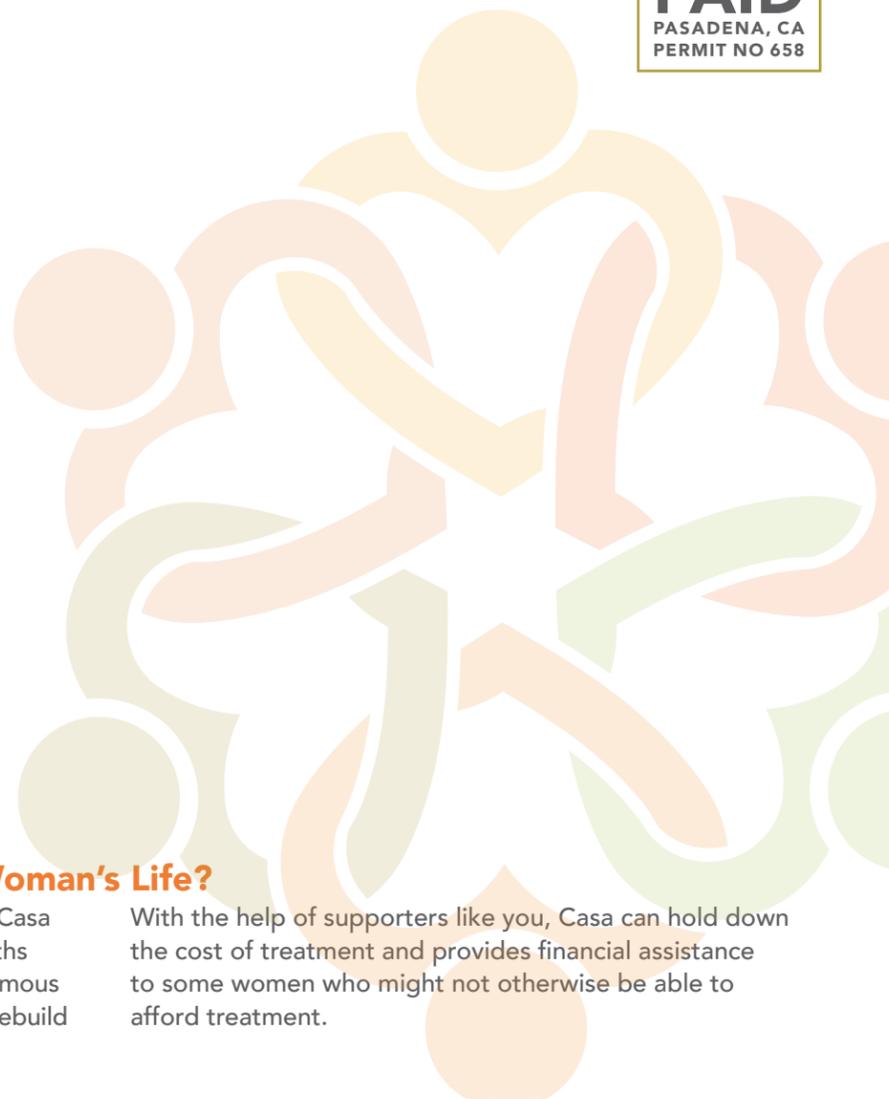




Hope | Transformation | Recovery

160 N. El Molino Ave.
Pasadena, CA 91101
626.792.2770
casatreatmentcenter.org



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

Each year hundreds of women enter treatment at Casa 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 can hold down the cost of treatment and provides financial assistance to some women who might not otherwise be able to afford treatment.

Yes, I want to make a difference!

Credit Card (check one):	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<input type="checkbox"/> American Express	<input type="checkbox"/> Discover	
Donation (check one):	<input type="checkbox"/> \$100	<input type="checkbox"/> \$250	<input type="checkbox"/> \$500	<input type="checkbox"/> \$1,000	Other <input type="text"/>
Signature: (as it appears on credit card)					
Credit Card Number:		Exp. Date:	CVW Code:		
Name:					
Address:		City:	State:	Zip:	
Telephone:		E-mail:			

Please send your check or credit card information to Casa, 160 N. El Molino Avenue, Pasadena, CA 91101 or call Ava Alexandar at 626.792.2770 x12 for more information.

TRANSFORMATIONS

THE OFFICIAL NEWSLETTER FOR CASA | SUMMER FALL 2016



Our mission is to provide a home of hope and healing where women recover from addiction, transform their lives, and learn to love themselves.

Family Program Update

Casa's Family Program is designed to challenge each participant to find her voice and develop a deeper understanding of each other's needs and experiences by removing barriers to intimacy and creating a safe space in which to practice new skills in communication and trust building. Over the past three months, our weekend groups and Wednesday night sessions have served our residents and 395 family members.

The inability to cope effectively is often multigenerational and what one's parents and grandparents couldn't deal with is now something that one can't effectively deal with. Over time, this affects everyone in the family and the issue/issues begin to disrupt the family's ability to communicate and each member's ability to individuate, develop a sense of safety in the family and permission to express feelings and needs is destroyed.

On Saturdays and Sundays, family members have their own process/education group from 9:00-10:30. For many, this is the first time in their lives that they learn to focus on themselves and acknowledge the role of addiction and other life stressors in their own lives, often starting with addiction issues in their families of origin: "My Dad was an alcoholic, but we never talked about it. Once I moved out of my parent's home, I was determined that alcohol would never again be a part of my life. I always found it ironic that my ex-husband is an alcoholic and now my daughter is, and I've always blamed myself. I guess I've avoided talking about it just the way my parents did."

Group work continues at 10:30 when our residents join them for a combined family group. All participants are encouraged to break silence and begin to share their truth with other family members. For many families, the experience of resolving conflict and revealing themselves is a new and empowering experience, turning the original conflict into an opportunity to feel heard, acknowledged and validated. All families leave with new skills and encouragement to "practice" these new skills to replace feeling helpless with feeling hopeful.

Our program also includes a visit by Casa's medical director on the last Sunday of each month. Dr. Blum leads families and residents through his "What's Up Doc?" group allowing everyone to ask questions about medication, drug interactions and a discussion of the eternal question; "Is medication really necessary?" Casa also provides conjoint and individual family sessions so our residents and their families can continue the work begun in family groups.

We hope that all this work creates a ripple effect so that our graduates and their families can break the cycle of addiction and multi-generational transmission of dysfunction. Our goal at Casa is to help create strong and functional families where all members can learn from each other, feel supported by each other and validated in their life choices.

SOBRIETY CHECK-IN

Aftercare

Please remember to join us on Mondays from 6:00-7:30 for our free Aftercare Program. The Aftercare Program is open to all women who have gone through Casa's treatment programs and includes free therapy and process group.

Las Estrellitas

Then reconnect, give back and just have fun through Casa's Alumnae group, Las Estrellitas. Please contact Tina Fox at 626.389.4923 for more information.

A Message From Our Executive Director



Dear Friends,

In each newsletter we bring you a remarkable story of A Life Transformed and as many of you know Casa has been going through its own transformation this past year. I would like to share with you the incredible contributions of donors, staff and board who have helped to make this transformation possible including the new design and name of our newsletter, appropriately named Transformations. We restructured our Admissions and Intake offices and remodeled one of our Sober Living cottages. We also dramatically expanded our Family Program to include two full days of treatment on Saturdays and Sundays. These changes were supported by very generous grants from the Ahmanson Foundation and the Denver Foundation's Mustard Seed Fund.

Our team was up to the challenge and they not only met expectations, but they exceeded them.

Restructuring a department can be challenging as staff learns to adapt to new processes and new team members. Our team was up to the challenge and they not only met expectations, but they exceeded them. Since the restructuring we have increased the number of women and their families served by 50%. Our Facilities Coordinator, Susan Halperin, did a beautiful job coordinating all aspects of the remodel of the Sober Living Cottage. I know that the women residing there are happy and more comfortable in the Cottage.

Finally, our Director Clinical of Services expanded and redesigned our Family Program to ensure that our clients and their families have the opportunity to learn how to effectively communicate and to develop new tools to help them break the cycle of addiction. The Family Program is provided each Wednesday evening and on Saturdays and Sundays from 9:00–3:00 and includes process/education groups and therapy sessions. All of these services are provided to the families of the women in treatment free of charge.

We are very proud of the changes we have made to improve our services and we couldn't do it without the very generous support of foundations and people like you.

Thank you,

Leah Rodemich

Executive Committee

Valerie Casey, *Chair of the Board*
LeeAnn Havner, *Vice Chair*
Mark Hennelly, *Treasurer*
Pat Lile, *Secretary*

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BOARD OF DIRECTORS

Casa Is My Foundation. My Core...



I Would Have Stayed Longer—Had They Let Me

"I started using drugs and alcohol when I was 12. I used to bring alcohol to school in the morning. It progressed in high school—I was drinking and taking drugs with friends," Heather remembered. That was the beginning of a life-long battle with addiction.

Heather was a high-functioning addict, graduating from college, getting a Masters in Marriage and Family Therapy and maintaining a career as therapist. "I was a chameleon. I knew I was fooling them. I had a relationship. I had dogs. I had a little rental house. I was doing everything I was supposed to be doing. Total double-life."

By the time she was approaching 40 she was using Oxycontin and heroin. "Things were coming apart at the seams. I'd say, I will be damned if I am going to turn 40 and be a drug addict. I went into treatment [at another facility] and I stayed sober for a time. Then I ended up using meth. Meth brought me to my knees. I was suicidal. Suicide was where I was headed."

In 2014, Heather arrived at Casa and stayed in Residential Treatment for four months. She followed that up with an additional 20 months in Sober Living where she attended Outpatient Treatment. Heather also took advantage of Casa's free therapy to help her work through the issues that contributed to her addiction.

Heather's transformation has been remarkable. She explained her experiences in treatment at Casa this way, "when you are working on changing a lifetime of habits—you can't just do that in four months. At least not from a therapeutic perspective. This is a life-long quest for me. I could sit through discomfort at Casa without using. I got tested at Casa—that was for accountability. I love that! Casa is my foundation. My Core. I would have stayed longer—had they let me."



A LIFE TRANSFORMED

The tournament and auction was a big success raising well over \$100,000 to support women in treatment at Casa.



Page Haralambos and Valerie Casey



Mitch Lehman and Colleen Williams



Fran Allen, Robin Newquist and Pat Lile



Sean Dudley and Jon Dudley



NBC4 Southern California team

The Colleen Williams 21st Annual Charity Golf Tournament to Benefit Casa

On June 13th community members and friends of Casa joined together at San Gabriel Country Club for the Colleen Williams 21st Annual Charity Golf Tournament to benefit the women of Casa. The day was filled with fun and excitement as guests vied for the Helicopter Ball Drop winning prize—an AQUOS Q+ Sharp 60" LED Smart TV valued at \$3,000, which was donated by McCoy and Lucy Mao. Other Helicopter Drop winners received a MacBook Pro and an iPad Mini both of which were donated by Ron and LeeAnn Havner.

Then the competition really became fierce as our golfers competed for the Men's and Women's Championship trophies. The lucky winners of the Men's Championship were Alan Wright, Eric Wade, Ronald Won and James Lee and the Women's Champions were Donna Gilmour, Karen Preston, Lori Cuccia and Pana Gelt.

After the game our tired golfers and dinner guests bid on live and silent auction items and enjoyed a fabulous dinner in the California Room. The tournament and auction was a big success raising well over \$100,000 to support women in treatment at Casa. The golf tournament is our major fundraiser of the year and because of the support of Colleen Williams, NBC4 Southern California, the community and all of our guests we can continue to hold down the cost of treatment for women in recovery. Thank you!



Lori Cuccia and Monty Bernstein



Former Casa board member, Carole Cunningham



RoseMary Mitchell, Lucy Mao, and LeeAnn Havner



Jeff Barnes and Blake Bernstein



San Gabriel Country Club



Casa Sober Living Manager, Marilyn Ventress

DONOR SPOTLIGHT

The Ahmanson Foundation



Kitchen area before.



Kitchen area after.

Casa is honored to have received a \$45,000 capital grant from the Ahmanson Foundation to support the remodeling of one of our Sober Living Residences and restructuring of our Admissions, Intake, and Community Outreach Office. As a result, the women living in the remodeled Sober Living quarters were able to enjoy the updated kitchen, bathroom, bedrooms, closets and living area, which had not been remodeled in more than 20 years. "The Cottage has provided me with comfort and safety and it is newly remodeled! We have every amenity! I don't want to leave!" explained one of our residents.

The benefits of restructuring the Admissions, Intake and Community Outreach offices were immediately clear as Casa experienced a 50% increase in our Residential occupancy rate. It is our expectation that we will be at full occupancy by the middle of 2017. Casa Intake Coordinator, Melanie Henry, explains the benefits of the restructuring of Admission/ Intake for clients this way, "In the past a client would come to Casa and all relationship building would begin in the first days and weeks of treatment. Now clients begin building relationships with Casa staff before they arrive through our Admissions Coordinator. This relationship building enables the client to feel a greater sense of security and comfort during the earliest days of treatment when they often feel most vulnerable."

The Ahmanson Foundation was founded in 1952 by philanthropists Howard F. Ahmanson and his wife, Dorothy Grannis Ahmanson. Howard F. Ahmanson was "passionately committed to community building—not just building facilities, but building the fiber of the community itself, its culture, its education, its social fabric." Today the foundation focuses on supporting the arts, education, environment, medicine and the delivery of health services, human services and programs that serve low-income and homeless populations.

The Ahmanson Foundation grant helped Casa improve our services and create a more comfortable living environment for the women we serve and we can't thank them enough!

"The Cottage has provided me with comfort and safety and it is newly remodeled! We have every amenity! I don't want to leave!"



Living room in progress.

New dining area.



Living area after.

UPCOMING EVENTS

We hope you will join us!



Come One, Come All! Bingo Night

Saturday, September 17, 2016
6:00 pm–9:00 pm
Casa's Pike Room
160 N. El Molino Avenue
Pasadena, CA 91101

Fundraiser to support Casa's Alumnae Group, Las Estrellitas, and you just might win!

Welcome Back Dinner

Las Estrellitas will be hosting the 4th Annual Alumnae Dinner to recognize the outstanding achievements of the women who have or are going through our treatment programs.

We are proud to invite all of our alumna and current clients to the

Welcome Back Dinner
Please join us on Thursday, October 27, 2016
6:00 pm–9:00 pm
Casa Treatment Center
160 N. El Molino Avenue
Pasadena, CA 91101
Please RSVP Tina Fox at 626.389.4923

Welcome Home Ladies!

Art Show

Casa recognizes the importance of art in human development and expression and includes an arts and crafts program on a weekly basis. Our Arts Program is led by local artists who work with our clients several times a week to explore self-expression, strengthen relationships and build self-confidence through art.

Please join us for our annual Art Show
Friday, November 11, 2016
6:00 pm–9:00 pm
Casa's Pike Room
160 N. El Molino Avenue
Pasadena, CA 91101

Come and enjoy hors d'oeuvres and view and/or purchase art by our clients.

