



THE OFFICIAL NEWSLETTER FOR

Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101
626.792.2770

Winter 2013

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 for 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

Onsite Detoxification

Sub-acute, 24-7 Facility



FIND US ON FACEBOOK AND SUBSCRIBE TO OUR UPDATES

Casa Opens New Detoxification Facility



Casa de las Amigas officially opened the doors to its new Detoxification Facility January 1, making it possible to serve participants who seek treatment but must first meet our policy guidelines on sobriety prior to entering our residential treatment program.

Our new sub-acute Detoxification Facility offers 24/7 services and medical access to our staff physician to help women prepare for transition to residential or outpatient treatment.

With a Detoxification Facility onsite we no longer must refer women to outside agencies for help with this key piece of the addiction treatment process.

“Having an onsite detoxification facility allows us to pro-



Casa de las Amigas Detoxification Facility is now open to women in need.

vide a complete continuum of care that is extremely beneficial for any woman struggling with addiction,” said David Ripley, Casa’s Associate Director of Programs. “We now are able to offer a full spectrum, which places us above what many other facilities offer, with excellent, uninterrupted service from start to finish.”

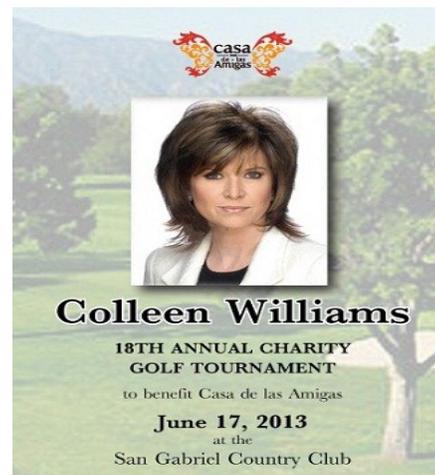
Casa de las Amigas would like to thank each of our generous donors and foundations for their contributions to this critical project. We could not have made this happen without each and every one of you!

For more information about our Detoxification Facility and the intake process, call Flora Esquivel, Admissions Coordinator at: **626.792.2770 x30.**

Save the Date: Annual Charity Golf Tournament Set for June 17

Casa de las Amigas’ 18th Annual Colleen Williams Charity Golf Tournament is set for Monday, June 17, 2013 at San Gabriel Country Club. Fees for this event, which produces a significant level of funding for our programs and services, includes golf, barbecue lunch, reception and a gourmet sit-down dinner.

Underwriting, Platinum and Gold level sponsorships are available as well as Tee Sign, caddie and program advertising opportunities. For more details, to register early online, please visit our tournament web site located at: **www.casagolftournament.com.** See you in June!



A Message From Our Interim Executive Director



Shelly Wood

PROGRAM UPDATE!

Casa de las Amigas is pleased to announce a new partnership with Pasadena-based Women at Work to provide onsite job readiness workshops to the women in our sober living and outpatient facilities. Stay tuned for more details about this wonderful new program we are offering to help the women of Casa de las Amigas enhance their post-treatment program.

Casa would like to thank our Alumnae Organization *Las Estrellitas* for its generous support for this critical new program for their sisters in sobriety!

I'm very pleased to be here at **Casa de las Amigas**, serving as Interim Executive Director. I feel fortunate to be able to work with Leah Rodemich, our Associate Director of Administration and David Ripley, our Associate Director of Programs. Under their leadership, many positive changes have been implemented and I look forward to working with both of them as we progress through our 45th year of service to women.

One of my goals over the next several months is to help the Casa team expand its visibility in the community by collaborating with other stakeholders more closely, allowing Casa de las Amigas to serve even more women.

Early in my career, I met someone who told me that "programs don't change people, people change people." While I've been working with the staff at Casa only since January, I've realized the truth of this statement. I've spent several weeks getting to know the Casa team, listening and learning from their experiences.

What resonates for me in speaking with each of them is their commitment to helping women find their authentic self, providing them with the tools they need to live a life of sobriety.

Our team is deeply rooted in Casa's mission statement. With our new Detoxification Facility now open, coupled with forthcoming Day Treatment

Services, we are positioned to offer one of the most comprehensive addiction treatment programs in the country.

While the grounds may be sacred, it is the staff who connect with the women of Casa, sharing their personal gifts, giving them the hope and tools to move forward in their recovery. With the guidance from an engaged board of directors, Casa de las Amigas continues to grow and flourish.

I'm very excited and feel privileged to have this opportunity help our staff and board of directors execute some of their ideas and share with the community the amazing work performed at Casa de las Amigas. I look forward to adding to the miracles!



Casa Connects Nears Half Mark

Casa de las Amigas' Casa Connects 2013 campaign is well underway and we are nearing the half-way point toward reaching our goal to raise \$80,000 for the implementation of our computer networking and Electronic Health Records management system.

We have raised just over \$30,000 through individual donations and foundation grants for this program, which will allow us to network our computer systems and implement a paperless medical records access system that will help streamline our processing, ensure increased efficiencies, client confidentiality and much more!

If you would like to donate to this critical campaign, you may do so online at www.casadelasamigas.org. You may also send your payment to us directly or pay by credit card over the phone at: 626.792.2770 x 12.

2012 Junior Alliance Holiday Party



SMJ President Karen Wicke, above

The San Marino Junior Alliance held its annual Holiday Christmas Party here in our Pike Center. Each year The Alliance hosts a holiday party for the women enrolled in our programs, which includes ornament making, fabulous Christmas carol sing-a-longs, delicious food and hand-picked gifts for all.

Thank you San Marino Junior Alliance for all you do each year to make the holidays special for the women in our care. The spirit you bring to the women here, as well as to staff and our board members burns bright for us all well into the start of this new year!

Congratulations to All of Our Recent Program Graduates!!

Casa de las Amigas held its first graduation ceremony of the year February 2 for all of the women who completed our residential and/or outpatient treatment programs between October and December of 2012.

Graduating from treatment is more than just a milestone. It represents a life-altering transition of spirit and body, as well as a return to family, jobs, children and loved ones. It's the beginning of a fresh start toward a life of joy and hope.

Congratulations to all of our graduates. We wish you all the best as you navigate your new road of recovery, hope and life-long sobriety!

The Casa Team



More than 50 women completed our residential treatment program between October and December 2012. Casa serves an average of 285 women annually.

Casa de las Amigas Celebrates 45th In Style



Casa de las Amigas celebrated its 45th year of providing hope and recovery to women in need with a gala open house December 1, that included tours of our newly completed Detoxification Facility.

As we move through this milestone year we have many things to celebrate and be grateful for, namely our donors and valued board members. We thank all of you who joined us for this wonderful event!

Here's to the next 45 years of providing women a place of hope and recovery and the tools for breaking out of the chains of addiction, finding their own path to freedom and the riches of sobriety.



Las Estrellitas: Supporting Casa 'Sisters' in Sobriety

For graduates of our residential treatment program and those in sober living, remaining connected to their 'sisters' in sobriety plays a critical role in their ability to successfully transition back home, to their jobs, families and mainstream society in general.

Las Estrellitas, the official Alumnae group for Casa de las Amigas, offers members a way to give back to Casa and help their younger sisters in sobriety who are new to treatment achieve the support needed to successfully follow in their footsteps.

Las Estrellitas also plans year-round activities and fundraisers, such as walk-a-thons, bowling parties, car washes and karaoke nights to raise money to purchase gifts and supplies for the women in residential care during the holiday season.

Las Estrellitas is putting the finishing touches on its first big spring fundraiser. Please join us on **Saturday, March 16** in our Pike Center for a Bingo Night Fundraiser! This event offers an opportunity to play a little bingo, enjoy food and beverages and help raise funds for the programs and services benefiting all of the women we serve.

For more details about this event or *Las Estrellitas*, please e-mail Cheryl De Salvo at: cheryl@casadelasamigas.org.



Casa de las Amigas

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TRANSFORMATIONS

Evonne Esparza, 32, came to Casa in February 2012 after multiple drunk driving convictions, struggling in and out of other treatment facilities and finally, facing life on the streets.

"Before I got here, I was isolating in a corner in my room at my mom's house. I couldn't let go of that bottle. It was like a baby to me. I had it in my arms nonstop and I'd count pennies, recycle cans, whatever it took to go get my hands on more. My mom had always tried hard to support me, but this time it was so bad that she told me I needed to either get into Casa de las Amigas and get help, or stay on the streets. I decided to enter treatment at Casa and I ended up in residential for three months.

"After my first month, I woke up, so sick of my story, sick of doing the same thing over and over again. I kept hearing "give this a try." So I decided to erase everything I knew from previous trips to treatment and started following the rules. I began working with my counselor and doing what I was directed to do. This time I was just willing to do what it took and I started to break down some walls and see some changes in myself.

"My life is so much better now. I have a job and I am in sober living here at Casa. I'm repairing my relationship with my mother. We talk now about the things mothers and daughters should be talking about. I'm trusted again by my family and I'm rebuilding those relationships that I had torn apart. I'm grateful for the opportunity I received for a second chance at life. Casa has given that to me and I don't think I could have come this far, this fast without Casa. That's something I will never forget.