

# repeat boutique

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

Hours:  
Tues. - Friday, 10 a.m. to 6 p.m.  
Saturday, 10 a.m. to 5 p.m.  
Sunday, 10 a.m. to 4 p.m.

shop  
donate  
volunteer

# spring recipe

*From the kitchen of New Directions  
Executive Chef Eyal Avidror*

## Grape Leaves with Goat Cheese



### ingredients:

- 1 lb goat cheese
- 1/3 cup olive oil
- 3 garlic cloves
- 1 tsp fresh thyme
- 8 basil leaves chopped
- Salt and pepper to taste
- 24 grape leaves fresh



### procedure:

- Cut goat cheese into finger length strips 1/2 inch thick
- In a bowl mix the oil, garlic, thyme, basil, salt and pepper. Pour mixture over the cheese, and let marinate for an hour
- Meanwhile cook the grape leaves in salted water for about 20 minutes until they get soft. Wash in cold water and strain
- Arrange grape leaves on work area with soft side down
- Pre-heat oven to 350 degrees
- At the base of each grape leaf place a piece of cheese and then roll the leaf around the cheese
- Arrange rolled leaves tightly in baking pan with the seams facing down, brush leaves with olive oil
- Bake for 3-4 minutes until cheese starts to melt, serve immediately



NEW DIRECTIONS  
FOR WOMEN

2607 Willo Lane  
Costa Mesa, CA 92627

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# The Butterfly Bulletin

spring 2009

volume 4, issue 4

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

## Levels of Care

### Residential

Primary and Extended

### Intensive Outpatient Program

Featuring Individual and Conjoint Therapy, Recovery Skills, Relapse Prevention, Family Education and Social Support Groups

### Intensive Sober Living Program



NEW DIRECTIONS  
FOR WOMEN

newdirectionsforwomen.org

## New at New Directions – Evening Intensive Outpatient + Sober Living Programs

With the development of more resources for recovery, patients find new avenues to help them gain freedom from addiction

The road to recovery is different for everyone. Some begin their rehabilitation in a residential treatment facility while others wind up in a hospital and continue as outpatients after discharge. For those who may be able to use an outpatient service for their entire course of therapy, New Directions has initiated the Evening Intensive Outpatient Program (IOP). It caters to patients who are working and either not ready, unwilling to commit to, or are not appropriate for residential treatment.

Designed to accommodate people in various stages of early recovery, IOP provides a full range of services that help women return to their lives with independence and confidence.

Among the many useful tools they stand to gain is the practical application of what they learn in treatment to the real world.

“Outpatient programs work for many people as they keep the recovering person engaged as a functioning member of society,” says Becky Flood, executive director and CEO.

Further providing comprehensive care, New Directions is also introducing Intensive Sober Living (ISL) on campus. ISL is a continued care transitional sober living community that helps alcoholics and addicts transition from treatment to living successfully in sobriety. Unique to ISL is the combination of the evening outpatient program (IOP) with sober living. Patients receive 10 to 7 hours of treatment weekly and are involved in 12 step programs while they work, go to school or are involved in other productive activities.

For more information contact admissions: 949.548.5546 x610



*Interventionists  
Karen Zazzera,  
Julian Pickens,  
Jerry Bowling, and  
Giff Smith tour  
New Directions  
Faith House  
for women and  
children on  
February 19, 2009.*

# save the date

- Circle of Life Breakfast**  
May 28, 8:30 -9:30 a.m., Five Crowns
- Alumnae Easter Party**  
April 11 from 12 noon to 2 p.m.
- Interventionists & Treatment Centers Consortium** – April 22-24 in Vero Beach, FL
- International Education Consultants Association Conference**  
April 29-31, San Francisco, CA
- 35th Annual School on Addictions & Behavioral Health**  
May 4-6, Anchorage , AK
- 6th UK-European Symposium on Addictive Disorders**  
May 14-16, London
- National Association of Addiction Treatment Providers Conference**  
May 17-20, Palm Beach, FL

# ongoing events

- Circle of Life Tour + Light Lunch**  
Every 3rd Thursday at 11:30 a.m
- Alumnae Nights**  
Monthly Alumnae Meeting  
1st Thursday 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. to 1 p.m.
- Closed Women's AA Meeting**  
Every Wednesday at 11:45 a.m.  
in Founder's – lunch provided
- Repeat Boutique Discount Days**  
Senior Discount Days  
Every Sunday 20% off  
  
Tag Change Sale  
Every 4th Thursday

For more information about upcoming events, please contact Virginia Mendiola at 949.548.5546 ext. 604 or visit us at [newdirectionsforwomen.org](http://newdirectionsforwomen.org).

## ASSESSMENT STRATEGIES

Committed to delivering the highest level of patient care, New Directions uses the Patient Satisfaction Survey as one key tool in assessing the effectiveness and efficiency of its treatment services. These anonymous surveys administered to patients upon discharge assist us in our continuous effort to improve the quality of our program.



Maurice Wilson, Ph.D., is the Quality Improvement Officer and is at the helm of Clinical Services at New Directions

**MAJOR FINDINGS:** At least nine out of ten respondents felt welcomed and at ease. Eighty one percent would recommend others to New Directions.

The following percentages resulted from 56 respondents who discharged between January 2008 and December '08.	Percentage of women who Agreed or Strongly Agreed.
I felt welcomed and soon at ease	93%
Clinical staff treated me in a very professional manner	82%
My therapist was genuinely interested in my recovery	91%
I felt safe in the environment at NDFW	89%
Administrative staff treated me with dignity and respect	81%
I would recommend NDFW to others	81%

Statistics are gathered by the Quality Improvement Office of New Directions for Women

## introducing...



A relatively new addition to New Directions is Foundation Volunteer Coordinator, **Anette Greenberg**, who has been managing Repeat Boutique since mid-October. Anette (one 'n') was initially hired as a consultant shortly after a chance meeting with Executive Director Becky Flood on a boat trip to Nantucket. Consulting turned into a full fledged job offer bringing Anette enthusiastically on board.

"I love the shop," she says. "We have a loyal client base who are dedicated to our mission."

Anette comes to Repeat Boutique with 30 years in retail having run a variety of shops including *Pee Wees*, a children's store, the *Paper Chase*, a custom stationery store and a large bridal salon called, the *Formal Formula*.

"I'm excited to be here, says Anette. Repeat Boutique is like a diamond in the rough for me. I am eager to take it to the next level, and hopefully, adding many more years of longevity."

REGISTER NOW FOR THE **ATCPCC CONFERENCE** IN SANTA BARBARA (JULY 22-24) AT [NEWDIRECTIONSFORWOMEN.ORG](http://NEWDIRECTIONSFORWOMEN.ORG)

## foundation corner

### Sowing the seeds of growth Plans to expand our sanctuary take shape

It's exciting times for New Directions as it heads even closer to the completely sustainable treatment facility for women that was envisioned by its founders 32 years ago. The future holds firm promise for room to grow as the plans for expansion and upgrading of the existing facility are complete.

care center, professional playground, family center, outpatient services, staff offices and wellness center. Integrated healing and herb gardens will have plenty of room to flourish. The plan also includes a remodel of the existing Founder's Building.

"In order to deliver optimum care for our patients, we need to provide the optimum environment," said Executive Director and CEO Rebecca Flood. "The master building project plan ensures physical and financial stability allowing generations of women and their families a chance to recover in dignity and with respect."

The master building plan targets expanded capacity by acquiring two adjacent properties (one on Willo, and one on Redlands), along with the removal of existing high maintenance and deteriorating buildings (Faith House & Pfister House). Cleared buildings will be replaced by 18,414 square foot of facilities including a licensed child



New Directions' guests enjoy an afternoon of sailing off the coast of Newport Beach.

## alumnae

"New Directions gave me a second chance for a new life. God gave me a life and I abused it, but I learned at New Directions the tools needed to become the mother, sister, daughter, and friend God wanted me to be! ...I can say I'm proud to be a sober woman today."

—Vonnie Kane



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