

## 2010 Nichols Leadership Award Winner Personifying the best in chemical dependency professionals

For more than 35 years Mary Blackburn Ibach has pioneered services for families struggling with alcoholism and addiction, and on June 14 she received the Ann Nichols Leadership Award for excellence in the field of addiction treatment. Ibach's many achievements and contributions to the field include:

- Treatment Director of The Promises in Yakima County, the first gender-specific program in the nation that was specifically dedicated to treating chemically dependent adolescent girls.
- Helping to establish Residence XII's second inpatient program in Vancouver, WA, where her clinical skills, leadership and great joie de vivre were unforgettable.
- Leading a program at Bellevue's Evergreen Center for Family Therapy called "My Family, Myself" that helped hundreds of families learn about addiction and how to help a loved one in her own unique way.
- Establishing a Parent Support Group at Overlake Hospital providing alcohol and drug education and support to parents struggling with chemically dependent children.

Her peers and friends say Ibach personifies the best of women and the best of chemical dependency professionals. She has given much to improve the lives of women, girls, families and youth affected by alcoholism and drug addiction, and had made her unique footprint in the world of chemical dependency. More importantly, Ibach gives quietly, without ego or need for recognition.



**Mary Blackburn Ibach, Winner  
2010 Nichols Leadership Award**



**Mary Blackburn Ibach, Ann Nichols,  
and Sharon Chambers**

## Free Assessments Always Offered

At Residence XII, we always offer free assessments to women who are considering seeking treatment for their addictions.

Residence XII's Assessment and Referral Counselors are available 8 a.m. – 6 p.m., Monday – Friday. Call 425-823-8844 or 800-776-5944 to make an appointment.

To learn more about what the assessment entails, visit [www.residencexii.org/assessment.html](http://www.residencexii.org/assessment.html).



## Help Us While You Shop and Search

Use **GoodShop** to shop at over 700 stores (including Amazon, Williams-Sonoma, iTunes, Office Depot, Macy's and more) and a portion of your purchase price can be donated to your favorite cause. [www.GoodShop.com](http://www.GoodShop.com)

Similarly, every time you use the **GoodSearch** site (powered by Yahoo), they donate half of their advertising revenue to the charity you choose (about 1 cent per search). [www.GoodSearch.com](http://www.GoodSearch.com)

## DIRECTOR'S CORNER

# Celebrating Sober Living

by Sharon Chambers, Executive Director

Summer greetings from Residence XII. We are celebrating the glorious weather and the July opening of our new sober house.

We have known for quite a while that sober housing options were a growing need among our patients. Women often seek a safe place to live while completing outpatient or continuing care treatment and adjusting to early recovery.



**Sharon Chambers,  
Executive Director**

### The future is now

Sober housing has always been a piece of Residence XII's expansion plan. But when one of our adjacent rental homes was vacated, it became apparent that to better serve our patients, this piece of the plan should not wait. The Program Committee comprised of Board and staff members jumped on the opportunity to create sober housing.

### Helping hands

The home required extensive repairs and improvements. Thanks to a generous contribution from one of our major donors, it has been transformed from a dilapidated house to a nice home. We are also very grateful to our alumnae and several Board members who furnished the entire house. It looks wonderful!

### Enjoying recovery

The sober house can accommodate five women, and we generally expect tenants to stay for a minimum of six months. The women pay rent, and are required to be actively working a recovery program which might include treatment groups, 12 step meetings, work, school and/or volunteer service. It is obviously a clean and sober environment with some restrictions, but the women who live there are responsible for structuring and using their time to solidify and enjoy recovery.

We are excited about adding this sober housing option as the first step toward expansion of our services in the future. Our mission, as always, is to increase the number of women and families we can serve. My thanks to everyone who made this sober house a reality!

# Residence XII News

## Expansion Planning Update

Building on nearly 30 years of success, Residence XII envisions growing our expertise and expanding our center to serve at least twice as many women, create a 90-day stay option, and be the “go-to” women’s treatment resource for other providers. We are now studying the potential for a fundraising campaign and are working with the Collins Group, a leading fundraising consulting firm, to test our vision through a feasibility study. Meanwhile we have submitted a wetlands mitigation plan to the City of Kirkland and, with the city’s approval, hope to begin enhancing our outdoor space with more native plants, shrubs and pathways by mid-2011. Visit [www.kirklandpermits.net](http://www.kirklandpermits.net) and search for case ZON10-00008 to track the plan’s approval process.

## News Briefs

### Hiring on the horizon

The board has approved the addition of an Associate Director to focus on clinical oversight and quality improvement. A national search will begin in August with the goal of making a hire by mid-Fall.

### LinkedIn launched

Residence XII recently launched a page on the professional networking site LinkedIn. If you’re a LinkedIn member, we encourage you to follow us: [www.linkedin.com/companies/residence-xii](http://www.linkedin.com/companies/residence-xii)

### Email newsletter

Visit [www.residencexii.org/subscribe.html](http://www.residencexii.org/subscribe.html) to receive a digital version of this newsletter. If you would like to unsubscribe to the print version of the newsletter, call 425-823-8844.

## Inspirational Messages from Residence XII Alumnae

The following are excerpts from letters the Res recently received from Alumnae. We hope they inspire you as much as they inspire the Res staff.

*“I think and pray for the women at Res XII often ... I feel I had very personal care while at The Res and I pray for that to continue from the staff. I am very thankful for the staff there and the Board. You are huge contributors to my sobriety. I still think about what I learned while there.”*

*“I remember my spiritual awakening—I was lying in the back yard at Res XII looking up at the trees. It was July, so it was warm and sunny. The leaves were dancing in the breeze and the trees swayed. Suddenly I became aware that I do belong here, in the universe. I am part of, not separated from others, and my being is a gift, as we are all gifts. I became grateful and peaceful right then, and I thank Res XII so much for that! Res XII gave me a strong foundation for my recovery. I wouldn’t have done it any other way.”*

*“I’m working 2 jobs that I love ...I’m back @ [school] and studying to become a psychiatrist specializing in substance abuse. I have my life back, my happiness, my family, friends, future and ambition & even got a new car. Life couldn’t be better. I hope to use the hell I survived to help others with this disease, the way you wonderful women helped me. Thank you.”*

*“I feel at peace with myself and those that are important to me. So many people I thought were my friends have become a little distant. However, the ones who have always been there are closer now. I don’t feel the need to impress or change my plans...It definitely is a new world and I am embracing every moment. I am now formulating letters in my head to people who are so important to me and I feel I need to give an explanation and apology. Thank you for all your support and guidance.”*

**Return Service Requested**

**NON PROFIT ORG.  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT NO. 6781**

## Upcoming Residence XII Events

### **Alumnae Picnic**

Sunday, August 15, 2010 - 11 a.m.-2 p.m.  
Saint Edward's State Park, Kenmore

### **"Celebrate the Power of Recovery™" Luncheon**

Wednesday, September 29, 2010  
The Fourth Annual Benefit Luncheon will be from noon – 1 p.m. at the Hyatt Regency in Bellevue. If you have questions, please call Pat Dye, Development Director at 425-823-8844.

### **Free Intervention Classes**

The second Monday of each month from 6:30-8 p.m. at Residence XII. Class size is limited. Call 425-823-8844 to register.

### **Women's AA Meeting "Sober Gals"**

Tuesday evenings from 7-8:30 p.m., Oak Room

### **LBTQ Women's Group Sessions**

Tuesday evenings from 5:30–7 p.m.  
Call 425-823-8844 to register.

### **Free Family Classes**

Family classes meet for three consecutive weeks on Tuesday and Wednesday evenings from 7–8:30 p.m.

### **Monthly Alumnae Potluck**

Third Friday of the Month. No potluck in August due to the Alumnae Picnic on August 15. The potlucks will resume September 17, 6-8 p.m. in the Oak Room at Residence XII. Contact Pat Dye, Development Director at 425-823-8844 for more information.

### **Community Tours of Residence XII**

Learn about addiction treatment and the programs offered at Residence XII while touring our facility from a patient's perspective. Tours are available by appointment. Please contact Pat Dye at 425-823-8844.