

Our Fiscal Year in Review (2007-2008)

First Annual Residence XII Luncheon

“Restoring Lives through Recovery” was the theme of the first annual Residence XII luncheon. Alumna and current board member Judi Harding described her life 25 years ago as a young wife and mother of two children. Her 9-year old daughter was becoming a mother to her younger brother until one night, after returning home at two in the morning, Judi was confronted by her husband.

Admitted to Residence XII, she realized “I was not alone any more. There were other women like me. I was not a freak.” Judi went back to school, graduated with an accounting degree, passed the CPA exam and started what has now become a successful career in public accounting. We thank Judi for helping to put a face to recovery so we can begin to remove the stigma associated with this disease.

Over 40 Table Captains hosted 430 guests at the Westin Grand Ballroom and the luncheon raised \$265,000 in gifts and pledges to Residence XII. A significant portion of this total came from the newly formed Circle of Recovery for those willing and able to make multiple year contributions of unrestricted funds for Residence XII. The three levels of giving are named after the three levels of recovery described in the Serenity Prayer:

*God, grant me the **serenity** to accept the things I cannot change.
The **courage** to change the things I can,
And the **wisdom** to know the difference.*

A list of the Circle of Recovery members and other donors can be found on pages 6 through 7 of this report. We also want to thank the Table Captains and our generous supporting partners including the Frederick Sterns Foundation, W. G. Clark Construction, Evergreen Healthcare, Evergreen Bank, and Banner Bank.

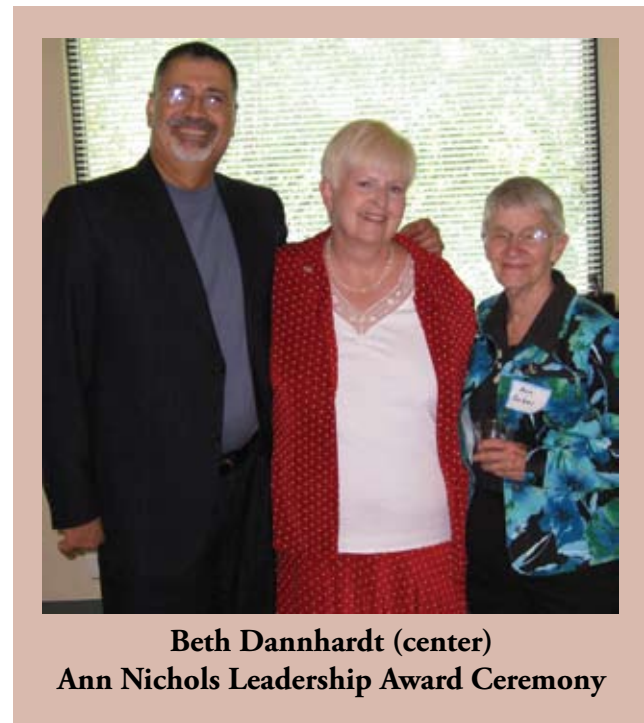
Awards Given and Received

May of 2008 was a month of recognition for Residence XII! We were very pleased to present the Ann Nichols Leadership Award to Beth Dannhardt, the Executive Director of Triumph Treatment Services in Yakima. Beth, Director at Triumph since 1989, has been a consistent advocate for women, children and families for almost twenty years. Family, friends and peers attended a reception for Beth on May 30th at Residence XII.

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**Judi Harding, Alumna
First Annual Residence XII Luncheon**



**Beth Dannhardt (center)
Ann Nichols Leadership Award Ceremony**



national association of addiction treatment providers

Our Year in Review (2007-2008)

(continued from previous page)

Also in May of 2008, Residence XII's Executive Director, Sharon Chambers, accepted the James West Quality Improvement Award at the Annual Meeting of the National Association of Addiction Treatment Providers in California. This award was received in recognition of work our staff has done to integrate trauma treatment into our Intensive Outpatient Program. We are grateful to have staff who are so dedicated to continually improving the treatment services we provide our patients.

Expanding Our Facility

We have been working with The Buffalo Design Group on architectural renderings of our expanded facilities on the land which we purchased a year ago. While we have slowed this project somewhat due to the current economic environment, we are investigating opportunities for some limited remodeling. This will add meeting space and a few additional beds as an interim step in meeting the increasing needs of women in the community.

A More Active Alumnae Association

One of the biggest accomplishments of the past fiscal year was the "revival" of our alumnae association. A very dedicated group of women began meeting in the fall of 2007 and formed the Alumnae Planning Committee. Their first goal was to survey alumnae to determine interests and needs. Responses indicated an interest in speaking to current patients about recovery, expanding the annual Candlelight Meeting, and participating in workshops/retreats and regular potlucks.

The Alumnae Planning Committee now meets on the third Saturday of every month to plan activities for both alumnae and current patients. Several alumnae have spoken with the residential patients on Sunday evenings and others have driven patients to doctors' and housing appointments. Many alumnae have supplied magazines to be used for collages. The first potluck was a great success with alumnae contributing food and inspiration for those currently participating in the inpatient and outpatient programs. Potlucks are now held every other month on the third Friday of the month at the Res. An Alumnae Retreat finally became a reality as mentioned elsewhere in this annual report and newsletter. If you have an interest in becoming involved with other alumnae, please contact either cathryncrane@gmail.com or nubianmoon@comcast.net. ■



Our Current Facility



An Alumnae Event

Intensive Outpatient Treatment at Residence XII

The Intensive Outpatient Program (IOP) at Residence XII is a treatment group founded upon cognitive behavioral therapy designed to help women achieve sobriety. We are a 12-step based program which explores the biological, psychological, social and spiritual aspects of chemical dependency with the women we serve. The format and content for our groups has evolved over time based on the needs of the women we treat. IOP groups meet on Monday, Wednesday and Thursday in both the morning (9am-12 noon) and evening (6pm-9pm); currently there are two IOP groups at each of these times. This program is variable length of stay, with women participating anywhere from 12 to 24 sessions (4 to 8 weeks) depending upon their individual needs.

Each three-hour therapeutic group consists of both process and education time. During process time individuals have the opportunity to discuss and receive feedback on issues each may be experiencing. These issues often include confronting relapse triggers, regulating emotions, setting boundaries, and building sober support systems. Women are encouraged to talk about family communication and dynamics and discover new tools and ways to address issues now that they are clean and sober. The gender-specific program at Residence XII allows women to address chemical dependency without shame or stigma and be more open about their past, relationships and feelings than they could in a co-ed setting. A recent IOP graduate said, "IOP is an intimate setting that allows you to get to know the others well so you can build a support group. It provided me with great structure and tools to really help my recovery. I am still in touch with many of the women from my group."

In the second half of an IOP treatment session the women divide into two different educational groups, Chemical Dependency Education and Seeking Wholeness. Chemical

Dependency Education explores a series of 12 topics, such as Alcohol Physiology, Spirituality, Meditation and Relaxation, Grief and Loss, Guilt and Shame, Nutrition and Health, Opiates and Other Drugs, Co-Occurring Disorders, Domestic Violence and Addictive Relationships. Women participate in discussion, lecture, film and small group activities based on the topic being covered.

The second educational group, Seeking Wholeness, is also a 12-session rotation of topics addressing Post Traumatic Stress Disorder and Chemical Dependency. 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. Women are given information about the interaction of trauma and addiction and symptoms they may be experiencing. Some of the topics covered include: What is PTSD, When Substances Control You, Detaching

from Emotional Pain, Red and Green Flags, Honesty, Integrating the Split Self, Creating Meaning, Setting Boundaries in Relationships, and Healing from Anger. After the discussion of a topic, the women make a behavioral commitment to complete prior to the next session that will move them forward in their treatment and healing.

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Research at Residence XII

Residence XII values the contribution that research, both internal and external, provides to the clinical side of the chemical dependency treatment field. Our internal research projects help us continually improve our treatment programs that serve women and their families affected by the chronic disease of addiction. Internal research includes program evaluations completed at the end of treatment by patients and their families as well as an outcome survey which collects valuable information from recent alumnae of the residential, intensive outpatient and relapse prevention programs. Our current external research project is in conjunction with the University of Washington's School of Nursing. 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. This study is funded by the National Institute on Drug Abuse (NIDA) at the National Institutes of Health (NIH). In 2008, Residence XII received quality of service and science awards from the National Association of Addiction Treatment Providers (NAATP) and the National Substance Abuse and Mental Health Services Administration for research studies which resulted in the integration of trauma treatment, Seeking Wholeness, into Residence XII's Intensive Outpatient Program.

Intensive Outpatient Treatment at Residence XII

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Women meet with their primary counselor for individual sessions up to five times while in the 8-week program. Individual sessions are utilized to assess each woman's goals for her treatment experience, explore specific areas of difficulty she may be experiencing, and plan for her ongoing recovery. One of the individual sessions can be a Family Session in which the woman and her family or loved ones meet with the counselor to address ongoing issues such as transition to home, communication, parenting, and relationships.

On the first and third Wednesday of every month, we host our Family Groups, when family or friends attend the women's regularly scheduled group with them. Topics include the addiction process and denial, relapse prevention, family systems and co-dependency, and

Recently, a new Research Coordinator joined the Residence XII staff. Marissa Brooks, MPH, LMP completed her Masters in Public Health degree from Portland State University's School of Community Health in Portland, Oregon. Her academic focus is in health promotion, using public health approaches to develop, administer, implement, and evaluate culturally sensitive health promotion and behavior-change programs. Prior to her graduate training, Marissa worked at The Center for Health Studies in Seattle, where she was part of a research team studying complementary and alternative health care treatments such as massage therapy and acupuncture for chronic low back pain. In 2003, she completed her undergraduate degree in human biology from The Evergreen State College in Olympia, Washington. Marissa is enthusiastic about joining the staff at Residence XII and hopes to contribute valuable information to the emerging field of addiction treatment research. ■



**Marissa Brooks,
Research Coordinator**

building communication skills. Women and their loved ones participate in lectures, discussions, small group work and skill-building activities.

Once the Intensive Outpatient Program has been completed, women often step down to our once-weekly and eventually monthly Continuing Care Program. Additionally, Residence XII's Relapse Prevention Program is available to women with prior treatment who are seeking to avoid or stop relapse. This small group program meets twice a week over an eight week period, and includes more individual sessions, one of which can include a family member. Personal relapse triggers and warning signs are identified, treatment plans for related health issues are developed, and 12-Step community meeting attendance is planned. ■

Addiction is a Growing Problem for Senior Women

For several years, treatment centers across the United States have been discussing a steady increase in seniors needing addiction treatment services. Not only are more of them in need of treatment, but there is also a recognition that they have some different needs than other age groups. These needs include more pronounced health problems brought on by aging and alcohol and/or drug use, depression and grief over loss of family, friends and work, isolation in homes, decreased exercise and activity, and hesitancy to ask for help. Senior women are also more likely to take medications recommended by their doctors without question. Consequently, many naively end up combining a multitude of prescription medications with alcohol. This often begins a spiral of addiction that is hard to distinguish from the chronological, neurological, and cognitive changes that occur during the normal aging process.

While revelations made by women such as Betty Ford have increased awareness of addiction issues, the topic rarely remains in the public eye long enough to change perceptions. Addiction for women, older women in particular, is clouded in shame and stigma which often prevents proper treatment. It frequently diminishes women's perceptions of themselves, as well as their sense of purpose and value to their family and community. Because many of the "boomer" women come from a generation unaccustomed to asking for psychological help, husbands, children and families often intervene to halt a woman's downward spiral.

Several years ago we began to alter our program to meet the needs of senior women at Residence XII. Special issues we noted during treatment included:

- Medical and psychiatric issues that needed oversight and attention
- Difficulty in completing a day in treatment without more breaks and time to rest
- Fear of admitting problems or asking for help
- Loss of connection to God or a higher power
- Difficulty relating to some of the issues that younger women talk about in groups, such as

rape, abortion and extensive drug use with a variety of substances

For the past five years, Residence XII has had a Senior Specialist working with our 50-and-over patients. Greta Kruger, recently named a 2008 Hero by the *Tribune Newspapers* for her work in the recovery community, serves as Senior Specialist conducting a weekly group for women over 50 and holding many individual sessions with patients. During the weekly group, the women discuss issues specific to their age and generation including generational values, loneliness, and stigma. In a weekly two-hour class she helps all the women—old and young alike—consider spirituality issues that can give meaning to life independent of religious beliefs. Greta's special physical movement class is designed for those senior women who cannot participate in the agency's regular yoga therapy for patients. This movement class covers stretching and other exercises the older women can do on their own both during and after treatment.



**Greta Kruger,
Senior Specialist**

An important part of the program for women over 50 is meeting patients where they are—whether in denial, anger or some other place—so that they can come to terms with their addiction. Residence XII also has a LPN on staff to monitor patients' health issues and medications and ensure that they get the most out of the treatment program. We expect to see increasing numbers of women seeking treatment as the "baby boomers" move into their senior years. If you would like more information about our Senior Specialist, including the recent article from the *Tribune* newspapers, or a copy of our spring 2008 Residence XII newsletter about Chemically Dependent Older Adults, please refer to our website at www.residencexii.org. ■

Thank You to Our Generous Donors

"Circle of Recovery" Founding Members

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(\$10,000 per year for 5 years)

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(\$5,000 per year for 5 years)

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Serenity Level:

(\$1,000 per year for 5 years)

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Financial Information

7/1/07-6/30/08

ASSETS

Current Assets

Cash & cash equivalents	\$136,391
Accounts Receivable	\$312,831
Current portion of pledges receivable	\$49,905
Prepaid expenses	\$11,636
Assets whose use is limited	\$271,040
Total Current Assets	\$781,803

Other Assets

Pledges receivable, net of current portion	\$133,476
Assets restricted for capital purchases	\$4,624
Assets whose use is limited, net of current portion	\$231,550
Construction in progress	\$301,852
Property and equipment, net	\$5,518,803
Total Other Assets	\$6,190,305

TOTAL ASSETS **\$6,972,108**

LIABILITIES AND NET ASSETS

Current Liabilities

Current portion of note payable	\$30,000
Accounts Payable	\$70,694
Accrued Liabilities	\$83,567
Total Current Liabilities	\$184,261

Note Payable,

net of current portion **\$2,222,294**

Net Assets

Unrestricted-Board designated	\$301,190
Unrestricted-Undesignated	\$4,058,336
Temporarily Restricted	\$206,027
Total Net Assets	\$4,565,553

**TOTAL LIABILITIES &
NET ASSETS** **\$6,972,108**

REVENUE & SUPPORT

Revenue

Patient Services Revenue	\$2,849,709
Contract Revenue	\$3,558
Investment Income	\$25,136
Rental Revenue (net of expenses)	\$2,638
Misc Revenue	\$20,745

Support

Contributions	\$310,504
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TOTAL REVENUE AND SUPPORT **\$3,212,290**

EXPENSES

Program Services	\$2,480,276	82%
Management & General Expenses	\$360,540	12%
Fundraising	\$173,159	6%

TOTAL EXPENSES

BEFORE DEPRECIATION **\$3,013,975**

Current Board Members

As of 6/30/08

Melissa Barran

Brian Burgoyne

Florence Crowther

Suzan Danforth

Judith Ann Harding

Valerie Maury

Cyndy Murphy

Greg Piantanida

Entry Statistics

AGE

18-20:	9%
21-30:	19%
31-40:	19%
41-50:	30%
51-60:	17%
61 & above:	6%

DRUG OF CHOICE

Alcohol:	64%
Opiates:	23%
Cocaine:	3%
Methamphetamines:	6%
Other:	4%

COUNTY/STATE/COUNTRY

King County:	49%
Snohomish County:	18%
Pierce County:	5%
Rest of WA:	22%
Out of State:	6%

Note: In the 2007-2008 fiscal year, the 51 and above age group increased to 23% from 19% in the prior fiscal year.

Current News from Residence XII

Referral Source Survey Results

We have had a very busy fall at Residence XII. In September 2008, we completed a survey of those who have referred patients to us over the past several years. We sent out almost 1,000 surveys; 55% of the respondents were counselors and therapists, 15% medical professionals and the balance were employers, attorneys, alumnae, friends and family. We are pleased to report that 95% of these referral sources were



**Sharon Chambers,
Executive Director**

either very satisfied or satisfied with the treatment their patients received at Residence XII. Comments included: “My patient is using the tools”; “I have had four women come through and three are still sober today”; “I like that the treatment is all women and small, with lots of individualized contact.” About 4% of respondents were less than satisfied with several identifying the need for improved communication and coordination and the fact that Residence XII does not allow pharmacological treatment of addiction with drugs such as suboxone and methadone. Our clinical management team is reviewing the results in order to develop and convey communication standards and expectations both internally and externally so our referral sources know what to expect from us. Thank you to all those who responded—we truly value your input.

“95% of these referral sources were either very satisfied or satisfied with the treatment their patients received at Residence XII”

Alumnae Retreat

In October 2008, our Alumnae Planning Committee held an outstanding retreat which 40 women attended at Gold Creek Lodge in Woodinville. This overnight event included two great speakers, Dr. Jana Hagen, a naturopathic physician, and Greta Kruger, Senior Specialist at Residence XII. Dr. Hagen spoke about nutrition and its impact on women’s health and recovery while Greta spoke about the importance of spirituality. We thank these women for donating their time to this event. Attendees enjoyed delicious food including a pasta buffet, appetizers, a chocolate fountain, quiches and much more. Meetings were held and each woman decorated a God or “higher power” box to take home to remember the event. Another retreat is planned for April 2009; please refer to our website, www.residencexii.org, for more updates.

SAMHSA Science and Service Award

In November 2008, Residence XII received a 2008 Science and Service Award from the national Substance Abuse and Mental Health Services Administration (SAMHSA). The award recognized the work done in the 2007-2008 fiscal year for integrating the treatment of trauma and addiction in our Intensive Outpatient Program. This work is described elsewhere in this newsletter and annual report. With strong evidence of clinical benefit, minimal additional costs, and long-term sustainability, this Seeking Safety curriculum has now been integrated into two outpatient treatment groups. We thank our staff for their ongoing commitment to developing state-of-the-art treatment for women in recovery.



Greta Kruger Named a Hero

Our Senior Specialist, Greta Kruger, was recently named a Hero by the *Tribune Newspapers* in November of 2008. During the 2007-2008 fiscal year, Residence XII saw the number of seniors treated at our agency increase from 19% to 23%. Greta is now 77 years old with over 27

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Current News from Residence XII

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years of sobriety. Her personal and work experiences have taught her many things about the shame and stigma that women alcoholics and addicts face. Greta enjoys working with senior women whose addictions have frequently diminished perceptions of their value to their families, themselves and the community. Greta is indeed a hero to many in the recovery community of the Northwest, including the hundreds of women she has helped begin their journey of sobriety.

December Candlelight Meeting

We recently held our December Candlelight Meeting for women in recovery and were thrilled that almost 250 women attended at the Kirkland Community Center. Marna Burrell, one of our Resident Managers, graced us with two beautiful songs; both our clinical staff and alumnae groups performed skits; we held a recovery countdown celebrating women with anywhere from 50 years to two days of sobriety; we remembered our very dedicated Planning Committee member Kerry M. who recently passed away; and we heard the stories of three women in recovery. We want to thank Eric Sakai, our Chef and Kitchen Manager, for the wonderful food he provided. To all who gave of their time, energy and words—we thank you. ■

Residence XII Board

Greg Piantanida, now entering his third term on the Residence XII Board, explains, “Sometimes life throws you a surprise, the last thing I expected was to be on the Board of a women’s treatment facility. But I am grateful that the staff at the Res saved my wife’s life, and our marriage. I have a real passion for the mission of this organization and am fascinated to work with such interesting people.” Greg is the owner of GP Realty Finance and his expertise in business finance has enabled him to act as Treasurer of the Board for the past four years. His knowledge of commercial real estate contributed significantly to Residence XII’s acquisition and planned long-term development of neighboring property which will eventually double our residential bed capacity and will allow us to provide additional counseling services.

Greg is thankful for the opportunity to give back while gaining significant insights into the operations of a large non-profit organization on the cutting edge of its field. He is also grateful for all that he is learning from both the agency’s senior staff and other Board members.

The Residence XII Board is seeking to expand its membership. If you are interested in learning more, please contact Flossie Crowther, Board member, at fcrowther@hotmail.com or call her at (425) 357-6984. While we welcome all who can contribute to our mission, we are especially looking for individuals with strategic planning and capital campaign experience for non-profit boards. ■

Save a tree and enter to win an iPod

Help us keep you informed about Residence XII News and Events while saving a tree!

Sign up for our email mailing list to receive our newsletters, event updates, and other information.

Return the enclosed form by 3/15/09 to be entered in a drawing for an iPod Shuffle and \$25 iTunes gift card.



**Greg Piantanida,
Board Member**

Upcoming Events

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

Community Tours of Residence XII

The last Friday of each month: February 27th and March 27th from 3:00 until 4:00 pm.

Special tours 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. RSVP to Pat Dye at (425) 823-8844. Prospective patients and families: contact Assessment and Referrals at the same number.

Table Captain Appreciation Brunch

Luncheon Table Captains are invited to join us on Saturday, January 31, 2009 for a special brunch in Mill Creek from 11:00 am to 1:00 pm. This event is being hosted by Flossie Crowther for all those who served as Captains at this Fall's luncheon! For more information or to make a reservation, contact Pat Dye at (425) 823-8844.

Alumnae Potlucks

Next potluck will be held on March 13, 2009. Please refer to our website for more information.

Joint Hazelden/Residence XII Conference

This half-day conference for **counselors and therapists, psychologists, medical professionals and social workers** will be held the morning of Friday March 27, 2009 at Seattle University. Three CEU credits will be offered. Contact Sue Ross at (425) 823-8844 for more information or to make a reservation. More information is on our website at www.residencexii.org under Media/News and Doctors/Employers.

April Alumnae Retreat

Planning is in the works—refer to the website for more information in February!

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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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