



Dec. 2018 E-Newsletter

Twelve

12 days of Christmas. 12 Tribes of Judah. 12 months in the year. 12 Knights of the King Arthur's Table. 12! Twelve wonderful things happening at ACW!

1. The Alcoholism Center for Women has just received a 3-year CARF accreditation. This is a high honor. Most organizations are accredited one year or are accredited on a conditional basis their first time submitting a survey to be reviewed. What does this mean and what is CARF? CARF is an independent, international nonprofit accreditor of health and human services. CARF ensures that all aspects of how an agency operates (client services, human resources, finance, donations, facility upkeep, food preparation, board functions, etc.) meet high standards and follow specific policies and procedures. Eventually all behavioral health organizations will have to get accredited just like medical facilities and hospitals. ACW is just ahead of the curve. ACW staff worked hard and effectively as a team during the on-site survey and days and months and even years beforehand preparing for our accreditation process. We are thrilled to have obtained a 3-year CARF accreditation.
2. ACW residents just starting working on a project where they send Christmas gifts to women in another program who have children for the women to give to their children on Christmas. This was their idea. They want to help other families. Isn't that amazing? Outstanding!
3. ACW was just awarded a State Grant to increase our clients' and staff's health and wellness. Studies have shown that men and women in mental health and substance abuse programs have higher rates of preventable illnesses than the general public. ACW was selected as the first cohort (group) to go through this program. ACW was one of 6 organizations throughout the state that was selected out of 30 that applied.



The state will be starting a 2nd cohort in 6 months and a 3rd cohort 6 months after that. The state had faith in ACW to be one of the first groups to move forward with this new innovative program. The program includes wellness activities including nutrition (which we already do) gardening (which we do sort of...) and smoking cessation services (which we have done some work by having one designated smoking area and limiting residents to smoking 3 times a day).

More details to come but for now we can celebrate...we were just recognized by the state in a big way. Go ACW!

4. ACW Residents wrote why ACW is important to them. A few of them are included in the client section of this newsletter. They are all wonderful just like this one. ACW resident states: ACW is a home. A safe haven to heal, recover and get the necessary treatment for what caused us to use drugs/alcohol in the first place. When you are here you realize that drugs and alcohol are symptoms of our actual problems. All the staff work hard to make the women feel welcome, safe and help them with their problems. The nutritionist helps us get healthy with a nutritious diet building up our immune system damaged from years of drugs and alcohol. The cook works so hard to prepare our food and she does it with love for each and everyone of us. The staff believe in us even when we don't believe in ourselves. The groups are excellent -I take so many notes -I could turn them into a book. Being in a program for all women is empowering. We are all so different, but we are helping each other. Sisterhood is powerful. ACW is the best.
5. ACW held "Paint With A Purpose" event in the beginning of November with potential board members and donors. Guests took tours of ACW and painted butterflies mirroring the process of transformation our women go through in our residential and outpatient programs. Food for the event was amazing. ACW Nutritionist/Chef Moran created a fantastic menu and ACW's cook Dottie prepared and set the food up beautifully. Guests loved ACW and made commitments to help ACW in the future.
6. ACW's McMillen Family Foundation Snyder House is getting our 2 first floor bathrooms and the room in between them upgraded. The floors are being reinforced and we are putting in beautiful commercial tile.
7. ACW's McMillen Family Foundation Miracle House is having pipes upgraded under the house. Not exciting but needed to ensure proper plumbing for the building. The good news is...we have the funding to do this important upgrade.
8. ACW has a Clinical Supervisor! Funded by a generous grant from LA Cares Foundation, our Clinical Supervisor Debra Davis Kinkelaar, LCSW conducts case conferences, reviews charts, assessments and treatment plans to ensure that ACW meets County, State and CARF requirements.
9. ACW's Bring Hope Home event, December 6th, 2018 was wonderful. Our alumni and recent graduates shared their hearts and how ACW changed their lives which positively impacted our current clients and guests.
10. Our buildings look beautiful - completely decorated - making even those who align themselves with the Grinch, smile.
11. ACW has been open and serving the community for 44 years. Amazing! Stay tuned for information about how we will be celebrating our 45th anniversary.



12. ACW board, staff, alumni and clients know that staying sober through the holidays can be very challenging. ACW is open during the holidays if you or a friend needs help. Call (213) 381-8534 or e-mail: info@acwla.org



From all of us at ACW, best wishes for a wonderful holiday season!

Models are for illustrative purposes only.

How Can I Support ACW?

Purchase a Commemorative Brick:

This past summer we installed commemorative bricks right in front of the McMillen Family Foundation Miracle House. The bricks look beautiful and are meaningful. Our goal is to have all the concrete in front of the Miracle House changed to commemorative bricks. Consider purchasing a brick or purchasing a 2nd brick. Go to: www.brickrus.com/order/acw for more information. Feel free to contact Executive Director Lorette Herman with any questions at (213) 381-8515 or via e-mail at lherman@acwla.org



Purchase ACW's new Post Cards.

With inspirational messages and pictures of the Miracle House and the Outpatient House, these postcards are a great way to spread the news about ACW. They're reasonably priced: 1 for \$1.50, 5 for \$5.00, 15 for \$10.00, or 30 for \$20.00. Please see the selection on the last page of this newsletter, and call (213) 381-8500 to order.

Do you Shop at Ralphs?

If you do please sign up to have a percentage of your purchases go to ACW. Just go online at www.ralphs.com, click on Sign In, enter your email address and password, click on Your Name, click on Edit Community Contributions then complete the information with your new organization number.

Financial Contributions

Please consider becoming an ongoing ACW donor. Donating is simple: Go to our website: www.alcoholismcenterforwomen.org/donate to make an online donation or mail your donation to: ACW Donations, 1147 South Alvarado Street, Los Angeles, CA 90006.

ACW Needs

1. Are you an ACW Alumni? If so, and you want to sponsor any of our women, or come with your ACW sisters and give a panel talk to our residents, call 213.381.8500 or e-mail info@acwla.org and speak with any of the counselors.
2. Positive inspiring DVDs or Blu-ray movies.
3. Workout/Exercise DVDs or Blu-ray discs
4. Personal Care Items

Client Corner

(1) An ACW resident states: ACW staff helped me to realize that I must be important to me. Upon arriving at the Miracle House, I had no clue who I was. I was greeted with "Welcome Home" and I let my guard down a little bit. I had built walls around me and those walls were closing in on me. Separated from my children, distant from my family and addicted to self-medicating, despair set in. Fearful of change I walked through the door and heard "We have been waiting for you". With some resistance I opened my heart to the understanding counselors and told them about my sneaky behaviors. They didn't wince with disgust! I was shocked and relieved. The weight of my secrets had been lifted. My journey to self-discovery and self-forgiveness had begun. ACW made room for me to search and find myself. I am learning how to be the best version of me that I can be. There is life beyond what I imagined for myself. I am grateful for the woman, mother, and person I am becoming. I believe God led me to ACW and I am grateful for all the wonderful things ACW has done with me and all the other women. ACW will always be so important to me.

(2) ACW is so important to me because it has saved my life not once but twice. It is a safe, clean place that has taught me so much. I am learning about the disease of addiction and how to recover from this disease I suffer from. I am also learning about who I am and why I do things like drink until I am asked to leave my family's home. ACW has taught me how to deal with people. I am an only child and never had to share or compromise. I was very selfish and self-centered. ACW has taught me that it is not always about me. It is about helping and understanding others and to look at the similarities and the differences of the women in the house. ACW has taught me compassion and how to be of service.

(3) ACW is important to me because it is going to help me get and stay clean. ACW is helping me be responsible and accountable for my own life. ACW is going to help me prove to the judge that I can do it and I deserve to be a mother to my children. There is a lot of people out there suffering with addiction. I am at ACW. I have shelter, great food, and a program to help me live life. ACW

taught me a lot of things and helped me to break free from my bad thinking and build myself back up. The staff are nice. They listen and they don't sugar coat anything. They are real. Hey...this has not been an easy process at all. I haven't liked everything I have learned about myself and I am not used to dealing with all my emotions. I have cried and wanted to leave a million times but...one day at a time I stay sober and continue to grow stronger emotionally. Thank God for ACW.

(4) ACW is so important to me because it gave me a second chance. I was at another treatment facility and I had a terrible experience. The other program was dirty, had bugs everywhere, food was bad and so were the groups. I told my family and they said get out of there and go to another program. I called ACW and they said I could come that same day. I jumped at the opportunity. When I arrived, I was greeted with open arms -not just from the staff but also from all the clients. My time here has been life changing. The staff here really cares about each client. They not only teach us about recovery but also about how to live a sober life. I have learned so much about myself. Recovery now doesn't seem so scary and something I must do alone. In each group there is a lesson that has really mattered to me. Now I see that there is hope for all of us. Thank you ACW for allowing me and helping me to walk through the threshold of recovery. I now have a chance at life that I never knew I deserved. I now have hope. I lost myself when I was using and it's nice to see the old me when I look in the mirror. I have gained my life back and I owe it all to ACW.

(5) I am grateful to ACW because I was able to get out of jail faster if I agreed to go to ACW. Now that I am at the Miracle House, I am grateful for the counselors. I am learning a lot and the program is great. I know however that no matter how good the program and the staff are, it is up to me to keep clean. It is up to me whether I want to lose my freedom, my life, my family, friends and pets for alcohol. I can no longer play with fire. That is easier said than done but I thank ACW for helping me want to have a good life and giving me tools to do so.

About ACW

ACW provides women trying to end their substance addiction with a highly individualized and life changing program within a safe, homelike environment. Aimed at moving patients from addiction to wellness, ACW's program structure, tools and pathway provide a holistic approach to mental and physical wellbeing. Please see our website (www.alcoholismcenterforwomen.org) for more information and like us on Facebook (www.facebook.com/alcoholismcenterforwomen).

Questions?

For questions and enrollment please contact info@acwla.org
1147 South Alvarado St, Los Angeles CA 90006
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ACW Postcards

