



THE OFFICIAL NEWSLETTER FOR

Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101 Winter 2014
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



Casa Exceeds Electronic Health Records Funding Goal, Begins Final Stages of Implementation

Casa de las Amigas is pleased to report that we are nearing completion of the implementation of our Electronic Health Records (EHR) system. With the support of our individual donors, as well as grants from corporate and community funders, we managed to raise a total of \$126,495 toward this vitally needed project.

The CASA CONNECTS 2013 annual campaign involved a two-phased approach. Over the summer and fall of 2013, Casa completed Phase 1, the networking component of our entire campus. This allowed us to link our computers and phone new lines on to one system. This was a critical first step toward the installation of the EHR software. Phase 2 will make it possible for us to move from a paper storage

system of participants' medical and case files, to a completely electronic one.

Over the coming weeks, Casa de las Amigas will be installing the EHR software and begin staff trainings on the new system.

"We are very grateful to our donors for their support for this critical project," said Valerie Casey, Casa de las Amigas' Chair of the Board. "Casa is about to launch a completely new and highly effective alternative to the paper storage and processing of medical records, marking an important step forward in the field of addiction treatment. We could not have accomplished this without funding from our generous supporters."

(story continues on page 2)



Foundation Supporters:

Weingart Foundation

\$50,000

Ralph M. Parsons Foundation

\$25,000

The Marisla Fund

\$15,000

Mustard Seed Fund

\$10,000

Pasadena Foothills Association of Realtors

\$3,000

Student Philanthropists Advancing Real Change

\$2,000

The California Community Foundation

\$1,000

SAVE THE DATE: Annual Golf Tournament Set for June 16

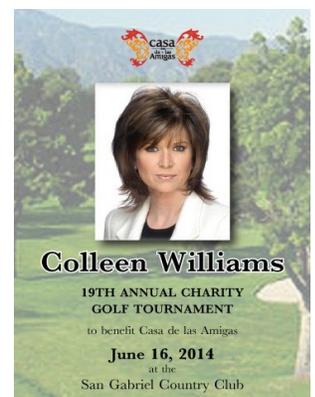
Casa de las Amigas is pleased to announce it will be hosting its **Colleen Williams 19th Annual Charity Golf Tournament** Monday, June 16 at San Gabriel Country Club.

This is our largest annual fundraiser. Fees for this event, which produce a significant level of funding for our programs and services, include a day of golf, barbecue lunch, reception and a

gourmet sit-down dinner with a live and silent auction.

Tournament Underwriting, Platinum and Gold level sponsorships are available, as well as Tee Sign, caddie and program advertising opportunities.

For more details about our annual charity golf tournament, or to see some wonderful pictures of previous tournaments, please visit: www.casadelasamigas.org.



A Message From Our Executive Director



Leah Rodemich

It's BAAAAACK!



Las Estrellitas, our official alumne group, will be hosting a

Spaghettioke Fundraiser to benefit the women we serve

**Saturday, March 22
6 p.m.
Pike Center**

Your donation includes a full, home-cooked, spaghetti dinner and a wonderful night of kariaoke!

If you would like more information about this event, please call

626.792.2770

We hope to see you here!

Every one of us here at Casa de las Amigas is very excited to be nearing completion of our CASA CONNECTS project.

We could not have accomplished this without the continued support of our generous donors. From all of us here at Casa, thank you!

I want to also congratulate our recent program graduates who celebrated the completion of their treatment program on Jan. 25. I am always humbled to take part

in the celebration of our graduates and their individual transformations. It was lovely to hear their stories of gratitude. It also made me very proud to be part of this wonderful organization and a member of our dedicated staff.

Our goal goes beyond alcohol and drug treatment. We also strive for and witness positive changes that result in the rediscovery of our true voice and the talents we all possess.

Speaking of talent, we invite you

to attend our Celebration of Art in Recovery on Saturday, May 3. This creative and collective event will showcase the positive effects of art as a form of self-expression in the process of recovery—art made by the women here in our programs, as well as outside contributors.

I hope you'll join us in witnessing the beauty of art in recovery and that you find yourself covered in chalk and paint, smiling and celebrating in the sunlight of the spirit!

Casa de las Amigas Thanks Our Individual Donors Who Contributed to Our Casa Connects Campaign

Pamela Adams
Julia Bailey
Irene Batac
Mr. & Mrs. S.C. Black
William Bottger Jr.
Margaret Brown
Valerie Casey
Michael Coghlan
Carole Cunningham
Sally De Witt
Roy Di Bias
Misa Dugally
Priscilla Dunn Flynn
Toni Enright
Equity Management Group
Sara Jill Fox Bergovoy

Karen Grabill
The Confidence Foundation/
Pegine Grayson
Jeff Haboush
Harry & Betsy Hathaway
LeeAnn Havner
Charlene Hazelton
Michael Hedden
Ron Helmuth
Thomas Nolan
Jeannette Peoples
David Ripley
Iris Robin
Millie & Alan Steinbrecher
Janet Webb
Robbie Zeidberg

Casa Prepares for Final Implementation of New E.H.R. Program

Continued from page 1

Casa was mandated to implement an electronic health records system under the Affordable Care Act of 2012, which called for standardization of the medical billing process. With our new EHR system in place, Casa's team of addiction counselors and support staff will be given the tools to provide paperless records management and storage for all of our program participants. The new EHR system also will allow us increase

efficiencies, reduce costs and bolster client confidentiality with respect to their personal information and medical histories.

The new EHR system also will make it possible for our programs and administrative team to share documents electronically with other medical providers, where appropriate, insurance companies, and other agencies as needed.

Casa is on target for fully implementing the new EHR and training process by June 1, 2014.

FREE COMMUNITY EVENT: Casa Celebrates the Power of Art in Recovery May 3

Casa de las Amigas is will be holding a spring community art sale and celebration on **Saturday, May 3 from 11 a.m. to 4 p.m.**

“Creative Expressions: A Celebration of Art in Recovery,” will showcase artwork made by our program participants over the course of the last several months, and other artistic contributors.

This is a **FREE** event, open to everyone in the community, is intended to showcase the power of art in recovery and what we do here at Casa to help women identify their talents.

Come and enjoy an opportunity to purchase beautiful original works of art, as well as reproductions made here at Casa de las Amigas by the women we



serve. In addition to live entertainment and food, this event also will include interactive art projects, appropriate for adults and children, such as air brush body painting, henna tattooing and more!

Art therapy has long-served as an option for helping

individuals cope with trauma and other issues that often fuel addiction. As such, art therapy has long played a key role in our treatment curriculum.

“Art is a powerful tool for supporting the recovery process,” says Kiersten Cherry, Casa executive assistant who also heads one of our art therapy workshops. “Art can help women tell either a beautiful or dark story, providing participants an outlet for identifying feelings and healing.”

Volunteers are needed to help with various aspects of this event! If you are interested in participating, please call Kiersten at **626.792.2770** or send an e-mail to:

Kiersten@casadelasamigas.org.

SAVE THE DATE:

Mikala Rahn, PhD, founder and president of Learning Works Charter School in Pasadena and its sister organizations, Public Works and Learning Works of Pasadena, will be the next guest as part of our ongoing speaker series.



WHEN: Thursday, April 17
From 7 p.m. to 8:30 p.m.

WHERE: Pike Center at our facility
160 N. El Molino Ave., Pasadena.

Mikala is a current Pasadena Unified School District Board member. She also has worked with the California Dept. of Education and developed intervention and teacher retention programs for the National Commission on Teaching and America’s Future, among other organizations. She will be discussing her views on how to bolster educational advancement and retention for at-risk students.

Seating is limited. Reserve by e-mail to: Jacqueline@casadelasamigas.org or by calling (626) 792-2770 x 12

Valentines of Hope Delivered From Ramona Convent Sophomores

Casa de las Amigas would like to send a big thank you out to the Sophomore Class at Ramona Convent and Secondary School in Alhambra. With the guidance of RCSS Retreat Coordinator and Theology Teacher, Jon Bonar, the students selected Casa as their 2014 service project recipient.

During their February 3 Sophomore Retreat at St. De Paul Vincentian Retreat Center, the students crafted hand-made Valentine’s and care packages for all of our program participants. These included custom messages of hope and encouragement for the Casa girls, as well as sweet treats and other wonderful goodies for them to enjoy.

Casa de las Amigas is very grateful to each of the girls at Ramona Convent for thinking of our agency, and for the loving care packages! Thank You ❤️ to all your RCSS Sophomores for your gifts of hope!



A few of Ramona Convent sophomore students join retreat coordinator and theology teacher Jon Bonar during their annual retreat at St. De Paul Vicentian.



Jon Bonar of Ramona Convent delivers Valentine care packages to Casa, made by his students as an annual service project to local non profits.



Casa de las Amigas would like to recognize our friends at **Hope Café and Catering**, a subsidiary of Kilroy's Sandwich Factory in Pasadena.

Hope Café sponsors all of the food and refreshments for our Quarterly Speaker Series.

Many Thanks to Chef Tony and his fabulous team at Hope Café and Catering for all of your support!

STAFF UPDATES



Brenda Flores
Program Assistant



Kathleen Rice
Program Assistant

Congratulations and Welcome to Casa!

SPOTLIGHT ON OUR SUPPORTERS

The Mustard Seed Fund

Casa de las Amigas puts the spotlight on a funder who consistently supports our projects and programs with matching grants: **The Mustard Seed Fund**, a donor-managed grantor of The Denver Foundation, founded in 2004 by Steven and Rundi Luff of Los Angeles.

Steven is an author and sex addiction therapist, preparing to open a new clinic: The Faith and Sex center in Culver City, CA. He and his wife Rundi have spent much of their time over the last several years working with individuals struggling with sex addictions and/or trying to recover from lives as prostitutes and related addictive behaviors.

"I believe in addiction recovery," says Steven. "I know what it's like from the inside out to be a treatment facility or rehab, and it is not easy to get programs off the ground. The Mustard Seed Fund is particularly interested in supporting women in recovery. We've been involved heavily with ministries that perform outreach services to the sex industry and see that there is a direct crossover between what we do and what agencies such as Casa de las Amigas are doing."

Since its inception a decade ago, The Mustard Seed Fund has gifted Casa de las Amigas a total of: \$50,000. including a \$10,000 matching gift to our current (2014) annual campaign.



Steven and Rundi Luff, co-founders of The Mustard Seed Fund.

The Mustard Seed Fund is also a valued supporter of the construction of our new Detoxification Facility in 2012, as well as our 2013 Annual campaign, CASA CONNECTS.

On behalf of our board of directors, our staff and all of the women we serve, thank you Steven and Rundi and The Mustard Seed Fund for your ongoing support for our mission to help women recover from alcohol and drug addiction.

Meet Melissa Argue, Casa's New Director of Operations



As Casa's Director of Operations, my goal is to implement new programs and processes to strengthen and grow our agency. My background includes human resources, sales and marketing for both the non- and for-profit sectors. I have a unique and rewarding opportunity to tie my skills and experience to my personal attachment to our mission and I could not be more excited about it. For example, we are developing new tools to better measure our success and identify areas for improvement.

It is refreshing to be part of such a dynamic team of professionals. I am

thrilled to be presented with the opportunity to work in an environment where my life experience and education can be used to help women in recovery. I am very passionate about Casa's mission, not only to help women overcome addiction, but also to help heal their families. Being here certainly affords me many opportunities for professional growth. I am filled with a tremendous sense of pride to be part of an organization where women learn to help themselves, as well as each other.

Casa was home to my sister during her journey in recovery. Through her, I witnessed first hand the progress she was able to make in overcoming her addiction with the help of Casa's programs and

services. I truly believe Casa de las Amigas saved her life.

Over the course of the last few weeks, I've witnessed a great deal here. I had the opportunity to attend the graduation ceremony for several program participants. It was a moving experience to see the outpouring of love and support for our graduates from their friends, family members and especially our counseling team.

I am committed to doing my very best to contribute to Casa's ongoing success and look forward to growing both personally and professionally within the organization.

I am a long-time resident of the community and I look forward to making new friends through my work here and meeting all of you at our upcoming special events!

Congratulations to All of Our Recent Program Graduates!

Casa de las Amigas held its first quarterly graduation ceremony of 2014 on Jan. 25 for the more than 30 women who successfully completed their treatment program between October 1, 2013 and December 31, 2013.



Congratulations to all of our Casa de las Amigas Graduates!

Your courage and dedication to follow a new path in sobriety marks the beginning of an entirely new way of life filled with serenity, joy and peace.

We wish you all the very best!

The Casa Team



Recovery: It's More than just Staying Clean and Sober

Sunny Daye is in recovery. She brings more than 15 years of experience to her position as Casa de las Amigas' Fitness Coordinator.

What I'm striving for here with the ladies at Casa is balance; a balance between their physical fitness and their spiritual wellness. As a guide post, I rely on the principals of the 11th step of AA, which focuses on prayer and meditation to center and ground the women. I combine cardio, yoga and resistance training, for example, with meditation and affirmative self-talk to empower them and instill confidence.

I also focus on making healthy food choices. Prior to recovery we reach for things that are unhealthy. My goal is to give women the tools necessary for having a conscious contact with what they put in their bodies.



We learn menu planning and food shopping. We also use vision boards that allow women

to make the mental changes necessary to create new ideas about what brings them feelings of joy and peace, how they see their bodies and what their personal vision is for a healthy life beyond getting clean and sober.

It's not enough to simply be "in recovery." If we are eating poorly, or not physically active and creating natural "highs" to release those feel-good endorphins, or we are emotionally "dry," we can't be fully at peace. These must be balanced with the spiritual components of prayer and meditation.

Working with the women at Casa de las Amigas allows me to be of service, which strengthens my own sobriety. When we meet for a class or a process group, take a field trip to the prayer gardens or shopping at Whole Foods to talk about healthy lifestyle choices, we are learning that we are all on a similar journey toward overall wellness and sobriety.

I can't think of a better way to offer my personal and professional experience, strength and hope. I also get to witness the many miraculous transformations that take place here at Casa de las Amigas.



Casa de las Amigas

160 North El Molino Avenue
Pasadena, CA 91101
Phone: 626.792.2770
Fax: 626.792.5826
www.casadelasamigas.org

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TRANSFORMATIONS

Morgan arrived at Casa in October 2012. She'd just turned 20 years old and alcohol had become her coping tool for dealing with the death of her father. She'd totaled her car while drinking and suffered from crippling depression. When she finally hit bottom, she asked for help and found her way to Casa.

"At 19 I was severely depressed. I started drinking after school every day and it wasn't long before I just couldn't stop. I would hide bottles in my room, pour alcohol in my juice and drink it in front of my mother. I was so sick. I would drink alone every night and I drank to pass out. I knew I had a problem and I finally got the courage to ask for help.

"When I came to Casa I was terrified. I thought I was going to come in and fix this little problem and then go back to drinking. I stayed 30 days in residential and then reluctantly moved into sober living. In sober living I realized I didn't want to leave. The community of women were like a little family to me. I was making friends that were all trying to stay sober and I was very happy here. I offered to stay another month and then another one and now it's going on two years.

"I turned 21 in sobriety. I went to Spain last year to visit family and I stayed sober on that trip. I have a good job working as a dental assistant. My mother attends family group here and our relationship, as well as my relationship with other family members, has changed dramatically. When I was drinking, I couldn't look in the mirror. Coming to Casa has helped me deal with my addiction, but I've also regained my self-esteem and confidence."