



Last month, the Fashion Island Management Team joined me in the kitchen to assist in the creation of over 250 goodie jars. My idea behind the mason jars was to replace the pre-made packaged granola bars with the healthiest version possible. It's the perfect way to control portion size, as well as gain control of the amount of nutrients on a macro level.

Thank you ladies for all the helpful hands!!

-Chef Jen



Chef Jen

We have a new chef in the kitchen. Chef Jennifer Merrifield comes to New Directions with over 17 years experience in everything from fine dining on Newport Coast, to catering some of Orange County and Malibu's first-rate weddings and events. Jen has a bachelor's in Culinary Management, and is currently working on a master's in Food Science Nutrition through Johnson & Wales.

After a 5 year stint at one of Malibu's most prestigious treatment facilities, Jen chose New Directions as her home to help facilitate change and mindful healing through the food she prepares.



Our Mission

Saving the lives of women of all ages, women with children and pregnant women affected by alcoholism, other addictions, and related issues.

CEO Becky Flood Passes the Baton

New Directions CEO Becky Flood has accepted a position with Ashley Addiction Treatment — an iconic and well-respected addiction treatment center in Maryland. Beginning January 1, 2018, Becky will serve as Ashley's new President and CEO. Becky is honored to continue serving on the New Directions for Women Board of Directors with other passionately committed volunteers to ensure the vision of transforming lives over the next generation is still supported. Our two organizations have enjoyed a collaborative partnership for many decades in caring jointly for women on their recovery journey, and we'll continue to foster that camaraderie.

"Since 2004, I have been proud to call New Directions for Women my professional home," Becky says. "This feeling runs deep. It's now part of my DNA and will stay with me as I go forward. In fact, I view this next chapter as the logical continuation of the many pages that have come before it — for me and New Directions. For each of us, this chapter is not necessarily new, it's simply next."

Dedicated next generation leaders including Tania Bhattacharyya, Whitney Hamlin, and a third woman not yet named will assist in the management of the organization in a newly created "Office of the Executive" where they will take on larger roles as they support an incoming Executive. One of the things Becky has been most committed to is mentorship and passing the torch to raise up the next generation of leaders. Over the next few months, Becky will oversee the transition of shifting roles and responsibilities. Daily activities are expected to be uninterrupted and the continuity of care to those on the road to recovery will be well preserved.

"I've been very fortunate to grip the New Directions for Women steering wheel for 13 years. While I may not have my hands on the wheel any longer, in one way or another, I'll always be along for the journey."



"It's never a goodbye, it's a see you later."

New Directions Hosts Inaugural Jeffersonian Dinner

Addiction and its treatment in America has undergone a drastic change since the passing of the Affordable Care Act in 2009. Statistics are disheartening. An overwhelming amount of unregulated sober houses proliferate: some that are truly helping addicts recover, and some that have entered the field for the wrong reasons. This makes it difficult for those suffering from substance use disorder to access adequate care. Families don't know where to turn as their sons and daughters, or grandchildren, are dying from overdoses. Healthcare providers are overwhelmed in emergency rooms and thousands of babies are being born into neonatal intensive care units.

"It's obvious that there's a problem, but are there any solutions?" asks New Directions' CEO Becky Flood. "Do we have the wherewithal to create a pathway forward that creates a healthy, happy, and whole community?"

New Directions thinks they might. On August 24th, we hosted the first Jeffersonian Dinner on campus to bring concerned members of the community together to have a conversation about not only what is happening in our own backyard, but what has become a crippling, nation-wide epidemic. A diverse group of community

"Having these conversations with each other can create pathways forward to ensure more people can have a chance at recovery from substance use disorder, a chronic incurable disease."

leaders from business, education, politics, law enforcement, and addiction treatment began to take an honest look at each issue on the table from all sides and viewpoints.

"Having these conversations with each other can create pathways forward to ensure more people can have a chance at recovery from substance use disorder, a chronic incurable disease," Becky says.

New Directions hopes to position itself as a leader in its own community in addressing the addiction epidemic that faces Orange County. "We are optimistic that any changes we can make together in Orange County can serve as a roadmap for the rest of the country to follow."

"Transforming the lives of those suffering from a crippling epidemic remains our primary goal. But transforming an industry to make sure it remains viable, steadfast, ethical, and one that is providing best practices both clinically and from a business standpoint, will only serve to strengthen that goal. I am truly passionate about getting our industry back on track. I believe that we have everything it takes to treat those in our community that are suffering — to get our arms around them."

To learn more or to find out how to host your own Jeffersonian Dinner, contact Tania Bhattacharyya at (949) 313-1192 ext. 300 or tania@newdirectionsforwomen.org

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INSIDE CORNER

We are so excited to have Jeanie Knight join us as our Child Care Coordinator! She works with our children who live on-site every day from 8 am to 4 pm while our moms are in treatment. Jeanie is a Human Services Professional with almost 30 years of experience working with children and their families. She spent the last 10 years as Director of School Age Care and Enrichment, where she developed a successful year-round before/after school and summer school program for Kindergarten through 8th grade.



Jeanie's roots, however, are deeply planted in Early Childhood Education and Intervention. She also holds her certificate as a Licensed Child Care Director. Her vast knowledge and experience with children of all ages has brought her to New Directions for Women with the hope of offering resources and encouragement to the mothers and children so they have all they need to reach their full potential.

She is committed to promoting "activities with a purpose" for our children — fun with development benefits. Learning by doing creates more neural networks in the brain and throughout the body, making the entire body a tool for learning. These activities help our littlest ones to get the innocence of childhood back and learn how to just be a kid.

Here's a small sampling of the kids' daily activities:

Free Play

Children learn to work in groups, to share, to negotiate, to resolve conflicts, to gain awareness of their emotions and the emotions of others, and to develop self-advocacy skills.

Art

Art strengthens problem-solving and critical-thinking skills, visual learning, eye/hand coordination, and creativity. When children mix colors, they learn science and build self-confidence.

Circle Time

Provides an opportunity for children to come together as a class, to feel they're part of a "community" and to participate in daily routines. Children learn to respect other's voices, practice patience, and work on following directions.

FOUNDATION CORNER



In honor of 40 years of transforming the lives of women, children, and their families, we held our Inaugural 'Showers of Love' baby shower and Community Open House on September 6th! We are grateful beyond measure for the alumnae, care partners, donors, and other friends that contributed gifts for our new moms and babies who will be served throughout the next year. Here are some of our favorite memories from the event!



PATIENT CORNER

Women come to treatment to address their alcohol and drug addiction. But once they detox and begin to look into their past, they may discover other addictions come to the surface as well. One of those addictions is relationship addiction. When patients analyze their history with substances, they often realize that romantic and non-romantic relationships play a key role. In fact, many patients will openly say that they used/drank as a result of or in reaction to a particular relationship.



Pam Hughes
LMFT, Clinical Director



Julia Breyer
LMFT, IOP Manager

As patients get sober off of substances, it is essential that they look at all factors that led them to act out in their addiction, relationships included. As part of their treatment, patients begin to identify how their relationship patterns parallel their substance use disorder patterns. In a group setting, patients are able to share their own experiences and relate to other individuals who have the same struggles.

Heading up the newly introduced Sex and Love Addiction program are Pam Hughes, LMFT, Clinical Director and Julia Breyer, LMFT, IOP Manager. The program is designed to help women heal their deep emotional wounds and learn how to develop honest, healthy connections. By doing so, our women are able to address underlying issues that contribute to unhealthy relationship patterns. Whether single or working together with a spouse or partner, women learn healthy boundaries and begin working toward genuine self-esteem and stable intimacy.

ALUMNAE CORNER

"My heartfelt appreciation goes out to the staff at New Directions for Women for all that was done for my daughter Brittany. They treated her like family and worked long and hard to help her overcome her addictions. Brittany did not have an easy time. She received treatment on three separate occasions, and was diagnosed with an eating disorder on top of it all. New Directions outsourced the resources that were needed to address this condition which they said had to be dealt with concurrently.



Brittany & Amber

On her second stay, Brittany failed to complete the program as recommended. Unfortunately she began using again, and this time it was heroin. I had no contact, except for an occasional text message from my daughter, for one year. It was the hardest, longest year of my life. It's unbearable watching your kid suffer and realizing you can't help. I had to learn that her recovery was out of my control. She had been given the tools to remain sober, but it was in her hands. I got a call and she told me she was pregnant, on heroin, and on the streets alone, scared, and hungry. Though devastated, I did what I thought I could not do. I left her on the streets for a while before I decided I would try one more time to help her.

I contacted New Directions for Women and asked them to please help Brittany get detoxed, as she was 12 weeks pregnant. Brittany had exhausted all of her insurance coverage, so the board met and provided her with a partial scholarship to detox her safely. She now has a beautiful healthy baby boy, 9 months of sobriety, a job, and her own apartment. I got my daughter back, and a beautiful grandson. I believe the blessing of Brittany's son may have saved her life.

New Directions for Women is an outstanding treatment facility, with caring staff that are welcoming and treat and care for their patients like family. My family and myself will forever be grateful to you for helping us get our daughter back." — Amber K.

SAVE THE DATE

Alumnae Christmas Party
December 14th, 2017
6 to 8 pm at Founders House

Seeking Safety Training
January 26-27th, 2018
All day in Newport Beach

***Circle of Life Breakfast**
March 19th, 2018
8:00 to 9:30 am at the
Balboa Bay Resort

*If you are interested in being a table captain or sponsor, please contact Tania Bhattacharyya at (949) 313-1192 ext. 300 or tania@newdirectionsforwomen.org

For more information on any of these events, call Tania at (949) 313-1192 ext. 300

ONGOING EVENTS

Weekly Alumnae 12 Step Meeting
Every Thursday from 6-7 pm at Founders House. Childcare offered.

Sex and Love Addiction (SLAA) Meeting
Every Wednesday and Sunday from 7:00-8:30 pm

Mindfulness Mondays
Refuge Recovery @ 7:15 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Al-Anon Meeting
Every Wednesday from 11:30 am-1 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Refuge Recovery Meeting
Every Friday from 1-2 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Circle of Life Tour
Please reach out to Tania Bhattacharyya to schedule a tour at (949) 313-1192 ext. 300 or tania@newdirectionsforwomen.org