

DIRECTOR'S CORNER

Summer Arrives and Brings A New Challenge

by Sharon Chambers, Chief Executive Officer

Happy summer to you all. The sun has finally emerged and we have begun the challenging seasonal flurry of staff vacations. We are very busy with on-going patient care as well.

Emerging epidemic?

We are seeing an emerging patient trend that is reaching almost epidemic proportions. Residence XII, as well as many other treatment programs in Washington, is being flooded with young heroin addicts in need of on-going treatment. These are not the stereotypical heroin users of the past who were often burned out and found nodding off in alleys or on the street. Those we are seeing are young, attractive and educated young women who started with an addiction to prescription opiates. Due to a change in the medical formulary, those drugs in their crushable form now cost \$80 a pill and are hard to find. The cheaper, more available alternative becomes heroin. These young women are flocking to it and seem to have no fear of self-injecting or sharing needles, which puts them at even higher risk for serious health consequences. Many are also dangerously thin and even emaciated, although they of course see themselves as fat.



Res XII's perspective

Residence XII staff is working to paint a more realistic picture for our patients of the eventual cost of heroin addiction. It takes people to a bottom more quickly, which is why we are seeing so many young people entering treatment. No matter how smart or attractive they may be now, continued use will lead to criminal activity, significant health problems, employment difficulties and relationship chaos. We've seen some success in this population becoming abstinent, although they require a tremendous amount of 12-step support and help in learning basic skills such as cooking, managing money, pursuing employment and daily living. For others, abstinence does not seem possible without opiate substitution medications. Although Residence XII does not prescribe or allow these medications, for some opiate addicts the medications are the difference between life and death and must be considered an option. We will continue our quest to offer the best quality, affordable treatment for this group and others as they emerge.

As always I welcome your comments and feedback about the work of Residence XII. On behalf of the women and families we serve, I appreciate your ongoing support for the power of recovery.

Sharon



Sharon Chambers
CEO



FOR YOUR INFORMATION

Relapse Prevention Solidifies Sobriety

Relapse rates from addiction (40-60%) can be compared to those of other chronic illnesses such as Type I diabetes (30-50%), hypertension (50-70%) and asthma (50-70%). Like these other chronic illness, there is help and support – more commonly known as relapse prevention.

What is a relapse?

Relapse is a process that happens over time when a person in recovery starts to pull away from his or her support network and returns to old behaviors and risky situations and may be tempted to begin drinking or abusing drugs again. Without a strong support network, it is often difficult for a woman to handle crisis situations alone.

Residence XII's relapse prevention program

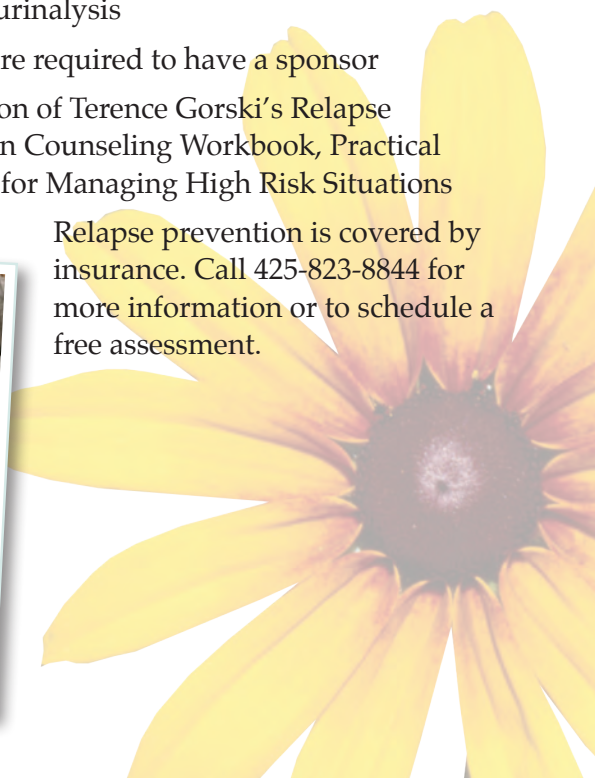
Residence XII's relapse prevention program is designed for women who have had treatment and are in danger of relapsing or have already relapsed. Prior treatment – which can be at Res XII or elsewhere -- ensures that a woman understands the disease concept of addiction and can learn about

relapse and develop the tools to avoid it. Family is heavily involved in the relapse program because their education and support is critical for the patient's long-term success. To be successful in her recovery a woman needs time to go to meetings, stay connected with other women in recovery and build a strong support network including a sponsor.

Relapse prevention can really build a strong foundation to solidify a woman's sobriety. Elements of Residence's XII relapse prevention program include:

- Sixteen relapse prevention groups over eight weeks, three hours twice weekly
- Three individual sessions that includes a mandatory family session
- Two family groups
- Random urinalysis
- Patients are required to have a sponsor
- Completion of Terence Gorski's Relapse Prevention Counseling Workbook, Practical Exercises for Managing High Risk Situations

Relapse prevention is covered by insurance. Call 425-823-8844 for more information or to schedule a free assessment.



News for You!



Fifth Annual Power of Recovery Luncheon

The luncheon will be at noon on September 13 at the Hyatt Regency Bellevue. Our goal is to eliminate the stigma currently attached to addiction and to remove the cloak of secrecy that currently surrounds this devastating disease. Additionally, we hope to raise financial support that will allow Residence XII to continue to provide affordable quality comprehensive treatment services. Please contact Development Director Pat Dye at 425-823-8844 for details.

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.

Residence XII Now on Twitter



You can follow Res XII at @residencexii.org. The organization is following addiction experts and resources such as the Robert Wood Johnson Foundation, SAMHSA, DrugFree.org, Alcoholics Anonymous and Alanon and will re-Tweet relevant addiction and recovery information. You can also become a fan of Res XII on Facebook. Visit www.facebook.com/ResidenceXII to "like" the page or peruse the content.

Congratulations Gerry Coughlin - 2011 Nichols Award Winner

Gerry Coughlin is considered an early pioneer in the field of addiction treatment and received the peer-nominated Nichols Award on May 20. Gerry's initial primary focus was on implementing the local Domestic Violence Outreach Project which provided chemical dependency recovery support to female survivors of domestic violence. This project was done in treatment centers, shelters and other DV focused programs. She later worked with the Women's Commission on Alcoholism in California. Gerry was recruited to work on Margie Clemente's crusade to raise funds and eventually establish Residence XII. She worked at Recovery Centers of King County, Brightside Carmel and the Pneuma Corporation in the Alaskan Bush serving Yupik Eskimos. Gerry has gone on to teach at Seattle University and several community colleges in the addictions studies programs. She has mentored many people working in the field today and continues her 12-step service work. Gerry finished her working career at the 24-hour Drug Helpline training volunteers and doing special projects.



Sharon Chambers, Gerry Coughlin & Ann Nichols

Residence XIISM

alcohol & chemical dependency treatment for women

12029 113th Ave NE
Kirkland, WA 98034

Return Service Requested

It's Our Summer 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 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.

Free Family Classes

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

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.

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. These tours are free but please contact Pat Dye at 425-823-8844 so she knows how many people to expect.

Alum Picnic

Sunday, August 14 at Saint Edwards State Park in Kenmore from 11:00 a.m.-2p.m.

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