



THE OFFICIAL NEWSLETTER FOR

# Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101 Summer 2015  
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

### Residential Treatment

Primary, transitional and extended in-patient services; structured care environment, individual counseling and family groups, and 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



## CONGRATULATIONS TO OUR WONDERFUL GRADUATES! YOU EARNED IT!

Casa de las Amigas recently celebrated one of its most important traditions – the graduation ceremony. Each woman's journey during the days, weeks and months that lead up to the graduation are filled with challenges, discoveries and moments of great humility.

This past July another 35 women completed the first leg of their journey and graduated from one of Casa's life-changing programs.



The accomplishments we are celebrating are very important – our graduates, their families, friends, and the Casa staff take this day to relax, reflect and really celebrate the graduates' achievements.

Casa's Executive Director, Leah Rodemich, described graduation this way, "Our graduation ceremony is a celebration of each and every woman's courage and strength to face her fears and battle her addiction. It is our honor to witness and work with these women during their transformation. Now we are a part of them and they are a part of us."

From the entire Casa family, congratulations, ladies. You earned it!

## Casa's Addiction Education Group



Gregory Gooden, Addiction Education Counselor

Casa's **Addiction Education Group** is an essential part of our recovery program. The **Addiction Education Group** teaches participants that they are fighting a recognized disease, about the four stages of addiction and reward system high-

jacking, which affects cognitive function, cravings and obsession that dictate our behaviors.

It was specifically designed to inform the client about their disease and lift the veil of shame so frequently associated with substance abuse. Once participants understand that they are fighting a disease they can learn new coping skills to address their symptoms, develop strategies to prevent relapse and regain a sense of hope about the future.

Casa provides a variety of addiction education group sessions in our **Residential, Day Treatment, Intensive Outpatient Treatment Programs** including: **Addiction Education, Cross Addiction** and **Addiction Relapse Prevention Strategies Groups**.



**Executive Director**  
**Leah Rodemich**

**Board of Directors**

Executive Committee

- Valerie Casey, Chair of the Board
- Boyd Hudson, Vice Chair
- Pat Lile, Secretary
- LeeAnn Havner, Treasurer

Board Members

- Elizabeth Amery
- Julie Barbour
- Monty Bernstein
- Lori Cuccia
- Sally De Witt
- Pegine Grayson
- Mark Hennelly
- Michael Lattimore
- RoseMary Mitchell
- Craig Rettig
- Elizabeth Savage
- George Seitz
- Charles Weinstein, Ph.D.

## A Message From Our Executive Director

Dear Friends,

Several times a year I write to you about the recovery community, our traditions and the honor it is to serve the Casa’s extraordinary women as they work toward their sobriety. This month I would like to shift the focus to the wonderful people, organizations and foundations that help Casa de las Amigas provide the highest quality rehabilitation treatment at affordable costs.

On June 25th more than 200 members of the Casa de las Amigas extended family joined together for our **Colleen Williams 20th Annual Charity Golf Tournament**. That day was the culmination of months of work donated by our Golf Committee and headed up by Golf Committee Chair, Monty Bernstein, and joined by our Tournament Underwriters, Platinum and Gold Sponsors, Live and Silent Auction contributors and Stand for Sobriety donors and many others. It was because of their outstanding dedication that Casa was able to raise over \$115,000 to support the treatment of women struggling for their sobriety.

We were also honored by the recent support provided by the **Pasadena Community Foundation**, the **Denver Foundation’s Mustard Seed Fund** and the **Confidence Foundation** for providing us with capital, general operating and scholarship grants. These grants funded the purchase our new Nissan 10-Passenger van, general operating costs and scholarships/treatment assistance program for women who could not otherwise afford treatment.

Support from these dedicated Board Members, foundations and sponsors allow us to make a real difference in the lives of women seeking recovery. Thank you.

With sincere gratitude,

Leah Rodemich

**Come One, Come All !**

## ***Bingo Night***

**Saturday, September 12, 2015**

**6:00 pm—10:00 pm**

**At Casa de las Amigas Pike Room**

**160 N. El Molino Avenue, Pasadena, CA 91101**

**Fundraiser to Support Casa’s Alumnae Group**

**Las Estrellitas**

## Donor Spotlight: The Pasadena Community Foundation



**Leah Rodemich (Casa ED) and Jennifer Fleming DeVoll (Pasadena Community Foundation ED)**

We recently welcomed Jennifer DeVoll to our Casa de las Amigas facilities. Jennifer is the Executive Director of the **Pasadena Community Foundation** and we were especially pleased to have her visit.

For more than sixty years the **Pasadena Community Foundation** has been supporting the local community and nonprofits through charitable donations. Founded in 1953 by Louis Webb, the Foundation now holds over 200 charitable funds created by local families to support the arts and culture, education, youth, environment and health and human services.



**Leah and Jennifer with Casa's New Ten-Passenger Van**

Since 2008, the **Pasadena Community Foundation** has been a strong supporter of Casa de las Amigas and our **Residential Treatment, Day Treatment, Outpatient and Sober Living** programs for women suffering from alcohol and drug addiction.

Recently, the **Pasadena Community Foundation** awarded Casa de las Amigas a \$25,000 grant to subsidize the purchase of a new 10-passenger Nissan van. The new van replaces Casa's 2002 8-passenger Dodge van and will be used to transport larger groups of women to medical appointments, long-distance trips and events. In recent years, the older van has had significant mechanical problems, which forced Casa staff to rent large vehicles or use their personal vehicles to transport our participants.

Casa de las Amigas would like to take this opportunity to thank the **Pasadena Community Foundation** for awarding us this grant and for its many years of support.

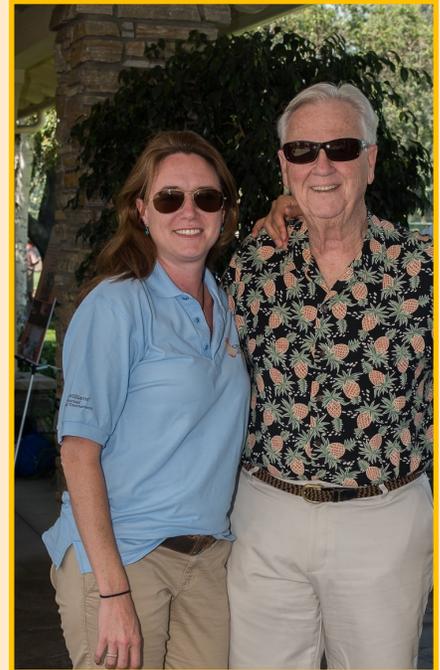
## Casa de las Amigas is Growing!

New and exciting things are happening at Casa! We are extremely proud to announce that Gregory Gooden is our new Director of Programs. Greg has extensive experience in alcohol and drug counseling and has been a part of the Casa family for five years. Greg will be working closely with Susan Musetti, Casa Clinical Supervisor. Susan has over 30 years of experience as a Marriage and Family Counselor and has been with Casa for more than five years.

We are also pleased to announce that we are in the process of hiring a new Clinical Director to oversee the day-to-day clinical component of our programs.

As we congratulate Greg on his new position as Director of Programs, we must say good-bye to David Ripley, our former Director of Programs. David was a member of the Casa team for eight years and made enormous contributions to this organization. We wish him much success in his future endeavors.

# The Colleen Williams 20th Annual Charity Golf Tournament Smashes all Records!



Clockwise: Colleen Williams (NBC News Anchor), Jon Dudley, Leah Rodemich, Kevin Coleman, Mary and Monty Bernstein and Fritz Coleman (NBC News Weatherman).

Photos by Dana Gambill Photography.

June 15 was a beautiful day at San Gabriel Country Club as the friends of Casa de la Amigas joined together for the **Colleen Williams 20<sup>th</sup> Annual Charity Golf Tournament** to support women in recovery. Our golfers enjoyed a wonderful day of friendship, fellowship and a little bit of competition for bragging rights!

Big winners include Colleen Williams, Vart Tumasian, Terri Hernandez, and Kathleen Bonde for **Women's 1st Place**, Randy Renick, Chuck Tapert, Tripp Sherrod and Steve Madison for **Men's 1st Place** and Butch Nungesser, Patti Smith and Steve and Arlene Kemp took **Mixed 1st Place**. Matt Kose won for **Men's Closest to the Hole** and Anna Ruiz won **Women's Closest to the Hole**. Mary Bernstein and Robert Horneman won the **Women's and Men's Longest Drive**.



The real winners of the day were the women seeking treatment at Casa. It is because of your spirit of giving that Casa was able to raise \$115,000 to help hold down the cost of our **Residential Treatment, Day Treatment, Outpatient Treatment**, and **Sober Living** programs. Our **Stand for Sobriety** challenge also raised another \$23,000 to provide "scholarships" to help cover the costs for women who cannot afford treatment.

We would like to take this opportunity to



thank our Tournament Underwriters, Platinum and Gold Sponsors, Live and Silent Auction contributors, Dana Gamill Photography and all of you for making the **Colleen Williams 20th Annual Charity Golf Tournament** our most successful golf tournament ever!

Your support makes all the difference in the lives of women in recovery.

## Thank You to Everyone Who Made Our Golf Tournament Possible



Top Left to Right: Julie Barbour, Valerie Casey, LeeAnn Havner, Sid Barney, Pat Lile, Carole Cunningham, Robin Newquist, and Fran Allen.

Bottom Left to Right: Pegine Grayson, Fran Allen, Betsey Hathaway, Jennifer Chilla, Laura Draper, Tina Fox and Michelle Sorensen.

Photos by Dana Gambill Photography.



## Transformations



### **Everybody's Little Sister**

Leslie is the girl next door from the "average American family." She grew up playing basketball in high school and idolizing her brother. She was even the captain of her high school Color Guard. She is everybody's

daughter, sister, girlfriend and best friend – she is also an addict. She started hanging out with older kids and always wanted to be "cool." At 14 she took her first drink and ended up finishing a bottle of vodka with her friends, taking a bunch of pills (Norco) and passing out in her driveway. She continued to drink and smoke pot throughout high school, but kept "it under control."

After high school she started "using everything." She heard a lot about Meth from her brother and his friends and she "loved it" before she tried it. "I wanted to love it." That was just the beginning. Leslie had three children while using meth and just about everything else. She stole to get money

for drugs and spent time in jail for possession and theft.

Eventually, her children were taken by Child Protective Services (CPS) and placed with her mother and a family friend. There were many times when Leslie was determined to quit, but she just couldn't do it on her own. She wanted to be a good mother and get her kids and life back. "I knew I would never stop unless I got help." After her last stint in jail, she begged her health insurance company to send her to residential treatment and she was sent to Casa de las Amigas.

When Leslie arrived at Casa she was so happy to be here, but that doesn't mean her the struggle for sobriety was easy. It took a lot of time and effort. She has been working on her sobriety at Casa for almost a year now and the changes are extraordinary. "For the first time in my life, I have a job...I am happy with who I am... I had no hope a year ago. I didn't care about anything."

Now Leslie is planning for the future. "Five years from now I want to be able to support myself and my kids. I want to be working at a treatment center as a counselor...I would love to work at Casa. I want to help out my mom because she has helped me out so much."



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## Casa de las Amigas

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www.casadelasamigas.org

### Will You Make a Difference in a Woman's Life?

*Each year hundreds of women enter treatment at Casa de las Amigas and face a struggle for sobriety that includes months of treatment and therapy. These women face enormous personal and financial challenges as they work to rebuild their lives.*

*With the help of supporters like you, Casa de las Amigas can hold down the cost of treatment and provides financial assistance to some women who might not otherwise be able to afford treatment.*

#### **Yes! I want to make a difference!**

Credit Card (Circle)    **Visa**                      **Mastercard**                      **American Express**                      **Discover**  
Donation (Circle)    **\$100**                      **\$250**                      **\$500**                      **\$1,000**                      **Other** \_\_\_\_\_

Signature \_\_\_\_\_ (as it appears on credit card)

Credit card number \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 Digit CVV Code \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel \_\_\_\_\_ Email \_\_\_\_\_

**Please send your check or credit card information to  
Casa de las Amigas, 160 N. El Molino Avenue, Pasadena, CA 91101  
or call Ava Alexandar at 626-792-2770 x 12 for more information.**

**You can help change a woman's life.**