

DIRECTOR'S CORNER

## The Balance Between Treatment Needs and Affordability

by Sharon Chambers, Chief Executive Office

Greetings from Residence XII. This quarter I am sharing some thoughts about the explosion of recent or new for-profit treatment programs across the country. This comes at a time when there are severe budget cuts to most state and federal treatment funds for the indigent population and our country is struggling with an unemployment rate of between 9 and 14 percent. There is an increased demand for treatment but a decreased ability to access it for most of the population.

### *Are high-end amenities necessary to get sober?*

I regularly receive a steady stream of high-end marketing materials in which every program touts itself as the best or offering the most niche services. These include things like private rooms, spa services, gourmet meals, beach access, wilderness trips and equine therapy. I recently got a flyer announcing a program was now adding dolphin assisted therapy... really. It is now possible to find someone to do "celebrity interventions," hire escorts to get someone to treatment and paid sitters for someone following treatment. Extended care options now include a multitude of elegant McMansion sober houses, all at very hefty fees. While these are nice things that we all might enjoy, is all this really necessary to get clean and sober? Does it foster a sense of "terminal uniqueness" that may actually work against a healthy recovery? It seems as if many of these programs are designed for the 10 to 20 percent of the population who are affluent and can afford the fees these programs charge. What does that mean for the 80 percent of us who can't afford this kind of care or would have to mortgage our house to pay for it? Is everybody else doomed to fail?

### *Res XII focuses on quality and affordability*

I am happy to report that my answer to this question is no. In my long career in various treatment programs, I have seen thousands of people achieve recovery through the affordable basics. These include a desire to really get clean and sober, a safe and empowering treatment environment, skilled counseling staff, the return and nurturing of spirituality, involvement of family and friends and a sober support system that is either 12-step based or an alternative that fits a person's belief system. I also have seen that a comprehensive and holistic approach that considers all aspects of a person's life, including their mental and physical health is critical. This type of program, which includes Residence XII and many other non-profit treatment centers across the country do exist and are affordable to those relying on a limited health insurance benefit or available cash. While continuing to develop and improve our treatment programs, we must also focus on affordability so that the general population has access to appropriate treatment for the disease of addiction.

As always, I thank you for your support of Residence XII on behalf of the women and families we serve.

Sharon



Sharon Chambers  
CEO

## FOR YOUR INFORMATION

# Mind-Body Therapy Study Results Revealed

*Cynthia Price, Ph.D Research Asst. Professor,  
University of Washington*

Residence XII recently participated in a research study funded by the National Institute on Drug Abuse at the National Institutes of Health to assess the feasibility of delivering, and benefits of, a mind-body therapy called Mindful Awareness in Body-oriented Therapy (MABT). MABT was developed by Dr. Price and involves massage, body awareness exercises, and mindful attention to the body to gain emotional and physical awareness. This was the first study to examine a therapy involving massage and mindful attention in substance use disorder treatment and was reviewed and approved by the Institutional Review Board of the University of Washington. Forty-six women enrolled in the study.

Once enrolled, they were randomly assigned to receive either eight weekly 90-minute sessions of MABT in addition to the usual treatment, or to just usual treatment. Four licensed massage therapists were trained to deliver Mindful Awareness in Body-oriented Therapy. Study questionnaires to measure substance use, psychological symptoms, physical symptoms and coping were filled out four times by participants over the course of nine months. The results of the study showed that the participants



who received MABT had significantly fewer days of substance use compared to those who received just treatment. Notably, cravings and social pressure to use were significantly reduced for MABT compared to treatment alone.

Also examined were eating disorder symptoms, depression and anxiety, post-traumatic disorder symptoms, and physical symptoms. The MABT participants showed a significant reduction in eating disorder symptoms, depression, anxiety, and physical symptom frequency (how often they occurred). The study also showed that participants who received MABT sessions had significantly less dissociation and perceived stress, and significantly more emotion regulation skills.

The participants who received the MABT sessions were asked to rate how much they liked the therapy and to write about their experience receiving the therapy. All participants indicated high overall satisfaction with the therapy. Their responses to the written questionnaire showed that they experienced an increase in mind-body awareness, learned tools for emotional awareness and stress reduction, and found that MABT facilitated recovery by increasing their ability to calm and regulate emotions.

Overall, the study demonstrated the feasibility of delivering MABT to women in substance use disorder treatment. The positive health improvements and the positive experience of the participants indicates that MABT is worthy of further study.



# News for You!



## Successful Donor Social

More than 50 major donors RSVP'd for the March 26 donor social at the Kirkland Performance Center to see former American Idol contestant Melinda Doolittle. The next major donor social will be an Argosy Cruise at 4:30p.m., Sunday, August 21. The cruise will leave from Kirkland.

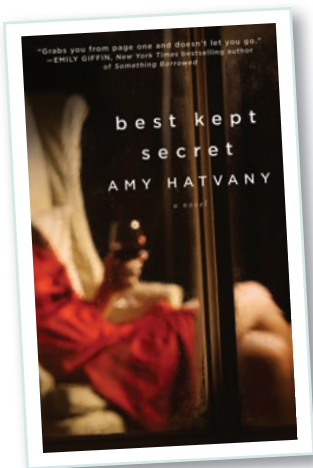
## Alumna's Book Launches on June 7

Amy Hatvany's book, *Best Kept Secret*, won't be released until June, but it's already getting lots of buzz. Popular book blogger, Liz Fenton, has named it a must-read for 2011.



**Amy Hatvany**  
Photograph by Sherrie Stockland

The book tells the story of a mother's struggle with alcohol and how the secrets we hold closest are the ones that can most tear us apart. Visit [www.amyhatvany.com](http://www.amyhatvany.com) to learn more. University Books is sponsoring an event with Amy at 7p.m. on June 7 at the Bellevue Regional Library that the public is welcome to attend.



## 2011 Power of Recovery Luncheon

The luncheon will be at noon on September 13 at the Regency Bellevue Hyatt. The planning committee began meeting in February. If you or your business is interested in sponsoring the luncheon, please contact Development Director Pat Dye at 425-823-8844 for details.

## Residence XII Now on Facebook



The page is as an additional resource for alums, treatment professionals and the community to learn more about the Residence XII and other treatment resources. Visit [www.facebook.com/ResidenceXII](http://www.facebook.com/ResidenceXII) to "like" the page or peruse the content.

## Save the Date: Community Recovery Event on October 1

On Saturday, October 1, Residence XII, along with Lakeside Milam Recovery Centers and Fairfax Hospital, will host an event to celebrate "Recovery in our Community" at the Eastside Foursquare Church in Bothell from 9a.m. to 3p.m. The goal is to host a family friendly event that celebrates the positive aspects of the life-long recovery process. The event will be free and open to the public with an attendance goal of 400 people. If you would be interested in being a vendor or a sponsor, contact Marketing Communications Director Nicci Noteboom at 425-823-8844 for more details.



# Residence XII<sup>SM</sup>

alcohol & chemical dependency treatment for women

12029 113th Ave NE  
Kirkland, WA 98034

**Return Service Requested**

It's Our Spring 2011 Newsletter

## *Wise Words*

with News & Events for You!

# *Upcoming Events* at Residence XII

### **Free Intervention Classes**

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

### **Women's NA Meeting**

Sunday evenings from 8-9p.m., third floor.

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

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

### **RX Group**

Wednesday evenings from 7-8:30p.m. in the Oak Room.

### **Monthly Alumnae Potluck**

Third Friday of the month, 6-8p.m. in the Oak Room at Residence XII. Contact Pat Dye at 425-823-8844 or PDye@residencexii.org for more information.

### **Free Family Classes**

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

### **Alumnae Retreat — Save the Date**

Alumnae retreat is scheduled for June 10-12 at Rainbow Lodge. This year's speakers include Susan Valentine, Val Roney and Greta Kruger. Cost is \$160 for two nights, five meals and snacks. Contact Pat Dye at 425-823-8844 before May 18 to register.

### **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 offered the second Thursday of the month from 8:15-9:30a.m. and the third Tuesday of the month from 11:15a.m.-12:30p.m. We are also happy to accommodate tours at other times. Please contact Pat Dye at 425-823-8844.

### **Alum Picnic**

Sunday, August 14 at Saint Edwards State Park in Kirkland. Details will be sent to alums closer to the date.

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