



THE OFFICIAL NEWSLETTER FOR

# Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101 Summer 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

**Onsite Detoxification**  
Sub-acute, 24-7 Facility

**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



## 18th Annual Golf Tournament Nets \$100K For Casa

The **Colleen Williams 18th Annual Charity Golf Tournament** once again drew a full house at the San Gabriel Country Club June 17. Golf participants, dinner guests and those who contributed to our live and silent auctions, as well as our new "Stand up for Sobriety" campaign, helped raise more than \$100,000 for our programs and services.

"This was truly an amazing turnout on all levels," said Golf Committee Chairman Jon Dudley. "The event itself is always a joy to help steer toward realization, but at the end of the day, it's about the women of Casa and how we can help them. This year, our supporters came out in full force and stood up for our mission and purpose and we could not be more pleased with the outcome."



Casa's 18th Annual Charity Golf Tournament

We thank the many businesses, professional service providers and individuals who donated to our live and silent auctions and our fabulous balloon prize drawings! These included ArcLight Cinema, The Laugh Factory, Green Street restaurant, Arnold's Fine Jewelry, Slater's 50/50, SC Tickets, Second 2 None Auto Detailing, The Ice House, Sharp Seating Company and more!

Casa would also like to extend its gratitude to all of our generous tournament sponsors (listed on page two); Go Country 105 radio host Shawn Parr, for once again doing such an amazing job as the host for our live auction, and to Chef Edward and the entire team at San Gabriel Country Club. Every one played a significant role in helping to make this year's tournament a success.

**(more photos on page 2)**

## Casa Celebrates National Recovery Month With BBQ, Open House, Fundraisers

September is **National Recovery Month**. To celebrate, as well as generate funds to take our residents to camp in October, **Casa de las Amigas** has several events planned that we hope you'll take part in. Join us on **Monday Sept. 23** for an open house and tour of our new Detoxification Facility, complete with BBQ lunch grilled up by members of the Pasadena Police Department.

Plan to attend our **Friday the 13th Food Truck Frenzy**, Sept.

13 from 6 p.m. to 10 p.m. at 60 N. Euclid Ave., Pasadena. Guests may also enjoy live music and a raffle for fabulous prizes!

BJ's Restaurant and Brewhouse will donate 15% of your food bill if it is presented with our flier when you dine with them on either **Sept. 12, 26 or Oct. 3** from 6 p.m. and 10 p.m. at 234 E. Colorado Blvd. E-mail for flier to:

[jacqueline@casadelasamigas.org](mailto:jacqueline@casadelasamigas.org).

Join us for a fun-filled, **Legendary Bingo Night** fundraiser in the Pike Center on Sunday, Sept. 29 at 7 p.m.

\$20 Donation requested for nine games.

Casa also has launched an online auction at <http://casa1967.blogspot.com/> where you may bid on wonderful, hand-crafted items and collectibles, with winning bid directly benefitting Casa! Items change weekly, so keep checking back!

For more information about any of our planned events and fundraisers, or to donate to our permanent online auction, call **626.792.2770**.

## A Message From Our Executive Director



Shelly Wood

Casa de las Amigas  
Welcomes

New Staff Members:

Leslie Conner

Program Assistant

\*

April Mounts

Program Assistant

\*

Leslie Ponce

Receptionist

\*

Aisha Tang

Program Assistant

\*

Julie Vital

Program Assistant

Happy Summer to all! We're busy running at full throttle here at **Casa de las Amigas**, fresh from another fantastic Charity Golf Tournament June 17, where our valued supporters "stood up for sobriety," literally and figuratively, to help raise more than \$100,000 for our agency.

On behalf of our staff and entire board of directors, we wish to thank all those who supported the tournament, including our generous sponsors and donors! We are truly grateful for your ongoing generosity. You make a difference!

Several members of our staff have been involved in various trainings as part of our ongoing efforts to further the skills and knowledge of our program and

administrative team. Leah Rodemich, our chief executive officer and Erica White, who manages quality insurance, recently completed a six-week Human Resources Certificate Program with the Long Beach Nonprofit Partnership. Leah also recently completed a five-month nonprofit leadership development course at the Center for Nonprofit Management. Congratulations Leah and Erica!

You'll read in this issue that we are busy planning several fundraisers, some of which are designed to help send our residents to **CAMP CASA 2013** on Oct. 18. We hope you'll be able to join us for these and appreciate your support! I'd like to welcome **Elizabeth Savage**

and **Dr. Charles Weinstein**, to our board of directors. Elizabeth and Charles offer our existing board members and staff a wealth of industry knowledge, including first-hand experience with alcohol and drug addiction, co-occurring disorders and women's issues.

Finally, we invite you all to join us on **Monday, Sept. 23** to help us celebrate **National Recovery Month!** We'll be holding a Rally for Recovery in partnership with the Pasadena Police Department, who'll be grilling up goodies on the BBQ! We'll also be hosting a tour of our campus, including our new Detoxification Facility, from 1 p.m. to 2:30 p.m. Please come help us celebrate!

## Casa de las Amigas 18th Annual Golf Tournament Highlights



### THANK YOU TO OUR GENEROUS SPONSORS

**Tournament Underwriter**  
Carole Cunningham

**Platinum Sponsors**  
San Marino Junior Alliance  
Scott Cooper Mike Cunio  
MJA Advertising

**Gold Sponsors**  
Monty & Mary Bernstein  
California Bank & Trust  
Valerie Casey  
Chapman & Associates Foundation  
Community Bank  
Bebette Coleman Foundation  
Bryan & Linda Guillot  
Harry & Betsey Hathaway  
Jon Dudley & Colleen Williams  
The Havner Family Foundation  
Pat Lile  
NBC 4  
Elise Sloan



View more photos from our 18th Annual tournament at [www.casadelasamigas.com](http://www.casadelasamigas.com)

# Casa Welcomes Two New Members to Board of Directors



**Elizabeth Savage**

Casa de las Amigas welcomed two new members to its board of directors in July.

**Elizabeth Savage**, Director of the Human Services and



**Charles Weinstein, Ph.D.**

Rent Stabilization Department for the City of West Hollywood, brings a wealth of experience working with women in need, including serving as the former execu-

tive director for a Los Angeles agency assisting women with substance abuse issues and their family members. She holds an executive MBA from the Peter F. Drucker School at the Claremont Graduate University, with an emphasis in strategy and leadership.

**Charles Weinstein** is a clinical associate professor in the Department of Psychiatry and Behavioral Sciences at USC School of Medicine and has a private practice in Sherman Oaks. He previously served as clinical assistant professor at Fuller Graduate School of Psychology and as the clinical director for the Santa Clarita Valley Special Children's

Center, Community Mental Health Clinic.

Charles holds a degree in psychology from Providence, Rhode Island and a Ph.D from the University of Southern California.

On behalf of our entire staff and the existing board of Casa de las Amigas, we welcome Elizabeth and Charles! We look forward to working with you both and know we all will benefit greatly from your combined, extensive experience working to address community issues impacting women and individuals who are suffering from substance abuse and/or psychological or co-occurring disorders.

## CASA de las AMIGAS SAYS GOODBYE TO THREE OF ITS VALUED BOARD MEMBERS

Casa de las Amigas said goodbye to three valued members of its board of directors at the close of the 2012/13 fiscal year in June.

**Jon Dudley**—Jon was a member of our board of directors for more than 30 years. During his tenure, Jon served as the long-time chairman of the **Colleen Williams Annual Charity Golf Tournament** committee, helping to steer the event toward becoming Casa's largest annual fundraiser.

**Carole Cunningham**—Carole served on

our board of directors for five years and as co-chair of the annual golf tournament committee and as the 2013 Tournament Underwriter.

**Paul Engle**—Served on the board of directors for one year, during which time he also was a member of the annual golf tournament committee.

Casa de las Amigas relies on its volunteer board members to help steer its programs and services in the direction that is most beneficial to our agency's long-term sustainability. We are im-

mensely grateful for both the financial support and years of service Jon, Carole and Paul collectively gave to us as members of the board.

On behalf of the entire Casa team, our remaining and new board members, as well as the women we serve, we wish each of you the very best. Thank you for your years of dedication to our mission to provide women in need an opportunity to begin new journeys on the road to long-lasting recovery!

## Casa Staff Gets 'Ridiculous' Over Summer



Team Casa got its "ridiculous" on this summer. Members of the Casa de las Amigas staff participated in a Ridiculous Obstacle Race (ROC) in Orange County July 13. ROC, a VAVi production, combines a 5K course and a dozen or so game show-inspired obstacles, offering staff a way to spend a day together.

## SAVE THE DATE: Pasadena Police Chief Phillip L. Sanchez Set to Speak at Casa October 24

Casa de las Amigas is pleased to announce **Pasadena Police Chief Phillip L. Sanchez** is will serve as our next guest speaker on Thursday, Oct. 24 from 7 p.m. to 8:30 p.m. in the Pike Center.

Bill Poett, founder of The Warrior Heart Project, did a wonderful job kicking off our new speaker series June 25.

We hope you will join us and Chief Sanchez for a discussion on leadership and community building. Light refreshments will be served. Seating is limited. To reserve a seat, please e-mail: [Jacqueline@casadelasamigas.org](mailto:Jacqueline@casadelasamigas.org), or





## Casa de las Amigas

160 North El Molino Avenue

Pasadena, CA 91101

Phone: 626.792.2770

Fax: 626.792.5826

[www.casadelasamigas.org](http://www.casadelasamigas.org)

### **2013-2014 Board of Directors**

#### **Executive Committee**

Valerie Casey, Chair of the Board

Robin E. Newquist, Vice Chair

Pat Lile, Secretary

LeeAnn Havner, Treasurer

#### **Board Members**

Fran Allen

Julie Barbour

Monty Bernstein

Sally De Witt

Pegine Grayson

Michael Lattimore

Maureen McDonald

Elizabeth Savage

George Seitz

Millie Steinbrecher

Patsy Van Dyke

Charles Weinstein, Ph.D.



## TRANSFORMATIONS

Lizz Bullard came to Casa in 2012, experiencing seizures from epilepsy, depression and suicidal thoughts. She arrived for what she thought was a quick tour of the facility with her mother, which turned out to be an intervention that would arrest what had amounted to years of drinking and using and lead her toward her new journey in recovery.

“I was diagnosed with epilepsy in 2010 and I just gave up. I was tired of everything, so I started drinking because I felt worthless. After a couple of years of that, I was blacking out at home, drinking heavily on my medication and I was suicidal. I wasn’t leaving my house for days. My life became very small. I was just drinking, smoking and sleeping.

“My mother told me to look up Casa online because she thought I could benefit from going there, but I made excuses for not doing that. Then, she caught me on a day I hadn’t been drinking and said ‘lets just go on a tour.’ I agreed to go. It was pouring down rain and I wasn’t expecting to stay, but my mother had already arranged to admit me for 90 days. I cried for two weeks. I did not want to be here. I was in denial. I didn’t think I had a problem. I thought maybe I just needed to rest for a while

“Finally, after sitting in meetings and groups for a couple of weeks, I woke up one morning and realized that I was meant to be here and I finally admitted that I was an alcoholic.

“Casa has opened up my world. I’m healthy now. I’m no longer having seizures. I’m working as a sober living manager here, and I’ve enrolled in school. My plans are to eventually get my degree in drug and alcohol counseling so that I can help other people who are struggling with alcohol and drugs just like I was.”