



Transforming Lives One Day at a Time

September 2016

Director's Corner



Lorette Herman
Executive Director

Summer is a great place at ACW. Our gardens are bursting with fresh vegetables and fruit. Women are coming to us seeking help; new grants and programs are being implemented; we are improving our buildings and ground; and new friends and foundations are supporting our mission and vision. For example, a weekly running group called Rundaylay (www.rundaylay.org)

adopted ACW. The members donated over

1100 toiletry items to ACW. Rundaylay members came to drop off their donation, hugged or shook hands with all our residents and toured our buildings. They said none of the other non-profits have them meet their clients or take a tour. They loved meeting our clients and touring our facility. They want to bring another donation to ACW in the fall.



Rundaylay Members



Carpenter Allan Luster made and installed closets in room 2 and 3 on the 2nd floor of the McMillen Family Foundation Miracle House. The closets, designed by Mae Cruz, match our turn-of-the-century homes and the pantry doors installed last year in our kitchen. The closets fit so nicely in the rooms you would have thought they were there forever.

We've installed built-in bookshelves in the McMillen Family Foundation Miracle House living room/group room to increase safety, functionality and beauty.



Does someone you know need help?
Have them call or e-mail ACW at 213.381.8500 or info@acwla.org

Director's Corner continued

We also purchased new couches and chairs and changed the configuration of the room to help clients focus during groups and better relax in their free time. Residential Supervisor Carolyn Kimble stated that the new layout enables better eye contact with all the clients and facilitates group interaction better. Groups are more focused now, and everyone is more focused and part of one unit.



Residential Counselors Casey and Sarah sitting on new group chairs



Last month one of our clients completed residential services, enrolled in one of our Outpatient Programs and then went to the hospital to have a healthy baby girl. Residents and staff organized a surprise baby shower for "R" who started telling clients "Just stay in treatment. I know it is hard but look at me. No one ever had a party for me before. I am going to have a healthy baby, get my son back and enjoy life all because of ACW." "R" brings her baby to ACW every week and keeps telling clients the same thing: "Stay in treatment."

ACW friends, donors, supporters and volunteers all partnered together to help Baby X be born free of drugs and have a mom who can take care of her and her older brother. Thank you for all you do to help us transform lives every day.



Client Corner By Ruth, current ACW resident

ACW has introduced a critically important therapeutic program for clients and their families. The program is simply called “Family Therapy” and is designed to dissect and explore internalized feelings around addiction and the adverse effects it has on the individual and the family unit as a whole. The Family Therapy sessions provide in-depth information and education about recovery in a safe and confidential environment. It is a platform to share concerns about addiction and an opportunity to receive support from others facing similar issues.

Statistics have shown when families participate in therapeutic counseling the rate for recovery is greatly increased. Facilitated by licensed therapist Linda Malerba, LMFT, the group is expertly guided throughout the 2 hour session. By asking specific questions, the families are invited to bring forth injured feelings caused by the disease of addiction and identify what has caused pain in the family unit. Another primary focus is to help the families to understand and process the root of the problem and how to incorporate effective evidenced based strategies to move through the pain. Also introduced are concepts of hope and encouragement as families’ journey together to end the cycle of life threatening behaviors. Both client and family who have attended the weekly group has stated the benefits are enormous and are looking forward to continuing sessions. When asked to comment on their experience, they have stated:

- Client A: Very informative, eye opening but not always easy. Ms. Linda is sincere, knowledgeable and compassionate. I am learning healthy steps and tools needed to start the mending process for my family and myself. I would encourage all clients to give it a try.
- Client E: I am learning how to identify my feelings and emotions and have the appropriate response toward my loved ones.
- Significant Other (Alex): I have learned a lot about addiction and better understand the struggle E has been going through.
- Client N’s Mom (Lola): HOPE. I love it!
- Client N’s sister (Gabby): I have learned so much more about my true feelings and can better relate to my sister and what she has been going through. I now know that I am not alone, that other family members feel and think like I do. I am grateful to be learning about addiction and sobriety.

Family therapy group is held every Saturday 9:30am-11:30am at 1147 South Alvarado Street, LA, CA 90006. Family therapy groups for just clients, individual’s families and one-on-one client counseling session with the family therapist also occur during the week. For more information call 213.381.8500 or e-mail: info@acwla.org.



Linda Malerba

Linda Malerba, LMFT, has been practicing over 10 years in the LA, San Fernando Valley and Santa Clarita area.

Upcoming Fundraisers and Events

Summer –Outdoor Movies –Onsite at ACW – ACW Friend Jeffrey is projecting movies on the outside of our buildings. For more information on dates and movies call 213.381.8500 or e-mail info@acwla.org.

September 17, 2016 9am-9pm Speaker Jam organized by ACW residents. For more information call 213.381.8500 or e-mail info@acwla.org.

Brick Fundraiser: We will be installing individualized bricks in front of the McMillen Family Foundation Miracle House. We hope you will join us in beautifying ACW by purchasing an individually inscribed brick. The two sizes are 4"x8" and 8"x8". For more information, go to: www.bricksrus.com/order/acw or stop by ACW for a brochure.

ACW needs...

- **Clients!** All ACW beds are funded and we have day and night outpatient programs. Please help us fill our beds and outpatient treatment programs. If you know of a woman who needs help, have her call 213.381.8534 or e-mail info@acwla.org.

Financial Contributions:

- Please mail your check to 1147 S. Alvarado St, LA, CA 90006 or go to our website www.alcoholismcenterforwomen.org, click "Menu" and then "Donate"

For Miracle House:

- Blankets, sheets and towels \$1000

Other:

- Gardening Equipment: shovels, gloves, clippers (large and small) lawn mower, edger, etc. \$400
- Games and puzzles – new or or slightly used, with all pieces \$0
- Workout tapes or equipment slightly used \$?