

Recovery—A Celebration of a New Life

My blonde, blue-eyed five-year old is now the joy of my life. Whether we are roller skating, cuddling on the couch, or watching a movie—we love talking and giggling just like many moms and daughters. My daughter tells me how pretty I look after she carefully brushes my hair and puts in a funky ponytail clip. This is the blessing of recovery for the two of us.

I grew up as an only child and did not know much of my family history. My mother, now in a nursing home, chose not to discuss a number of family issues with me. As I got older the questions I asked were answered differently each time so I really do not know much about my background. My mother never drank and I do not know her family's history.

Entering the Res in November 2006, I enjoyed the women in my group. For the first time, in a long time, I felt comfortable and safe and was not afraid to get out of bed in the morning. My fondest memories are of Marna singing, Karen reading stories and Saturday movie night with pillows, blankets and popcorn. The group shared their stories and we learned to relax and laugh together. I now value my friendships more than ever, especially those who stuck by me and never gave up on me!

With the help of these friends and my sponsor, I can now deal with my fears, rather than running to alcohol and creating more problems for myself. I met my sponsor through the Alumnae Group and we are now close friends. I cherish our friendship, as well as that with another alum, which have enabled me to face life's challenges. We are like sisters; we understand each other's fears, frustrations and life's experiences. Feeling proud of who I am, I finally recognize my strengths and understand I do not have to be perfect.

Now a Database Administrator/Software Developer and self-proclaimed geek, I love the latest tech toys—only if I can figure them out without reading the directions. I have been programming for over ten years now and enjoy watching the people I have managed develop and grow. I became involved in the Alumnae Committee because I feel that so many can benefit from the experiences I shared while at the Res. I enjoy giving back by sharing my story with others, reaching out to help women at the Res and encouraging them as they begin their life in Recovery. I celebrate the bond I share with other alumnae as we celebrate our lives in recovery.



Cat Crane,
Residence XII Alumna

Upcoming Events

Community Tours of Residence XII

The last Friday of each month: August 29, September 26, and October 31 from 3:00 pm to 4:00 pm. Additional tour on Thursday, August 14 from 7:00 pm to 8:00 pm.

Learn about addiction treatment and the programs offered at Residence XII while touring our facility from a patient's perspective. RSVP to Pat Dye at (425) 823-8844.

2008 Alumnae Picnic

Sunday, August 10, 2008 from 11:00 am to 2:00 pm at Juanita Beach Park, Kirkland

2nd Annual Residence XII Benefit Luncheon

Tuesday, September 23, 2008 from 12:00 pm to 1:00 pm at the Meydenbauer Center, Bellevue

2008 Candlelight Meeting

Friday, December 5, 2008 from 7:00 pm to 9:00 pm at the North Kirkland Community Center
For alumnae, their guests, sponsors and staff. This is a women's-only event.

Reflections—Life’s Journey: Moments in a counselor’s life



Michelle Zajac,
Residence XII Counselor

Residence XII.

I chose to begin my “adult life” with my eyes wide open rather than half shut by stretching out to the world. Coupling my drive to explore with a fortunate opportunity, I spent four years traveling, experiencing the unfamiliar and discovering how other people lived in the South, East Coast and Southwest. I strongly believe in practicing gratitude for the richness and gifts that come with all experiences. I needed to know there was more out there than where I was—more to the world than just my life, myself and my world.

Six years later, I had another adventure to expand my horizons. A group decided to hike in the Utah high desert in winter. We were in a snow storm, white-out conditions when we got off track, lost our trail and desperately needed to get back to our water source. We were too far out for anyone to come to us. We slept and the next morning we figured out where we had to go, a mountain-top lake at least six hours away, and it was my turn to lead the hike. I was responsible to do the traverse with everyone’s safety in mind. There was no clear path to the high ridge in the distance and we needed to cross a number of smaller peaks and valleys to get there. But we were blessed with a beautiful, clear, dry day and it was warming up.

The other day in group we were talking about events, adventures and incidents that shape who we are or aspire to be. I started thinking about my life over the past ten years and the experiences, both positive and negative, that brought me to where I am now—counseling at

We were just getting on our way after our lunch break when we spotted two buffalo. It was just us, and them—watching each other. I felt humble and small and in awe of the moment as the buffalo took off on their own path and disappeared in the hills. At that moment we knew we had shared something special; we all seemed to relax a bit and the rest of the hike was lighter. I felt free of my earlier anxiety and again opened my eyes to the world.

Fast forward two years and I was counseling, working with a sixteen-year-old girl in another treatment program. She was struggling, angry, scared and trying to hold it together for a few hours; she reminded me of myself at her age. Her mom was there for family night but had no idea how to help her daughter. The girl had the urge to run, she was at the door sobbing, holding herself tightly. Knowing I might have 15 minutes at the most to talk to her, we spoke. She screamed, swore at me and couldn’t understand why I cared—why someone who did not know her would be so invested in trying to get her to calm down and stay. All she had ever known was the feeling of being lost and having the world against her. She managed to stay the night and completed treatment. A year later she returned for our alumni event and she was still sober, in school, struggling—but less so and very grateful. Her eyes were open to the world and I understood I had more to give—and learn.

In 2006 a friend and former co-worker called just as I was coming to the realization that it was time for me to move on, change and grow. She told me about a place—Residence XII—a place of inspiration and community where women helped women get well. Here I am, almost two years later still reflecting on my experiences and continuing down life’s path. I am frequently humbled by the people I meet and in awe of what we can accomplish together. I recall a quote from *The Quiet Mind*—“Everything happens at the right moment..You on earth do not always know what that time is, but if you will follow the guidance of the spirit, waiting patiently for a clear indication for action, then you will be guided aright.”

Granny's Peanut Butter Cream Pie

Surprisingly light and fluffy, full of creamy flavor, this no-bake peanut butter cream pie is so easy to prepare you may decide to make two, just in case!

Ordinary commercial peanut butter is best for this recipe as the natural types have a tendency to separate. Purchase a good quality hot fudge sauce and just before serving, heat it in the microwave and drizzle over the top of the pie or over each individual slice.

Ingredients:

- 1 cup creamy peanut butter
- One eight-ounce package of cream cheese, softened
- 1 cup sugar
- 2 tablespoons unsalted butter, melted
- 1 cup whipping cream
- 1 teaspoon alcohol-free vanilla extract
- One nine-inch prepared graham cracker pie crust
- 1 jar hot fudge sauce

In a medium-size bowl using an electric mixer, beat together the peanut butter, cream cheese, sugar and butter on high speed until smooth and creamy, 2 to 3 minutes. In another medium mixing bowl with clean beaters, beat the cream and vanilla together to form stiff peaks. Stir 1/3 of the whipped cream into the peanut butter mixture to loosen it, then fold in the rest. Pour the mixture into the pie crust and spread evenly. Refrigerate overnight. When ready to serve, heat the hot fudge sauce in the microwave according to jar directions and, using a fork, dip and drizzle the hot fudge over the top of the pie or each slice of pie. Serve immediately.



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Residence XII Alumnae News

- A group of Res Alumnae met at Kenmore Lanes for a fun night of bowling on May 30th. Even the Alum whose 4 year-old daughter out-bowled her had a good time! Look for more events to connect with fellow alums to renew your spirit. As this newsletter is going to print we are planning an Alumnae Potluck dinner for July 18 at 6:00 p.m. at the Res; we have scheduled two additional potlucks for Friday, September 12 and Friday, November 14, 2008.
- The 2008 Alumnae Picnic will be held on Sunday, August 10, 2008 from 11:00 am to 2:00 pm at Juanita Beach Park, Kirkland. Alumnae and their family and friends are invited to attend and enjoy fun, food and games. Please RSVP to Pat Dye at (425) 823-8844.
- Come join us at the Alumnae Planning Committee meeting at the Res at 10:00 am on the 3rd Saturday of each month. We'd love to have your input for future Alumnae events.
- Several Alumnae have volunteered to tell their stories of recovery to the inpatient clients at the Res on Sunday nights.

If you would like to volunteer to tell your story contact Cat at catheryncrane@hotmail.com for additional information.

- The Committee is now in the process of picking a location and setting the date for the Alumnae retreat which will LIKELY occur on October 25-26 in Woodinville. This event will begin mid-day on Saturday and end mid-day on Sunday at a rustic retreat near hiking trails and a fire pit. We will have a wonderful dinner, interesting speakers and 40 alumnae participants (hopefully—put this on your calendar). Please email Stacy Smalls at nubianmoon@comcast.net with suggestions, questions, or to place your name on the registration list. While we have not set the price for this event our goal is to keep the cost as low as possible to encourage participation. Please send us your address and phone number if you would like to receive the flyer for this event.

If you have questions about the Residence XII Alumnae Planning Committee, you may contact the Res at (425) 823-8844 and speak with Pat Dye or email Stacy Smalls at nubianmoon@comcast.net.

Other News from Residence XII

Director's Corner Summer 2008

Greetings on this FINALLY sunny day from Residence XII! Spring has transitioned into summer as I write this and I am looking forward to the warmth of the months ahead. This is a time of great healing and joy for me. I wrote about my journey with cancer in the winter newsletter. I have now completed all of the recommended treatment and recently received a clean bill of health! I am recovering my strength and am now back to full-time work. I am filled with gratitude to everyone who has offered their support during this difficult time. The Board and staff of Residence XII have created a healing environment for our patients and families and it has been a healing environment for me as well.

The staff members of Residence XII have kept patient care and program operation as our top priority. Continued work on future expansion plans and the development of additional groups have been a priority. In our next newsletter we hope to introduce these new programs which include more integrated treatment for women with histories of trauma. I was proud to accept the James West Quality Improvement Award for Residence XII at the National Association of Addiction Treatment Providers (NAATP) Annual Conference in May. This award was based on the work our staff have done to add trauma treatment into our Intensive Outpatient curriculum.

On May 30, 2008 we presented the Ann Nichols Leadership Award to Beth Dannhardt, the Executive Director of Triumph Treatment Services in Yakima. Beth has been the Director at Triumph since 1989 and she has been a consistent advocate for women, children and families for almost twenty years. She has added an extensive array of programs and housing for low income individuals and has been tenacious in her efforts to improve services through her work in the legislature and the Division of Alcohol and Substance Abuse. Beth

has also been a driving force in the Women's Coalition of Washington State. Family, friends and peers attended the reception on May 30 for Beth and were pleased to honor her with their thoughts and best wishes. We want to thank

Eric Sakai, our Chef and Kitchen Manager, for the absolutely wonderful food he provided. We also wish to congratulate Beth and thank her once again for all of her work on behalf of women and their families in Washington.

On another note, we are in the midst of planning for our 2nd Annual Benefit Luncheon in September as part of National Recovery Month. Our goal is to have more than 600 people at this event and we are pleased to have 61 Table Captains helping us accomplish this goal. With the talented leadership and dedication of the Luncheon Planning Committee including Wendy Clark, Flossie Crowther, Pat Dye, Suzan Danforth, Rachel Knight, Jan Logan-Jeide, Val Roney, and Sallye Soltner, I am sure we will be successful!

As always, I thank you for ongoing support for the work of Residence XII and the women and families we serve. I wish you all a healthy and happy summer!

Sharon Chambers



**Sharon Chambers,
Executive Director**

Visit our new website!

Residence XII has a new website. Our goal is to provide more information to women and their families as they begin, or continue, on their road to recovery! Please email us if you have any questions, or suggestions, for further additions to the site. Our address is www.residencexii.org.

Addiction and Post Traumatic Stress in Women

By Allison Kristman-Valente, BS, MSW, Research Coordinator

Many women enter chemical dependency treatment with a history of trauma and violence. In fact 51.2% of the patients entering Residence XII report a history of physical abuse and 41.5% report a history of sexual abuse. Traumatic life events are a primary clinical issue affecting women in early recovery and are not limited to physical or sexual abuse. These events can include a variety of occurrences including natural disasters, serious accidents, abduction and witnessing violence. Women who have experienced trauma often have recurrent thoughts about the event as well as distressing dreams; they also avoid situations that remind them of the event, feel detached from their surroundings and have difficulty falling or staying asleep. These symptoms are indicative of a diagnosis called PTSD or Post Traumatic Stress Disorder which is a common co-occurring diagnosis with substance use disorder. Women entering treatment often report multiple types of traumas during their intake assessment and this is frequently the first time they have talked about the event(s) with another person.

Hoping to learn about the impact of a new trauma-focused program for women entering chemical dependency treatment, Residence XII became involved with a clinical trial called Women's Treatment for Trauma and Substance Use Disorders led by Denise Hien, PhD from Columbia University. The study looked at the effectiveness of two types of interventions for women who had both substance use and PTSD and was supported by the National Institute of Drug Abuse. Residence XII was the only West Coast site selected for the study which lasted for four years and included hundreds of women from across the country.

Following the completion of the study, Residence XII chose to implement the trauma-focused curricula from

the trial entitled "Seeking Safety" by Lisa Najavits. Our goal was to provide a resource for the community, state-of-the-art treatment for patients and continual quality improvement to the Intensive Outpatient Program (IOP) by integrating evidence-based practices centered around

trauma into the regular treatment program. Erika Voris, a senior counselor at Residence XII, has been running the hour and a half break-out group during daytime IOP for 18 months now serving over 100 women.

Based on reports from women who participated in the new curricula, there was a decrease in both the frequency and severity of trauma symptoms. There was no difference in substance abuse or continued participation in treatment between those who participated, and those who did not participate in the new curricula. Due to the positive results, Residence XII now offers a specialized daytime track of our Intensive Outpatient program to address PTSD and intends to introduce an evening track over the next few months.

Residence XII's Trauma Integration Project received the 2008 James W. West Quality Improvement Award for Clinical Services sponsored by the National Association of Addiction Treatment Providers (NAATP) and the Maniisses Communications Group. Sharon Chambers, Executive Director, received the award on behalf of Residence XII at the NAATP Convention in May.



**Allison Kristman-Valente,
Research Coordinator**

Table Captain Kickoff

Residence XII is gearing up for our 2nd Annual Residence XII Benefit Luncheon to be held on Tuesday, September 23, 2008 at noon, at the Meydenbauer Center in Bellevue. In anticipation of the event, 33 Table Captains met on Thursday evening, May 29th, at the Kirkland Courtyard Marriott to prepare for their volunteer roles as hosts and hostesses for the September Luncheon. Table Captains mingled in a festive atmosphere while enjoying delicious appetizers and beverages, and then settled down to learn how to invite their guests with ease and excitement. As one veteran Table Captain expressed afterwards, "I've attended a lot of fundraising events and put together many tables over the years, but this Kick-Off was unbelievably helpful!"



Those additional 28 Table Captains who were unable to attend the May meeting had an opportunity to attend a second training session in June. Our goal is to have a minimum of 600 guests attend this year's "Recovery—a Celebration of Life" Luncheon. Jean Enersen, KING 5 Television News Anchor, will serve as our volunteer emcee, and our luncheon sponsors currently include The Boeing Company, Safeway and Massage Envy of Woodinville. Residence XII just received a \$25,000 Challenge Grant from the Norcliffe Foundation to be used to encourage additional donor gifts at the luncheon. If you would like to serve as a Table Captain, or simply attend the luncheon, call Pat Dye, Director of Development at (425) 823-8844. See you in September!

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alcohol & chemical dependency treatment for women

Residence XII