

## My Sobriety is a Badge of Honor

I have a strong family history of drug and alcohol addiction. I first came to the Res in 1995; my Aunt was an alum and she was really active in Sober Gals. I flew up from California, where I was living at the time, and spent 28 days in residential treatment. Although the program was great, I knew in my heart I was not there for the right reason – I was not there for me. After another 10 years of making the same mistakes over and over, I woke up one morning in April of 2005 to find my Mom standing in the doorway, asking me if I wanted help. That was the first day of the rest of my life.

I came back to inpatient. The first year of sobriety I went to different meetings but I have always been really connected to Sober Gals. There was a group of women who ran the meeting while I was staying at the Res and they were always so happy – no matter what. I thought if I could get just a little bit of that I would be OK. Today, four years later, those women are some of the most important people in my life, and I know that no matter what the situation, all I have to do is call and they will be there for me.

Now I tell people I am too busy to use. I have a really great job that I love, and co-workers who support my sobriety. I am very active in the Residence XII Alumnae Planning Committee and Ambassadors and have served as a Table Captain at the luncheon for the past two years. I want to give back to the people who saved my life. I also want to be involved in helping other women in recovery and taking the shame out of addiction. I wear my sobriety like a badge of honor and never miss an opportunity to talk about it.

I stay sober by keeping it the number one focus in my life; without sobriety I would have nothing. I never let my guard down and I never put myself in situations without having a plan. Someone very wise told me that I can never, ever, drink or use again. That is a relief for me because no amount of time can go by before I can ever try it again. I am an addict and that means – never, ever. I'm done with that and proud of my sobriety.



**Shelli,**  
**Residence XII Alumna**

### Upcoming Events

**May 4 and May 18, 2009:**

**Intervention Classes at Residence XII**

6:30 – 8:30 pm in the Conference Room

How to help someone who does not want to be helped.

RSVP Beth or Vandana at (425) 823-8844

**May 8, 2009:**

**Nichols Award Presentation to Greta Kruger**

Contact [schambers@residencexii.org](mailto:schambers@residencexii.org) for more information

**Friday, May 15 and July 17, 2009: Alumnae Potlucks**

6:00 – 8:00 pm at the Res in the Oak Room

Contact [cathryncrane@gmail.com](mailto:cathryncrane@gmail.com) for more information

**Friday, June 5, 2009:**

**Luncheon Table Captain Kick-Off Event**

6:00 – 8:00 pm at Residence XII in the Oak Room

Contact [pdye@residencexii.org](mailto:pdye@residencexii.org) for more information

**Sunday, August 16, 2009:**

**Alumnae Lunch Picnic at St. Edwards State Park**

11:00 – 2:00 pm Bring your family!

RSVP to Pat Dye at (425) 823-8844 or [pdye@residencexii.org](mailto:pdye@residencexii.org)

**Thursday, September 24, 2009:**

**Residence XII Third Annual Benefit Luncheon**

12:00 – 1:00 pm at the Hyatt Regency in Bellevue

**October 2009: Alumnae Fall Retreat**

Refer to the website for more information in June

Contact [cathryncrane@gmail.com](mailto:cathryncrane@gmail.com) for more information.

**Friday, December 4, 2009: Candlelight Meeting**

7:00 – 9:00 pm at the North Kirkland Community Center

For alumnae, their guests, sponsors and staff. This is a women's only event.

# A Holistic Approach to Addiction Therapy: Yoga

For the past nine years Phyllis Moses has taught yoga to the patients at Residence XII. Her work is an important element of Residence XII's holistic approach to the treatment of addiction in women. In March, Phyllis was asked to speak at the Annual Symposium on Yoga Therapy and Research which is sponsored by the International Association of Yoga Therapists. Approximately 600 people attended this Los Angeles conference to learn more about using the ancient science of yoga in our modern society to improve mental, emotional, physical and spiritual health and well-being.

Research in the last decade has brought a wealth of scientific backing to the healing power of yoga. Along with the discipline of neuroscience, experts have demonstrated that by changing our thoughts and breathing patterns, we can change the neural pathways of the brain. When applied to those who are in treatment for the disease of addiction, yoga used with intention, breath and awareness can help change unfulfilling habit patterns into life-affirming patterns. The goal of the yoga program at Residence XII is to integrate cognitive/emotional learning with kinesthetic/physical learning.

The women in the inpatient program take yoga three mornings a week for one hour each time. Phyllis uses a Viniyoga approach which can accommodate varying levels of ability. Because this population can be easily distracted, soothing music is played in the background to help the women stay focused. The Viniyoga (literally means 'the appropriate tools at the appropriate time') approach emphasizes adaptability, sequencing, repetition of movement, and breath regulation; moving the spine in all the directions helps to create strength, flexibility and resiliency. The goal is to focus on the present moment and cultivate a state of deep relaxation—which helps to soothe and heal the central nervous system. The women are reminded that what they learn on the mat translates and carries over into their day-to-day life.

Most of the women coming into treatment for addiction are in poor physical health and emotionally fragile. In the inpatient program, the counselors discuss nutrition and the chef provides healthy, well-balanced meals free of caffeine and sugar. The women are encouraged to drink lots of water. Water, in combination with a healthy diet and yoga, helps to remove toxins from the body. By working

with balance poses, women learn to feel a sense of internal trust and self-efficiency. Stretching and building strength on a musculo-skeletal level also builds resiliency on an emotional level so the women can cope with changes and challenges in their life. Breathing with a longer exhale helps patients move into a state of relaxation (by activating the parasympathetic nervous system) and teaches them to use their breath to help regulate emotions and stay centered.

Over their three to five week stay at Residence XII, Phyllis gives the women choices of various levels of yoga poses, each building on the prior level. Starting classes with a mindfulness meditation of loving kindness helps put the women at ease. There is a lot of shame and stigma attached to addiction, so the goal is to help the women begin to trust themselves as they learn tools for emotional resiliency. Ultimately by freeing up tensions on physical and emotional levels, the women learn that they are more than their thoughts and sensations, and this creates room for them to move away from their reactivity, weaknesses and unhealthy habits. This emotional resiliency allows them to begin to feel the support of a higher power or force greater than themselves—whatever that definition means to them—and links them to the 12-Step Program used in many abstinence-based treatment programs.

Phyllis has found that the yoga program helps the patients develop trust in themselves and love of their body, establish boundaries, develop physical and emotional flexibility, and promote self-esteem. Many women remark that with yoga they are more relaxed than they have ever been. A recent patient commented that she found the movement therapy very grounding, and helpful in centering her body and mind. Another stated, "I look forward to my yoga classes; they are soothing, calming, healing and beneficial to my recovery. It is the first time I have been aware of my ability to relax." This said by a 44 year-old woman! Residence XII is fortunate to have the expertise of professionals like Phyllis who can help provide the women in treatment with tools they can use in their ongoing recovery.

Phyllis Moses began her study of yoga 37 years ago and found it invaluable in her recovery. In addition to being a certified yoga therapist and RYT-500, she has a BA in Psychology. For more information about Phyllis, go to [www.hypnobirthingandyoga.com](http://www.hypnobirthingandyoga.com).



# News from Residence XII

## Celebrate!

Just last month Residence XII recognized our longest term employee, Kathy Martin. Kathy has worked at the Res for 25 years now and volunteered prior to that! Kathy is a neighbor of Margaret Jones, our former Executive Director. In our earliest years, Margaret was volunteer coordinator for Residence XII. She tapped all of her supportive neighbors to each come in for a day of the week; Kathy came in on Tuesdays to cover reception and bookkeeping. When asked what most stands out about her experiences, Kathy says it has been the growth of Residence XII from eight beds at St. Thomas Convent at St. Edwards Park to the current 25 beds in Kirkland. Her fellow workers say that Kathy is wonderful with patients and their families, honest and straightforward. No matter how busy and sometimes overwhelmed she is, she never rushes anyone and makes each person she works with feel special. Thank you Kathy for 25 years of dedication to the mission of Residence XII.



**Kathy Martin,  
Patient Accounts**

## And the Winner is...

Thank you to all who sent in email addresses for our database. We are looking forward to becoming “greener” as an organization. Due to the volume of responses you will probably not be seeing a change in the distribution of our newsletter for another few months as we update all of the information we received. The winner of the iPod Shuffle and iTunes Gift Card is Pam from Whidbey Island—congratulations, Pam!

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*“If you want to feel rich,  
just count all of the things  
you have that money can’t buy.”*

*~Anonymous*

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## NEW at Residence XII: Gambling Program Added to Outpatient Services

Residence XII has added a Gambling Program to our outpatient services to better serve those women who suffer from a gambling addiction such as card games, slots, horse racing, internet, sports, etc. Assessment, individual and group counseling, family counseling and case management are provided. Patient treatment topics continue for 21 weeks and include, but are not limited to, the problem gambling behavior chain, coping with negative feelings and urges, self awareness, spirituality, triggers and tools. Family treatment topics are covered over 7 weeks and include information about problem gambling, high risk situations, restitution and more.

The length of treatment varies based on the needs of each patient or family member. Depending on a patient’s ability to pay, Residence XII has contracted with the State of Washington to access a state fund to help pay for these services. For more information, please contact Donna Dover at (425) 823-8844 ext. 141.

## Residence XII Alumnae News

It has been a busy winter for Residence XII Alumnae. Approximately 40 women attended the Retreat at Rainbow Lodge in North Bend in early March. The lodge is nestled about 3 miles off the highway near the Mt. Si trailhead. It was a typical 2008/9 winter weekend with snow, rain, sleet, wind and thunder. Three wonderful speakers shared their thoughts with the group, including Ed Mosshart LMHC, MAC who talked about spirituality, Greta Kruger CDP who shared her thought (on thoughts), and Kitty Grupp PhD, ARNP who spoke about managing anxiety and depression in recovery. The weekend was filled with friends, conversations and meetings. Another retreat will be held in the Fall—watch for more details.

Potlucks were held with the inpatients on January 16 and March 13—we are grateful to the many alums who have attended these events to support the women as they begin their recovery journey. It is also a wonderful time to reconnect with friends over tacos and enchiladas as in January, or potatoes and corned beef for St. Patrick’s festivities in March. The next potluck will be May 15—bring a salad or side dish as we celebrate SPRING! If you have questions, please contact Pat Dye at (425) 823-8844.

## Director's Corner—Spring 2009

Spring greetings to you all! It is nice to feel the air begin to warm and I remain optimistic that the sun will soon follow and the SNOW will be behind us. I think this year, more than most, I am anxious for the season of renewal to begin.

It has been a tough fall and winter for our country as a whole. The national and international economic difficulties and resulting increase in unemployment have left us all unsure about the future and wondering how long a real recovery will take. Many of us know someone who has been impacted by the loss of a job, is struggling to make their house payments or has lost years of investments in the stock market that were college or retirement nest eggs. Yet I am also hopeful that this will help us rethink our priorities and desires as we move forward in new directions and a new economy.

Amidst all of this, I have received many inquiries about how Residence XII is surviving this economic downturn. Many non-profits are being hit hard by the “double whammy” of decreased donations and dramatic cuts in government funding. It is a time when the agencies that provide services to those most in need are seeing the demand for their services increasing, but their resources declining. I am deeply saddened by this and know we must do all that we can to help those less fortunate.

Residence XII, both a non-profit and small business, must operate efficiently and strategically during this type of economic downturn. We have been blessed by a steady demand for our services and the continued support of our wonderful community of donors. This is helping us weather the storm, and we are also being very prudent in our expenses. Our approaches have included the following:

- We have placed an indefinite hold on our proposed capital campaign to double our facility and bed capacity. We had made great progress in architectural designs and plans when one of several local events

made it evident that this needed to be delayed. We anticipate our larger expansion project is now several years away.

- We are negotiating with our bank to allow a small remodel/addition at the back of the building that would result in several more offices, a couple of new group rooms, a larger Board room, a new activity room and the addition of 2 more beds. This would meet our immediate space needs and also allow a slight increase in our census to help pay for the remodel. Progress!
- We are working hard to maintain contact with our donors. We want them to know that their contributions are critical to our daily success.
  - We are seeing an increased demand for scholarships for treatment services. We are accommodating as many patients as possible, both in residential and outpatient programs. However, we are also aware that we have to be fiscally prudent about how much charity care we can provide.
  - We are holding down costs and saving where we can to help with the uncertainty of the future. We recently changed to a more cost effective health plan to help maintain expenses. We are also prioritizing expenditures, delaying where possible unless it impacts patient care or health and safety issues.



**Sharon Chambers,  
Executive Director**

We are confident that Residence XII will survive and thrive during this time. Our mission is to continue to develop and provide the highest quality chemical dependency treatment services for women and their families. As always, my thanks for your ongoing support for the women and families we serve.

*Sharon Chambers*

# Relapse Prevention: A Vital Option for Many Women

Just what is relapse? It is a process that happens over a period of time when a woman in recovery starts to pull away from her support network, and returns to old behaviors and risky situations that may tempt her to begin drinking or abusing drugs again. In essence, her “wise woman” gets weaker and her “addict” gets stronger again.

Without a strong support network, it is often difficult for a woman to handle crisis situations alone. Relapse Prevention is geared towards women who had treatment and recovery and who have already relapsed, or are in imminent danger of relapsing. Prior treatment ensures that a woman understands the disease concept of addiction and can learn about relapse and develop the tools to avoid it. Family is heavily involved in the Relapse program because their education and support is critical for the patient’s long-term success. To be successful in her recovery a woman needs time to go to meetings, stay connected with other women in recovery and build a strong support network including a sponsor. Family members need to understand the time commitment that this involves for their loved one.

In thinking back on my 20-year career in Chemical Dependency and Mental Health Counseling, I am grateful for the many experiences I have had that led me to working as the Relapse Prevention Counselor at Residence XII for the past seven years. In my early years in the Chemical Dependency field, I was fortunate to have completed a 3-month internship in inpatient services at the Res with a wonderful counselor named Diane Adair. At the time I was struggling with how to “become a counselor.” She taught me how to bring together the clinical skills I was learning in school with the best of my personality traits to become a caring, compassionate and genuine counselor. Together these skills and traits have enabled me to better serve the women in the Relapse Prevention Program and meet their recovery needs. I feel my dual licensure in Chemical Dependency and Mental Health allows me to help those women who often struggle with mental health issues in addition to their addiction. This compounds their recovery journey, creates more struggles for them and, if untreated, can be a contributing factor leading to relapse. When either mental health or addiction is left untreated, it can threaten the other. For many women, facing multiple issues can be overwhelming, making recovery even more challenging.

Relapse is a painful issue often leading to feelings of shame and guilt, and a pattern of isolation from a recovery program, family and friends. This hinders the woman’s ability to ask for help and get back on track with her recovery.

This unfortunately creates a cycle where a woman self-medicates the emotional pain of relapse and continues to spiral down, until an intervention of some kind allows her to enter recovery again. Once a woman decides to enter the Relapse Prevention (RP) Group she is typically highly motivated to get back on track with her recovery program. The shared experience of having a relapse history often leads the women in the RP group to bond and empathize with each others’ struggles. Getting back on track in their recovery involves putting to rest their feelings of guilt and shame as well as the pattern of isolation. Identifying their high risk situations, safety planning for those high risk situations, and learning which triggers cause them to use become the core work in The Relapse Prevention Group.

These recovery skills allow the women to strengthen their recovery program by increasing their ability to see potential threats to their recovery in the future. Additional key components to The Relapse Prevention Group are providing a safe place for the women to report their “addict” lies, “wise woman” rebuttals, and process their emotions in a safe environment so they do not become secrets that are stuffed inside. Comments from recent patients include: “It is helpful to hear from other women who have been through relapse before”; “I do not feel judged in this group and I like the intimacy”; “The RP program makes me more accountable to myself and my group and is a great step-down process”; and “RP gives me a chance to put as much into my recovery as I did into my addiction”. Utilizing the additional recovery skills and tools from Relapse Prevention can solidify a woman’s sobriety.



**Anne Grisham Pleas,  
Counselor**

## Valerie Maury—President of the Board

At the age of 34 in 1984, Val became sober and shortly thereafter went to Seattle University for her certificate in Addiction Studies. She became a chemical dependency counselor and in 1991 began working at Residence XII as a float counselor, covering various positions when staff members were on vacation or sick. She helped start Residence XII's outpatient program for women like herself who could not, or would not, go to inpatient treatment, but still had issues they would not talk about in a mixed treatment setting. Val continued working at the Res for over ten years; she loved the mix of therapy and education, camaraderie and connection that happened for the women who went through treatment together. For the past nine years she has been the Family Services Program Manager at LifeCenter Northwest where she has helped support over 1,300 bereaved and traumatized families of organ donors in Washington, Alaska, Montana and Northern Idaho.

Val and her husband have two children who are wise and wonderful adults of 31 and 28. She is still very connected with the recovery community and treasures the friendships she has made over the past 24 years. Val joined the Board of Directors of the Res in 2007 and is currently Board President. She is excited to connect with and involve many of the women and families whose lives have been changed by Residence XII. She would love to hear from anyone who has ideas or the energy and passion to help us expand treatment and education to serve more women in the community and show them the way out of their addictions.



**Valerie Maury,  
President of the Board**

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