



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
Spa Services
Aftercare and Follow up

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

The Butterfly Bulletin

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The current staff of New Directions for Women continues the tradition of treatment of women and women with children in recovery started more than 29 years ago.

Still headed in the right 'Direction'

From the day of its inception, New Directions for Women has stood out when it comes to treating women with chemical dependencies. Over thirty years ago, New Direction's co-founder, Pamela Wilder, literally stood up in a Junior League meeting, admitted she was a recovering alcoholic in a time when few women declared such things in public and at a time when there were few treatment programs designed with women in mind. Pamela asked the group for help filling the need of a recovery program for women.

Almost thirty years later, that need is filled and Pamela's idea lives and breathes through the volunteers, staff, board of directors and more than 2,500 patients that have been assisted by New Directions.

Starting from the beginning with the dedication of founders like Wilder, Marion Schoen and Muriel Zink, and growing to an established, state-licensed and certified 30-bed residential treatment facility able to serve the needs of up to 24 women and 6 children, New Directions continues its mission of providing affordable, gen-

der-specific addiction treatment services.

Now women entering recovery at New Directions come to a nurturing, home-like, one-acre setting of seven buildings in Newport Heights where a treatment team of 12 with 40 employees supported by a volunteer board of directors utilize proven 12-step principles combined with physical and emotional therapies.

New Directions continues to grow and its traditions live on. This month, New Directions celebrates the grand re-opening of the Repeat Boutique, its women's second-hand clothing and accessories store, whose business has helped support New Directions for 29 years. This issue marks the rebirth of the Butterfly Bulletin, the New Directions quarterly newsletter to keep supporters, patients and alumna up to date with the news and goings on at New Directions.

Future plans include building garden sanctuaries to enhance the campus while launching a capital campaign in 2007 to refurbish the exteriors of our buildings to improve the environment of care.

INSIDE: Patient Corner, pg. 2

Chef's Corner, pg. 4

1

New Beginnings for New Directions



Rebecca Flood has served as Executive Director/CEO for New Directions since 2004.

Dear Colleagues, Alumna, Donors, Board Members and Staff:

As I approach my two-year mark here at New Directions for Women, I am deeply touched and truly appreciate how each and every one of you have so positively impacted the transformation that has occurred here at New Directions. We have successfully created a safe, clinically and spiritually driven treatment program that is lovingly assisting women along their lifelong journey to recovery.

You each have been a blessing to me as we have been "trudging the road to a happy destiny."

In addition to transforming our clinical program, we have also created a warm, friendly

and tranquil interior and exterior sanctuary for all who enter our grounds and facility.

We are currently an organization who is on a secure foundation that is connected to our strong roots provided by our visionary founders whose spirits and presence can be felt throughout our facility.

I look forward to all of you being profoundly involved with a future at NDFW as we continue together to realize our vision of "Transforming women, families and their children one day at a time."

Sincerely,
Rebecca J. Flood,
MHS, LCADC, NCACII, CADC
Executive Director/CEO

PATIENT'S CORNER

The Sun Went Down on Tuesday

BY DOROTHY P.

The Sun went down on Tuesday
It was a full day.
It dawned with all the fresh innocence
Of every new day.
It unfolded its morning with promise
With plan, With vision,
With dreams
A full noon crowned its zenith.
Then almost imperceptibly
The shadow began to lengthen..
Not unpleasant, but welcome
Was the shade of the afternoon
The plan had been revealed.

The vision cleared,
The dream became a retrospect.
The sky began to spread the news that
The day was done
The sun went down on Tuesday..
Wednesday dawned with its own promise
O God of all the days complete,
Help me to understand
The beginnings and the ends
So that I may let go the past
And, in so doing,
Go renewed and free
Into the new day
You plan for me.

FROM A NEW DIRECTIONS PATIENT:

I was job shopping and I sat down on the curb waiting for the next bus. I needed to think about it and, conveniently, I had been asked to lead the Saturday morning meeting and the topic was "patience".
I'm Debra, age 28, and I've been at New Directions for over four months. I'm enjoying life now as I find gratitude in my life.
I write: "Patience is what happens when nothing else does. It's knowing that God has my life in perfect harmony with every other feature in the world. Now that I'm starting over I want Patience to see where I'm going. If I go hurriedly into commitments, I'll lose out on the scenery on the

way and I'll be unhappy because what's a goal but something to set other goals on?
I've had patience this week as I went out with a poor work history and no car to look for a job. Patience told me there's so much I do have such as legs to walk on. Patience doesn't see better or worse it just accepts. The seasons demonstrate patience. They, as does everything else, go in a circle, never starting, never stopping. The winter is the longest, when trees seem to die. Life slowly rests and gets nurtured by rain. Then it's able to burst forth with new energy and give fruit and then back to sleep. Nothing I can do will change what will be and Patience is enjoying that fact.

Alumni Gratitude

"Thank you for so many things. For your love, guidance, compassion, and discipline. I am forever grateful. With God's help you have shown me that I can emerge from adversity strong and sure with a new sense of my own self worth. I can stand tall and proud as a woman today. I know I will face adversity in life, but I feel I now have tools I need to overcome any situation life has in store for me without drugs or alcohol! I am free at last. Thank you for helping God to save my life. My hope is that I can be of help to others who feel lost and hopeless."

KJ's words as she begins a new life with the continued support of New Directions for Women.

Every Wednesday at noon
Speaker discussion and AA Lunch
Meeting at New Directions for
Women. All women welcome.

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Thank You! Thank You! Thank You!

New Directions for Women thanks its anonymous and dedicated donors for their financial or in-kind support.

Show your support for New Directions by joining the Las Socias Auxillary.

Keep informed of the news and stay in contact with New Directions for Women by becoming a member of our Las Socias Auxillary. Contact Kim Farthing, Development Director, at 800-93-WOMEN or (949) 548-5546 ext. 502 or via email at kfarthing@newdirectionsforwomen.org

Las Socias, a group of community leaders dedicated to the financial support of New Directions for Women was founded in 1977 by Mrs. Ralph Clock. Muriel Zink, a co-founder of New Directions for Women and honored by Las Socias in 2002, tells women alcoholics they are "not guilty for having a bona-fide disease, but they are responsible for what they do about it. New Directions gives them the help they need."

Save The Date

Aug. 6: Alumni and Family Beach Party at Big Corona Beach. Contact Susan Meek at (949) 548-5546 ext. 504 for more information.

Aug. 11-13: Repeat Boutique Grand Re-opening (book signings, guest speakers and door prizes). 370 E. 17th St., Unit F, Costa Mesa. Information: (949) 548-9927.

September: Throughout the month, New Directions for Women will be celebrating National Recovery Month.

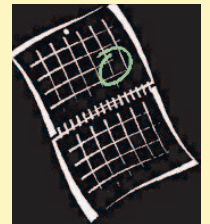
Oct. 12: 12th Annual Fall Golf Classic, Old Ranch Country Club, Seal Beach

Nov. 15-17: Systemic and Johnson Model Intervention Training presented by Bill Maher and Ed Storti in New York City. Contact Shannon Waters at (800) 93-WOMEN or (949) 548-5546 ext. 603 for more information.

Jan. 7, 2007: Third Annual O.C. Marathon. Join our "Team Recovery" by calling Kim Farthing at ext. 502.

Feb. 15, 2007: Circle of Life Celebration Luncheon

July 9, 2007: "Couture at the Course" Golf and Fashion Show, Strawberry Farms Golf Course, Irvine



Repeat Boutique Grand Re-Opening

Come shop and celebrate the grand re-opening of Repeat Boutique, New Directions' clothing and accessories store. Celebration includes prizes, book signings and guest speakers. Friday, Aug. 11 through Sunday, Aug. 13. 370 E. 17th St., Unit F, Costa Mesa. Information: (949) 548-9927

Volunteers Needed

Volunteers are needed for all of our special events, staff our Repeat Boutique store, evening drivers to transport patients, help with activities or to share a hobby and teach it to our patients, and to help with child care. Contact Sandy Collom at (949) 548-5546, ext. 501.



2607 Willow Ln.
Costa Mesa, CA 92627

STAMP

New Directions in Cooking *With Chef Eyal Avidor*

Eyal's Vegetable Strata

Ingredients:

For 12 Servings

1 loaf day old French bread
3 tbsp butter (sweet)
2 tbsp canola oil
1 white onion, sliced thin
1 red pepper, seeded and thinly sliced
1 1/2 cups mushrooms, sliced
10 eggs
2 cups milk
1 tbsp salt
1 tbsp white pepper
1 can artichoke hearts, sliced (not in vinegar)
1 1/2 cups shredded Monterey jack, divided
1/2 cup grated parmesan

Procedure:

Spray 13" x 9" x 2" glass baking dish with cooking spray.
Slice bread in half lengthwise. Butter and cut into cubes.
In skillet heat oil on medium high heat. Add onion, red pepper, and mushrooms. Saute 6-8 minutes.
In a bowl combine eggs, milk, salt, pepper and whisk.
Place bread in a single layer in baking dish. Top with vegetables, artichoke and half the Monterey jack cheese. Pour egg mixture over. Top with remaining jack cheese and parmesan cheese. Cover with plastic wrap. Refrigerate overnight or at least 6 hours.
Preheat oven to 350° F. Bake uncovered 50-60 minutes. Let stand 10 minutes before cutting.



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