



NEW DIRECTIONS
FOR **WOMEN**

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
Aftercare and Follow up



Member of



national association of addiction treatment providers

New Directions
800-93-WOMEN(96636)
www.newdirectionsfor-
women.org

The Butterfly Bulletin

SUMMER 2008

Volume 3, Issue 2

Success in Treatment



2nd Annual ATCPCC Conference

The ATCPCC conference is an extraordinary opportunity for professionals to exchange information in an effort to create a seamless continuum of care to meet the needs of all patients.

Addiction and recovery professionals will be networking with one another to assure their patients' success by attending the Second Annual Addiction Treatment Centers and Professional Consortium of California (ATCPCC) July 16 through 18 at Fess Parker's DoubleTree Resort in Santa Barbara.

The conference goal is that every addiction treatment professional will know where to turn when they are presented with a situation that is outside of their expertise. The ATCPCC will focus on how professionals can learn new ideas and treatments to ensure both the success of the patient and the professional.

Modeled after the popular International Treatment Centers Cooperative Conference (ITCC) held annually in Vero

Beach, the ATCPCC prepares professionals in the treatment and recovery field to act upon the new challenges and scenarios presented in the field. After returning from this consortium, treatment professionals are better prepared to solve problems and face situations that were previously out of reach.

In addition, treatment center representatives, interventionists, and therapists will formally present information about the unique services and programs offered by conference attendees and how to access services.

The ATCPCC is sponsored by New Directions for Women and Clearview Treatment Programs.

For any professionals who wish to register, they may do so online at www.newdirectionsforwomen.org or fax the registration to 949.548.3292. For more information, please contact *Julio Rodriguez* at 949.548.5546 ext. 504 or jrodriguez@newdirectionsforwomen.org

Latest Breaking Statistical Results

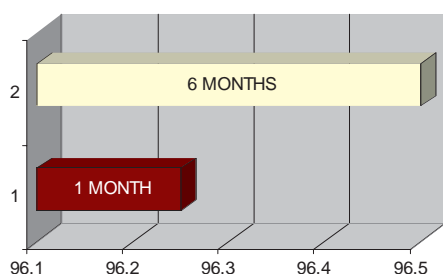
New Directions for Women is committed to achieving the highest level of patient satisfaction and treatment outcomes. In completing the fiscal year, New Directions shares its statistical successes with patients, alumnae, staff, executives and investors as NDFW looks ahead to the new fiscal year.



Statistics are gathered by Maurice Wilson, Ph.D., Chief Operating Officer of New Directions for Women.

The Treatment Outcomes Summary statistics comes from the New Directions for Women Quality Improvement Office ongoing survey of former patients from June 2007 to present. As part of New Directions for Women CARF accreditation, data has been collected from constituents to assess outcomes of treatment, efficiency and effectiveness of the treatment process.

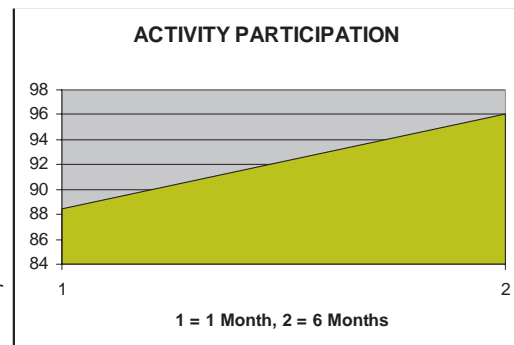
SOBRIETY



Overall, **96.25** of patients stayed sober 1 month after treatment and **96.5%** of

patients stayed sober 6 months after leaving treatment

Conclusion: NDFW alumnae report significant reductions in alcohol and drug use 1 to 6 months after treatment



Patients report **88.5%** increased activities and decreased stress 1 month after leaving treatment, and **96%** increased activities and decreased stress 6 months after leaving treatment
Conclusion: NDFW alumnae report significant improvement in physical and emotional health after completing treatment

Source: **52** patients participated in New Directions for Women Quality Improvement Office-Treatment Outcomes Summary June 2007

New Directions for Women Foundation acknowledges our major investors over this past year*

\$20,000+

Anonymous
Charles Mathewson Foundation
Children and Families
Commission
Decorative Arts Society
In Memory of Muriel Zink
The Crean Foundation
The Draper Family Foundation
The Green Foundation
The Faith Family Trust
The Pickup Family
2003 Eagle Foundation

\$5,000 - \$19,000

Albert & Mary Crosson
Audrey Milfs
Don Yoder Foundation
Doris Boisseranc
Howard & Katherine Bland
Glen & Dorothy Stillwell

Irvine Health Foundation
Lincoln Consulting Group
Pacific Life Foundation
Paxson Offield
Peter & Carolyn Shea Foundation
RC Baker Foundation
REACH Foundation
Richard & Elizabeth Steele

\$1,500 - \$4,000

Allergan Foundation
Anonymous
The Bascom Group
The Busch Firm
Chicago Title Company
D&D Services Inc.
Devon & Kevin Martin
John T. Lynch
Flight Director
Mary Singleton
R&R Sheet Metal

Mesa Doors
Peter Norton Foundation
Pinehurst Properties
Quickstart
The Shea Foundation
Spectrum Hotel Group
Steadfast Properties
Southworth and Associates
Western Digital

*As of March 2008. We apologize if any names were accidentally omitted and appreciate all your support of the NDFW Foundation.

We invite you to join these investors in transforming lives. Please contact Sandy Peffer, Development Director, 949-548-5546 ext. 502 and speffer@newdirectionsforwomen.org.

Board of Directors

Amir M. Kahana, Esq.,
President & Chairperson

Sally Frei, *Vice-Chair*

Jim Sabovich, Esq.
Treasurer

Elizabeth Ward, *Secretary*

Dana Binford

Dan Carracino

Christopher Mears, Esq.

Brian Cwik

Gianna Drake-Kerrison

Douglas B. Kerr, Esq.

Tara Micalizzi

Dan Headrick, M.D.

Darlene Quinn

Dorothy Rausa

Gina Smith, Esq.

Gordon St. Mary, Psy.D

Samuel Vidaurreta

Foundation Board of Directors

Carole Pickup
President & Chairperson

Jim Wilder, III, *Treasurer*

Brenda Ives, *Secretary*

Dan Carracino

Mary Crosson

Amir Kahana, Esq.

Bonnie McClellan

John Moody

Pauline Nelson

Sonny Reser

Faith Strong

Barry Weiner

Save The Date

{**Alumnae Garage Sale** - May 17 at 5:00 am to 4:00 pm

Community Gardening Event - May 24 at 8:00 am

Board and Staff Picnic - June 1 at 1:00 pm

Summer Fashion Show - June 7 at 2:00; Summer designer clothing will be showcased at Repeat Boutique

Operating Board Meeting - June 18 at 5:30 pm

Summer Market - July 12 at 9:00 am; A lively marketplace offering clothing, jewelry, produce and more from over 20 vendors on the New Directions campus

Addiction Treatment Center & Professionals Consortium of California - July 16-18 beginning at 12:00 pm; professional conference designed to create a seamless continuum of care.

Annual Celebration Sale - August 8; Repeat Boutique. Biggest sale of the year.

Alumnae Beach Party - August 10 at 1:00 pm

Circle of Life Tours - 3rd Friday of every month at 11:30 am to 12:30 pm; Campus tour with lunch provided.

Alumnae Nights -

1st Thursday of every month at 7:00 pm; Alumnae Meeting.

2nd Thursday of every month at 6:00 pm; Alumnae Panels and Dinner.

4th Thursday of every month at 7:00 pm; Alumnae Panel.

Intervention Workshops - 4th Saturday of the month at 10:00 am; Host of A&E's top-rated show Intervention, Ken Seeley, will visit the New Directions for Women campus for a series of free community workshops on how to help loved ones suffering from addiction that do not want help.

Al-Anon Meeting - Every Wednesday at 11:30 am in Faith House; Al-Anon has been offering hope and help to families and friends of alcoholics.

Closed Women's AA Meeting - Every Wednesday at 11:45 am in Founder's House; lunch provided from 11:00 to 11:30.

For more information about upcoming events, please contact Virginia Mendiola at (949) 548-5546 ext. 604.



Help us Save the Environment

If you would like to receive the newsletter electronically, please submit your email address to jrodriguez@newdirectionsforwomen.org

Beginning June 12, New Directions will be Expanding its Alumnae panels to twice monthly.
1st Thursday: Alumnae Meeting
2nd Thursday: Alumnae Discussion Panel and Dinner
4th Thursday: Alumnae Discussion Panel.
All alumnae are invited to both the monthly meeting and the dinner and panels.

Outdoor Summer Market

at **New Directions for Women**
July 12 at 9:00 am
Join us for art, food, and fashion
on a beautiful summer day
Over 20 vendors showcased
Hope to see you there!



STAMP

2607 Willo Ln.
Costa Mesa, CA 92627

Please consider supporting New Directions for Women Foundation by investing in responsible recovery with a percentage of your Economic Stimulus Package check.



New Directions in Cooking *With Chef Eyal Avidror*

Eyal Avidror is the Executive Chef at New Directions for Women.
He earned his Grand Diploma from the French Culinary Institute in 1986.

Pasta Salad

Ingredients: For 6 Servings

1 lb. rainbow bowtie pasta, cooked, drain and rinsed
1 each red, yellow, orange bell peppers
4 plum tomatoes, seeded and cut into small cubes
1/3 cup scallion, minced
1/3 cup black olives, pitted, minced
1/4 cup each fresh parsley and mint, finely chopped
2 tbsp balsamic vinegar
1 tbsp. olive oil
Salt and black pepper to taste

Procedure:

1) Roast bell peppers over open flame (gas range) until charred on all sides. place in plastic bag and let steam for 15 minutes. Remove charred skin, do not rinse, and seeds, cut into small cubes.

2) Mix together, cube bell peppers, tomatoes, scallion, olives, parsley and mint.

3) Stir in balsamic vinegar and olive oil, add salt and pepper to taste, let stand, 15-20 minutes to marinate.

4) Pour marinated vegetables over cooked pasta, mix well.



Eyal's Pasta Salad is perfect as an appetizer or side dish.