

# The Butterfly Bulletin

spring 2012

Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN | newdirectionsforwomen.org



## Our Mission

*Saving the lives of women of all ages, women with children and pregnant women affected by alcoholism, other addictions and related issues.*



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## Room to Grow—Expansion Plan Underway

Development is on the radar at New Directions with a campaign to raise capital to implement a master plan that will double our residential capacity for women and their children by the year 2016. The plan calls specifically for a minimum of 42 licensed residential beds, 10 Intensive Sober Living beds, along with the capacity to house 15 children on campus, upping that number from 6.

"The reality is that our current physical plant was never intended for the way it's used today," said CEO Becky Flood. "We need to create state-of-the-art facilities that meet our patients' needs, our staff needs and our campus needs. Our vision is an even more secure, safe, warm and welcoming environment—where even more people show up. To echo a famous line, 'If we build it, they will come.'"

This year's census indicates that there are plenty of people to fill not only the proposed 42 beds but more. Now bumping up against its capacity, New Directions actually has a waiting list most of the time.

"But patients and their families can't wait," said Becky. "They require access at the point of need. So if there isn't a bed, that patient either goes somewhere else or misses a chance at treatment. We know that there are 23 million addicts suffering in this country—most who don't have access to care.

The master plan also details enough physical plant capacity for a full continuum of care from detox all the way to sober living and aftercare. Day and evening outpatient services would include partial hospitalization, IOP, and traditional outpatient services, along with facilities for complementary therapies, such as massage therapy, chiropractic care and biofeedback. These services would be available to both residential and outpatients as stand alone services.

At any point a patient can enter into the system. "They can bump up to a higher level of care or decrease to a lower level, based on clinical necessity and a patient's willingness to participate and accept clinical recommendations," said Becky. "Any day in treatment for any addict is better than no day in treatment."

## the ultimate vision

- A full continuum from detox to aftercare
- A fully licensed developmental childcare facility with 2,000 square feet of space
- 1,400 square feet of dedicated spa space for complementary services, which can also be utilized by recovering women in the community
- A media lecture room that will seat up to 100 people, and added conference rooms
- New and improved clinical space that really is conducive to best practices
- A dedicated spiritual room, for yoga, prayer and meditation and quiet time
- Meditation gardens and a fire pit with an outdoor kitchen area
- A professional playground open to the community as well as the kids living on campus



## 4th Annual Circle of Life Breakfast

Over half a million dollars in pledges was raised this year—funds that will undoubtedly help transform the lives of countless deserving women, pregnant women, and women with children who want to change their lives by starting their recovery journey. None will have to make the choice between recovery and being with their children, thanks to this outpouring of support! We are eternally grateful to the Albert J. Crosson Family Foundation for underwriting the Breakfast and their fourth year of support, and an anonymous investor for their unlimited match of all contributions.

March 12, 2012



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## Repeat Boutique

370 E. 17th Street, Costa Mesa  
949.548.9927

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

Hours:

Tues. - Friday, 10 a.m. to 6 p.m.

Saturday, 10 a.m. to 5 p.m.

Sunday, Noon to 4 p.m.

## Don & Lesley's Miracle

*A father & daughter tell their story of recovery*



*Don & Lesley W.*

**Lesley** – In August 2009 I was pregnant with my second child when I realized yet again, just how powerful this disease is. I was four months pregnant and could not stop drinking and using drugs. I was already forced to give up custody of my son because of drugs and alcohol. Alcoholism was running and ruining my life. I felt I had nowhere to turn and had no clue how to live sober. I was dying inside. The spark in me had long gone out.

Even though I didn't want to live the way I was living, I was afraid to get sober, to clean up and face myself and all the harm I had done. Unfortunately, I was fighting against the very people who wanted to see me succeed. Parents, counselors, house mates, it didn't matter. I argued and fought with everyone trying to get my way. But the funny thing was, I didn't have a way, or at least, my way wasn't working. My way brought me to hate myself and hurt the people I swear I loved.

When I finally found my way into treatment there were people who cared about me when I didn't care about myself. They loved me so much they pulled my covers. They revealed to me the harsh reality of my existence, and I knew I could no longer hide from the truth.

I lived at New Directions for one year. It was a long year, and there were many times I wanted to leave, but the staff at New Directions believed in me and supported me. I met some fabulous women through the program of AA, and the alumni meetings on campus. They reassured me that I was not alone. I can't tell you how grateful I am for being shown the way by so many women who have gone before me.

With over 650 days sober, I've gathered plenty of tools in AA and through New Directions to live sober, one day at a time, with structure and accountability. I found that I could walk through the tough stuff with dignity and that I could finally look people in the eye.

The Family Program at New Directions was simply amazing. Listening to the loved ones of my fellow patients open up about how this disease has impacted them was nothing short of life-changing every time. I was slowly brought back to life. Parenting classes have helped me become the parent I've always wanted to be. Because of the work I did with New Directions, I am proud to say that I gave birth to a healthy baby girl. I was also able to reconnect with my son.

**Don** – Several years ago I was driving home from one of my daughters many court appearances and suddenly was overcome with the feeling that my life had also become unmanageable. I realized that I was trying to cover up her behavior, trying to protect her visitation with her son, trying to track her whereabouts, making threats, paying bills and making attempts to get her into treatment. It was emotionally draining. There I was, sitting at a stop light, lost in my despair, and inattentive enough to narrowly miss hitting a pedestrian. I was definitely in my own disease.

When Lesley finally landed at New Directions, I became keenly aware of my role in her disease along with my role in her recovery. I learned in Family Group that this is truly a family disease and has the potential to actually kill. While learning about the disease process, I discovered new tools for coping and committed to regular meetings of Al-Anon and Parent group meetings each week.

As a result of the program at New Directions, we have both become more resilient, applying the skills and tools needed to continue our healing and recovery. As a result of the treatment process and in Al-Anon, I have learned to communicate in open, honest, and direct ways, on a feeling level most of the time. I've learned to set boundaries and to detach with love. I am committed to a continuing recovery program, not just a fair weather warrior in good times, and am learning to accept myself as fully human, mistakes and all. I'm so grateful for the way things have turned around.

## Save the Date

### Repeat Boutique Grand Re-Opening Party

April 16 | 4 to 7 p.m.  
at Repeat Boutique

### AIS Meeting

May 3-5 | Savannah, GA

### UKESAD Conference

May 10-12 | UK

### ITCC Conference

May 16-18 | Vero Beach

### NAATP Conference

May 19-22 | Chandler, AZ

### WCSAD

May 31-June 2 | Palm Desert

### NDFW Staff and Board Picnic

June 10 | Woodbridge, Irvine

### Burger Bash & Clothing Swap

June 21 | 6 to 8 p.m.

### Professional's Day

June 28 | NDFW

## Ongoing Events

### Alumnae Nights

Monthly Alumnae Meeting  
1st Thurs. of the month at 7 p.m.

Monthly Alumnae  
Dinner + Panel  
4th Thursday at 6 p.m.

### AI-Anon Meeting

Every Wednesday from  
11:30 a.m. - 1 p.m.  
In Founder's House

### Closed Women's AA Meeting

Every Wednesday at 12 noon  
In Faith House

### Circle of Life Tour

2nd Tuesday of the month  
11:30am - 12:30pm  
Call 949-336-0272 to RSVP  
Light lunch served!

### Repeat Boutique Discount Days

Senior Discount Days  
Every Sunday 20% off

Tag Change Sale  
Every 4th Thursday

## Patient Corner



"A DANCE WITH THE DEVIL" BY HALEY W.

The devil is whispering his song in my ear.  
He tells me what I want to hear.  
He knows all my sins, and he still wants to dance.  
He don't hate me or judge me  
Why not give him a chance?  
As I head out the door, a thought crosses my mind  
My beautiful baby I'm leaving behind  
The voice tells me he's fine, and he's in good care  
But what about in the morning, when mommy's not there?  
But a shove out the door, & I'm out on the streets  
Doin' work for the devil  
Through the darkness, I creep  
It's late and I'm tired  
But I keep flying higher  
So I plead with the devil to let me go home,  
But it's too late, I've already traded my soul  
Never thought I'd be here  
It didn't take long  
A quick waltz with the devil  
Now a needle in my arm  
The earth is crumbling beneath my feet  
I'm kicking and screaming, but hell bound I sink  
I'm down to my knees, and I'm begging for mercy  
But the devil don't hear me  
He just wants to hurt me  
Beaten and battered, I try to run  
I should be sobbing, but the tears won't come  
This can't be happening, it couldn't be real  
I've shattered my dreams  
And forgot how to feel  
I'm about to give up and give into the lies  
But just then, I see a pair of blue eyes  
My guardian angel, my baby, my son  
Has come to ruin all the devil's fun  
He holds my hand, and guides me through  
He shows me the light  
And I know what to do  
Every day is a struggle  
But I continue to fight  
I wear scars from the devil  
And he haunts me at night  
But each day I grow stronger  
And now that you're listening  
Just cover your ears when the devil comes whispering

## Repeat Boutique



Repeat Boutique has nearly completed its expansion into the suite next door for a fabulous new space that is double the space and double the inventory! The small bit of remaining construction should be complete in time for the Open House on April 16.

"People absolutely love it when they walk in," said Cindy Bell, Social Enterprise Coordinator. You feel like you can breathe when you enter the store—it's open, it's

clean, you can see everything—it's really made a big difference."

With twice as much space comes twice as much work and Repeat Boutique is ever on the lookout for helpers. "We have the same amount of people working the store which has proven an unanticipated challenge. Naturally we welcome and embrace all volunteers!"

The store is also in need of more donations, and is now able to take furniture and décor donations. "I've been reaching out to the community for furniture donations and been pleasantly surprised," said Cindy. "We can't take everything because we do have limited space, but we are certainly open to these types of items."

Customers can also expect an expanded line of accessories. Great finds in hand bags, scarves, belts and jewelry will continue to be available in the store on a more regular basis.

We want to keep all our savvy shoppers in the loop with Repeat Boutique. To get on our e-mailing list to be the first to know about our sales and events, please contact Cindy Bell at (949) 683-8635 or email: cbella36@gmail.com.





NEW DIRECTIONS  
FOR WOMEN

2607 Willo Lane  
Costa Mesa, CA 92627

**SAVE THE DATE**  
**JAN. 31–FEB. 2, 2013**

**THE WOMEN CEO  
ROUNDTABLE EVENT  
IN ASHEVILLE, NC  
GROVEPARK INN & SPA**

Hosted by New Directions, the CEO Roundtable event brings national female leaders in our field together so we can learn from and support each other as women, define our place in the evolution of the field, and create a legacy for the future. We are looking for regional ambassadors for this event to help recruit attendees. Contact Courtney Mason for more details at 949-313-1192 or [cmason@newdirectionsforwomen.org](mailto:cmason@newdirectionsforwomen.org)

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spring

recipe



## Chicken Chili

*From the kitchen of Connie Miller, NCC, LPC, TEP —  
Founder of Souldrama and  
trainer to New Directions for  
Women Clinical staff*

### ingredients:

- 3 packs ground chicken
- 1 large onion
- 2-Alarm chili kit
- 3 cans chili beans (or whichever sort of red or black beans you choose)
- salt and pepper
- 2-3 large cans of plain tomato sauce
- Any yummy toppings you choose

### procedure:

Warm tomato sauce and chili beans in crock pot. Cook ground chicken on stove, top with chopped onion, salt and pepper. Drain when fully cooked and add to crock pot. Add contents of the 2-Alarm chili kit, while stirring to thoroughly. Allow chili to simmer for several hours.

