



The Women's Coalition of Washington

ADVOCATING FOR WOMEN WITH ADDICTION AND RELATED ISSUES

SPECIAL POINTS OF INTEREST:

- Karen Foley, MSW, CDP was nominated and honored as the WCW Woman of the Year
- Connie Dawson PhD was our Keynote Speaker
- Ann Forbes, Executive Director of the Alcohol Drug Helpline honored the legacy of all the women in the field of substance abuse treatment.
- The Wednesday evening Music Celebration was highlighted with a song from Ruth Adams.

“WHAT’S NEW”

THE WCW 2008 CONFERENCE

was an amazing event. Much like the rest of the Nation's economy we were impacted by fewer registrations than we anticipated. However, like life, the conference was exactly the right size. Downsizing does not mean losing quality or content. Our renowned Keynote, **Dr. Connie Dawson** opened the conference by addressing the often forbidden topic of shame. She followed with a break out session on attachment disorders. Some of the other break-out sessions were; Law & Ethics, Yoga: Moving Through Trauma, Yoga in Recovery, Group Therapy, Personalizing Detox, Supervision, Intervention, Interactive Group Activities and a Music Celebration, just name a few. The smaller group sizes afforded more interaction,

personal discussion, greater attention, and comfort.

Similar to last year the fall

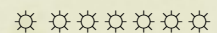


**On behalf of the WCW
Ann Forbes honoring Karen Foley
October 9, 2008**

turn sun allowed us to have a BBQ on the deck of the *Ponderosa*. Although it's hard to please all the people all the time I think this conference did very well. I would be hard to find a retreat facility more accommodating and relaxing than **Mt. Springs Lodge**. I found myself sleeping on the top bunk in a loft with 4 other women. I was pleasantly surprised and I have to admit it was actually fun. I woke up each morning with an unobstructed view of the Wenatchee River and the glorious sun beaming through the windows. I learned a lot, we visited a lot, and I think we all had a great time.

colors were breath taking. On Tuesday we thought the wind and rain would cause the lights to go out; a few of us did a little sun dance and the next day was gorgeous. With a crisp nip in the air and the bright au-

turn sun allowed us to have a BBQ on the deck of the *Ponderosa*. Although it's hard to please all the people all the time I think this conference did very well. I would be hard to find a retreat facility more accommodating and relaxing than **Mt. Springs Lodge**. I found myself sleeping on the top bunk in a loft with 4 other women. I was pleasantly surprised and I have to admit it was actually fun. I woke up each morning with an unobstructed view of the Wenatchee River and the glorious sun beaming through the windows. I learned a lot, we visited a lot, and I think we all had a great time.



Christy Richardson
Secretary of the Steering Committee

THE HIGHLIGHTS

Karen Foley epitomizes what the Women's Coalition advocates. She is a young woman who started her career as a single mom learning how to utilize resources on her way to becoming a Licensed Clinical Social Worker. Today she is working as a Behavioral Health Specialist

for *Safe Babies, Safe Moms* at Pacific Treatment Alternatives in Everett, WA. She has organized the Washington Women in Recovery Caucus and Triple play; a coalition organized to bring disciplines together promoting better communication and better treatment outcomes for patients and clients.

Karen made it through graduate school without owing student loans, she purchased a home, her child, no longer a child is a young adult striving to find his own passion.

Dr. Connie Dawson shared her self and her knowledge. I believe we all went away a feeling more empowered.

The Wednesday Night Music celebration was an extraordinary event. **Karen Foley, Theresa Wilson, Cindy Obinario, and surprise guest, Ruth Adams** put on a fun, interactive show.

Theresa, a song bird shared her heart and talent. Karen writes, sings, and plays guitar like she was born with it in her hand.

Truly a night of women sharing!