



THE OFFICIAL NEWSLETTER FOR

Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101 Spring 2013
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 groups; yoga, meditation, relapse prevention

Day Treatment

Individualized alternative to in-patient care with 30 hours of weekly workshops focused on addiction education, women's empowerment, social support

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

Onsite Detoxification

Sub-acute, 24-7 Facility



Casa Launches Day Treatment Program

Casa de las Amigas

launched its Day Treatment program in March, marking the establishment of a critical new component of our high-quality, addiction treatment and recovery programs.

Day Treatment offers a full spectrum of individualized addiction treatment for those women who may not require residential (inpatient) treatment, yet are appropriate for a treatment plan that exceeds the level of care offered in an Intensive Outpatient Program.

"We are very excited to be able to add this critical layer of addiction treatment services to our programs," said Cynthia Schick, Lead Case Manager for Casa's Intensive Outpatient and Day Treatment programs. "Our Day Treatment program extends



Dr. Bobbi Carlson, of Carlson and Associates, leads a women's empowerment workshop for participants in our new Day Treatment program.

the list of high-quality, individualized addiction treatment services we are already providing, while offering the flexibility that makes it possible for women who, due to schedules or personal issues may be challenged by an inpatient or residential program plan."

Day Treatment may also serve as a step-down option for participants who complete our residential treatment

program or, in advance of outpatient care, Schick said.

Day Treatment will typically encompass a 30-hour a week, 90-day curriculum, followed by transition to outpatient treatment, where appropriate. In addition to specialized groups and workshops that cover a broad spectrum of issues concerning 12-step recovery and women's empowerment, Day Treatment also offers participants job preparedness, goal setting and financial education trainings, as well as expert speaker panels. Our professional staff will lead groups on co-occurring disorders and strategies for achieving long-term sobriety.

For more information about our Day Treatment or any of our other programs, please call Flora Esquivel, our admissions coordinator, at **626.792.2770 X30.** or e-mail: **flora@casadelasamigas.org.**

Casa's Annual Charity Golf Tournament is Just Around the Corner!

Casa de las Amigas' 18th Annual Colleen Williams Charity Golf Tournament is set for Monday, June 17. There is still plenty of time to participate and a variety of options for doing so. Golfer registration is open for individual players and four-somes at just \$250 per person, which includes green and caddy fees, barbecue lunch and a delicious sit-down dinner.

You may enter to win a trip to the Caribbean and two other fabulous prizes as part of our helicopter ball drop. Purchase a golf ball or two at just \$20 each. Donations may be made in advance or onsite. **(Story continues on page 2)**



Colleen Williams
18TH ANNUAL CHARITY
GOLF TOURNAMENT

To benefit Casa de las Amigas
June 17, 2013
at the
San Gabriel Country Club

A Message From Our Executive Director



Shelly Wood

Casa de las Amigas welcomes two additions to our staff:



Lizz Bullard

House Manger - Evans Cottage

Lizz is a Casa Alumnae. She enrolled in our residential treatment program in April 2012 and transitioned to Evans Cottage and our sober living program upon completion in July 2012.



Cassidy Hudson

Program Assistant - Detox

Cassidy is also a Casa Alumnae. She enrolled in our residential treatment program in November 2010 and, upon completion, resided in our sober living facilities until August of 2012.

Welcome Lizz and Cassidy!

In case you hadn't noticed, **Casa de las Amigas** has Golf Fever! If you have not yet registered for our 18th Annual Charity Golf Tournament I invite you to do so. Day of registration opens at 9 a.m. on June 17 at the San Gabriel County Club, followed by our balloon prize sales, Helicopter Ball Drop and BBQ lunch. Oh, did I mention there will be golf? Hit the links, then join us for hors d'oeuvres, a fabulous dinner and live auction, all beginning at 5 p.m.

As you'll read in this issue, Casa has been busy expanding the level of care we provide to women in need. In March we launched our new Day Treatment program, filled with 12 Step-based addiction educational workshops, speaker

events, women's empowerment groups and more. Cynthia Schick, Lead Case Manager of Outpatient services, spearheaded our Day Treatment program and we commend her for bringing this exciting and important new layer of services to fruition!

We could not be more pleased to have completed Phase I of our **Casa Connects** campaign and certainly we owe our gratitude to the foundations and individuals who have contributed to this endeavor, so far. With all of the computers on campus now in "sync," we are prepared to begin the process of implementing Phase II, which is the purchase of the Electronic Health Records software. As of press time, we

raised just under \$50,000 toward our \$118,000 goal. The program will allow us to improve efficiencies and confidentiality with respect to participants' health records through the creation of an online records management system.

I am proud to say 20 women received certificates of completion from our residential and outpatient programs in April. Their success reflects our mission to deliver the best addiction treatment services possible. However, families also play a role in the process, which was evident by the 80-plus family members who attended our Mother's Day Casa Goes Country event! Thank you parents, grandparents, sisters, brothers and more, and congratulations graduates!

Golf Tournament Set for June 17 at San Gabriel Country Club

Not a golfer? That's OK! You can join us for a fabulous sit-down dinner prepared by San Gabriel Country Club's Chef Edward and his team. Tickets are available for \$75. During dinner you also may bid during our live auction hosted by Go Country 105's DJ, Shawn Parr. Auction items include box seats for four at Staples Center, vacation getaways to Big Sky, Montana and Mammoth Lakes, a week at the Five-Star Royal Islander Resort in Cancun and more!

There also will be a silent auction offered throughout the day with wonderful items donated to us by several local businesses, artists and retailers that include Pasadena Playhouse tickets, fine jewelry, restaurant gift cards to many of Old Town Pasadena's eateries and

others in the surrounding area, and more.

The Charity Golf Tournament is Casa's largest annual fundraiser, generating significant funding for programs and services that we provide for the women who come to us for help with alcohol and/or chemical addiction. Even the smallest donation to this event can go a long way toward generating funds for critically needed items, such as toiletries, food, clothing, bedding, transportation to and from doctor's visits and special outings.

You may register for golf and purchase dinner tickets and/or golf balls online by visiting our website at: www.casadelasamigas.org, onsite the day of, or call 626.792.2770 to pay by credit card. We hope to see you at San Gabriel Country Club on June 17!

Casa Connects Phase I Complete

Casa de las Amigas has completed PHASE I of its **Casa Connects** campaign, which involves the implementation of an Electronic Health Records system. Phase I entailed networking all computers on our campus and some equipment purchases, an intricate but necessary step toward completing Phase II.

We could not have completed Phase I without the generous support of our donors to this critical project and we thank you! Now, we are moving into Phase II and we still need all the support we can get! In order to comply with federal mandates, we must purchase and implement the EHR software by the end of the calendar year. Our financial goal is to raise an additional \$70,000 for this very important phase of the project! If you would like to contribute to the Casa Connects Campaign, you may do so online at www.casadelasamigas.org, or call 626.792.2770 to submit your donation by credit card.

CASA CONNECTS MAJOR DONORS

FOUNDATIONS

The O.C./Marisla Foundation	\$15,000
Mustard Seed Foundation	\$10,000
Pasadena/Foothills Assoc. of Realtors	\$3,000
California Community Foundation	\$1,000

INDIVIDUAL DONORS

As of May 25, individual donors have contributed a total of:

\$21,995.000

TOTAL RAISED: \$49,495

OUR GOAL: \$118,000

Greg Gooden, Lead Case Manager for Our Residential Treatment Team



Gregory Gooden

I came to Casa in October 2010 as an intern and instantly knew that there was something special happening here. As I completed my internship and certification program, I was offered a

position as a case manager, and I felt like I'd found my home.

As a case manager I found that the women we serve come to us broken and without hope. To be able to offer them opportunities to heal and grow in recovery fills my heart on a daily basis.

As lead case manager I have the honor to lead a diverse and passionate team of counselors who bring a range of critical clinical skills and compassion to Casa. I'm pleased to say that our team consistently exceeds industry standards of professionalism and educational background. Currently I and all of the counselors I work with directly, as well as others on staff, are enrolled in graduate school

working toward our master's degrees in marriage and family therapy. The level of education and competency our team makes available to our participants is what sets us apart within the recovery community.

Casa has undergone many changes since I arrived and it has been exciting to watch such a strong team develop and evolve. We've added Detoxification services and Day Treatment in just the last few months alone, further extending the excellent services we provide. It has been rewarding to be a part of these developments.

Near and dear to me is our after-care program. I see this as a crucial part of ongoing recovery treatment

and I'm pleased to be the facilitator of this program we make available to all Casa alumnae, free of charge. I lead this group every Monday from 6:30 p.m. to 7:30 p.m. in our PIKE Center. This program is particularly rewarding because it helps former residents stay close to their roots in recovery and gives them an opportunity to share their experience, with their sisters in recovery.

Clearly Casa is in growth mode and there is no end in sight. I look forward to working side-by-side with my treatment team as we implement other new and exciting program changes. I am growing alongside Casa and I could not be more excited to see where the future takes us all!



The residents and staff of **Casa de las Amigas's** have enjoyed several fun events over the past few months, beginning with a first day of Spring barbecue on our lawn, complete with hoola-hoop contests and some amazing food!

Frances Awe and his Nigerian Talking Drum Ensemble paid us a visit and gave the women in our treatment center a fun-filled course in Nigerian music, dance, drumming and culture.

Las Estrellitas, Casa's official alumnae group, held a Bingo Night fundraiser, which generated close to \$650 for our residential treatment programs!

We also organized a staff carwash, which generated just under \$500. These funds were used to supplement the monthly fee for Job Preparedness workshops we provide for our residents in sober living and outpatient treatment.



Casa Supports S.P.A.R.C. Charity Fair



Casa de las Amigas joins local nonprofits at S.P.A.R.C. annual Passport to Charities event held May 18 at Maranatha High.

Casa de las Amigas would like to thank **S.P.A.R.C.** (Student Philanthropists Advancing Real Change) for inviting us to participate alongside roughly 50 other local nonprofits in the organization's annual Passport to Charities Event May 18, at Maranatha High School in Pasadena. S.P.A.R.C., formerly PISF, offers middle and high-school students with invaluable experience of learning how an effective nonprofit organization works from the inside out. S.P.A.R.C. members, who are students from several local middle and high schools, were given an opportunity to visit each of the charity booths and gather information about their mission statements and funding needs. Several senior S.P.A.R.C. members will later decide which of the attendees will be selected for a total of 16 grants amounting to \$96,000, to be awarded in spring of 2014.

As a potential S.P.A.R.C. grant recipient, Casa de las Amigas is proud to have spent time with these young philanthropists. We greatly value their efforts in helping to support local nonprofits who, along with us, share the common goal of improving the lives of those who live and work in our community and the county at large.



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TRANSFORMATIONS

In 2012, Carrie, 44, was facing a long prison term for multiple felony drug charges, so she entered a court drug program, where she stayed for 10 months. Upon her release, however, she relapsed and was again living on the streets. Family helped her get to Casa in January 2013.

"My relapse was three weeks long when I got out of jail and entered a drug program. I was living on the streets and was really destitute. I'd hit my bottom big time. I had a drug-induced heart attack and my best friend, April, died of a drug overdose all within three weeks. I thought 'Oh my God. I have to get back to treatment.'

"I called my aunt and told her I was in the emergency room. She and another aunt scooped me up out of Venice and took me in. They showed me love I hadn't had in so long. They opened up their hearts and home to me. It had been many years since I had much of a connection with them.

"My aunt Carol started looking for a treatment center and found Casa de las Amigas online. Because I had no income, I had to wait for a bed to become available. When it did I was so incredibly grateful. Five months later I am a strong, confident woman who holds her head up high. Nothing like the old Carrie.

"Casa is so different from other rehabs because they come from a place of love and support. I've been embraced here. I've been given responsibilities to help build my self esteem. Two words that were never used to describe me were respectable and reliable. Today, this is not the case at all. Now, new women here at Casa de las Amigas come up to me and want to know how I did it. That means the world to me."