

The Butterfly Bulletin

Winter 2015

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.



 **"Like" us on Facebook and subscribe to our updates!**

New outpatient office a hub of recovery

The recently acquired space on Red Hill is taking New Directions to places that have longingly been on our radar since the creation of a Master Plan in 2009. We now have the space to grow our outpatient services to provide the broadest spectrum of care available for every level of treatment.

Our Evening Intensive Outpatient program has moved off campus to the new location just a few miles away, and Daytime IOP has been added. The Partial Day Program (PDP) is slated to begin early this year in this fantastic new space that features two large group rooms, individual therapy rooms, and is outfitted with details that are conducive to healing.

"It's very exciting for us to be able to grow and adapt to the modern recovery needs of our women," says Becky Flood, CEO. "With the continuity of care we can now provide, women can transition into lower levels of care with structure and ease as they fully integrate back into the community."

A full continuum of care begins with detox and residential (the most intensive), followed by a drop down to partial day care services, intensive outpatient, sober living, and finally aftercare. Patients can enter into the system at any point, and don't always require every level of treatment.

"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 at all. With each program, we can offer every tool possible to obtain and sustain life long recovery."

The outpatient office is also reaching out to support our community with a weekly Al-Anon meeting, Overeaters Anonymous

meeting, and a mindfulness meditation group. A Buddhist recovery meeting is also in the works, and a few alumnae activities and community events have already taken place.

"We're working towards becoming part of the fabric of the Costa Mesa community so anybody that wants to use us to either support their recovery, or needs a way of getting into recovery, feels that we are a place to come to in an open environment," said Becky.



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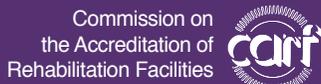
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Ensuring the highest quality treatment



Proud member of:
NAATP
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Repeat Boutique

370 E. 17th Street, Costa Mesa
949.548.9927
www.repeatboutique.org

Hours:

Tues. - Fri., 10 a.m. to 6 p.m.
Sat., 10 a.m. to 5 p.m.
Sun., Noon to 4 p.m.

Inside Corner

"When the spiritual malady is overcome, we straighten out mentally and physically."

-Page. 64 Big Book

New Directions for Women believes that fostering spiritual health is an integral part of the healing journey for women in recovery. To deeply consider this goal, 20 individuals from all walks of faiths joined us for an inspirational dinner to kick off the new year. Among those in attendance were Reverend Mark Whitlock and Reverend Charles Dorsey of Christ Our Redeemer Church, Reverend Adelia Sandoval of Song of the Earth Ministries, and Laura Suk, founder and pastor of NorthEast of the Well.

The evening focused on expanding our spiritual curriculum to cultivate success in our patients' ability to overcome addiction using a power greater than themselves. We are forever grateful to the spiritual leaders in our community for sharing their passion and ideas to help fortify this important piece of the recovery triangle.

Do you want to get a firsthand look at our campus and the work we do, or do you know someone who should hear about our mission? We invite you to join us for a campus tour where you'll learn about our history as well as our vision for the future!

Tours are held monthly at 2607 Willo Ln., Costa Mesa, CA 92627
2nd Thursday 11:30-12:30 p.m.
3rd Saturday 9:30-10:30 a.m.
4th Tuesday 8:30-9:30 a.m.



Light refreshments will be served. Please RSVP in advance to Rebekah Baird at (949) 313-1192 ext. 103 or rbaird@newdirectionsforwomen.org. If you prefer to set up an individual or private tour, please do not hesitate to contact us.

Repeat Boutique & Social Enterprise

In extra efforts to raise money for the Pamela Wilder Scholarship Fund, Repeat Boutique Pop Up Booths are now available for set up at local businesses. The beautiful on-site boutiques are designed to feature unique items for purchase including, clothing, scarves, purses, jewelry and other accessories.

"It's a fabulous opportunity to raise funds (and awareness) for women who seek treatment but lack the financial resources to pay for it," said Tania Bhattacharyya, Director of Development and PR. Repeat Boutique is looking to host several of these each month. To book a booth, please contact Tania: (949) 313-1192 x 300 or tania@newdirectionsforwomen.org.



In another creative fundraising venture, a unique line of recovery gifts has recently been introduced. Page 124 Productions (the producers of the Bill W. documentary) and New Directions have teamed up to develop a line of merchandise that includes notecards, calendars, journals and other specialty items. Prominent in the new inventory is a collection of one-of-a-kind and rarely seen images of Lois and Bill W. A sampling of these goods will be on display at the shop in the coming months.

Repeat Boutique will also be present at the 80th International AA convention (*80 Years - Happy, Joyous and Free*) in Atlanta, Georgia. If you're there, please stop by our booth and say hello!

Foundation Corner



Allison Wiemann Wilder and Erin Runnion

In January, the Joyful Child Foundation and New Directions for Women co-hosted a free “Be Brave” safety training for children and their loved ones in recovery. Currently offered in several local schools, “Be Brave” empowers children through personal safety education, nurturing their ability to recognize potential dangers and physically resist assault or abduction.

“We thought it would be great to offer the safety training to those in the recovery community as well,” said Becky Flood, CEO at New Directions. “It’s important for children who are growing up in alcoholic families to know how to create safety for themselves, and how to get the help they need quickly should they need it. It’s also a good idea for kids in and around the recovery community who have exposure to people who aren’t totally well yet.”

Covered in the 90-minute workshop were solid safety tips for children when accompanying their parents to 12-Step Meetings and Alano Clubs. Guest speakers at the event included Erin Runnion, the founder of the Joyful Child Foundation, and Allison Wiemann Wilder, daughter of NDFW co-founder Pamela Wilder.

“This program is phenomenal,” Allison said. Wiemann is launching “Be Brave” at Rancho Cañada Elementary School in Lake Forest. “I feel like this is so important and vital for children across the country. It empowers kids to do the right thing.”

One of the most beautiful things about seeing mothers find recovery is that it not only brings healing for them, it brings healing for their families. One of our alumnae has graciously allowed us to share a letter she sent to her therapist and case manager after she completed her stay at New Directions. We are blessed to have been part of this family’s recovery journey!

Dear Sandra and Becca,

“It’s really hard for me to say goodbye to you guys more than anyone else here. It’s almost as hard as it is was to admit that I need help sometimes. I needed your help. You’ve watched me go from a crazy, resentful, immature pregnant girl to an immature, less resentful, capable mother.

There is not enough paper in this book to write down all that you’ve done. But in short, you saved my life and my son’s life. From watching me contemplate adoption to cutting Blake’s umbilical cord, you’ve been there. You’ve called me on my crap while still letting me know you care.

From Becca’s snort laugh to Sandra’s accent, I’ll miss it ALL. Without you guys, I wouldn’t have my son and most likely I wouldn’t be alive. Seeing Blake’s smile every morning reminds me of all you’ve helped me accomplish. Though not physically, you will always be a part of my life because I wouldn’t have it without you. From Blake’s first steps to his first day of school, I’ll think of you.

I know that you’ve seen a lot of patients come through and I can’t speak for them but I can speak for myself when I say you two were way more than a caseworker and therapist, you were my guardian angels. You will never know the extent of my gratitude. Thank you.”

Alumnae Corner



Baby Blake

Love, Suzanne and Blake

SAVE THE DATE

Women’s CEO Global Alliance Symposium

March 5-7 | New Orleans, LA

DAADAC Conference

March 13-14 | Newark, DE

7th Annual Circle of Life Breakfast

March 23 | Newport Beach, CA
RSVP required

Alumnae Easter Brunch

March 28 | NDFW | 12:30-2:30 p.m.

30th Annual OC AA Convention

April 3-5 | Garden Grove, CA

NDFW Board Meeting

April 23 | 8:30am
3001 Red Hill Ave.
Bldg. 4 Ste. 109
Costa Mesa, CA 92626

For more information on any of these events, call Tania at 949-313-1192 x 300

ONGOING EVENTS

Alumnae Nights

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

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

***Please note: Starting Feb 26th, all Dinner Panel meetings will be held at 3001 Red Hill Ave., Bldg. 4 Ste. 109, Costa Mesa**

Al-Anon Meeting

Every Wednesday from
11:30 a.m. - 1 p.m.
3001 Red Hill Ave., Bldg 4,
Ste. 109, Costa Mesa, CA 92626

Closed Women’s AA Meeting

Every Wednesday at 12 p.m.
In Faith House | NDFW

Circle of Life Tour

2nd Thursday 11:30-12:30 p.m.

3rd Saturday 9:30-10:30 a.m.

4th Tuesday 8:30-9:30 a.m.

Light refreshments will be served. Please RSVP in advance to Rebekah Baird at (949) 313-1192 ext. 103 or rbaird@newdirectionsforwomen.org.

Repeat Boutique Discount Days

Senior Discount Days
Every Sunday 20% off



NEW DIRECTIONS FOR WOMEN

2607 Willo Lane
Costa Mesa, CA 92627

Non-Profit Org.
U.S. Postage
PAID
Permit # 4186
Santa Ana, CA



Be sure to visit our Facebook page and "Like" us! Go to Repeat Boutique Costa Mesa—it's a great way to find out about sales and other events!

Jan's Refreshing, Energizing, Alkalizing Smoothie Juice!

- 3 baby tangerines (seeded), or "Cuties"
- 1 small banana, or half large
- ½ sliced peeled cucumber
- 1 raw egg (optional)
- ½ tsp chia seeds
- 1/4-1/2 tsp turmeric, or curry powder
- 1/2 tsp bee pollen
- 1 tsp-1 tbsp alkaline greens powder
- 1 c. purified room temperature water*

Blend all ingredients in a blender and enjoy!

*Using room temperature water and ingredients is easier on the body and digestive system.

Options:

- For more of a cleansing effect, leave out egg.
- For more of a filling (not cleansing) effect, leave in egg, and/or use almond or coconut milk for water, and/or add yogurt.
- For a sweeter taste, use very ripe banana and/or add or substitute pitted dates.
- However, the purpose of this drink's ingredients as recommended is to cleanse, refresh, energize, and alkalize.



Jan Edwards



Jan Edwards is a dedicated volunteer at New Directions and a key link to the holistic health community in our area.

A wellness advocate and inspirational mentor, Jan helps patients facilitate mind, body and spirit consciousness through various programs, events, coaching and speaking.

Her process involves authentically sharing her wisdom and experience with others to help them co-create the change they seek in their lives beginning within. She speaks from the heart about her journey from anxiety, loss and struggle to release, freedom from fear, transformation and inner peace.

"My greatest joy is empowering people to revitalize their lives, remove blocks to their well being and discover what makes them come alive."