

LAST CHANCE TO REGISTER FOR THE ATCPCC CONFERENCE IN SANTA BARBARA JULY 28-30!!!



There's still time to register for the 2010 Addiction Treatment Centers & Professionals Consortium of California. Register online at NewDirectionsForWomen.org or call (949) 313-1192, ext. 103.



NEW DIRECTIONS FOR WOMEN

2607 Willo Lane
Costa Mesa, CA 92627

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newdirectionsforwomen.org



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.

Levels of Care

Residential Program

Primary, Transitional and Extended

Intensive Outpatient Program

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

Intensive Sober Living Program

Combines transitional sober living with continued treatment services to help residents successfully transition to a sober lifestyle

Raise funds for New Directions for Women Foundation with your Ralphs Rewards Card!

See inside for details!

Child Assessment Program

New program at New Directions targets the youngest family members



After a year in development, the Child Assessment Program will be fully in place by September 2010. The program's primary goal is early identification and treatment of developmental delays in infants and children in order to break the generational cycle of addiction. There is also an emphasis on parenting classes for pregnant women, new mothers, and mothers of children aged 1 to 5 years, along with tools to monitor the child's progress post treatment. Children who do not live on the New Directions campus with their mother will also benefit, as our staff will assist the mother and the child's caregiver with direct and observational tools to monitor the child's progress.

The creation of this program came in response to a number of studies, the first of which was conducted in 2007 by the Orange County Health Care Agency. The purpose of the study was to assess the prevalence rate of babies exposed to alcohol, tobacco or other drugs prior to birth. Nearly 2,600 pregnant women participated anonymously. Perhaps the most surprising outcome of this assessment is the fact that, "Based on a substance use prevalence rate of 15.1 percent found in the present study, an estimated 6,800 babies are born each year in Orange County exposed to alcohol, tobacco, and/or illicit drugs prior to birth ..."

A report from the National Coalition Against Domestic Violence reveals two more stark facts:

- Children of substance abusing parents are more likely to experience physical, sexual, or emotional abuse than children in non substance abusing households.
- Children who have experienced family violence are at greater risk for alcohol and other drug problems later in life than children who do not experience family violence.

To improve treatment for individuals with both substance abuse and domestic violence problems, the Center for Substance Abuse Treatment recommends, "furthering efforts to link domestic violence and substance abuse treatment programs in human services systems and to provide counseling, child care, substance abuse and mental health treatment, among other services, in one program." Our goal is to back up this recommendation with the following strategies:

- Assess children up to 36 months of age for possible developmental delays resulting from substance abuse of their mothers.
- Provide training and resources for staff and mothers to address any assessed parenting skills deficits and child developmental abnormalities.
- Assess the level of stress mothers experience caring for their children 0 to 36 months and develop an individualized care plan consisting of structured parenting instructions tailored to meet the mother's assessed parenting needs.
- Help mothers to access and utilize community childcare and family support resources.

For more information, contact Dr. Maurice Wilson, Quality Improvement Officer, at 949.313.1192, ext. 108.



CALLING ALL RECIPES:

You are all invited to submit your tastiest and most requested recipes. Please send us your favorite recipe for the chance to be included in our upcoming **New Directions for Women Cookbook**. Dedicate a recipe in honor of your loved one, or tell us the story behind your dish! Please contact Tania Bhattacharyya at 949.313.1192, ext. 103 or foundation@newdirectionsforwomen.org for more information.

Summer recipe



From the kitchen of Executive Chef Eyal Avidror

Red Pepper Dip Courtesy of Becky Flood

If you're entertaining friends and family over the summer, this festive red spread will make the perfect appetizer, dip, or spread. Also — red peppers are rich in healthy vitamin C. Serve with crackers or slices of baguette to make your summer even brighter. This flavorful recipe is a family favorite of our Executive Director and CEO, Becky Flood.

ingredients:

- 1 large jar of roasted red peppers
- ½ bag of shredded parmesan cheese
- ½ peeled head of garlic
- 2 tablespoons of olive oil
- 2 tablespoons of balsamic vinaigrette

procedure:

- Put all ingredients in a food processor and puree for 1 ½ minutes or until spreadable
- Serve and enjoy!

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Ensuring the highest quality treatment



Becky Flood responds to questions from her seat on the Dr. Oz show

New Directions featured on Dr. Oz

New Directions for Women shared the spotlight on the Dr. Oz television show this past April. CEO and Executive Director, Becky Flood, joined Interventionist Brad Lamm in New York City to tape an episode featuring a mother who had struggled with her addiction to pain medication for years, even through two pregnancies. We support her journey in recovery and are grateful for the national recognition we received.

Because of our expertise in gender specific treatment and our unique ability to have a patient's children live on our peaceful campus during treatment, New Directions is an excellent choice for women with children.

Open House – Save the Date!

Our annual Open House will be held **Wednesday, August 11th from 5:00 to 7:30 pm. Everyone, including the local community, is invited to our beautiful campus to enjoy a few hours of good company, great giveaways, and delicious food. Kids can enjoy the Bounce House and a comic clown, who loves to face paint and make balloon animals. The Repeat Boutique booth will also be open for shopping. Informational tours of our facility are available. Feel free to bring anyone interested in our work and in the joys of recovery!**



Repeat Boutique

Repeat Boutique is excited to bring our customers one of the most unique collections assembled for the season. We have scoured the donations for great summer styles, stocking the store with an amazing selection of clothing, shoes, handbags, belts, hats, scarves, and jewelry. We have it all – whether you are spending your summer at home in beautiful Orange County or taking a fabulous vacation – we have what you are looking for!

Repeat Boutique exists to help fund scholarships to our program for women, pregnant women, and women with children. It's the oldest shop of its kind in Orange County, where generations of loyal donors and customers have helped it become an institution in the Newport-Costa Mesa area and beyond. Our volunteers are the lifeblood of Repeat Boutique. We are blessed to have grandmothers, mothers, daughters, and friends who not only shop weekly, but donate their time and clothing to help sustain us. Without the generous efforts of this "extended family," Repeat Boutique could not survive.



A sweet tidbit involving one of our donors is especially noteworthy. This particular donor's regular contributions always include a handwritten note. The notes give details on how the clothing was purchased, where she was, and any "adventures" she may have encountered. She then signs it, "a grateful 12-stepper."

We are a retail store with a very important purpose. Come on in and check out all of our new items – you can shop, clean out your closet, or better yet, both! Happy summer to all, and as always, we look forward to seeing you!

Foundation Corner

Grant Acknowledgements

Philanthropic support is critical to ensuring the high level of care that New Directions for Women provides. Two local organizations – Sisters of St. Joseph Healthcare Foundation and Zonta Club of Newport Harbor Foundation – recently awarded us grants specifically to financially assist women who lack the necessary resources to enter treatment. These generous grants are vital in opening up treatment options to everyone and reflect the original vision of our three founders: offering affordable rehabilitation treatment services for *all* women.

It is estimated that only 14% of women who are chemically dependent receive the help they need.

It is estimated that only 14% of women who are chemically dependent receive the help they need. We receive approximately 30 calls per month from women who are seeking addiction treatment but lack the necessary resources. Due to the high costs of treating women in a residential setting, we can only grant a small fraction of these requests without scholarship funding from foundations and other sources.



Thankfully, scholarships continue to help improve the health, economic, and in some cases educational status, of women in Orange County. Our program offers a solid start to women who wish to recover and become more productive members of society.



If you have a Ralphs Rewards card, you can accumulate points for New Directions for Women Foundation as you shop. Every time a member shops for groceries and swipes their card, we automatically earn a rebate. Ralphs sends a quarterly donation depending on how many points we accrue.

It's a cinch to sign up, and if you don't have a Ralphs Card, it is free and easy to get one at any Ralphs store:

1. Go to www.Ralphs.com and click on "Create an Account" (near the top right side)
2. Sign up for an account – they will email you a link to finish the process
3. Sign in with your new account and then go to "My Account"
4. Scroll down to "Community Rewards Information" and enroll. [You may do a search for New Directions for Women or use our NPO number 92313 to sign up.]

We hope you take advantage of this of this easy way to give back to New Directions. Please call Tania Bhattacharyya at 949.313.1192, ext. 103 if you have any questions or difficulties with signing up.

Alumni Corner – Erika E.

Two and a half years ago a group of skilled professionals and caring individuals worked together to help me change my life. They gave me the hope, strength, and faith I needed to drag myself out of a haze of drugs, alcohol, and emotional cover-ups. Speaking frankly, I came back from the dead. I was a walking disappointment to myself and when I looked in the mirror I saw an uncanny reflection that slightly resembled someone I used to know. My idea of future existed on a day-to-day basis and my goals were grounded in instant gratification.

God gave me another chance at life and New Directions gave me the necessary tools to succeed. Since then, I have resumed my graduate studies and will be graduating from the Masters of Clinical Psychology with an emphasis in Marriage and Family Therapy program from Pepperdine University next May. I aspire to bring the same sense of commitment, optimism, and compassion to those who need a little hope in order to be healthy and strong for both themselves and their families. I am extremely grateful and truly blessed to have had my journey start at New Directions.



Save the Date

ATCPCC Conference

July 28-30 | Santa Barbara, CA

5th Annual Community Open House

August 11 | NDFW | 5 – 7:30 pm

Alumnae Beach Party

Aug. 15, 1 – 3 pm | Big Corona, CA

Alumnae Reunion/Beach Cruise

September 18 | Newport Beach, CA

Nat. Conf. on Addiction Disorders (NCAD)

Sept. 7-11 | Washington DC

CAADAC/CFAAP 30th Annual Conference

Sept. 30-October 3 | Irvine, CA

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

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.