

Our Facilities

New Directions for Women

Costa Mesa CA
New Directions for Women is a drug and alcohol treatment provider offering services for women, pregnant women, and women with children.
(800) 93-WOMEN(96636)
www.newdirectionsfor-women.org

Michael's House

Palm Springs CA
Michael's House is a chemical dependency treatment center designed to meet the needs of adult males.
(800) 841-3248
www.michaelshouse.com

Michael's House North

(formerly Serenity Retreat)
Palm Springs CA
Michael's House North (formerly Serenity Retreat) assists and enables both men and women to heal emotionally, physically and spiritually from drug addiction, alcoholism and other self-destructive attitudes and behaviors through treatment in a safe and accepting environment.
(866) 938-7772

Sober Circle -Online Recovery Partner

Both Michael's House campuses and New Directions for Women are proud to announce their affiliation with SoberCircle.com.

SoberCircle (www.sobercircle.com) is an online recovery community and social networking site designed specifically for people in recovery, their friends and family.

Featuring member profiles, chat groups, blogs, forums, calendar and events listings and information and details on interventionists and treatment centers throughout the United States, SoberCircle encompasses everything in the recovery community and brings it together.

Designed after the MySpace website, all that is needed to sign up is a valid e-mail address and a password. Members can construct a personal page and profile with photos and communicate with others through forums, online journals and discussion threads.



"We are using it for all of our alumnae to stay in touch now and forever," said Becky Flood, Group CEO for New Directions and both Michael's House campuses. "Life goes on after treatment and you get back into your routine. But in this day and age of electronics it is very easy to stay in touch and give and receive support through SoberCircle."

Since going live in late 2006, SoberCircle already has 2,383 members including people in recovery, people considering recovery, intervention
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Q & A with Foundations CEO Michael Cartwright



Michael Cartwright
CEO of
Dual Diagnosis Management
and Foundations Associates

Q: New Directions for Women is part of the DDM family now because why?

Cartwright: Becky. Honestly, Becky. She's one of the most talented people I met and she is like me in terms of treating clientele. She is highly effective and organized. I am thoroughly impressed with her. I was looking to a CEO for Michael's House and wanted to recruit Becky. She was so dedicated to New Directions that she wanted to approach the board about a management contract.

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Reverend Leo Booth, internationally acclaimed author, lecturer, and trainer on spirituality and recovery, will be speaking at Michael's House in Palm Springs on July 28.



Mission

Michael's House is dedicated to achieving excellence in providing alcohol and drug addicted males and their families with the means to become happy and productive citizens, while living a life of sobriety and recovery.

Vision

Michael's House strives to be an organization that:

Creates an environment of trust and safety, allowing patients to embrace the recovery process;

Recognizes each patient as a unique individual;

Promotes each individual's self-awareness as a means of discovering the power from within;

Believes that all individuals are inherently good; and

Provides assistance as is a resource to all those who are impacted by the disease of chemical addiction

Our Services

Individual Therapy
Group Therapy
Family Therapy
Nutritional Guidance
Threapeutic Duties
Recreational Programs
Expertise in Treating Relapse
Vocational Guidance
Lectures
Self-Exploration

Michael's House



The staff of Michael's House in Palm Springs continues the tradition of providing recovery treatment and services for men.

Q & A with Executive Director Michael Cartwright

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Q: What formed some of your ideas or passion to devote your work and time to addiction recovery and treatment?

Cartwright: My own recovery. (been sober for 15 1/2 years). In the 12-step program I found confusing information regarding dual diagnosis. It was treated in such an utterly confused way. The system was to treat either the addiction or the mental health part of the disease. I went to work in the field, started the not-for-profit called Foundations to help people with both substance abuse and mental health disorders.

Q: How has being a former case manager helped you in your administrative/leadership position today?

Cartwright: Being a case manager has given me empathy for the clients we serve. What keeps me driving forward are the calls from people who have been sober for 10-12 years, have a good job, a family.

This helps me in my motivation to serve.

Q: You have been involved with committees and councils on the state and national level. Is government and private agencies "getting" it when it comes to addressing co-occurring disorders and gender-specific treatment for addiction recovery?

Cartwright: Some programs as a whole are at light speed, yet still not fast enough for myself. The field is only fifty years old. We've come a long way. Are we there yet? No. Do we have a long way to go? Yes. I think we'll get there in the next 25-50 years. A lot of it is that brain chemistry will have to be unlocked. Addiction is a brain disease. It will take more research on behavior itself

Q: The recent HBO series on Addiction put addiction treatment in clear terms and talked about adolescent and co-occurring disorders. Do

you think this will help the work DDM does?

Cartwright: I think any positive publicity on the airwaves that treatment works, addiction is a real disease, and recovery is shown is a positive light does a real service. We need more of that.

Q: What does or should the combo of Michael's House/Serenity House and NDFW do best?

Cartwright: The synergy to ensure we're all providing the best practice. The resources to help every facet: marketing, administrative, clinical. We will serve all our missions better. We can pull all our resources together and at the end of the day have a better business model.

Q: What could Dual Diagnosis Management with the addition of Serenity House, Michael's House and New Directions for Women do to improve?

Cartwright: Integration has just begun after the first six months (since the management contract) and it is going to take another six months to integrate the best aspects of what every center has and use it to benefit the group. Michael's House has 15 years experience. Foundations has 13 years experience. New Directions has 30 years experience. Each has success from its diversity of programs and treatments to how they do their marketing and billing. The integration is just now taking place.

Q: Thirty five years ago there were few or no gender-specific or co-occurring treatment services and look how far it has come in that time. What do you think the next 10 to 20 years will do for treatment?

Cartwright: We're still at the very beginning after 50 years. Think of the changes the auto industry undertook in only its first 50 years, until say 1965, and look how far it has come since then. In addiction and mental health treatment, every year we see leaps in treatment and discovery. And we are only beginning to unlock and understand specifically how the brain works, the influence of genetics in addiction, the affects and success of gender-specific and co-occurring treatments and the understanding the socioeconomic factors of addiction and treatment. We are still scratching the surface.

Q: What needs to be done more to advocate for addiction treatment and recovery?

Cartwright: Reports say 23 million people in this country could benefit or are in need of addiction treatment, yet only 3 million received treatment. That is a miniscule amount compared to the ratio of the number of people affected and treated for other diseases like diabetes or cancer or HIV/AIDS. There is also not enough money for research compared to other health diseases. Insurance carriers do not cover addiction treatment. More information needs to be brought to the policy makers. The recovery community and addiction treatment industry needs to better lobby for better funding and research and to move policy forward.

Q: If I am reading this as I am waiting to be admitted or thinking about entering one of DDM's treatment centers. What would you like to say to me?

Cartwright: We can help. Recovery is real. 12-step programs have been proven to work. Recovery is real.

Q: Can I find you on SoberCircle.com? If so, under what name?

Cartwright: You can. Find me under MCartwright. Become an active member. Chat. Blog. Make or meet up with friends and alumni.

Q & A With Admissions Coordinator Patricia Caffrey



Patricia Caffrey has served as Admissions Coordinator for Michael's House since 2004.

For over two years the men seeking treatment at Michael's House meet Patricia Caffrey, the Admissions Coordinator first. With five years experience working in recovery and addiction treatment services, Caffrey lets us do the asking here.

Q: What led you to this kind of work?

Caffrey: This woman (gestures to colleague Elanore Woodcock). She found me in a park and said 'You want a job?'. We were out walking our dogs. We had previously known each other but only over the phone- and that's the truth.

Q: You are one of the first people a patient/resident comes in contact with, what do you keep in mind about that? Caffrey: I am the first (person

they meet). I try to allay their fears. I try to be informative. I stress that addiction is a family disease and that everyone needs help in the family and how successful our program has been for 18 years.

Q: You are admitting me and I want to leave now, what do you do?

Caffrey: I ask you to come into the office and tell me what the problem is so we can find a solution. I ask for time to find the solution. I just had that happen today.

Q: How did it work out today?

Caffrey: I had success. He's staying another couple of days.

Q: Most satisfying thing about being an admissions counselor?

Caffrey: Giving guys as they leave a hug and seeing the difference from when they were admitted to how they are when they're leaving.

Q: What is the most difficult thing you face on the job?

Caffrey: (answering immediately) Dealing with the tears from the families

Q: What is the most frequently asked question by new patient/residents to admissions counselor?

Caffrey: How long they're on restriction?



Michael's House north campus staff is committed to addiction recovery treatment and services for men and women in Palm Springs.

Michael's House
Contact Info

"You welcomed us with open arms."

Dear Staff,

We came to this wonderful place so scared and lonely and confused. We came here not knowing what's ahead for us in the future. You welcomed us with opened arms. You made us feel very comfortable here. You told us don't be afraid of anything you will be safe with us here! Please trust us we are here to help you with any thing you need!

You all touched our lives one at a time. You taught us how to clear the big obstacles in our lives. So that we can all show our true selves.

You also show us how to laugh again.

How to be kind and thoughtful to one another and feel good about our selves! All we can do here at New Directions for Women is look forward to our new life in sobriety. All the ladies here at NDFW are very thankful for all everyone has done for all of us! We all can stand up our own two feet, lift our head up high and not worry about what will come in the future. Thank you for making us all independent women. We no longer have to hide any more. Thank you for all the wonderful gifts you have given to all of us. It's nice to know you all here for us all! Thank you for all the wonderful experience's you provided.

From all of the New Directions' Patients

Forgiveness

Forgiveness is the scent of the rose on the heel which crushed it.

Never take someone for granted. Hold ever person close to our heart because you might wake up one day and realize that you've lost a diamond while you were too busy collecting stones.

Always be yourself
Because the people who mind
Don't matter
And the people
Who matter
Don't mind.

You come to love
Not by finding the perfect person
but by seeing and imperfect person perfectly.

What do you do
When the only one
Who can make you stop
Crying is the one who
Made you cry.

Sober Circle
Continued from page 1

lists and health care professionals who also use the site to network and share resources in the addiction and mental health fields.

Tech-savvy magazine, Wired says that MySpace, the largest social networking site, is splintering as people head for niche sites.

SoberCircle's offerings include talented Philosopher-in-Residence Noah benShea sharing inspirational stories and features via articles and videos.

SoberCircle also features a toll free phone line and e-mail to provide immediate support for those in need. Links and stored

audio files allow members to tune in or listen live to recovery radio stations or read the latest news and developments in addiction treatment, recovery and mental health.

SoberCircle's detailed calendar lists Alcohol Anonymous, Narcotics Anonymous, AI Anon and Nar Anon meetings throughout the country and events designed specifically for people in recovery such as clean/sober cruises, alumni parties and conferences. Members can post their own events.

With the advent and explosion of online social networking site and now their fracture into specific communities, SoberCircle connects people in recovery with support 24-hours a day for free.

"To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch.....to know even one life has breathed easier because you have lived. This is to have succeeded." - Emerson



NEW DIRECTIONS
FOR **WOMEN**

Thank You! Thank You! Thank You!

New Directions for Women thanks its donors for their generous support. If you would care to donate to New Directions for Women, please contact Kim Farthing, Director of Development at (949) 910-4307.

Our Mission

New Directions for Women is a safe, caring and sensitive residential treatment facility. By providing exceptional, gender-specific addiction treatment services that are grounded in 12-step principles, New Directions assists women, their families and their children to achieve sustained responsible recovery.

Our Services

Individual Therapy
Group Therapy
Challenge
Adventure
Equine Therapy
Trauma Therapy
Exercise
Children Services
Family Treatment
Psychodrama
Spirituality
Meditation
Spa Services
Aftercare and Follow up

New Directions
800-93-
WOMEN(96636)
[www.newdirections-
forwomen.org](http://www.newdirections-forwomen.org)

Save The Date

- ←—————→
- May 9-11:** Systemic Intervention Workshop in Palm Springs, CA
 - May 28:** Mark Lundholm Full Day Session at The Canyon in Malibu, CA
 - June 1-3:** New Directions for Women Alumni Weekend
 - June 13-15:** Intervention & Coaching Workshop Meeting the Specialized Needs of Women Pre & Post Treatment in Palm Springs, CA
 - June 13-15:** Arise Intervention Workshop in Memphis, TN
 - June 22-24:** The Canyon Alumni/Anniversary Weekend
 - July 9:** "Couture at the Course" Golf & Fashion Show-Strawberry Farms Golf Course
 - July 18-20:** Arise Intervention Workshop in Palm Springs, CA
 - July 23:** Mark Lundholm Full Day Session at The Canyon in Malibu, CA
 - July 28:** Reverend Leo Booth, internationally acclaimed author, lecturer, and trainer on spirituality and recovery, will be speaking at Michael's House in Palm Springs, CA
 - August 20:** Mark Lundholm Full Day Session at The Canyon in Malibu, CA



Repeat Boutique

Repeat Boutique has expanded its jewelry line to include affirmation jewelry along with custom made earrings and necklaces. Please visit our boutique clothing and accessories store featuring gently used and new designer clothing at 370 E. 17th St. Unit F in Costa Mesa.



2607 Willow Ln.
Costa Mesa, CA 92627

STAMP

New Directions in Cooking *With Chef Eyal Avidor*

Stuffed Zucchini

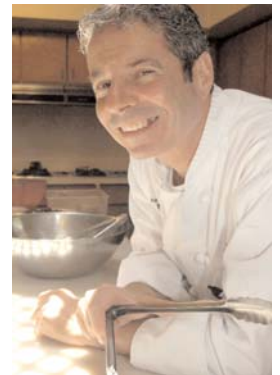
Ingredients:

For 12 Servings

6 large zucchinis
1 cup chicken meat
(minced, ground)
½ onion (finely chopped)
1 carrot (brunoise)
½ celery stem (brunoise)
1 leek, white part
(brunoise)
2 tbsp. raisins (washed
and dried)
2 tbsp. pine nuts (toasted)
1 tbsp. parsley (finely
chopped)
1 tbsp. cilantro (finely
chopped)
½ tsp. cumin
½ tsp. cinnamon
salt & pepper
olive oil
2 tbsp. rice vinegar

Procedure:

- 1)** Cut ends of zucchinis and plunge in salted boiling water, cook for 2 minutes, remove from water and set aside to cool and dry.
- 2)** In a skillet sauté gently with little olive oil, onion, carrot, celery and leek until soft about 20 minutes, do not burn vegetables.
- 3)** Add cumin, cinnamon and mix well, add the rice vinegar and raisins and continue to cook until no liquid remains in skillet. Remove from heat and set aside to cool.
- 4)** Place the minced chicken with the cooked vegetables and mix well.
- 5)** Add the parsley, cilantro and the toasted pine nuts and mix well.
- 6)** Cut the zucchinis to 3 equal pieces and gently remove the inside meat, leaving bottom intact.
- 7)** Fill the zucchinis with the chicken mixture while pressing down with fingers.
- 8)** Place on baking sheets lined with parchment paper that was sprayed with oil.
- 9)** Bake in 350 preheated oven for 40 min.



Eyal Avidor is the Executive Chef at New Directions For Women. He earned his Grand Diploma from the