



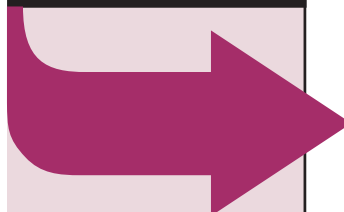
Advocates for women whose lives are affected by chemical dependency

WSCWSAI

VOL. 7 • No. 1

May 29, 2004

IN THIS ISSUE



- Merit Resource Services 1
- Mindfulness-Based DBT Skills 2-3
- Meeting Dates 3
- Brown Book turns Grey ... 3
- Meet the Members 3
- Safe Babies, Safe Moms 4
- T-Shirts 4
- Woman of the Year 5
- She's Got All Kinds of Trouble .. 5
- Membership Application . 6
- CD History Project 6
- Steering Committee Positions . 6
- WSCWSAI Website 7
- Be a Part of Your Newsletter .. 7
- Mission/Philosophy 7
- Membership Renewal 7
- 2004 Legislative Update .. 8-9
- Newsletter Delivery 9
- Screen for Safety 9
- Ann Nichols Award 10
- Our address has changed 10
- Merit Continued 11
- Contact your Legislators . 11
- Now is the Time 11
- Committee Members 12
- Who We Are/What We Do 12

MERIT RESOURCE SERVICES

MERIT Resource Services has been providing effective alcohol and other drug counseling services since 1979 in the lower Yakima valley. Within the past six years we have expanded our Outpatient services to include an office site in Yakima. We have an outstanding team of clinical staff in Yakima, Wapato, Toppenish, and Sunnyside. MERIT provides a wide range of counseling in English and Spanish to include assessments and referrals, Intensive Outpatient, Outpatient ongoing care, Relapse Prevention, Family counseling and a Drug Court program.

MERIT also has a wide range of youth specific services. We have off site services in the Yakima County Juvenile Detention Center with one full-time staff member facilitating groups, completing diagnostic assessments and referrals. Our Student Assistance Program has grown over the years and provides Intervention/Prevention Specialists in school districts from Highland to Prosser.

A little about our staff and the fun we have. Once a month we get together for an all staff potluck. In the summer time we play volleyball, softball or just meet in the park and relax. MERIT has an annual awards banquet in January and all staff members complete a secret ballot and give special thanks and awards such as Employee of the Year, Most Dedicated Employee, Counselor Trainee of the Year, etc.

This year David Wilson, Executive Director was awarded Employee of the year. We also have fun outside of work and went skiing at White Pass. Caroline Wilson, Data entry/billing and



Merit staff play together too. Caroline Wilson, Shereen Hunt, Cathy Kelley, together at White Pass

Continued on Page 11

Mindfulness-Based DBT Skills-Training Used with Pregnant and Parenting Addicted Women

By: Kathryn L. Jarrett, LMHC, CDP

Safe Babies, Safe Moms

Brigid Collins Growing Together, Program Director



Kathryn L. Jarrett, LMHC, CDP

Most treatment providers know from either experience or intuition that pregnant and parenting women need extra support in order to be successful in recovery. Two WA programs have been offering that support and both have been able to show improved outcomes for women enrolled in their programs, as opposed to pregnant and parenting women with only CD treatment. For the past twelve years, PCAP (Parent-Child Assistance Program) has offered referral, support, and advocacy in up to five WA State counties. In January 2000, a pilot-research project called Safe Babies, Safe Moms (at various phases of development also known as CPEP or CUPPWYC) began in three additional counties. Both PCAP and Safe Babies, Safe Moms (SBSM) programs highly recommend Dialectical Behavioral Skills-Training (DBT) to recovering women.

While very similar to PCAP, SBSM programs offers DBT as a part of their behavioral health services which also include individual psychotherapy, parenting and child-development classes, as well as, acupuncture in some counties. In Snohomish, DBT classes are held at Evergreen Manor – a long-term residential treatment facility. The Benton-Franklin and Whatcom SBSM Programs offer DBT classes at their respective sites

DBT Skills-Training groups teach life-skills within a theoretical framework developed by Marsha Linehan in her early work with Borderline Personality Disordered clients. DBT is now widely used for people with a broad range of clinical problems, and research using DBT with chemically dependent people continues, as well.

The groups are readily embraced by women because skills are taught in a non-shaming way. The presumption is that women may have been unsuccessful in getting what they want out of life, not because they are defective, but because they may not have had the opportunity to learn effective skills. The “dialectic” is an understanding that two apparently irreconcilable truths usually need to be accepted in order for women, or anyone else for that matter, to be receptive to change.

For example, group leaders communicate that women are worthy of love and acceptance, just the way they are, and current behavior is understandable given their history. At the same time, women are given an opportunity to notice they may have unskillful or unacceptable behavior with potentially disastrous consequences for them and their children. Women are validated and challenged and are taught to validate and challenge them selves, and the group therapy dances between these poles.

At Whatcom County’s SBSM site (Brigid Collins’ Growing Together Program), it takes approximately nine months for women to complete one DBT group cycle. Women are welcome to stay in DBT as long as they find it useful, but must contract as to their personal time-commitment and goals. If three sessions in a row are missed, they agree to work on therapy-interfering behavior prior to coming back to group. A complete cycle of classes is divided in the four modules: interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness skills.

The skill of mindfulness is of central importance to DBT Skills Training. While common to many meditation practices, mindfulness is presented outside any religious or spiritual context. It is described as the ability to pay attention in a new way: staying purposefully in the present moment and learning to be non-judgmental of whatever is observed either within or without the self. Mindfulness rapidly reveals itself as helpful to implementing other skills by strengthening the observing self, reducing reactivity, and increasing the ability to control, rather than be controlled, by the mind. It improves the ability to identify relapse triggers and respond effectively. Many mothers have found mindfulness useful in reducing anxiety, depression and insomnia, as well as, helping them stay present with their children. They become more sensitive to their own and their children’s needs and more effective in meeting those needs.

Mindfulness is taught at regular intervals between other skill modules and is reinforced at each group meeting. At Whatcom’s Growing Together Program, each class begins with a reading about the nature and value of mindfulness, a bell is rung and

Mindfulness-Based DBT Skills

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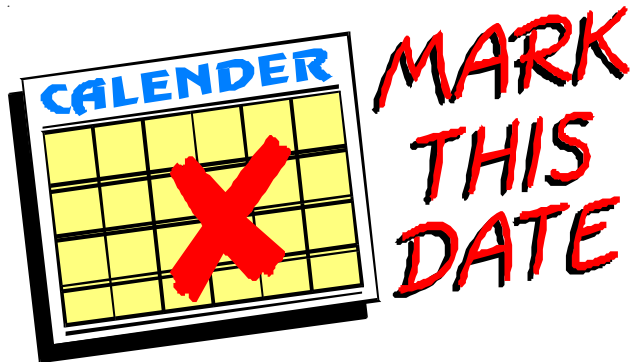
women practice for five minutes. The bell is rung again and each woman is asked to comment on the reading, their own experience of that session's mindfulness practice and then to process their past week in the light of mindfulness or any other DBT skill. The second half of the two-hour group is dedicated to teaching a new skill.

It is notable that in Whatcom County where coordinated and integrated services are highly valued, staff from three CD treatment providers also became trained in DBT in the interest of offering a cohesive continuum of care to pregnant and parenting addicted women, including St. Joseph Hospital Recovery Center, Chambers and Wells Counseling Services, and staff now operating the new Westcoast Counseling and Treatment Services. Also, as a result of SBSM's Growing Together Program, a management team of treatment and other providers serving pregnant and parenting addicted women, such as DSHS, DCFS, Catholic Community Services, and Drug Court, etc., meet quarterly to address barriers to effective intervention and treatment.

Whether taught in a treatment center, a community setting, or at a program site, DBT has been found to be extremely useful in developing additional recovery skills leading to improved outcomes for pregnant and parenting addicted women. For more information about DBT, access www.behavioraltech.org. Or e-mail Kathryn Jarrett at kjarrett@bridgcollins.org.

Steering Committee Meeting Schedule

Our monthly Steering Committee meetings are open to all members and are held on the first Friday of the month-typically at Residence XII in Kirkland. A schedule for this years meetings and their locations will be posted after the February planning session at Residence XII. 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).



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.



Meet the Members

Who are Your Steering Committee Members (Part 6)

In part one of this ongoing series you will be introduced to your steering committee members. In the March 2002 issue you met four of our newest steering committee members. (Jackie Hyman, Leona Moran, Margo Caldwell, and Shereen Hunt) In the June 2002 issue we introduced you to members who have been apart of the steering committee for many years (Beth Dannhardt and Ann Forbes. In the September 2002 issue you were introduced to another member who has been on the board for many years (Barb Myers). In March 2003 you met two of our newest members. In the August 2003 issue you were introduced to out DASA Liason (Sue Green). In 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.

Sharon Chambers

Sharon has over 25 years of experience, both in the fields of mental health and chemical dependency treatment. She is passionate about meeting the special needs of women and individualizing treatment to meet the comprehensive needs of every client. Sharon has extensive clinical, management and administrative experience in a variety of settings. These include employment with the State of Washington, 2 non-profit treatment programs, a large regional medical center and self employment as a program consultant. She has been the Executive Director at Residence XII since 2000. Sharon has held the office of Westside co-chair on the steering committee and is currently the president of AAP.

Safe Babies, Safe Moms” Projects Show Success, According to DSHS Study

Projects emphasizing cooperation among DSHS administrations to support women with alcohol and other drug use disorders result in healthier babies and fewer reports to Child Protective Services, a new DSHS study has found. The Safe Babies, Safe Moms program is a collaborative effort between DSHS and the Department of Health. Three sites - Benton-Franklin counties, Snohomish County and Whatcom County - served 445 women affected by alcohol or other drug misuse, and their children, from January 2000 through June 2003.

“Children who parents have untreated alcohol or other drug disorders are three times more likely to be abused and four times more likely to be neglected,” said Ken Stark, director of the Division of Alcohol and Substance Abuse.

“By investing in Safe Babies, Safe Moms and providing crucial support services in addition to treatment, we are seeing improvements in the health and welfare of mothers and their young children. Providing treatment and support services to families in need today will help prevent drug dependency and its consequences in future generations,” added Stark. The comprehensive services offered to mothers who are pregnant and/or parenting children under age three include intensive case management, residential/outpatient drug dependency treatment, housing support services, parenting education, and child development assessments and referrals.

Other key findings include:

- * The rate of low birth weight for infants born after program entry decreased by 66 percent compared to those born before program entry.
- * The rate of accepted CPS referrals during the first year of life decreased by 35 percent for infants whose mothers enrolled in Safe Babies, Safe Moms before delivery compared to those enrolled after delivery.
- * Criminal justice involvement of Safe Babies, Safe Moms clients is extensive, with an average of 1.5 arrests per woman in the two years before program entry. The arrest rate for clients receiving chemical dependency treatment dropped more than 50 percent.

Members of the state team guiding the Safe Babies, Safe Moms programs are Sue Green (DASA), Diana Larsen-Mills (MAA), Todd Slettvet (MAA), Maureen Kelly (CA), Alan Shanafelt (ESA), Polly Taylor (DOH) and Laurie Cawthon (RDA).

The Safe Babies, Safe Moms program evaluation is posted at <http://www1.dshs.wa.gov/rda>.

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				

Woman of the Year

The Alcohol/Drug Helpline is pleased and proud to announce an award to an outstanding employee.

Juanessa Scott has been named Woman of the Year by the WoMen of Purpose International. She received the award as a result of her leadership and her regular contributions to support their work. The award was presented to her in Portland, Oregon at the 10th Anniversary Celebration on November 22, 2003.

WoMen of Purpose is a Christian based group dedicated to nurturing relationships among people of every ethnicity, denomination and social status.

Juanessa is the office manager at the Alcohol Drug Helpline where she has worked since 1999. Her formal education began at Seattle Central Community College where she graduated with honors. She received a certificate in 'Non-profit Management' from the University of Washington in 2002. While attending Evergreen she was a recipient of the 'Jackie Robinson Scholarship' which was awarded as a part of opening ceremonies at a Mariners game. She also received the 'Thayer Raymond Scholarship' from The Evergreen State College and Seattle Central Community College. In 2003 Juanessa graduated with a BA degree from Evergreen State College. Juanessa is currently pursuing a graduate degree at Western Washington University. She is a single mom, just turned 50 and is raising her not quite two-year-old grandson.

Once incarcerated in a California State Penitentiary, Juanessa would like others to know that their lives can change with hard work and determination. "Having hope changes most circumstances in our lives! It gives us the courage to continue on and face the new challenges of everyday living."

This is a well-deserved award given to a woman who truly has purpose in her life.



Juanessa Scott-2003 Woman of the Year

She's Got All Kinds of Trouble

INTEGRATED TRAINING CURRICULUM

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

The WSCWSAI analyzed the need for integrated trainings in Washington State for service providers who are working with women with multiple problems of substance abuse, chemical dependency, domestic violence, adult sexual assault, and child

sexual assault. These trainings would facilitate communication between these systems to better serve women.

The complete training guide is now available for purchase. To order your copy of the "She's Got All Kinds of Troubles" Trainers Handbook-complete this order form and send it with your check or money order to the:

Washington State Coalition on Women's Substance Abuse Issues

P.O. Box 907 Yakima, WA 98907	<i>She's Got All Kinds of Troubles Trainers Handbook</i>	Individual Price	Quantity	Total
		\$15.00		
Shipping and Handling				\$3.50
Total Payment Due				

Name

Organization

Address

City **State** **Zip**

() ()

Daytime Phone **Fax Number**

MEMBERSHIP APPLICATION

Join Us!

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

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

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

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

Individual Name _____
or

Agency Name _____

Agency Representative(s) _____

Address (including City and Zip) _____

Phone _____

E-Mail _____

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

Type of Membership:

Agency (\$150⁰⁰/yr.)

Save on two registrations to the 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!*

CD History Project

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

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

Check out the website and message board:

www.cdhistory.adhl.org

E-mail us: cdhistory@adhl.org

Fax: 206-722-1032

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

Regular Mail: CD History

P.O. Box 80243

Seattle, WA 98108-3401

Steering Committee Positions

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

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

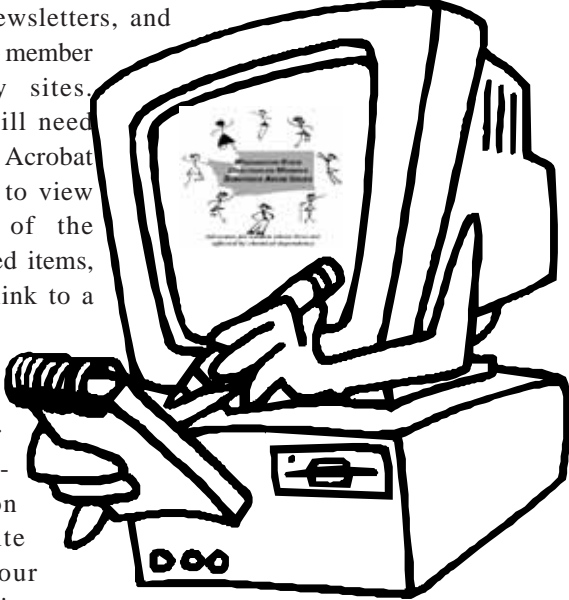
Come on ladies, step up and let your voices be heard. Let's make a difference!

WSCWSAI Website

It's your site!

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

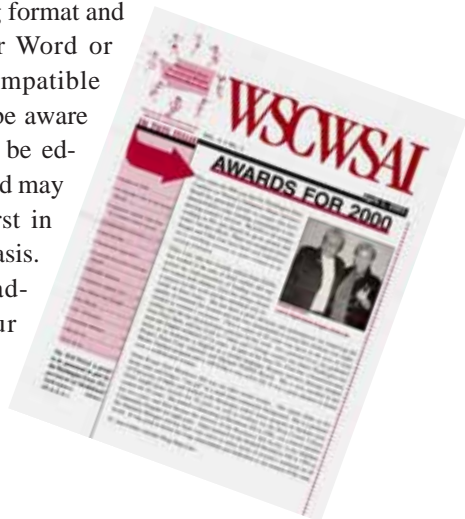
We are adding many new items. You will now find your current newsletters, and links to member agency sites. You will need Adobe Acrobat reader to view many of the archived items, but a link to a free download of reader is available on our site for your convenience.



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

Be a Part of Your Newsletter

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



OUR MISSION

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

OUR PHILOSOPHY

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

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

Membership Renewal

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

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

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

WSCWSAI

2004 Legislative Session Update

HB 2014 Preventing denial of insurance coverage for injuries caused by narcotic or alcohol use

All health carriers are explicitly prohibited from denying coverage for the treatment of an injury solely because the injury resulted from the use of alcohol or narcotics. The law allowing individual disability insurers to deny payment for the treatment of injuries resulting from the use of alcohol or narcotics is repealed. These provisions apply to all contracts issued or renewed on or after the Act's effective date of June 10, 2004.

SHB 2660 Revising provisions involving alcohol-related offenses

Mandatory use of ignition interlocks is expanded with respect to DUI crimes, deferred prosecutions, implied consent law violations, and temporary restricted driver's licenses. A new temporary restricted license is created that is similar to an occupational license. Periods of license suspension and revocation are lengthened for some DUI convictions. However, periods of administrative and criminal suspensions or revocations arising out of the same incident are to be credited against each other on a day-for-day basis. The application fee for an occupational or temporary restricted license is set at \$100. Effective June 10, 2004.

E2SSB 6358 Improving collaboration regarding offenders with treatment orders

When a person has a mental disorder and is otherwise committable, the cause of the disorder does not make the person ineligible for commitment. When a court order issues an order for mental health or chemical dependency treatment, the order must contain a statement that is the person is, or becomes, subject to DOC supervision, the person must notify his or her treatment provider and the person's mental health or chemical dependency treatment information must be shared with DOC. When DOC is determining an offender's risk management level, DOC must ask and must be told whether the offender is subject to court-ordered mental health or chemical dependency treatment. DOC must make written request for information from the treatment provider. A request for treatment information does not require the consent of the offender. When a state hospital admits a person with a history of violent acts from a correctional facility or who is or has been under DOC supervision, the hospital must consult with the appropriate corrections and chemical dependency personnel and forensic staff to conduct a discharge review to determine whether the person presents a likelihood of serious harm and whether the person is appropriate for a less restrictive alternative. When a jail releases a person subject to a discharge review, the jail must notify the county designated mental health professional (CDMHP) or county designated chemical dependency specialist (CDCDS) 72 hours in advance of the release, or upon release if the jail did not have 72 hours notice. The CDMHP or CDCDS, as appropriate, must evaluate the person within 72 hours of release. When a CDMHP or CDCDS becomes aware that an offender is in violation of the terms of his or her supervision that relate to public safety, or when the CDMHP or CDCDS detains a person, the CDMHP or CDCDS must notify the person's treatment provider and DOC. Mental health and chemical dependency treatment providers do not have a duty to supervise offenders. Persons acting in good faith compliance with the provisions of this act and without gross negligence are protected from civil liability. Effective March 26, 2004 (Sections 6, 20 and 22), and July 1, 2004.

ESB 6411 Reducing hunger

(Some persons do not qualify for food stamps because of a post 1996 felony drug conviction. This ban does not apply to other felonies. Federal law now provides states the opportunity for states to lift the lifetime ban on food stamp eligibility for persons with felony drug convictions.)

School districts with schools serving grades kindergarten through four where 25 percent of the students qualify for free or reduced price lunches must implement a school lunch program. School lunch programs implemented under this section must be implemented for the 2005-2006 school year. To maximize extent allowable under federal law, the Department of Social and Health Services (DSHS) must implement simplified reporting for food stamps before November 1, 2004. DSHS must also provide, beginning on October 31, 2005, transitional food stamp assistance so long as the family is not on sanction status. With this bill, the state also exercises the federal option for states to opt out of the drug felony eligibility ban. Effective June 10, 2004.

ESSB 6478 Increasing the regulation of the sale of ephedrine, pseudoephedrine, and phenylpropanolamine

Shopkeepers, who are not licensed pharmacies, and itinerant vendors may purchase ephedrine, pseudoephedrine, or phenylpropanolamine only from wholesalers or manufacturers licensed by the Department of Health. A shopkeeper or itinerant who

Update Continued

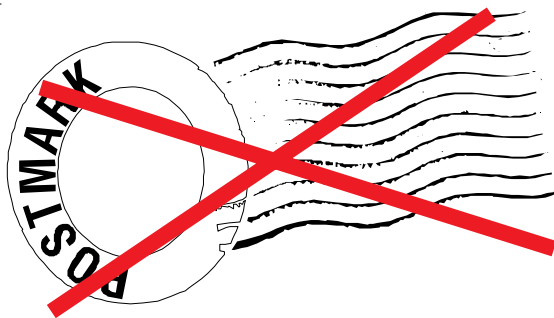
violates this must be warned by the Board of Pharmacy. If the shopkeeper or itinerant vendor commits a subsequent violation, the Board of Pharmacy may suspend or revoke their registration. Shopkeepers and itinerant vendors who purchase ephedrine products in a suspicious transaction are subject to percentage-of-sales and record-keeping requirements. Wholesalers located in Washington and outside of Washington who



sell both legend drugs and nonprescription drugs, and those who sell only nonprescription drugs to pharmacies, practitioners, and shopkeepers in Washington must be li-

censed by the Department of Health. It is unlawful for any person to sell or distribute ephedrine products unless the person is licensed or registered by the Department of Health under the statute concerning pharmacists or is a practitioner as defined in statute. Effective July 1, 2004.

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@triumph.tx.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.

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)

Ann Nichols Leadership Award

Each year Residence XII, Women's Drug and Alcohol Treatment Center presents the *Ann Nichols Leadership Award*. The award is given to a person or group who has demonstrated consistent advocacy on behalf of chemically dependent women and families. In December 2003, Ann Forbes was honored with this award.

Residence XII wanted to honor Ann's pioneering work in creating and sustaining the Alcohol & Drug Hotline as well as for all her work during her career. Ann has been responsible for the training of perhaps thousands of chemical Dependency counselors. She was in the first group of women who initiated starting women's facility for chemical dependency, now known as Residence XII.

A reception to honor Ann and present the award was held in December at Residence XII. Professionals from around the state as well as Ann's family were there to listen to stories and share our admiration for Ann. She received a beautiful crystal award as well as a cash award. When Ann Nichols endowed this Leadership Award she wanted to not only acknowledge the work of professionals and groups but also to recognize, in a monetary way, the dedication of chemical dependency professionals by awarding an amount of money that represented what professional in the field *should* be paid – at least for one days work. The gift of \$2400 represents an effort to acknowledge all of Ann's hard work. The affection of her peers was very evident at the event.

Ann was nominated for this award by Greta Kruger and Gerry Coughlin. Their thoughts in their nomination letter sum up Ann very well. "Her dedication and determination have been, and continue to be, the beginning of many dreams and projects within the field of Chemical Dependency." Congratulations Ann!



Greta Kruger and Gerry Coughlin Nominated Ann for this award

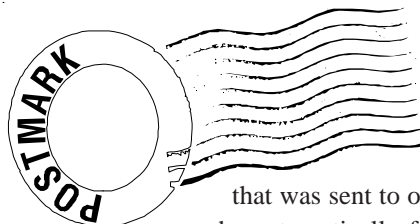


Ann Forbes-Award Winner



Sharon Chambers presents Ann with the Ann Nichols Leadership Award

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.

MERIT RESOURCE SERVICES

Continued from Page 1

Shereen Hunt, Treatment Director and Cathy Kelley, Coordinator Prevention/Intervention Services.

It's an honor to be a part of a great team at MERIT Resource Services. Effective Treatment with Caring, Competent People Can Make a Difference.



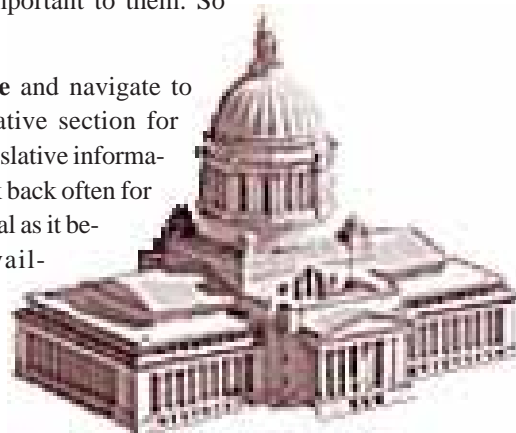
David Wilson was awarded Employee of the year

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.



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

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

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

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

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

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

Visit our website: www.wscwsai.org

Ann Forbes & Jackie Hyman, Membership

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*

Of Counsel

Nalani Askov

DASA Liaison

Sue Green *DASA*

Newsletter Publisher

Amy Gostovich (509) 961-4489

Steering Committee

Sharon Chambers *Residence XII*

Patricia Benge *Triumph Treatment Services*

Marcia Glendenning *Catholic Community Services*

Jackie Hyman *Pacific Crest Consortium*

WHO WE ARE

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

WHAT WE DO

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

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



WSCWSAI

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

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