

Our Fiscal Year in Review (2008-2009)

National Recognition for Residence XII and Community Recognition for One of Our Own

Residence XII was very pleased to receive a 2008 Science and Service Award from the national Substance Abuse and Mental Health Services Administration (SAMSHA). This award recognized our work integrating the treatment of trauma and addiction into our Intensive Outpatient Treatment Program. Women in the trauma group are given information about the interaction of trauma and addiction and symptoms they may be experiencing. The curriculum was designed by Lisa Najavits (2002) and had previously been tested as Seeking Safety through a National Institute of Drug Abuse study at Residence XII. With strong evidence of clinical benefit, minimal additional costs and long term sustainability, this program has now been integrated into two Outpatient Treatment groups. We thank our staff for their ongoing commitment to developing quality treatment for women in recovery.



In May of 2009, Greta Kruger, our Senior Specialist, received the Ann Nichols Leadership Award for excellence in the field of addiction treatment. This award has never before been presented to a Residence XII staff member, however over the years many people in the community have recommended Greta for this leadership award. This year a group came to us and made the case for this well-deserved recognition. Greta's impact on women in recovery is demonstrated regularly, but no more so than at Alumnae Retreats when many bring their cameras, seek out Greta and ask for a picture to be taken with her—Greta is truly a Wise Woman and we feel very fortunate to have her working with the women at Residence XII.

Second Annual Residence XII Luncheon

“Recovery...a Celebration of Life” was the theme for the second Annual Residence XII Benefit Luncheon, held at the Meydenbauer Center in September, 2008. Roberta Romero, KING 5 Television News Reporter and Residence XII Alumna, shared her very personal story of descent into alcoholism. In sharing her story, Roberta put a face on the disease of addiction, letting us know what an alcoholic looks like...a college graduate with a successful career, a loving husband, and three small children. She told of how her disease came to a head when her husband, after finding

(continued on next page)



**Learning more about the
disease of addiction**



**Helping remove the
stigma of treatment**

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empty wine bottles in her closet, confronted her with her problem and issued an ultimatum for her to get help. Like most alcoholics, she was in denial and left the house. Too drunk to drive, she began walking down the Burke Gilman Trail dragging a heavy piece of luggage behind her. She made it to a nearby hotel and checked in for the night. It was there her husband found her. Roberta told of having him pick her up the following day, all three of the children in the car with their little faces peering out the car window looking scared and confused.

At an AA meeting, Roberta learned about Residence XII, and knowing that she needed more help, she came for treatment. Now, she realizes that life is not about “making it”, but about the quality of the journey. It is about moments and taking the time to appreciate them. We thank Roberta for sharing her story and in so doing, allowing other women to know that help is available for them too.

More than 55 Table Captains hosted 500 guests for this event, resulting in unrestricted gifts to support the work of Residence XII. Day-of-event donations were up 100% over the prior year! Unfortunately there were few multiyear pledges, although this was not surprising given that our event occurred within a week of the September 2008 financial market meltdown. We are very grateful to all who gave so generously to Residence XII—a list of our multi-year donors who form the Circle of Recovery, and other fiscal 2008-9 donors can be found in this Annual Report. We also want to thank last year’s generous supporting partners and sponsors including the Kirkland Rotary Foundation, The Boeing Company, Judith Ann Harding CPA, Massage Envy/Facelogic, Safeway, Inc., Evergreen Healthcare, and KING 5 Television for making this event possible. By the time you receive this Annual Report we will have just had our third luncheon and are again looking forward to a large audience (see page 10).

Removing the Stigma of Addiction

There are many interesting statistics about women and addiction, but a common thread through many studies is that women are more likely to hide their drug and alcohol use, and are much less likely to seek treatment. One of our goals for the year was to raise visibility of the disease of addiction so that women and their families would be more willing to seek treatment. In support of this goal the Journal Newspapers ran two articles about Residence XII; the first profiled two patients who came into treatment lost and hopeless—one so sick she could barely

walk down the hall. After treatment both looked like different people, with the opportunity for very different lives. One has now been in recovery for three years and the other for over 20—both possess the wisdom that comes with recovery. The Journal also reported Residence XII’s recognition as a recipient of a national Science and Service award from the Substance Abuse and Mental Health Services Administration (see page 1). We also want to thank the Everett Tribune for profiling Residence XII’s Senior Specialist, Greta Kruger, who works with older women in treatment and helps them deal with the unique issues which they face.

During the past twelve months staff participated in numerous professional and women’s conferences throughout Washington, Oregon and Idaho. Many of the conferences were designed for medical professionals such as doctors, nurses, psychologists and therapists to provide more information about the disease of addiction as well as current treatment trends. A common topic for the year has been co-occurring or dual disorders such as depression and anxiety which are more common among women substance abusers than men. These conferences provided a unique opportunity to further address issues specific to women in treatment. Women are often the glue which hold families, work environments and communities together; this undoubtedly factors into their lower likelihood of seeking treatment. It was gratifying to hear these issues addressed at conferences of medical and mental health professionals. In March Residence XII was pleased to co-sponsor a conference in Seattle with Hazelden about the effects of trauma and stigma in the treatment of addiction.

In response to a suggestion from Beth Sand, our long time front desk receptionist, we initiated a series of twice monthly educational sessions on interventions. Many people from the community have called our front desk asking how to help friends or family members who they believe have a problem with addiction. Every other Monday we now have one of three interventionists come and speak with groups of area residents about the disease of addiction and how to help someone who does not want help. We have provided information about the program to local churches, human resource departments and Employee Assistance Providers. Our thanks to Karen Christensen CDP, Val Roney CDP and Cy Kohls CDP, all of whom have spoken at these sessions. ■

Women and Addiction

Many perceive that alcoholism and addiction are men's diseases and in fact the rates for men are higher than those for women. But that is changing. Younger women show higher rates of drinking than generations before them; teen girls now drink and abuse drugs just as frequently as teen boys. In 2004 approximately 1.5 million girls started using alcohol and 675,000 started using marijuana.¹ Girls prefer marijuana over all other illegal drugs combined. When it comes to prescription drugs, girls are more likely than boys to abuse prescription painkillers, tranquilizers, stimulants, and sedatives. Research indicates that the reasons girls use alcohol or drugs are different from boys—they are often used to reduce tension, increase confidence, cope with problems or lose weight. The abuse of drugs or alcohol at a young age can establish a pattern that teens carry into adulthood.

On the other end of the age spectrum are women over 60. Older men and women are admitted to hospitals almost as often for alcohol-related problems as heart attacks.² For women, over half of all cases of alcohol abuse begin at 60 or older, compared to a quarter of the cases among men.³ Surprisingly, when presented with a case of an older woman, only 1% of physicians correctly diagnosed early alcoholism in this patient.³ Another particularly difficult problem for women in general, and increasingly so as women age, is prescription drug abuse. Women are 48% more likely than men to be prescribed an anti-anxiety, narcotic or mood-altering drug than men, in spite of the fact that women are twice as likely to become addicted to these drugs as men.³ The reasons older women tend to abuse drugs or alcohol include an "empty nest", poor health, financial insecurity or loss of a husband.³ Whether using alcohol or drugs, older women more quickly suffer from mental deterioration and memory loss as well as a number of other physical ailments.

As a group in 2006 over 15 million girls and women used illicit drugs and misused prescription drugs and 6 million either abused alcohol or were alcohol dependent.³ Why are alcohol and prescription drugs such a significant problem for women? Women get drunk or high faster and become addicted quicker than men. Women's bodies contain less water and more fat than men's bodies; the increased water dilutes alcohol and its toxic effects more for men. The enzymes which break down alcohol are also less active in women. The combination of these two physical differences

means that one drink for a woman has pretty much the same affect as two drinks for a man.

Women are more likely to develop alcoholic hepatitis and die from cirrhosis than men, and are also more susceptible to cardiovascular disease from drinking. Female alcoholics experience more brain damage, and even moderate drinking can contribute to infertility or miscarriage in women. Alcohol-related cancers such as breast and lung cancer are also more likely to occur in women. Yet addiction is much more likely to be caught later in women than men—why is this? Over 80% of women drink at home where the problem can be less obvious, and whether it is alcohol or drugs, perceptions of addiction in women are more likely to be minimized by friends and family.⁴ Another sad fact is that over 90% of women do not receive treatment for their problem(s).³

At Residence XII we are not only committed to providing the highest quality chemical dependency services for women and their families, but we are also committed to raising awareness of the frequency and consequences of addiction among women in our community. Addiction is a disease, a disease like diabetes, cancer and heart disease. In 2006, almost 23 million Americans 12 years of age and older had a substance abuse problem.⁵ This is more than the 15 million adults with diabetes in the US in 2007, the 16 million with heart disease, and the 5 million with Alzheimer's.⁵ Chemical dependency is treatable—up to 70% of the people in treatment for alcohol dependence are successful, and cocaine treatment is successful for up to 60%.⁵ A person might have to experience more than one round of treatment before such recovery is possible. These percentages of success are comparable with those of other chronic diseases such as asthma, diabetes and hypertension. We are grateful for the work of our staff who have helped restore hope to thousands of women, young and old, as they begin the path to recovery. ■

1 *Live Science* – "Girls Equal, Exceed Boys in Substance Abuse" February, 2006

2 *National Institute on Alcohol Abuse and Alcoholism* – "Alcohol: A Women's Health Issue" Rev 2008

3 *National Center on Addiction and Drug Abuse* – *Women Under the Influence*, 2006

4 *University of Pennsylvania Health system*, "Stairway to Recovery" 2003

5 *Substance Abuse and Mental Health Services Administration* – "Real People, Real Recovery" September 2008

Other references available upon request.

Research Makes a Difference



**Marissa Brooks,
Research Coordinator**

Residence XII has long been a leader in cutting-edge care for women and families affected by the chronic disease of addiction. Our mission is to develop and provide the highest quality chemical dependency treatment programs and comprehensive services to meet the unique needs of women and their families. As an

organization, Residence XII strives to find the most effective tools to ensure that our patients have the best opportunity for recovery. This dedication to our patients' success has led Residence XII to value and actively participate in addiction treatment research.

Recently several Residence XII staff attended the Clinical Practice Research Symposium in Portland, Oregon. This two-day long event brought together clinicians, administrators and researchers to share information about innovations in care for addiction treatment. Residence XII is a member of the northwest group of the Clinical Trials Network (CTN). The Clinical Trials Network is part of the National Institute on Drug Abuse (NIDA), which is part of the National Institute of Health (NIH), the governmental agency responsible for funding research in all aspects of healthcare. The Clinical Trials Networking sites comprise academic research organizations as well as 240 Community-based Treatment Programs such as Residence XII. One priority of the NIH and NIDA is translating research into practice, and to do this they have focused on bringing research into community settings where treatment actually happens.

Throughout the two-day symposium, three themes emerged as trends in the field and advances in care. **The first is self-efficacy.** Albert Bandura, a psychologist, believed that the concept of self-efficacy—a person's belief in her ability to succeed in a particular situation—could have an impact on behavior and motivation. As clinicians, addiction treatment administrators, and in some cases, alumnae of treatment programs, we know that self-efficacy is a very valuable and powerful tool in the recovery process. **The second trend is evidence-based practice.** Evidence-based practice is an

emerging trend in many aspects of health care, regardless of the underlying health issue. For example, state of the art care for diabetes, another chronic condition, is rooted in evidence-based practice, as are many prevention and health promotion efforts. Evidence-based practices in the treatment of addiction, are providing more and more tools for clinicians to use with their patients. One such study occurred at Residence XII and resulted in the integration of the treatment of trauma into our intensive outpatient curriculum. (Residence XII received a Science and Service Award for this work in 2008.) **The third trend was the promotion of a closer relationship between researchers and clinicians.** This includes researchers keeping clinical addiction treatment centers informed about what they are doing, and clinicians working with researchers to share their expertise to ensure that the research questions asked will be valuable and relevant for clinical practice. This emphasis on collaboration between research and practice is what sets the Clinical Trials Network apart, and makes the information from these research projects so valuable to clinicians, administrators and ultimately the organizations that serve women and families dealing with addiction.

Residence XII continues to contribute to the valuable information that research can offer the addiction treatment field. Currently, the Mindful Awareness in Body-oriented Therapy study is recruiting participants from our inpatient program through November 2009. This project is looking at physical and psychological symptoms common to women in addiction treatment. The "new" treatment, body-oriented therapy, involves a combination of massage and guided exercises focused on sensory and emotional awareness. In 2010 a new research project will be coming to Residence XII with a two-fold purpose: 1) to provide a new researcher with mentoring and real-world research experience in a community setting and 2) to better understand and explore emotions related to some sort of trauma in a woman's life and how this might relate to her addiction. The aim of this study is to see if a writing activity which addresses the woman's emotions will affect the number of relapses which participants in the study experience.

Research has allowed Residence XII to bring innovative tools and information into our programs to better serve the women and families affected by addiction. With these tools we are able to provide the highest quality chemical dependency treatment and services that will continue to meet the unique needs of women healing from addiction. If you have any questions or comments, please feel free to contact Marissa Brooks, our Research Coordinator at mbrooks@residencexii.org. References used in the above article are available upon request. ■

Residence XII Family Program

Addiction has been identified as a “family disease”, but what exactly does this mean? Being affected by the disease of addiction is undoubtedly a traumatizing experience for all involved, and it is the emotional impact of the illness that constitutes the family disease. Feelings of shame, embarrassment, guilt, anger, frustration and sadness seem to overwhelm each person close to the addict as they ride the “roller-coaster” of addiction. The social stigma, ostracism, financial difficulties, broken promises and strained relationships, which often characterize chemically dependent families, impair the physical and emotional health of all family members.

Residence XII recognizes that families affected by chemical dependency have experienced severe stress which often leaves them susceptible to dysfunctional coping behaviors. The role of our family program is to provide respectful acceptance, understanding and support in order to help reduce the blame, shame or guilt already experienced by family and friends. By participating in Residence XII’s Family Program, the people important to the women in treatment learn that recovery is a process for both the addict and her family. Informational classes, facilitated group discussions and individual family sessions provide the opportunity for family members and friends to learn the tools necessary to begin the healing process and move recovery forward.

It is the hope of Residence XII that through our educational programs, participants come to recognize their own unhealthy behaviors such as codependency, enabling, denying, avoiding, protecting and/or controlling, which may contribute to the progression of addiction.

Of all the people involved with the addict, it is most often the influence of family and friends that prompts the addict to facilitate change. No one is more interested in the addict’s recovery than the people who love her. Family members are the ones that have watched the disease of addiction progress. They know the unique components of the addict’s patterns and can usually predict what will happen next. For these reasons,

family and friends provide valuable insight to our clinical team as they help anticipate obstacles in the patient’s life that might derail treatment and recovery. While each woman in treatment has her own primary chemical dependency counselor, the family counselor is available specifically for family members to provide support,

encouragement and feedback. As the addict moves into recovery (the transition from active addiction into abstinence and stabilization), the family may find themselves in a state of confusion and fear. Often the family, looking for guidance, comes into the treatment process to “help” or “fix” their loved one. What the family will learn as they progress through treatment at Residence XII is that by focusing on themselves and their individual recovery, family recovery will follow.

A family in recovery is more than a family without alcohol and drugs in their lives, it is a family that is completely different than it was before. Treatment is the family’s opportunity to receive guidance, support and new skills. At Residence XII families learn to emotionally support the patient by changing themselves. The entire family learns to re-establish (or learn) healthy communication skills, work through old resentments and develop trust again. What family counseling and recovery does is shift the focus off of the addict and onto each family member. Although the responsibility for recovery ultimately lies with the addicted individual, at Residence XII we believe that family input and support is crucial in continuing recovery for the entire family. ■

“I have enjoyed the program and learned a lot—it has helped me identify where I need to grow and it helped me have an understanding about what my daughter has faced and gone through. I am so glad that it has helped her face her fears and anxieties and know that she can push through it and be her true self. It has done more to free herself of her issues than years of counseling, and it has helped me recognize my own need for education and improvement.” ~A Mother



Kari Merk, MACP

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(If we have inadvertently omitted your name from this list please let us know.)

Financial Information

7/1/08-6/30/09

ASSETS

Current Assets

Cash & cash equivalents	\$114,089
Accounts Receivable	\$313,025
Current portion of pledges receivable	\$62,222
Prepaid expenses	\$11,232
Assets whose use is limited	\$350,346
Total Current Assets	\$850,914

Other Assets

Pledges receivable, net of current portion	\$106,237
Assets restricted for capital purchases	-
Assets whose use is limited, net of current portion	\$249,804
Construction in progress	\$444,009
Property and equipment, net	\$5,390,110
Total Other Assets	\$6,190,160

TOTAL ASSETS **\$7,041,074**

LIABILITIES AND NET ASSETS

Current Liabilities

Current portion of note payable	\$1,427,000
Accounts Payable	\$53,255
Accrued Liabilities	\$90,061
Total Current Liabilities	\$1,570,316

**Note Payable,
net of current portion** **\$801,231**

Net Assets

Unrestricted-Board designated	\$400,872
Unrestricted-Undesignated	\$4,069,376
Temporarily Restricted	\$199,279
Total Net Assets	\$4,669,527

**TOTAL LIABILITIES &
NET ASSETS** **\$7,041,074**

REVENUE & SUPPORT

Revenue

Patient Services Revenue	\$2,952,913
Contract Revenue	\$41,291
Investment Income	\$46,623
Rental Revenue (net of expenses)	\$25,624
Misc Revenue	\$6,663

Support

Contributions	\$228,300
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TOTAL REVENUE AND SUPPORT **\$3,301,414**

EXPENSES

Program Services	\$2,673,139	83%
Management & General Expenses	\$378,903	12%
Fundraising	\$169,532	5%
<i>(Expense totals before depreciation)</i>		

TOTAL EXPENSES
BEFORE DEPRECIATION **\$3,221,574** 100%

Current Board Members

As of 6/30/09

Judith Ann Harding

Rachel Knight

Valerie Maury

Cyndy Murphy

Sharon Nelson

Pauline O'Hare

Greg Piantanida

Stacy Smalls

Entry Statistics

AGE		DRUG OF CHOICE		COUNTY/STATE/COUNTRY	
18-20:	7%	Alcohol:	71%	King County:	56%
21-30:	23%	Opiates:	21%	Snohomish County:	18%
31-40:	21%	Cocaine:	2%	Pierce County:	7%
41-50:	25%	Methamphetamines:	2%	Skagit/Whatcom	5%
51-60:	19%	Other:	4%	Rest of WA:	10%
61 & above:	5%			Out of State:	4%

Current News from Residence XII: Fall 2009

The leaves are already falling and I find myself wondering where summer went! We have been very busy with so many wonderful events at Residence XII that it has been hard to keep up.

- We again had a very successful financial audit this year due to the hard work of our business staff.
- The Residence XII Board of Directors had a full day retreat to talk about growth and plan our next steps in the development of the agency.
- We had our “largest ever” Alumnae Picnic at St. Edwards State Park in August with close to 150 attendees. The Alumnae Steering Committee has done a great job of building this group through monthly potlucks and semi-annual retreats - the turnout was tremendous and it was a wonderful time for our inpatients to meet the alumnae!
- Also in August, we had a pizza baking party at Preston Hill Bakery, the home of Valerie Maury and Alex Williams, as a thank you for our major donors. We had great fun making fantastic homemade pizzas and sharing our passion for Residence XII and recovery.
- In September we had our 3-year reaccreditation survey with the Commission on Accreditation of Rehabilitation Facilities (CARF). The survey went very well and the two surveyors were very complimentary of our facility, the quality of our staff, the treatment program, community outreach and our commitment to providing the highest level of care to our patients and their families through research and quality improvement.
- We just completed our third Annual Luncheon, “Celebrating the Power of Recovery”. About 500 people attended and helped us exceed our fundraising goal for this event. It was a wonderful celebration! My thanks to all of our table captains, the wonderful speakers who so eloquently shared their stories as well as Red Jet Films and the alumnae they interviewed for another powerful video. Our thanks to Pat Dye, our Development Director and leader for this great event.

- We continue to work with our architect and the City of Kirkland on expansion options for Residence XII. We will be working with the Collins Group on a capital campaign to raise funds for



**Sharon Chambers,
Executive Director**

both the expansion and to pay down the land loan on the property we purchased.

- The demand for treatment continues to increase, but the women we see are now more often unemployed and needing financial assistance to access treatment. We have increased our scholarship efforts and continue to serve as many women as we can. The support of our donors has been critical in this effort.

As always, my thanks for your support of the women and families we serve. ■

“A family member of ours will soon celebrate 13 years of sobriety. She entered Residence XII a very sick and toxic woman. Today we join her in celebrating her amazing recovery and life. Thanks to your wonderful treatment program, care and guidance she continues to live a life of serenity and sobriety through the work of the 12 Steps of AA. We want to thank you for all you did for our beloved sister/daughter and our family and all you continue to do for those suffering from the disease of drug and alcohol addiction. With gratitude.”

Residence XII Board

Early in 2009, Rachel Knight, a long-time Kirkland resident and Rotary member, joined the Residence XII Board. With a strong commitment to community service and women's organizations for over 20 years in the United States and Asia, Rachel believes strongly that spending time and resources in the community should be a part of everyone's life. "I am particularly passionate about Residence XII because the work they do has such a significant return to the women and their families, employers and society. It is important to know that a place like Residence XII is available for loved ones and friends who need help to once again live a fulfilling life."

Having spent 17 years in corporate management and now a Financial Advisor with Waddell and Reed in Bellevue for ten years, Rachel brings a wealth of business development, sales, marketing, and financial experience to our Board. Rachel is a member of our Luncheon Committee and has played a significant role in putting together this Fall's event. We expect her to be a valuable resource as we move forward in the planning of our addition and expansion of our services. ■

The Residence XII Board is seeking to grow its membership. If you are interested in learning more, please contact Sharon Chambers, our Executive Director at schambers@residencexii.org or 425-823-8844. While we welcome all who can contribute to our mission, we are especially looking for individuals with strategic planning, legal and capital campaign experience for non-profit boards.



**Rachel Knight,
Board Member**

How You Can Help

A few items we are in need of :

- A ping pong table for the women's activity area—our old one outlived its useful life some time ago
- New carpeting for our upstairs bedrooms—approximately 3,000 feet, our old carpeting has seen lots of feet over the past nine years
- New resin chairs for the sitting area near the wetlands, again our existing 15 chairs have seen better days

If you can help with any of these items we would greatly appreciate your help and support! Thank you. ■



Upcoming Events

Events are also posted on our website www.residencexii.org

Community Tours of Residence XII

Special tours are available upon request for groups or individuals. Learn about addiction treatment and the programs offered at Residence XII while touring our facility from a patient's perspective. Contact Pat Dye at 425-823-8844. Prospective patients please contact Assessments and Referrals at the same number.

Intervention Information Classes

Conducted by local CDPs as an information resource to the community. Twice a month at Residence XII. Contact Beth Sand at 425-823-8844 to reserve a date.

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.

Alumnae Planning Committee

Third Saturday of every month from 10:00-11:30 am at Residence XII.

Alumnae Potluck

Third Friday of every month from 6:00-8:00 pm at Residence XII.

Spring Alumnae Retreat Friday-Sunday May 21-23, 2010

Friday at 4:00 pm through Sunday at 4:00 pm at Mountain River Lodge in Easton, Washington. For more information contact Pat Dye at 425-823-8844.

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Residence XII | 12029 113th Ave NE, Kirkland, WA 98034 | (425) 823-8844 (800) 776-5944 | www.residencexii.org

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