



NEW DIRECTIONS  
FOR WOMEN

2607 Willo Lane  
Costa Mesa, CA 92627

SEARCH  
NEW DIRECTIONS  
FOR WOMEN  
ON FACEBOOK  
AND SUBSCRIBE  
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## 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](mailto:foundation@newdirectionsforwomen.org) for more information.

## Fall recipe

Courtesy of Merrilee Greene, Counselor and  
New Directions staff member for over five years



This recipe was given to me about 25 years ago. It was served in a hollowed out sourdough bowl with sourdough bread pieces. I since have served it with many different kinds of chips and flatbreads. It has become my signature pot luck dish and I take it to just about any event I go to and it is expected when I host an event. If you make it you better take recipe cards with you because it will be the hit!



## Artichoke Dip

### ingredients:

- 2 cups mayonnaise
- 2 cups mozzarella
- 2 cups parmesan (grated)
- 3-4 cloves garlic (minced)
- 2 cans artichoke hearts (chopped)

### procedure:

Mix all ingredients together and bake at 350 degrees for approximately 30 minutes. Serve in a hollowed out sour dough bowl or sliced baguettes.

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# The Butterfly Bulletin

fall 2010



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Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN | [newdirectionsforwomen.org](http://newdirectionsforwomen.org)



## 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

## CONNECT, COLLABORATE, COMBINE

Peer-to-Peer relationships flourish at two first-rate industry conferences

New Directions for Women has long valued the opportunity to connect professionals in the field of addiction. We know that sharing resources, knowledge and expertise is of maximum benefit to helping addicts and their families. Two venues on opposite coasts provided just the arena recently with the National Conference on Addiction Disorders (NCAD) in Washington DC, and the Addiction Treatment Centers & Professionals Consortium of California (ATCPCC) in Santa Barbara.

At the first annual NCAD in September, our Executive Director Becky Flood teamed up with Carol Lawyer from *Intervention First* to present at a session called, "Do You Really Want to be an Interventionist?" Among the topics they were invited to discuss were, 'How does one create a successful business performing interventions,' and 'What is the history of interventions, starting with the Johnson model, and how has it evolved?'

"It was exciting to be a part of the large collaborative effort between NAADAC, NAATP, INCASE, NALGAP and Addiction Professional and Behavioral Healthcare Magazine that came together to create this first national conference," said Becky. "Large collaborations in our field are not the norm but hopefully they will become so. I reconnected with many old friends and made some new ones that I hope will assist me both in becoming a better professional along with helping New Directions become a better service provider."

July's ATCPCC Consortium was equally fruitful as addiction experts from about 50 premier addiction treatment centers throughout the U.S. had an opportunity to meet established practitioners,



Group shot outside the Doubletree Resort in Santa Barbara during July's ATCPCC conference hosted by New Directions

discuss trends in the industry, and network. The conference encouraged professionals to gather and discuss their trade in a healthy forum to promote learning and improvement in the addiction treatment profession. Attendees stayed at the beautiful Fess Parker Doubletree Resort in Santa Barbara—a golden place to rest and relax.

## Community Open House 2010

Close to two hundred guests came to the Community Open House this summer, including patients' families, alumnae, fans of Repeat Boutique, and neighbors. Many treatment centers and nonprofit organizations also came to support and to network, in order to more effectively collaborate in the future and continue the life changing work we all do in Orange County.

Among the festivities were music from Celebrations in Sound, free chair massages from One Source Wellness, pizza donated by Original Pizza II, a caricature artist, flower planting by a local girl scout troop and face painting. Guests were also treated to informational tours of our chemical dependency treatment facility conducted by the patients. Opportunity drawings and Repeat Boutique sales drew almost \$1,400 towards the Pamela Wilder Scholarship Fund.





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Ensuring the highest quality treatment



Commission on the Accreditation of Rehabilitation Facilities

*New Directions for Women is currently the only gender separate program in Orange County that has earned CARF's seal of approval.*

"I believe CARF stands for quality," said Becky Flood, Executive Director and CEO of New Directions. Many states mandate accreditation, but California does not. New Directions chooses to meet CARF's stringent standards to distinguish us from other programs, but more importantly, we use their principles as a guide for treating every patient and their family members in our program.

New Directions for Women is currently the only gender separate program in Orange County that has earned CARF's seal of approval. A second review just occurred in August (there's one every three years). New Directions' staff enjoyed the review and anticipates a successful report.

"Our staff welcomed them, embraced the process and enjoyed sharing what we do and why we do it," said Becky. "With helpful feedback in a real peer-to-peer review, we can pinpoint our strengths and weaknesses to provide the best program we can."

## New Directions receives second CARF review with favorable results

When New Directions decided to go for their CARF accreditation six years ago, they willingly signed up for "a commitment to excellence." A nod from the Commission on Accreditation of Rehabilitation Facilities acknowledges that a participating provider is dedicated to delivering the highest level of care.

"CARF accreditation is a sign of the continuing advancement of quality on which millions of consumers rely," says the international commission which is comprised of a family of organizations. "It is more than a certificate hanging on the wall. CARF accreditation is evidence that an organization strives to improve efficiency, fiscal health, and service delivery—creating a foundation for consumer satisfaction."

## Repeat Boutique

Repeat Boutique continues to thrive thanks to our marvelous donors, tireless volunteers, delighted customers and a friendly, helpful staff. In our quest to constantly improve, upcoming renovations to our space include painting the ceiling, re-flooring and creating a new lighting scheme so our fall fashions have a better chance to shine.

There are many upcoming events to look forward to now through year's end. To kick things off, footwear fanciers will want to be on the lookout for our Shoe Sale—taking place October 14-17. We'd also like to remind everyone that there's no better place to create an inexpensive, totally original and fun Halloween image than Repeat Boutique. We'll warm things up in November with a special Coat Event (November 11-14), and our own unique version of a post-Thanksgiving Sale. You can then anticipate the Sparkle Sale in December in time for New Year's Eve. For more information on sales and events, contact [foundation@newdirectionsforwomen.org](mailto:foundation@newdirectionsforwomen.org) to be added to Repeat Boutique's mailing list.

We are also excited to announce that New Directions is launching a second Repeat Boutique! We are actively seeking just the right location in south Orange County. We appeal to everyone to be thinking about donating and volunteering as we set out on this new adventure. So many women and their families are in need of the kind of special care and treatment New Directions has to offer, and we are eager to look at new ways to help fund scholarships to our program.



**SHOE SALE**  
OCTOBER 14-17



**COAT EVENT**  
NOVEMBER 14-17



**SPARKLE SALE**  
TBA/DECEMBER

## Patient + Alumni Spotlights

### Patient Tiffany M. tells her story with paint

Painting without any reservations, I started with the man on the right. In his face I tried to portray pain, fear and confusion. His incomplete body with the heart hanging out was to show the way I felt when I was using. It was like my body was being torn by the disease. His limbs are on different parts of the canvas like when I first got sober and felt like I was all over the place. The knife in his arm represents the needles I used. The pain and disgust it brought was horrifying.



The octopus on the left represents my disease taking me down with it. The headphones were for the ignorant bliss that I felt in my denial. On one side I wrote "scream" because I've felt like screaming and shouting since I first got sober. I know that one day I'll reach "serenity," I just have to get through the hard part.

I tried to contrast the madness that was my life and the hope I know is in my future. This painting is about confusion—the confusion you feel when you know you can't go back but don't know how to move forward. It's painful and hectic—but it's beautiful at the same time.  
- Tiffany M.

### The Circle of Life continues: Mother and Daughter success story

**Kim S.** I came through the women and children's program in March of 2002 and have been sober ever since. I surrendered the moment I called Cindy Wilkerson, court liaison for New Directions at the time, and asked for a room for my daughter and I. I believe God just opened the doors for my path from there and though afraid, I was hopeful. It was the best 6 months of my life! I learned how to live life, be a woman, be a friend, be accountable, and just learn how to live a "normal" drug and alcohol free life.



Melissa and Kim pictured here at a recent wedding

I believe the staff at that time was handpicked by God as well. I had counselors that worked with my daughter, staff that brought their daughters over for her to play with and Allison Wilder came over with clothes for my daughter. It all combined to make a difficult situation into an acceptable environment. By the time it was time for us to leave, we didn't want to go. I thank New Directions for giving me back my life and would love to give back to you.

**Melissa S.** I must admit when I first walked into New Directions for Women I was very skeptical. I really didn't want to be there, especially being a child. I was only 11 years old when my mom got sober and was put into rehab. I remember resenting her for making the horrible decision to be an addict and forcing me to yet again suffer the consequences of her mistakes. I didn't want to move away from my friends and family because she couldn't stop drinking. It wasn't my fault. But I didn't know that as well as I do now. You see, I got blamed a lot for my mom's drinking problem and I had to realize that it wasn't my fault. Thanks to New Directions I now know that. They also helped me to deal with a lot of the resentments I had against my mom for being an alcoholic.

It's been eight years since then and my mom's still sober. We have a wonderful life today thanks to God and my mother's sobriety. It takes some serious strength and determination to make the decision to get sober and to stay sober. With the help of New Directions, we both were able to turn it around. Everyone can make the same decision my mom made and have the same success. For those women with children, you can have a better relationship with your children—it's never too late. I am very thankful for all that New Directions has done for me and my family. We are in a place where we could have never been without the determination of my mom, the will of God, and the help of New Directions.

## Save the Date

**CAADAC/CFAAP Annual Conference**  
Sept. 30-Oct. 3 | Irvine, CA

**Alumnae Reunion Harbor Cruise**  
October 16, 10:30 a.m.–3:00 p.m.  
Newport Beach, CA

**The Women's Conference**  
October 24–26 | Long Beach, CA

**AIS Retreat**  
November 3–7 | Birmingham, AL

**Alumnae Holiday Party**  
December 16  
6:00 – 8:00 p.m. | New Directions

## 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.

**Al-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](http://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.