



Advocates for women whose lives are affected by chemical dependency

WSCWSAI

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IN THIS ISSUE

- NWDAC 1 & 3-5
- Quilting Circle 2
- Women's Conference 5
- Meet the Members 6
- Silent Auction 7
- She's Got All Kinds of Trouble .. 7
- Membership Application . 8
- And the Award Go's to 8
- Steering Committe Positions... 8
- This is a Reminder 9
- Mission/Philosophy 9
- Be a Part of Your Newsletter .. 9
- Our address has changed 9
- Award Recipients 10
- Getting to Know Us 11
- Irish Friendship Wish 12
- WSCWSAI Website 12
- Membership Renewal 12
- Screen for Safety 13
- T-Shirts 13
- Newsletter Delivery 14
- Brown Book turns Grey . 14
- Contact your Legilators .. 14
- Meeting Dates..... 14
- Stonewall Recovery 15
- Committee Members..... 16
- Who We Are/What We Do 16

Northwest Deaf Addiction Center



Dreams and Goals

I recently found a drawing from a workshop that I had taken for professional development in 1995. The drawing showed one of my goals as opening a residential alcohol and drug treatment program for Deaf individuals. I had even drawn a house and the welcome sign said "ASL welcome". In 1999, I was asked to participate on a planning committee that was developing a residential alcohol and drug treatment program for Deaf and Hard of Hearing individuals in Clark County, Vancouver, Washington. Once a month, I drove from the Seattle area where I was working in an outpatient treatment program serving a small group of Deaf clients. I watched as the grass root efforts of some dedicated people from Vancouver and around the States of Washington and Oregon helped shape this dream. I accepted the position of program director after one too many bad traffic days in Seattle and moved to Vancouver in the summer of 2000. The goal was to open Northwest Deaf Addiction Center (NWDAC) by January 2, 2001 on the Veteran Administration campus in a "to be remodeled" barrack.

Continued on Page 3

Quilting Circle

This year at the 12th annual conference The Coalition tried something new. After dinner a quilting circle was held. Everyone who participated enjoyed themselves. There were women at all tables yaking and bonding and fighting over paints and buttons. There was laughter everywhere.

Each participant was given a piece of cloth and then they made thier way to the supply table to select additional material, buttons, lace, treatd, paints, etc. Each piect was unique. some where decorative while others had special meaning to the quilter.

The pieces where collected and a raffle was held for the completed quilt. The lucky winner was Patty Benge of Triumph Treatment Services. (Good thing-she was not very happy about giving up her quilt piece-now she has them all.) Patty works at the Riel House (a long term CD program for women and their children). She plans to hang the completed quilt at the Riel House for all to enjoy.

The quilt is being assembled by Beth Dannhardt (Steering Committee Member). When it is completed we will include a picture of the completed quilt and the quilter and winner in our newsletter. Thanks to all those who helped make it a beautiful one of a kind quilt.

The finished quilt pieces all laid out



Happy Quilters



Karen Christensen (Conference Coordinator) hands out supplies and ideas



Quilters get supplies

Northwest Deaf Addiction Center - Continued

Continued from Page 1

That dream was unable to be met the way it had been originally planned due to several factors. The State of Oregon Alcohol and Drug program in conjunction with DePaul treatment center of Portland had planned to be an equal partner with Pacific Crest Consortium in funding this project. However due to budget issues, Oregon withdrew their financial support. The plans had to change and the Division of Alcohol and Substance Abuse of the State of Washington stepped up to help make this dream a reality by accepting all the financial responsibility. Since the budget was cut dramatically with the withdrawal of Oregon funding, the "to be remodeled" site was no longer possible. The number of individuals we planned to serve was also cut in half and a new site and decision about how to serve them had to change.

With a great deal of effort on the part of DASA, Pacific Crest Consortium, Clark County Alcohol and Drug programs and many dedicated Deaf and Hard of Hearing Community members, the doors for the Group Care Enhancement program opened on April 30, 2001 in Vancouver, Washington. That first day 2 women entered the program at Northwest Deaf Addiction, very scared, very tired but very grateful that everyone they came in contact with spoke their language, Ameri-

dren. Both women successfully completed their treatment programs and were reunited with their children.

NWDAC women facing life on life's terms

One of those women, Donna (not real name), struggled to stop blaming others for her problems. It was her mother's, sister's, boyfriend's, work, counselor, CPS and anyone else she could name fault that she was in this predicament. It was only through the support of counselors and staff at NWDAC in her native language, ASL, that she slowly made the transition to acceptance and understanding of her responsibilities. Donna lived in a women's Oxford House for about 6 months and was slowly reunited with her 2-year-old son. She was able to stay connected to NWDAC and graduated with over a year clean and sober. She is currently living with her son, now 3 years old in the Vancouver area. Donna attends classes at the local community college with a goal of becoming a counselor. She also volunteers weekly to teach an NA step study group to help newcomers learn what the language of NA means so they can participate in discussions at NA meetings.



She received a CARE award this year for her volunteer work with NWDAC and was a panel member for a community forum during recovery month. Donna often comes back to NWDAC to talk with the new women and explain her experiences with treatment and how to stay clean and sober in the small Deaf community. She has stated very clearly in a letter she recently wrote for support of a grant NWDAC was writing her thoughts.

"First of all I am drug addicted in recovery from NWDAC. I have 17 months sobriety. I'm grateful that NWDAC did helped my struggle to stable my recovery. Second of all, I have been in hearing treatments (centers in) which I don't succeed (in) my recovery. Because I am deaf

can Sign Language (ASL). They had both been in a hearing treatment center with interpreters but described their experience as never feeling connected to the groups or understanding the process. Both these women had lost their children due to their drug use and had goals to be reunited with their chil-

and trying to understand (the) 12 steps. It limited me due to lack communication barriers. Finally there is (a) deaf treatment (center) that I finally (can) succeed (in) my recovery because the communication did worked for my understand-

Continued on Page 4

Northwest Deaf Addiction Center - Continued

Continued from Page 3

ing of addiction..... There are more need to get some help with (the) deaf community who are sill addicts. And (we) need more CD counselors, mental (helth) counselors and staff to help (with) Deaf Treatment. It would help if we get NWDAC (to) grow in expand and more staffs. That would mean a lot to me to see the deaf addicts get better (and) recover greatly. We need deaf treatment in our deaf community.” (January 7,2003)

Accomplishments of the Women of NWDAC

Donna is one example of the women who have benefited from being involved with a Deaf treatment program. Since we have opened:

- ❑ 3 women have given birth to drug free babies,
- ❑ 9 women have been reunited with children after child services involvement separated their families
- ❑ 22 women have entered the NWDAC and 15 have successfully completed primary treatment.
- ❑ 90 % of the women who attend treatment at NWDAC have a mental health diagnosis and received services through Columbia River Mental Health services with a Deaf Mental Health Counselor
- ❑ 10 women were able to attend a play in Seattle by a Deaf actress, Terrylynn which focused on breaking the silence of sexual abuse
- ❑ 10 Deaf and Hard of Hearing women from the Vancouver/Portland area will be attending the International AA Women conference in Seattle in February which will have sign language interpreters for all events for the first time in the history of this conference due to the efforts of the growing number of Deaf women in recovery in Washington and Oregon

NWDAC Program Described

NWDAC is a small program that currently serves 8 women and men in the group care enhancement living program (GCE) and up to 25 additional patients in the phases of Outpatient treatment services. The opportunities for individualized treatment are unique within this program because we offer such a

variety of groups to attend. All treatment is conducted in sign language with adaptation made as needed to fit the patient's needs. NWDAC offers:

- ❑ Intensive outpatient groups,
- ❑ Relapse prevention groups,
- ❑ Gender specific process groups,
- ❑ Gender specific anger management classes,
- ❑ Parenting classes,
- ❑ Life Skills classes
- ❑ Meditation and Qi Gong
- ❑ Recovery Language to clarify 12 step literature
- ❑ Smoking cessation classes.

We also offer a curriculum that was developed for Deaf individuals to teach about “CHOICES”. This curriculum includes discussions about free and forced choices, Deaf role models, expectations, goal setting and many other topics to help make a connection to life as a clean and sober person. We also assist with gaining an understanding about financial management.



Working in the treatment center, where English is the second language of most of the patients, necessitates adaptation of materials that require reading and writing proficiency. Many assignments are given in simple English formats and explained in ASL. We allow and encourage drawing as a form of communication for First Step assignments, drug and alcohol time lines and other step work.

Twelve Step Program Support

When NWDAC opened its doors there was one Deaf recovery support group in Vancouver that struggled with understanding the concepts of 12 step programs. Now there are: 2 Deaf only NA meetings per week, 1 Deaf only AA meeting, 1 Deaf

Continued on Page 5

Northwest Deaf Addiction Center - Continued

Continued from Page 4

only MA meeting, CA meetings once a week with interpreters, Alanon meetings with interpreters and a variety of other NA and AA meetings with interpreters. The average attendance at the Deaf only 12 steps meetings is 15 people.

“We insist on having fun”

NWDAC also places a great emphasis on leisure activities. Because the Deaf community is very small, sports and leisure activities are a very important opportunity to socialize with other who shares their language. Learning how to participate in these activities clean and sober helps build the skills that will help them reintegrate back into their community. NWDAC women and men participated in the clean and sober softball league last year. “NWDAC Higher Powered” was even given the trophy for the “team with the most serenity”. We also go on camping trips at least monthly during the spring and summer. Most of these are organized 12 step campouts but we have organized clean and sober campouts open to the Deaf community. For some of the patients these experiences are their first ever campout. For others, it is their first sober campout. The rigors of such an experience provide valuable life experience that helps with learning teamwork, cooperation, respect for nature as well as another form of leisure activity for continuing their recovery when they leave.

How to reach us

Anyone who would like more information about NWDAC can contact us at 360-696-5880(V), 360-696-5912(TTY), 360-696-5979(FAX), nwdac@nwdac.org email, or visit our website at www.nwdac.org. A Deaf or hard of hearing addict/alcoholic in Washington State who uses sign language as their primary communication can come to treatment at NWDAC. A person seeking treatment can contact us directly without being required to go through their CSO or ADATSA assessment center. We look forward to serving your referrals! *Jackie Hyman*



Women’s Conference

October 3 and 4, 2002

Once again the 12th annual conference “Creating Seamless Connections” was a roaring success! Close to one hundred attendees arrived to share in the wide-range of education opportunities throughout the two-day conference.

Our keynote speaker was Patti Bland, known to many in Washington for her extensive work in domestic violence. She traveled from Alaska, where she now lives, to inform and entertain us. Following were eleven different workshops with varying topics related to creating seamless connections provided by speakers from all over the state of Washington.



Keynote Speaker-Patti Bland

All presenters scored high in the evaluations with the highest marks going to their topic matter and the timeliness of their presentations.

This year’s conference was again held at Sleeping Lady Conference Center in Leavenworth, Washington as it has been for the last four years. Everyone who has spent a night at Sleeping Lady knows you can’t find a better combination of peace, tranquility, nature and gourmet food! The majority of the evaluations indicated a desire to return to Sleeping Lady and a wish to “not change anything!”

We hope to see you there this fall!



Entrance to the Chapel/Lecture Hall at Sleeping Lady

Meet the Members

Who are Your Steering Committee Members (Part 4)

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 this issues you will meet a our two newest 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.

Patricia Benge decided that her first job wasn't fulfilling her hearts desires and she felt the need to expand her talents. She started working at for Triumph Treatment Services at Riel House as a night shift housemanager twelve years ago. Later she moved into a childcare position and found the direction her career needed to go.

Patty went back to school and took classes at Yakima Valley Community College to learn about Chemical Dependency and earned her CD Certificate. Her goals changed over time and the need to help women parent became the most important piece of her career goals. She went to many workshops to gain additional knowledge in the areas of CD and parenting. Patty is now certified to teach (facilitate) several parenting classes including the Strong Families Parenting Program and Parenting Clean and Sober. She is also N-CAST certified to perform N-CAST assessments for on the children served at Riel House. Several years ago Patty received a Cancy Award for her role in providing parenting classes to the women and families of the Yakima Valley.

Patty says that there have been many challenges in this field for her. She started a liaison with social services, juvenile court, prosecuting attorneys, defense attorneys and became a GAL. She advocates for women to have the chance to parent their children. Patty says, "I believe the ladies we work with are the most important person in their child's life and they are the only one that can change the cycle that devastated their lives. Teaching the ladies is an every day challenge and fulfills a destiny that was meant for me."



Marica Glendenning is a Washington native. She attended high school at Holy Names Academy. Following graduation she enrolled at Washington State University where she majored in journalism and psychology. After graduation she married and moved to Hawaii raised three sons and free-lanced. Luckily for her several of her articles were published.

In 1975 she moved back to Washington and began attending Seattle University where she ended up with an advanced certificate in addiction studies. She began working in the field in 1982 where she counseled adults and adolescents and eventually helped develop a comprehensive inpatient treatment program for addicted youth. So many of theses youth had co-occurring disorders that two years later she felt compelled to return to school to obtain a Masters degree in Mental Health counseling.

She decided to enter a nine month internship at Catholic Community Services in Everett, because she had heard that Pat Donaldson, PHD. was a great person to learn from and did she ever want to learn! With Pat's help she developed and wrote a grant to fund a comprehensive chemical dependency program for the agency. This was in 1989 and in 1993 they wrote and were awarded a three year grant for women's treatment. They called the program the "Tree of Life", the name taken from an ancient African Proverb, "She is the Tree of Life". Towards the end of the program they wrote and were awarded a Homelessness Prevention grant that helped keep the program going. Pat left the agency in 1999, but not before Marcia had learned to become a grant writer in her own right. Since that time she has written a community outpatient, drug court, and transition housing grant. She enjoys program development and the administrative work she does for the agency.

At some point she will retire and complete a historical place in her Irish Catholic family. She also wants to get back to free-lancing, which she loves and pursue her fly-fishing hobby. She would like to catch a big steelhead that she can show off to her three fishermen sons!

Silent Auction

Who loves an auction? Apparently everybody who attended the 12th annual conference in Leavenworth this last October.

The Steering Committee held a silent auction as a fund raiser this year. Items were donated by committee members, their employees, and the conference coordinator. Items ranged from calling cards, t-shirts, and address books to paintings, prints, glass art, live and smoked fish, baskets of tranquility, candles or candy, and even a week-



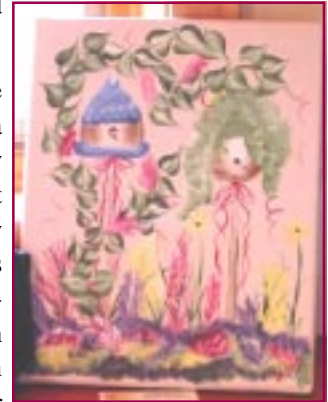
This live Beta Fish included food and loving instructions.

end trip. In all there were over 30 items to bid on. Bidding continued until after lunch on the second day.

Everyone who had been bidding gathered to see if they had won. There were many happy winners and some not so happy

bidders who had been edged out at the end.

When all was said and done the Coalition had raised a little over \$900 and many happy bidders had some great bargains and a few clearly donated to the cause. Thanks to all that participated (donators and bidders alike) in making this fundraiser a fun and positive experience for all.



This painting was done by a local artist.



These shirts and phone cards were a popular item.

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

Name

Organization

Address

City

State Zip

Daytime Phone

Fax Number

<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			

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 2002 conference with a paid 2002 agency membership & receive a link to your agency on the webpage-Link address _____

Individual (\$25⁰⁰/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!

And the Award Goes to... Val Roney!

Residence XII recently announced the presentation of the 2002 Nichols Leadership Award to Val Roney. Donna Belin, the Executive Director of the King county Mentoring and Life Skills Project, nominated Val for her extensive work on behalf of chemically dependent women and families.

In summarizing Val's contributions, Donna stated "Val's skill and knowledge of chemical dependency is exceptional, as is her dedication to raising the community's consciousness about the special needs of women. Val has shown a real balance in her approach to chemical

dependency in our community, working with both addiction professionals in networking, designing and implementing effective, holistic and comprehensive treatment plans".

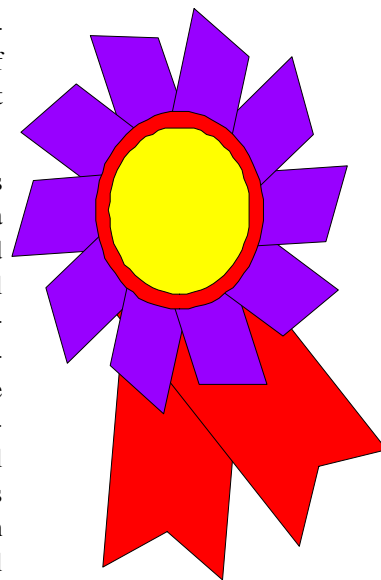
Val has a long history of employment in the addictions field, including assessment, treatment, training and consulting. Through this work and her own service work, Val has been instrumental in the recovery of hundreds or even thousands of women and men. Congratulations to Val on being the third recipient of the Nichols Leadership Award.

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!



This is a reminder...Have a great day

A group of students were asked to list what they thought were the present Seven Wonders of the World. Though there were some disagreements, the following got the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall



While gathering the votes, the teacher noted that one quiet student hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help." The girl hesitated, then read, "I think the Seven Wonders of the World are:

1. To Touch
2. To Taste
3. To See
4. To Hear (She hesitated a little, and then added:)
5. To Feel
6. To Laugh
7. and To Love."



The room was so full of silence you could have heard a pin drop. The things we overlook as simple and "ordinary" are truly wondrous. A gentle reminder - that the most precious things in life cannot be bought. I hope your life is filled with the world's Seven Wonders.



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.

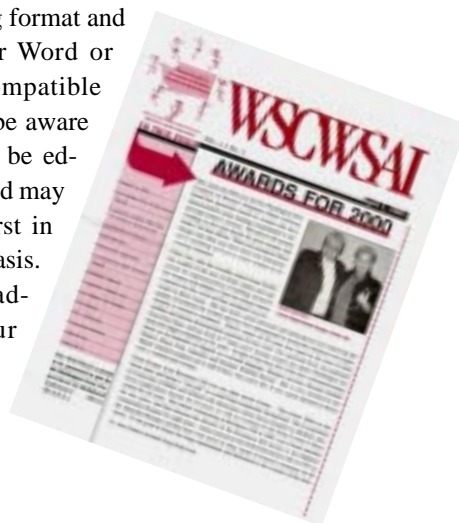
OUR PHILOSOPHY

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.

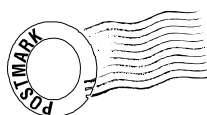
Research, prevention, treatment, funding, and state policies must begin to honor and reflect the effects of these unique experiences.

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 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.

Award Recipients For 2002

One of the highlights of the Women's Coalition Conference is acknowledging the contribution of some of our colleagues. Over the past six years we have honored 14 women who have played a definite role in seeing that women's needs are being met in our state. This year it was with great pleasure that Shereen Hunt and Barbara Myers presented plaques to two very deserving honorees.

I would like to introduce you to the honored guests. Fariba Nikdel was the recipient from Spokane County. Fariba began her internship at New Horizons in 1986 while working one her graduate degree at Eastern Washington University. She became clinical supervisor in 1989 for the residential service which was co-ed. In 1996 Isabella House became gender specific and Fariba was appointed program director. The commitment she has shown to her patients and staff has been instrumental in making this treatment very successful. The facility has gone through a major remodel and added a separate unit for child care which is very impressive. Fariba has guided this change all the way and has been very active in all phases of the program. She has certainly worked hard to meet the needs of this population, adding family counseling and reunification when appropriate.

As usual our award winners have been multi-talented and wear many hats. Fariba is a devoted homemaker and mother of three delightful girls which definitely keep her busy.

The second well deserving winner was Marcia Glendenning from Snohomish County. Marcia has been involved in the field of chemical dependency since 1982 when she worked as an adult inpatient, outpatient, and aftercare counselor for the Care Unit. She later became involved as program coordinator for their adolescent unit. In this position she developed protocols for staff and patients to assure program compliance. Marcia continued her education while working and received her Masters in Counseling from Seattle University in 1988. She has been a Chemical Dependency Counselor since 1983 and a Licensed Mental Health Counselor since 1988.

From 1989 until the present Marcia has been employed by Catholic Community Services of Western Washington where she has truly made a wonderful contribution with her grant writing ability. She wrote, developed and implemented for CCS the county funded outpatient treatment program targeting low income and indigent individuals. She assisted in development and implementation of a 3 year CSAT research project for Pregnant/Parenting women and their children that included "one stop shopping."

It didn't stop there. Marcia continued with her writing, receiving a grant for transitional housing at the Tree of Life

program and housing for women in Whatcom County. Taking her quill in hand, she also penned a grant to fund outpatient treatment for the Snohomish County Drug Court and then worked with a diverse staff to implement the program.

As the director of CCS, she is responsible for administrative oversight of Tree of Life Women and Children's outpatient and transitional housing, the ADATSA program, community outpatient services and drug court. She also handles oversight for the Recovery Center of Island County.



Award Winners (left to Right) Marcia Glendenning and Fariba Nikdel

In her spare time (what is that!) Marcia is active in many community meetings and has been elected to the steering committee of this organization. She did take a break from her pen and management duties, to take an Alaskan cruise and she continues to enjoy her life in a rural community.

As usual, the awardees are truly inspirational for all of us and it is heartwarming to hear that this caliber of work is being accomplished in our State by such dedicated women. All of us should be proud of the role we have played in improving the quality of life for our clients and patients. Please take a moment to thank yourselves for all the good work and enrichment you have extended to the women we serve.

Getting to Know Us—

Behavioral Care Services at Lake Chelan Community Hospital

So, you may be wondering “Who are these people and what do they have to offer me?” We are a Behavioral Care Services department within a community hospital. We offer comprehensive inpatient and outpatient services for chemical dependency/substance abuse and mental health. And whereas it’s impossible for us to be all things to all people, with our relatively small size, high staff to patient ratio, and diversity of services we’re comfortable in the knowledge that we do have the ability to provide for most patients’ needs.

Addiction Recovery Center

Our Addiction Recovery Center (ARC) has been in place since the early 1980’s. With an Addictionologist on staff and our skilled nursing capabilities we are able to treat acute and sub acute detox. Whereas we are able to accommodate a variable length of stay for patients with regard to relapse prevention, traditionally patients remain on inpatient status for twenty-one days. With our mental health practitioners on staff we are able to provide mental health assessment/support if indicated. Our outpatient chemical dependency services range from alcohol and drug assessments to group counseling to intensive outpatient programming. We treat adults and adolescents.

Center for Emotional Trauma Recovery (CETR)

The Center for Emotional Trauma Recovery (CETR) is a voluntary unit specializing in short term inpatient treatment of women with trauma-related disorders including rape trauma, domestic violence, post traumatic stress disorder, acute stress disorder, and dissociative disorders. Our unit has been here since 1993 and we are the only inpatient treatment facility of its kind West of the Rockies. We generally treat patients throughout the Pacific Northwest but have drawn patients from as far away as the Philippines. So you might be asking, “Well how is this unit different from a general psychiatric unit?” Our answer is clear: these patients often do not get their needs met in a general psychiatric inpatient unit. Our staff provides a therapy-intensive environment with one therapist (medical director, clinical director, psychologist, social worker, nurse Practitioner) providing individual psychotherapy five days a week. Our patient groups specifically



Lake Chelan

address trauma issues and focus on “thinking straight,” grief and loss, anger management and stress reduction to mention a few. With only 6 beds on this unit there is a high staff to patient ratio. This allows us the

opportunity to work with patients in a less restrictive setting where seclusion and/or restraints are not used. Our nursing staff is highly skilled in verbal intervention and “here and now” grounding skills for patients.

The Center for Emotional Health Recovery (CEHR)

CEHR is a relatively new inpatient unit opening in August 2001. It is a voluntary general psychiatry unit for adult men and women. It has seven beds and also maintains a high staff to patient ratio. Length of stay on this unit is generally brief in nature and focuses on an increase in functioning and medication management. The area we serve is approximately a 22,500 square mile radius; however, we have drawn patients throughout the Pacific Northwest. Outpatient service for mental health provides for individual psychotherapy, family and couple counseling, psychological testing, and medication management.

Our multidisciplinary treatment team allows us the knowledge and experience to provide for a high quality of care. We are comprised of a psychiatrist, physician assistants, psychiatric nurse practitioner, social workers, RN’s psychiatric technicians, chemical dependency counselors, activity therapist, occupational therapist, pharmacist, physical therapist, dietitian, respiratory therapist, and family practice physicians. All of our primary staff receives ongoing continuing education to maintain their high level of expertise.

We also believe a key element in effectively treating patients is developing and maintaining a relationship with the mental health professional and/or agency that refer the patient to us. In this way we all become part of the patient’s treatment team. Determining the patient’s and therapist’s goals prior to hospitalization clearly allows for a more successful hospital stay. The mental health professional’s/agency’s input prior to hospitalization and impressions after hospitalization are always welcome and encouraged.

It’s interesting. Some people might believe our rural location to be a detriment. We believe our location is truly a plus. We may be rural, but situated on one of the most pristine lakes in the United States and at the foothills of the majestic Cascade Mountains our setting provides our patients with a postcard-perfect view, absolute privacy and confidentiality. Could there be a more peaceful and therapeutic setting?

So, that’s a little about us. Please feel free to contact us by phone, mail, or email with any questions. We’d like nothing better than getting to know you. Contact information: 1-800-233-0045 or gmcclellan@lcch.net or LCCH Behavioral Care Services, PO Box 908, Chelan, WA 98816.

An Irish Friendship Wish



May there always be work for your hands to do;

May your purse always hold a coin or two;

May the sun always shine on your windowpane;

May a rainbow be certain to follow each rain;

May the hand of a friend always be near you;

May God fill your heart with gladness to cheer you.



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 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

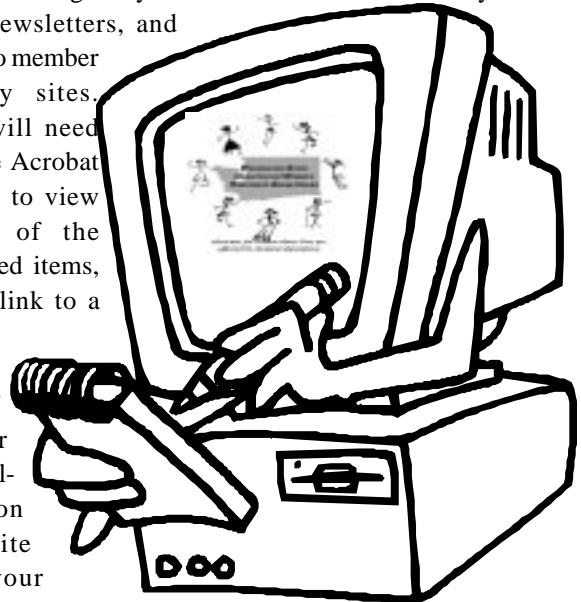
WSCWSAI
P.O. Box 907
Yakima, WA 98907

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.

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)

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

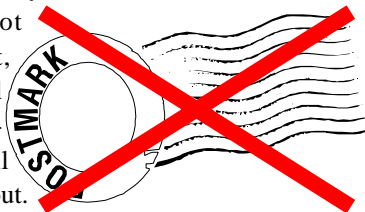
Item	Size	Individual Price	Quantity	Total Price
Short Sleeves		\$10.00		
Long Sleeves		\$15.00		
Shipping and Handling				\$3.50
Total Payment Due				

Newsletter Delivery

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 your self 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.



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.

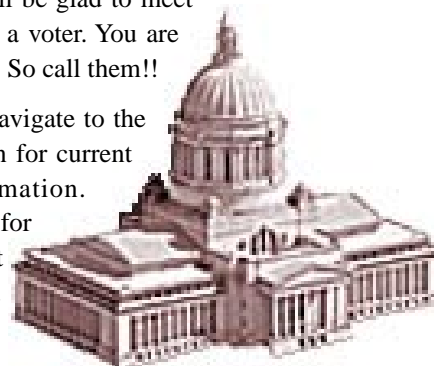


Contact your Legislators

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.

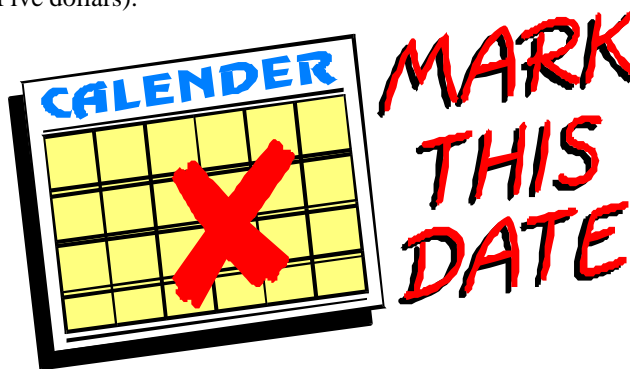
And let legislators know your experience with "meth". Let them know how patients do in treatment-that they are treatable. The public has the impression that people who do "meth" are not amenable to treatment and that they cannot parent their children. This kind of thinking has great potential to develop 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.



Steering Committee Meeting Schedule

Our monthly Steering Committee meetings are open to all members and are held on the first Friday of the month. Below is a schedule for this years remaining meetings and their locations. 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).



March 7	June 6	October 3
April 4	August 1	November 7
May 2	September 5	December 5

A letter from StoneWall Recovery Services

December 26, 2002

To friends, colleagues, supporters and vendors of Stonewall Recovery Services;

With much sadness, and after 31 years of delivering chemical dependency services to the sexual minorities communities of Seattle/King County, Stonewall Recovery Services is going out of business on December 31, 2002.

Stonewall's financial situation has been difficult over the past three years, and especially difficult in 2002. After considering all the options, the Board decided that closing the agency responsibly was their only real choice.

Most programs in both Seattle and Tacoma are being transferred by the funders to other agencies, effective January 1, 2003. We are grateful that funders took the steps necessary to effect the transfers. Clients have been notified, and most clients will experience little disruption in their treatment plans. Nearly all the program staff have been hired by the agencies that will continue to provide the services.

Administratively, the Board of Directors will be overseeing the closedown of the agency, including billing for December services and doing their best to satisfy outstanding financial obligations in January 2003.

Thank you for your support of Stonewall over the years, and we appreciate the expressions of regret we have received from many of you. Stonewall Recovery Services has performed an essential function in the range of chemical dependency services, and an essential function for the sexual minorities communities. Although the agency will no longer exist, we trust that the services will continue.

Sincerely,

Robert Calahan

President, Board of Directors

Frequently Asked Questions (FAQ) about The Closing of Stonewall Recovery Services

Q. Why is Stonewall closing?

A. Stonewall's financial situation in 2002 made it impossible to continue.

Q. When is it happening?

A. Stonewall is closing on December 31, 2002, and leaving its current office at that time.

Q. What's happening to clients?

A. Major funders have transferred contracts to new agencies, and current clients may choose to continue services with those new agencies.

§ Adult outpatient treatment in Seattle will be provided by the Center for Human Services (CHS) at the Capitol Hill office of Seattle Counseling Service for Sexual Minorities (SCS). Clients and potential clients should contact CHS at 206-362-7282 for additional information and to make appointments.

§ Adult outpatient treatment in Tacoma is being provided by the Pierce County Health Department at the South Sound Community Center, 253-274-1112.

§ The NEON Program will be provided by Seattle Counseling Service, 206-323-1768.

§ Funders for chemical dependency services for people with HIV/AIDS (HASAP) and the youth prevention program are still determining the best placement for those contracts.

Q. Where will client records be?

A. Stonewall must ensure access to client records for several years:

§ Records for current clients will be with CHS.

§ Records for clients discharged in 2001 and 2002 will be at CHS.

§ Records for clients discharged prior to 2001 will be in Olympia at the Division for Alcohol and Substance Abuse (DASA), 360-438-8605.

Q. How can I get in touch with Stonewall after December 31?

A. For the first few months of 2003, you may contact Stonewall by mail or email:

§ By mail: Stonewall Recovery Services

P.O. Box 16487

Seattle, WA 98116-0487

§ By email: stonewallrecovery@juno.com

Committee Members

Co-Chairs

Shereen Hunt ❖ *Merit Resource Services*

Melissa Laws ❖ *Prosperity & Together Care*

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*

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

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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