational View of Science and Research* was presented by Nancy Waite-O'Brian, Ph.D, the director of psychological services and professional development at the Betty Ford Center. Workshops topics included: Achieving Clinical Competency and Using Clinical Supervision for Professional Growth Parts I and II; Parenting in Recovery; Reach for the Stars—one woman's story of personal growth and development; How Do We Incorporate Art, Science and Spirituality in CD Counseling; Innovations for Engagement and Retention; and Understanding CDP Requirements for Continuing Competency. Representatives of agencies participating in the Washington Node of the NIDA Clinical Trials Network discussed research progress and findings and a panel of providers offering innovative and unique treatment services highlighted their programs.



**Relax in the Natural Hot Tub Surrounded by a Rock Wall**

A special thanks to all of the presenters, to DASA and more than twenty three other agencies that contributed to the support of the conference, and to our conference coordinator Karen Christensen.

The 2002 conference will be held at Sleeping Lady once again—Thursday and Friday October 3 and 4. Save the dates!

For more on the rustic beauty and art work of Sleeping Lady, go to page 7 for a photo display of Sleeping Lady and various examples of the natural beauty and the spectacular art work that can be found both indoors and out at this wonderful retreat site. If you haven't been there before you won't want to miss your chance to see it yourself at the 2002 conference. Join the WSCWSAI in October for the 12<sup>th</sup> annual conference and enjoy the beauty of Sleeping Lady while learning about women's services and networking with fellow providers.



**Steering Committee Members Barbara Myers and Melissa Laws Man the Registration Table**

*Jane Kennedy-TASC of King County*

# Award Recipients for the Year 2001

This makes the sixth year the Coalition has honored women who have a long-standing commitment to women's issues and treatment needs. This is always a wonderful part of the conference when some of the "unsung heroines" receive acknowledgement of their dedication and contribution to women in general and a big part of building the history of women's treatment in Washington State. Three honorees were chosen from a list of many deserving women for their vision, dedication, and professionalism in all that they tackled.

Award winner Sheila Davidson from the Yakima area has been in the chemical dependency field since 1979 and has been involved with many different components of treatment. She has worked with many of the hard to serve clients in shelters, detox, correction facilities, and Triumph Treatment Service's Riel House. She is now working again for Triumph Treatment Services and has developed the chemical dependency treatment program at the Yakima County Restitution Center. This is a joint venture between the Department of Corrections and Triumph Treatment Center. Along the way, Sheila was a counselor at Sundown M for three years. Sheila has taught classes in the Addictions Studies Program at Yakima Community College in relapse prevention, case management and counseling skills for many years.

After 15 years of this fulfilling and busy schedule, Sheila did venture away from Yakima for a period of time, when she became clinical director for a Grays Harbor outpatient program as well as working with the Stafford Creek Prison. Sheila didn't say it was the "rain" that made her decide to return to her sunnier and drier area of Yakima, but whatever it was; it is wonderful to have a person of this caliber overseeing this unique program in Yakima County. Congratulations to Sheila for all her dedication, patience and caring for her clients.

The second award winner was Margaret Jones, former executive director of Residence XII, and a hard worker for women's issues for many years. As many of you know, she and her Board ran a very successful capital campaign to build the new women's treatment center designed around their needs. A little about Margaret is that she was born and raised in England and moved to San Diego in 1967 with her family. Margaret was PTA president, Girl Scout Cookie Mom, and also PTA treasurer plus handling many more key tasks. After moving to Seattle in 1982 she found an ad in the paper stating



*Award Winners-Sheila Davidson (Triumph Treatment Services) and Margaret Jones (Retired/Residence XII)*

"Volunteers Needed At Residence XII" and she immediately volunteered. At this time 'the Res' was a 9-bed facility for women. Margaret, after volunteering for a while, moved into an office position and became very active on many key committees in the state. She was involved in the Association of Addiction Programs and served as their president and later as treasurer. She worked hard on the Coalition Steering Committee for several years and wore many hats during her tenure on this committee. Some of the positions she filled well and willingly were chairperson, treasurer, and membership chair. She also arranged and handled the registration of the first two women's conferences. While she was doing all this, she was working in the business office of Residence XII. She was named Executive Director in 1990 and served in that position until her retirement in 2000. She has contributed much to the treatment field in general and very specifically to women and their need for gender-specific treatment.

Margaret has been acknowledged in the past for her work. She received the Women Helping Women Award in 1992 and the Division of Alcohol and Substance Abuse Award in 1999 for outstanding leadership.

I hear from very good sources that she is back at Residence XII now setting up their computer network system, and you may find her at any given moment under the desks with computer wires and cords, hooking up the units. Her workdays are somewhat shorter than before her retirement (thank goodness). Way to go Margaret!!!!!!!!!!!!!!!!!!!! *Continued on Page 6*

## Excerpts from the Addiction Messenger

The following are excerpts from the ATTC Addiction Messenger, January 2002.

### *A Brief History of Methamphetamine*

Amphetamine, the forerunner to methamphetamine, became commercially available in 1932 as a nasal spray to treat asthma. By 1937 amphetamines were being used to treat narcolepsy, a sleep disorder, and attention deficit/hyperactivity disorders. Since then new and more potent forms of amphetamine have been developed: dextroamphetamine sulfate and methamphetamine.

When a person takes methamphetamine the normal communication among brain neurons and brain circuits is either modified or disrupted. This is because the use of methamphetamine increases the amount of dopamine, a neurotransmitter, in the synapse. The increase in dopamine levels leads to a mood elevation and increased motor activity (known as "the rush"). As the level of methamphetamine begins to subside, after 10-12 hours, the dopamine level also decreases and drops below normal for a period of time, resulting in a felling of dysphoria (known as "the crash").

### *Myths and Facts*

**Myth:** Special treatment programs are needed to treat individuals with methamphetamine dependence.

**Fact:** Every Individual requires a treatment plan that is aimed at their particular needs and situation. Treatment does work

for those addicted to methamphetamine. Treatment for methamphetamine dependence includes many of the elements of effective treatment protocols for other substance use disorders.

**Myth:** 93% of methamphetamine addicted clients will relapse within 6 months of treatment.

**Fact:** Addiction is a chronic and relapsing disorder. A study conducted by CSAT, the Methamphetamine Treatment Project, found that half of their participants resumed methamphetamine use. Within the first six months 36% relapsed, with another 15% within seven to 19 months. What seems clear is that treatment episodes of 90 days or more with a strong relapse component produce better outcomes than brief periods of treatment.

**Myth:** Clients addicted to methamphetamine do not complete treatment.

**Fact:** An analysis of completion rates done by Washington State's Division of Alcohol and Substance Abuse (DASA) shows that the rates are not very different than those of other illicit drugs.

In our next newsletter, we will anecdotally discuss providers experience with women who have used methamphetamines. If you have any experiences you would like to share please send them to us via this e-mail link.

## 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				

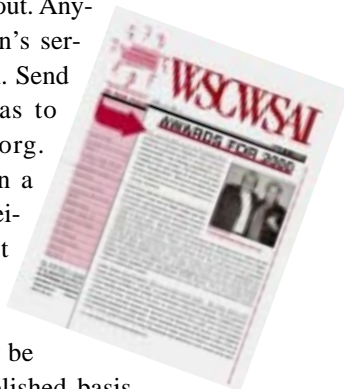
## Newsletter Delivery

As stated in the October 2001 Newsletter, 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 with either a postcard that led you to this site or by e-mail alert if you have already registered for this service. We will continue to send out these cards for the next two newsletters to those who have not registered their e-mail addresses with us. Please send us your e-mail address so that we can begin to notify you by e-mail rather than through the post office. You can either mail the card back or you can e-mail your name, address, and e-mail address to [Agostovich@triumphtx.org](mailto:Agostovich@triumphtx.org) to add your self to the e-mail mailing list.

The Washington State Coalition on Women's Substance Abuse Issues is still gathering information to create the best 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. Please fill out the e-mail 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 to help us better serve you. 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.

## 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](mailto: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.



## 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).

# Meet the Members

## Who are Your Steering Committee Members (Part 1)

In part one of this ongoing series you will be introduced to four of your steering committee members. 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.

**Jackie Hyman**, MEd., CDC, is the program director of NWDAC, a Chemical Dependency Program for the Deaf in Vancouver, Washington. This program provides support to participate in treatment where language and culture does not present barriers. Jackie coordinated an intensive outpatient treatment program for Deaf and Hard-of-Hearing individuals in Seattle for 7 years. She provided consultation to agencies and 12 step organizations to improve their understanding of ways to meet the needs of Deaf and Hard of Hearing individuals in their community.

**Leona Moran** teaches Parenting In Recovery classes in Snohomish and King Counties. For five years, she was the director of Parenting Is Prevention, a statewide DASA funded program that provided training and technical assistance on parenting and family issues to treatment agencies and to other social service programs. She was a Division of Children and Family Services social worker, foster home recruiter, and program manager for 27 years. During that time, she spent five years as an adjunct faculty member with Western Washington University designing curricula and presenting training for DCFS social workers and supervisors.

**Margo Caldwell** started her career as a public health nurse serving marginalized high-risk families in rural Upper Peninsula of Michigan. These experiences lead to her obtaining a Masters Degree in Community Health at Montana State University. From there she went on to rural/urban Montana where she became the executive director/clinician of two women's and children's programs, as well as serving as Executive Director of the Montana State Family Planning Council. While on a sabbatical from teaching at Carrol College she experienced her own crisis and subsequent recovery. These critical incidents lead to her becoming a CDP and taking an RN refresher course (completion date 3/1/02.) She then became the Coordinator of the Interim Services Program at Community Detox Services of Spokane. This program targets client who "fall through the cracks," along the continuum of care. Margo continues to be a service provider and activist for "those in need."

**Shereen Hunt** began her career in the Chemical Dependency field in 1989 at James Oldham Treatment Center (Triumph Treatment Services) in Yakima. She worked as a counselor intern in the residential, outpatient and family program. She attended the Alcoholism Studies Program at Yakima Valley Community College and then became state certified as a Chemical Dependency Counselor in 1992. In 1993 she accepted a position at Sundown M. Ranch as a Family Counselor. After four years at Sundown she was offered a management position with MERIT Resource Services. Shereen currently holds the position of Clinical Supervisor at MERIT and works primarily in their Wapato and Yakima offices.

## Award Recipients for the Year 2001

*Continued from Page 3*

We moved "out of the box" this year by honoring a woman who has contributed so much to the citizens of the state through her work in her community at first and then taking an important role with the House of Representatives. Representative Mary Lou Dickerson has been an avid promoter for funding around family and children's issues and schools. She was on the Ballard Family Support Center Leadership Team and founded "Treehouse". She has served as past chair on the Washington Coalition of Public Schools Foundation and was Past Board Member of Children's Alliance. She is now the co-chair of the Juvenile Justice Committee and has been on the Judiciary Committee, the Children and Family Services and the Family Policy Council. Representative Mary Lou Dickerson, who is on her third term in the legislature, has been a solid supporter for chemical dependency treatment and the removal of barriers so women and their children can be treated. Representative Dickerson was not able to be at the conference due to other commitments, but we were proud to award her a plaque signifying our thanks for her work with families and the education system in the state. It would have been a pleasure to have her address our group.

We have now honored fourteen of the many deserving women in our state who have been groundbreakers, trench workers and advocates for women's needs and it has been a privilege to take time out to pay tribute to our "foremothers".

*Ann Forbes-Alcohol/Drug Help Line*

# Sleeping Lady Photo Display

The Beauty of Sleeping Lady (Natural and Artistic)



*Arches of Fall Leaves Lead You to Your Destination*



*Stone Wolf*



*Chihuly's Fountain by Daylight*



*There are Several Different Painted Salmon to View in During a Stroll by the River*



*Chihuly's Beautiful Outdoor Glass Sculpture lighted at Night*



*Rustic Outdoor Fire Circle and Meeting Place at Sleeping Lady*



*Quiet Areas to Relax and Read can be Found Thru Out Sleeping Lady*



*Enjoy Nature Around You as You Stroll the Many Paths*

# 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!**

## Together Care

*Continued from Page 1*

Together Cares administration has over ten years experience in the chemical dependency field working with primary low income, indigent populations. Clinically, a combination of Dialectical Behavioral Therapy, Rational Emotive Therapy, Cenaps Model of Recovery, 12 step facilitation, and Attachment Therapy are utilized. The therapeutic childcare utilizes skills gained from training with the University of Oregon, Diane Bricker's model of child development assessment, evaluation, and program system.

Our new facility location has been a dream come true and the view is a bonus for the women to experience tranquility in its natural state. Please feel free to come by and visit at any time, Wednesdays are best due to program structure.

*Melissa Laws-Prosperity & Together Care*

1819 Austin Rd. N.E.  
Tacoma, 98422  
253-927-3560



*...the view is a bonus for the women to experience tranquility in its natural state.*

## 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.

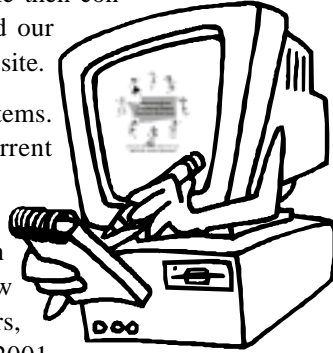


## WSCWSAI Website

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. Also new to your site is information from the 2001 conference, new steering committee members, new agency members for 2001-2002, membership survey, member requested links to pertinent sites, 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.



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.

## 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</i> Trainers Handbook	Individual Price	Quantity	Total
	\$15.00		
Shipping and Handling			\$3.50
<b>Total Payment Due</b>			

## 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.

## Budget Cuts

It is very important that you stay active as the budget progresses and additionally as changes in TANF funding are considered. It is up to you to ensure that your legislators are aware of your budget needs and concerns as it affects women's services. Follow the link at the end of this story to a sample letter you could use to send or e-mail your legislators and the Governor. Feel free to change it in order to make it personal to your area legislators. Also included is material on TANF cuts and resulting DASA cuts. Look for further updates on the web page as the budgets are finalized. Please address specific women's treatment issues to Sue Green, Women's services at DASA.

**Click Here** and navigate to the Legislative section for the sample letter.



\_\_\_\_\_

Name

\_\_\_\_\_

Organization

\_\_\_\_\_

Address

\_\_\_\_\_

City State Zip

( ) ( )

Daytime Phone Fax Number

# Committee Members

## Co-Chairs

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

**Sharon Chambers** ❖ *Residence XII*

## Treasurer

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

## Secretary

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

**Linda Felton** ❖ *Spectrum Counsel-  
ing & Assessment*

**Shereen Hunt** ❖ *Merit Resource  
Services*

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

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

## Of Counsel

**Nalani Askov**

## DASA Liaison

**Sue Green** ❖ *DASA*

## Conference Coordinator

**Karen E. Christensen**

## Newsletter Publisher

**Amy Gostovich** ❖ (509) 961-4489

## Steering Committee

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

**Leona Moran** ❖ *The Learning Coa-  
lition*

**Margo Caldwell** ❖ *Private Citizen*

**Jackie Hyman** ❖ *Pacific Crest  
Consortium*

## 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**  
P.O. Box 907  
Yakima, WA 98907

Place Postage Here