



THE OFFICIAL NEWSLETTER FOR

Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101 Fall 2015
626.792.2770 www.casadelasamigas.org

OUR MISSION

THROUGH AN INTEGRATED HEALING PROGRAM FOR BODY AND MIND THAT TAKES PLACE IN A HOMELIKE ENVIRONMENT, CASA DE LAS AMIGAS HELPS WOMEN WITH ALCOHOL OR DRUG ADDICTION RECOVER BY PROVIDING THEM WITH THE TOOLS NECESSARY TO LEAD PRODUCTIVE, RESPONSIBLE AND SOBER LIVES.

LEVELS OF CARE

Onsite Detoxification

Residential Treatment

Primary, transitional and extended in-patient services; structured care environment, individual counseling and family groups, and relapse prevention.

Day Treatment

Individualized alternative to in-patient care with 30 hours of weekly workshops focused on addiction education, women's empowerment, social support

Intensive Outpatient

Structured and flexible, high-intensity focus on recovery, relapse prevention and individualized counseling

Sober Living Facilities

Combined transitional sober living with traditional treatment services to ensure a successful path to permanent sobriety



Casa's Transformation!



We have exciting news to share with you. Casa de las Amigas is evolving. We will now be known as Casa. For many years we have informally been known as Casa to many in our community and now we're formally making the transition. As Casa has grown and evolved we found that there was wider use, awareness and recognition of the Casa name. Along with this transition, we are also introducing a new look and a new feel with a new logo and tagline. Our logo, featuring a concentric circle of interlocking hearts speaks to the range of care and therapeutic approaches that we offer as well as the family, friendship and unconditional love that our program participants experience at Casa. Our new tagline – Hope, Transformation, Recovery speaks to the very essence of what Casa provides, but more importantly to what our participants experience. These changes we are making are more than cosmetic, they reflect our continued work to adapt and develop sophisticated and empowering treatment programs. Women entering Casa face multiple layers of life-altering experiences and challenges that must be explored, examined and overcome if they are to succeed in developing a strong foundation for recovery. Our goal at Casa is to provide a safe, nurturing and empowering environment where women can “break the silence” and begin to heal from the myriad of issues underlying their addictions. Together, we are making great strides. We continue to receive valuable feedback from our program participants, feedback that tells us we are making a real difference – “It gave me hope,” “I found a second home at Casa,” “Casa gave me my life back.”

For those of you who have not visited us in a while and for those of you who have, we invite you to come by and see all the exciting, innovative and empowering new changes we have made at Casa as we continue to evolve in our quest towards recovery and personal empowerment for all who enter these doors. Our new identity will be rolled out over the coming months, so be on the lookout for many exciting changes.



Executive Director

Leah Rodemich

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Dr. Charles Weinstein, Ph.D.

A Message From Our Executive Director

Dear Friends,

It is a time of growth and innovation at Casa, and I am pleased to share all of our exciting news with you.

We are changing our look, name and going through full rebranding, which will include a new website look, logo and all the accompanying materials. These changes are an outward manifestation of the changes and the growth we are experiencing internally at Casa. While we are still the place you have come to love, we have grown, developed new programs and changed with the times. Our look and name should reflect those changes. Going forward we will just be known simply as Casa and you will soon be seeing our new look.

Casa is fortunate enough to have a wonderful board member, Craig Rettig, who is a partner at Perceptiv. Perceptiv is a full service communications firm that creates strategic solutions that defy simple categories or approaches. The Perceptiv team very generously donated their time, experience and expertise to develop our new look and rebrand. We can't thank them enough.

As always, we would like to thank all of our supporters who help make Casa's vision a reality.

With sincerest gratitude,

Leah Rodemich
Executive Director

"The Perceptiv team very generously donated their time, experience and expertise develop our new look and rebrand. We can't thank them enough."

Thank you, Walgreens - Pasadena!

Casa would like to extend a very big thank you to Walgreens - Pasadena for generously donating annual flu shots to the Casa staff and the women in treatment. We would also like to recognize Walgreens Store Manager, Shirley Tse, and Pharmacy Manager, Mary Nguyen for extending their generosity to Casa. This is the second year that Walgreens has helped us keep the women we serve healthy throughout flu season and we can't thank you enough.

Donor Spotlight: the San Marino Junior Alliance



For over 30 years San Marino Junior Alliance (SMJA) has been one of Casa's strongest supporters. On October 16th, Casa and SMJA members joined together for our Annual SMJA breakfast to discuss the exciting changes at Casa and to learn more about the women we serve. The annual SMJA breakfast is an important opportunity to renew our partnership and to build on our long history of working together to make a difference in the lives of women suffering from substance dependence.

This year SMJA President, Justene Pierce, presented Casa's Executive Director, Leah Rodemich, and Casa Board Chair, Valerie Casey, with a \$25,000 donation to support women in treatment. SMJA has made it their mission to support Casa and our work helping women seeking treatment and we couldn't be prouder of their years of support.



Two of our recent participants, Stephanie and Lilly, shared their stories of struggle with substance dependence and their successful recovery.

TRANSFORMATIONS

The Perfect Mom



Katie with her son, Niall

From all outward appearances Katie had the perfect life. She had a good and hard-working husband, a happy marriage and four wonderful children. Nothing meant more to her than her children and family, but she hid a dark secret – she was wracked with severe depression and was self-medicating with alcohol after suffering a still-birth in the spring of 2013.

Shortly after the loss, Katie was pregnant again and she focused on family and stayed far away from alcohol. After the birth of her fourth healthy baby, she just didn't have the tools to deal with her grief and depression and soon as the new baby was weened, she started drinking heavily. She knew she had to try to keep it a secret, but that turned out to be impossible. Her family immediately closed ranks and staged an intervention. Katie was so full of remorse, guilt and concern for her family that she agreed to enter treatment at Casa.

When Katie arrived at Casa she was terrified. *"Initially, I just wanted to go home. Every waking moment I just cried and wanted to go home...The thing that made the difference is that I realized that these other women were like me. I thought I was the only person in the world like this.... Once I realized that these women were moms, they were professionals from all walks of life and that I had a commonality with them, it made me realize that I needed this. I needed recovery."*

Katie stayed in Residential Treatment at Casa for 30 days

and spent another 60 days in Sober Living where she received daily therapy and counseling. *"I've never been in therapy. Never dealt with my dad's alcoholism (he has been in recovery for 11 years), but I came to realize that I had been depressed since I was a teenager. In my family mental illness was not something that was discussed. At Casa talking with professionals and dealing with my mental health was okay."* She and her husband attended Family Group therapy and he began to understand what she was going through.

While in Sober Living, Casa gave her a scholarship to attend Intensive Outpatient treatment. *"We took advantage of what was offered to me. People would say, 'if you have any questions or if there is a moment that you need someone to talk to just call.' That was what I got in Sober Living. It was something I couldn't have gotten at home – it was the access to all of this knowledge on campus that I was able to reach out to at any given moment. Everybody was so forthcoming with advice or just an ear. That was pivotal to me."*

It has been six months since Katie arrived at Casa for the first time and she doesn't take her sobriety for granted. She still visits Casa five days a week and participates in the free group sessions, aftercare and volunteers with Casa's alumnae program, Las Estrellitas. *"When I come to Casa, I feel like I am coming home."*

"When I come to Casa, I feel like I am coming home."



Casa team member, Tina Fox and Katie

Las Estrellitas Hosts the Alumnae Dinner



The Women of Casa Express Their Appreciation to Las Estrellitas



Alumnae Dinner Speakers—Christie and Janice.

On October 15th, Las Estrellitas, Casa's alumna program, hosted 110 guests at our 3rd Annual Alumnae Dinner. Our women enjoyed a feast of pastas and other Italian treats. This year's dinner speakers, Christie and Janice, spoke eloquently about their experiences when they were using and in treatment and how getting sober gave them hope for the future.

Casa and Las Estrellitas joined together to develop the Alumnae Dinner to provide the women of Casa with the opportunity to renew old friendships and develop new ones, share stories and reconnect with the programs and the people that helped them gain their sobriety.



Above: Christie addressing the women of Casa. Bottom left to right: Casa Intake Coordinator, Melanie Henry and Dixie.

Susan Musetti - Director of Clinical Services

The new standard of patient care is to have one service provider treat both the mental health and the addiction. These changes are the result of an increasing awareness that in order to serve the whole person, we have to be competent in both areas – mental health and addiction. It is for this reason that we are extremely proud to announce that Susan Musetti, MFT, has been appointed our new full-time Director of Clinical Services. Susan has been a Marriage and Family Therapist for twenty-five years and specializes in trauma therapy. She has been a part of the Casa family for more than five years as our Clinical Supervisor.

Having a full-time Director of Clinical Services who specializes in trauma just makes sense. Susan explains it this way, *“almost all of the women [at Casa] have trauma that is unresolved....You certainly see the effects of trauma and that is really what we focus on. Not so much what happened, but how is it affecting the woman? How does she move through the world today? What false beliefs has she developed as a result of the trauma? We tell them, ‘this is a learned behavior and that means you can unlearn it. If you don’t like it – change it. You want to learn how to change it? We will show you how.’”*

For Susan, it is the perfect partnership. *“I would be insane not to want this job! Casa is remarkably ahead of the curve in terms of staffing. The staff is smart enough to know that they needed to be educated about the mental health piece, so most of the staff is*



Susan Musetti, Director of Clinical Services

going back to school and getting master’s degrees. They are very sophisticated in identifying and treating the whole person....Casa is a very welcoming and a safe environment.”

Casa Graduation!

On October 24, more than 100 people were on hand to celebrate 35 women’s successful completion of Casa’s Residential and Outpatient Treatment at our graduation ceremony.

Katie (featured in Transformations) was our keynote speaker and she shared with our guests her struggle with addiction and the new life she has built since her recovery. The emotional ceremony was filled with appreciation, laughter and a few tears as each graduate got up to tell her story of recovery and transformation.

We would like to take this opportunity to thank Alex Montes and the California Pizza Kitchen (CPK) in Pasadena for generously donating the graduation meal.



Sarah, Pamela Sorenson (Casa Case Manager) and Dianne share their joy at graduation

Casa Programs



Mind, Body and Spirit

Casa's programs work to heal and transform our participants' mind, body and spirit. In order to rebuild their lives, many women must go back to basics and learn to take care of their physical, as well as mental health. In addition to our substance dependence treatment programs, each woman participates in some form of daily exercises, whether it be walking, stretching, strength building or yoga. For many of the women, it is the first time in their life that they have incorporated

exercise in their daily routine.

Casa also develops healthy eating plans that include a well-balanced diet with plenty of fruits, vegetables, lean meats and other low-calorie menu options.

We hope that the healthy habits that our participants learn at Casa will stay with them for the rest of their lives.



Sunny Daye – Fitness Coordinator



Hanna Kapp –Yoga Therapist



NON-PROFIT ORGANIZATION

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Will You Make a Difference in a Woman's Life?

Each year hundreds of women enter treatment at Casa de las Amigas and face a struggle for sobriety that includes months of treatment and therapy. These women face enormous personal and financial challenges as they work to rebuild their lives.

With the help of supporters like you, Casa de las Amigas can hold down the cost of treatment and provide financial assistance to some women who might not otherwise be able to afford treatment.

Yes! I want to make a difference!

Credit Card (Circle)	Visa	Mastercard	American Express	Discover
Donation (Circle)	\$100	\$250	\$500	\$1,000
				Other _____

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