



La Estrella

spring 2012

160 N. El Molino Ave., Pasadena, CA 91101
626.792.2770 www.casadelasamigas.org

OUR MISSION

THROUGH AN INTEGRATED HEALING PROGRAM FOR BODY AND MIND THAT TAKES PLACE IN A HOMELIKE ENVIRONMENT, CASA DE LAS AMIGAS HELPS WOMEN WITH ALCOHOL OR DRUG ADDICTION RECOVER BY PROVIDING THEM WITH THE TOOLS NECESSARY TO LEAD PRODUCTIVE, RESPONSIBLE AND SOBER LIVES.

LEVELS OF CARE

Residential Treatment

Primary, transitional and extended in-patient services; family group; yoga and meditation classes; relapse prevention; social support and treatment for common co-occurring disorders

Intensive Outpatient

Structured and flexible, high-intensity focus on recovery, relapse prevention and individualized counseling

Sober Living Facilities

Combined transitional sober living with traditional treatment services to ensure a successful path to permanent sobriety



FIND US ON FACEBOOK AND SUBSCRIBE TO OUR UPDATES

Casa Makes Historic Move to Go Smoke Free

Casa de las Amigas made the historic transition March 1, 2012 to become a smoke-free campus. Under the stewardship of the Los Angeles County Dept. of Public Health/Project Trust program, we were able to implement protocol for the execution of our new facility-wide ban on smoking.

“We know smoking and addiction recovery go hand-in-hand for many women,” said Doreen Garcia, Casa de las Amigas Executive Director. “But we also know that old myths about relapse and quit-



Casa de las Amigas Celebrates transition to a Smoke-Free facility and its ‘Commit to Quit’ Campaign March 1, 2012.

ting smoking do not pan out, and that women in recovery have higher success rates when they quit smoking.”

Casa de las Amigas has always attempted to remain on the cutting edge of addiction recovery and with this critical decision to ban smoking on our campus, we hope to serve as an example to other facilities. More importantly, it is our goal to help women heal from the inside out and, by banning smoking we include the damaging affects of tobacco on a woman’s body in our programs. **(story continues on page 2)**

Annual Charity Golf Tournament Set For June 18 at San Gabriel Country Club

Plans for our **Colleen Williams Seventeenth Annual Charity Golf Tournament** are well underway. Save the date information was sent out in January for this wonderful event, which is our largest annual fundraiser. It will be held on Monday, June 18 at the San Gabriel Country Club.

Casa’s annual golf tournament produces a significant level of funding each year that directly supports our programs and services.

Fees for the event include golf, a barbecue lunch, reception and a gourmet sit-down dinner. We will have our traditional ball-drop for wonderful prizes, giveaways and more!

Casa is seeking underwriters for this event and has three alternate sponsorship levels available that include golf packages and program and Tee sign advertising. For more information about sponsorships, scheduling, or to register, please visit our website at www.casagolftournament.com. See you in June!

Colleen Williams
SEVENTEENTH ANNUAL CHARITY GOLF TOURNAMENT
to benefit Casa de las Amigas
June 18, 2012
at the San Gabriel Country Club

Greetings From The Executive Director



Doreen Garcia
Executive Director

We embrace the gifts of spring as we enter an exciting new era at Casa: the transition to a smoke-free facility. I would like to thank the County of Los Angeles Dept. of Public Health for its stewardship through this historic and, for some, challenging transition. Casa is committed to helping women heal from the inside out and our new no-smoking policy will help bol-

ster those efforts. Thank you in advance for supporting us!

Construction is complete on our Detoxification Facility and we are moving toward the opening in June. Stay tuned for information about our ribbon cutting ceremony!

We survived the wind storms of 2011 but did lose several coveted conifers, which are now serving as fine fire making fuel. Realizing the extent of

damage that occurred throughout the city, we were blessed with minimal loss.

Finally, if you have not already done so, please visit our new Website, which has been completely transformed! Thanks to Greg Gooden, Jacqueline Fox and all of the board members who worked on this important development!

Happy Spring to all!

Please Be Our Guest at the Casa de Las Amigas Networking Luncheon 11:30 a.m. Second Thursday of Every Month! Come to network, meet new friends and enjoy a delicious lunch

Please R.S.V.P. to: casadelasamigas@aol.com



We lost our beloved office cat, Bruno, in February. Bruno came to Casa as a stray and, for 12 years, gave and got a lot of love from staff and the women in our programs. We love and miss you Bruno!

Casa de las Amigas Transitions to Smoke-Free Campus

Continued from page 1

Our March 1 "Commit to Quit" Kick Off Campaign marked Casa's shift to a smoke-free treatment center. Several program participants and staff members have agreed to quit smoking, signed their names and posted quit dates, reinforcing the fact that most smokers really do want to quit and need only some effective tools to get started. Among those tools are patches provided free from the



county, brochures and a new weekly smoking cessation group (see separate story on this page for more information) which will be run by our outpatient program director Cynthia Tooredman, LAADC, CADC-11.

We would like to thank the L.A. County Dept. of Public Health/Project Trust program for making it possible for Casa de las Amigas to obtain a small grant for implementing our "Commit to Quit" campaign. We are equally committed to providing every woman who wants to quit smoking the opportunity to do so and the tools to make it happen!

We take great pride in the fact that through this new policy at Casa we are addressing not only the disease of alcohol and chemical dependency, but also helping women overcome one of the most deadly addictions of all.



At Left, Executive Director Doreen Garcia and Board President George Seitz. Above, program participants commit to quit smoking.

CASA OFFERS SMOKING CESSATION GROUP

As part of our "Commit to Quit" Campaign and transition to a smoke-free campus, Casa de las Amigas launched a free smoking cessation group March 1. The purpose of the group is to support smokers who quit or want to quit with clinical directives and tools for achieving lasting success.

The cessation group is free and open to all program participants, as well as the public. It meets every Thursday from 4 p.m. to 5 p.m. It will be held in our Pike Center and facilitated by Cynthia Tooredman, LAADC, CADC-11, Director of Outpatient Services at Casa de las Amigas.

If you are interested in finding out more information about the smoking cessation group, e-mail cynthia@casadelasamigas.org or call 626.792.2770.

From Our Outpatient Program Manager

In Memoriam
 Casa de las Amigas recognizes the recent passing of the following individuals who gave their time and resources to help strengthen the programs and services we provide.

Jeannette Bird, former Casa Executive Director

Jeannette D'Andria
 Past Board Member

James J. Donahoe
 Past Board Member

Kathleen F. McCloskey
 Friend of Casa

All will be missed.



Cynthia Tooredman
 Outpatient Program Manager

It is a joy to work at **Casa de las Amigas**. I am inspired daily by our multi-disciplinary team and how each person works to continuously improve the quality of care we provide our clients.

The Casa de las Amigas Outpatient Program is constantly challenged to excel and stay current in its treatment practices by the needs of our clients. When a woman comes to us for help, we assess her needs in several areas, including education, vocation, finances, family, legal, medical and psychiatric.

Based on the initial assessment, our counselors develop individualized treatment plans for each client. Progressive, effective therapies help every individual discover, confront and learn to manage the issues at the very heart of human behavior and addiction.

Outpatient is most often a part of

our continuum of care and clients have generally completed our residential program before entering outpatient. When that is the case, we are able to build upon a strong foundation.

Our residential and outpatient staff have labored to successfully create a seamless transition for clients continuing their care in our outpatient program.

I am grateful to work with such an amazing team. I am constantly aware that much of our team consists of the silent army of volunteers, board members, donors and alumnae that contribute so much. You lift us up! We're grateful for your support!

Casa Launches New Website

WE HAVE A NEW LOOK!

Casa de las Amigas debuted its NEW Website in January

We've added more information about our programs and services, revised the navigational tools to simplify browsing and included more resources and links, as well as updated images of our facility.

Please visit our new Website and tell us what you think!

www.casadelasamigas.org

DETOX FACILITY UPDATE!

Through our annual campaign, which generated just over \$8,000, and support from several generous grantors, we have completed construction of our new Detoxification Facility and are on schedule to open by summer 2012. We continue, however to seek additional funding to support administrative costs and the purchase of equipment, bedding, furniture and office supplies.

Casa de las Amigas wishes to thank each of our 2011 campaign donors and the following foundations and individuals for their support:

The Denver/Mustard Seed Foundation	\$10,000
Evans-Ezekiel 36.26 Foundation	\$ 9,000
The Marisla Foundation	\$15,000
Pasadena Community Foundation	\$50,000
Pasadena Foothills Assoc. of Realtors	\$ 3,000
San Marino Junior Alliance	\$34,000
Valice Gil	\$ 5,000

Where Were You When the Winds Blew?



Casa de las Amigas, like much of Pasadena, was hit fairly severely by the hurricane force wind storms that blew through the San Gabriel Valley in December.

We lost a few beautiful trees in both our front and rear garden areas and experienced some damage to the fencing and roof in the Stanley House. Overall, we managed to escape any serious damage to our facility.

Our hearts go out to those who were less fortunate than Casa. We know both residents and businesses lost cars, personal property and more. We wish them all the best!



Casa de las Amigas

160 North El Molino Avenue
Pasadena, CA 91101

Phone: 626.792.2770

Fax: 626.792.5826

E-mail: casadelasamigas@aol.com

www.casadelasamigas.org

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SPIRITUAL HEALING

Implicit in the Twelfth Step from the *Big Book of Alcoholics Anonymous*, is the promise of a spiritual awakening. But what is this spiritual awakening? For me, it is knowing that once we move away from alcoholic drinking, embrace the desire to stop drinking and experience a period of abstinence, a healing awareness begins to take root. Not only are we able to stop drinking, we are able to stay stopped!

The hell of alcoholism is transformed into the bliss of sobriety. This miracle has happened because we have done the work. Yes, God, or our Higher Power is certainly involved, but we also play a role. I believe there is a danger in magical thinking that tells us everything is happening from God's side without our involvement. Sobriety occurs when we enter into a divine partnership that affirms a spiritual power has been unleashed in our lives. We have embraced the necessary healing and become worthy children of God.

As spiritual director at Casa de las Amigas, I seek to empower women with the knowledge that *they* are good enough; that *they* are somebody; that *they* carry a dignity as women that will be reflected in their sobriety. God truly wants all of us to become and remain sober. When we become and stay sober via a spiritual awakening we have decided that we want sobriety for ourselves, and through that desire the miracle is born.

Rev. Booth serves as spiritual director at Casa de las Amigas. He is also an author of several books on recovery and spirituality. For more information please visit his Website at www.fatherleo.com or you may also find him on Facebook.