

Heartsounds

A Recovery Circles Foundation Newsletter

Spring 2009

Recovery Circles Foundation
Creating Partnerships
for Recovery

From the President and CEO • **Kathy Ford**



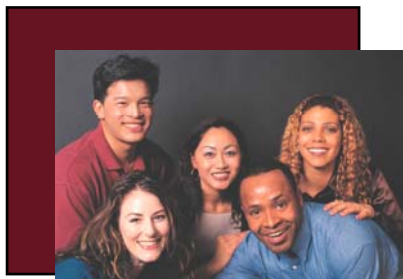
Kathy Ford

Today's volatile economy has affected everyone. Budgets are tightening. Funding has been cut back. We've all had to examine our priorities as we face obstacles and challenges and protect what is most important. Recovery Circles Foundation is no different. At the heart of what we do is our work with our partners to provide support to people in recovery. Our partners are facing shortfalls and Recovery Circles Foundation has been having to make difficult decisions regarding our grant making during these challenging times.

The good news out of Washington is that the Mental Health Parity and Addiction Equity Act has been signed into law (see news item at right).

And here's some more good news. We will get through this challenging time together. This economy has provided Recovery Circles Foundation with an opportunity to sharpen our priorities and make decisions that will ensure we will provide access to recovery for deserving individuals for many years to come. Over the years, we have worked together to establish a foundation of trust and respect for one another. We have developed a clear understanding of each other's visions and goals. We've identified what matters most in our lives as treatment providers and donors. In doing so, we have unified our efforts and energy and have given meaning and purpose to all that we do.

We remain committed to and excited about our partnerships with world class treatment centers throughout the United States. Through these established partnerships we will continue to support people in recovery as we navigate through these difficult times. We are thankful for our partners and our ability to support you in the good work that you do!



"Once again, we would like to thank Recovery Circles Foundation for your support in providing treatment for this young mother struggling with depression and addiction."

-From therapist's report

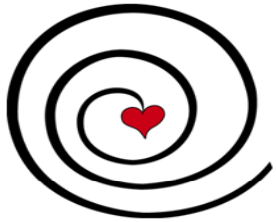
Congress Backs Parity in Coverage of Illnesses

On October 3, 2008, President George W. Bush signed into law the **Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act**. This law effectively ends health insurance benefits inequity between mental health/substance use disorders and medical/surgical benefits for group health plans with more than 50 employees. The law becomes effective on January 1st, 2010. Under this new law, 113 million people across the country will have the right to non-discriminatory mental health coverage, including 82 million individuals enrolled in self-funded plans (regulated under ERISA), who cannot be assisted by State parity laws.

The World Health Organization urges more investments, services for mental health

According to the WHO, mental health is defined as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

WHO is appealing to countries to increase their support for mental health services.



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Partner Profile ♦ Hazelden Foundation, Center City, MN - www.hazeldenfoundation.org

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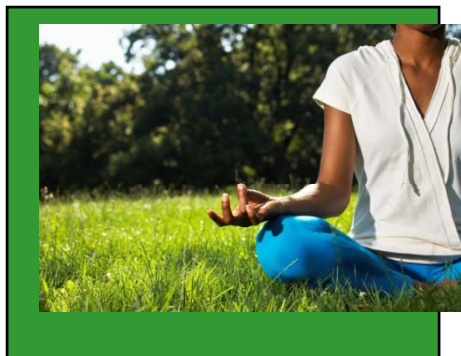
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To learn more about Recovery
Circles Foundation, visit our website
www.rcirclesfoundation.org

Since its founding in 1949 in a Minnesota lakeside farmhouse, Hazelden has grown into one of the world's largest and most respected private not-for-profit alcohol and drug addiction treatment centers. Hazelden provides men, women, and teens with effective alcohol and drug addiction treatment. Their alcohol and drug rehabilitation programs and publications are grounded in Twelve Step philosophy for lifelong recovery. Hazelden pioneered the model of care for drug addiction and alcoholism treatment that is now used around the world, and operates treatment centers in Minnesota, Oregon, New York and Illinois.

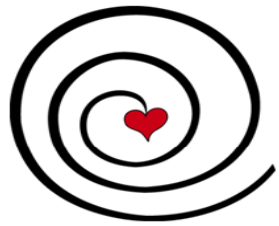
Known for its quality care and expertise, Hazelden is involved in many aspects of addiction treatment and recovery through treatment and continuing care services, professional education programs, international publishing, leading-edge addiction research, public policy advocacy and shared learning with other organizations.

Through its international publishing efforts, Hazelden provides products and services designed to help people recognize, understand and overcome addiction and other related problems. Their books and pamphlets are well known as real-world resources that are accessible to all experience levels and learning styles.



“(We) were so fortunate to be able to offer our recovery services to these individuals and their families through Recovery Circles. This grant proved to be indispensable.”

- From therapist's report



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Life Healing Center's treatment methods include:

- Extensive Sexual Interview and Evaluation
- Shame Reduction
- Identification of Life-Stressors and Sexual Triggers
- Elimination of Problem Sex and Relationship Triggers
- Cognitive Behavioral Therapy (CBT)
- Trauma Exploration and Symptom Reduction
- Introduction of Healthy Coping and Intimacy Skills
- EMDR, Somatic and Equine Assisted Psychotherapies
- Family Therapy Program
- Dialectical Behavior Therapy (DBT)

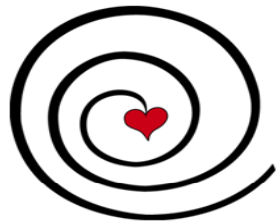
Partner Program Profile ♦ Life Healing Center of Santa Fe's *Women's Program for Sexual Integrity*

The Life Healing Center's **Women's Program for Sexual Integrity** provides gender-specific treatment for women whose sexual and relationship patterns cause unwanted negative life-consequences such as: broken relationships, family problems, disease, depression, emotional instability, lost jobs and multi-addiction relapse. Their women's programming, run by female professionals, provides sex and love addiction treatment that reflects the unique emotional, relationship and cultural challenges faced by female sex and love addicts. The program focuses specifically on women struggling with:

- Online Affairs and Cybersex
- Exhibitionism
- Stripping/Dancing
- Serial Relationships
- Rejection of Love and Intimacy
- Infidelity
- Anonymous Sex
- Relationship Obsession and Stalking
- Compulsive Masturbation
- Prior Sexual Trauma Related to Adult Sexual acting out
- Drug and Alcohol Abuse Fueled by Sexual behavior
- Professional Boundary Problems

Sexual Integrity for Women

Despite the shame that sexual disorders bring to sex addicts and those they love, effective well-researched Residential Sex and Relationship-Love Addiction treatment has been available to men since the mid-1980's. Until now, a woman in need of help with sexual or relationship addiction has been limited to receiving care in programs designed, run and populated nearly entirely by men. This unique program provides confidential, personal and effective gender-specific sexual addiction treatment programs for women.



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Guest Editorial ♦ Trish Jones-Bendel, RN, BSN, Director, Specialty Services, Linden Oaks Hospital at Edward

Eating Disorders have the highest mortality rate of any mental illness, yet obtaining funding to treat these deadly disorders has become increasingly difficult. In 2008 important legislation about parity for people suffering from mental illness was voted into law, but unfortunately not all eating disorders were included in this law which means that a large number of people may still not be able to find the treatment that they desperately need.

Over twelve million people suffer from eating disorders in the United States alone. Ten to fifteen percent of people suffering from eating disorders will die due to medical complications or suicide. The mortality rate goes up to twenty percent if people have been suffering from the disorder for greater than five years.

The great news is that 75 percent of people suffering from eating disorders do fully recover with appropriate treatment that combines medical, psychological and nutritional interventions. Up to 30 percent of people suffering from eating disorders may need the help of residential treatment to fully recover. Arabella House is an eight bed residential care home that provided 90 women the opportunity for sustained recovery in 2008. Since opening in 2007, fifteen women without funding were sponsored by the Arabella Scholarship and given a second chance at life.

In this environment women deal with the core issues that contributed to the eating disorder and begin to live life again through learning and practicing basic skills in a supportive environment. They are provided with an opportunity to reconnect to themselves spiritually and find meaning and purpose. Whether feeding the homeless, singing Christmas carols with foster children or taming wild kittens for adoption at the humane society, the residents discover for them selves that they can make a difference.

Recovery Circles Foundation's contributions to the Arabella Scholarship fund have made a real difference in the lives of some very special women!



We are very fortunate to have the support of Recovery Circles Foundation to help with the transformation of this woman's life.

-From therapist's report



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Partner News

Life Healing Center of Santa Fe is proud to announce that in addition to their extensive Trauma, CD and Eating Disorder Services, they are now offering a gender specific and gender separate treatment environment for their Sex and Relationship Addiction clients. Life Healing Center is currently the only residential center in the US offering this type of clinical service.

Nexus Recovery Center is excited to announce Valerie Monroe as the new Aftercare Coordinator. Valerie has been a part of Nexus since September 1992 when she and her four year old son came to Nexus for treatment. Wanting to give back and help others like herself, Valerie became part of the Nexus team in October 2008 as a tech to assist clients living in the dorms. In January 2009 she was promoted to the Aftercare Coordinator position. As the Aftercare Coordinator Valerie provides support for continued sobriety, but also provides case management services including referrals to other social service agencies as needed.

The Board of Directors of Cathedral Shelter of Chicago is pleased to announce the appointment of Mr. Kevin McCullough as Interim Executive Director effective May 1. The appointment comes after Cathedral Shelter's Executive Director, The Rev. Glenn B. Chalmers, announced his resignation. Mr. McCullough joined Cathedral Shelter's staff in 2005 serving as Director of Operations since 2007.

A farewell reception for Rev. Chalmers, will be held on Wednesday, April 15 from 4:00-7:30 p.m. at Cathedral Shelter of Chicago, 1668 West Ogden Avenue. After 12 years of committed leadership, Rev. Chalmers has accepted a call to return to parish ministry at the Church of the Holy Apostles in New York City. RSVP to 312.997.2222.x233 or to info@cathedralshelter.org.

“(He) is a miracle of the program and the Right Turn Team. We could not have done this without the support of the Recovery Circles Foundation.”

-From therapist's report

