

Heart Sounds

A Recovery Circles Foundation Newsletter

May, 2008

*Recovery Circles Foundation
Creating Partnerships
for Recovery*

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



Kathy Ford

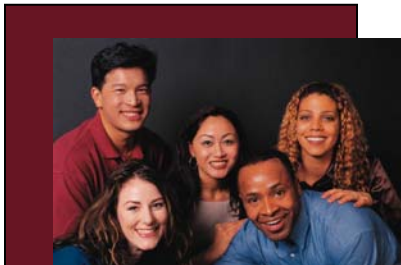
The 110 experts participating in a 2004 SAMHSA conference defined recovery as “a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” The theme of National Mental Health Month focuses on an important component of maintaining mental health and wellness: social connectedness.

One of the principle underlying philosophies of Recovery Circles Foundation is that facilitating and maintaining connections is essential for successful recovery. This connectedness manifests itself within the select network of top professionals in the field of mental health treatment throughout the United States who Recovery Circles Foundation partners with to assist underserved individuals in need of treatment, healing and recovery. We are grateful to our partners who make it possible for us to stay connected to our grant recipients and the treatment community at large. We are also grateful to all the friends of Recovery Circles Foundation for their kind thoughts and support throughout the year.

In addition to renewing our relationships with our existing partners, Recovery Circles Foundation will look to expand our partner network in the coming year and to explore ways to identify partners who share our vision and mission.

RCF welcomes a new Partner

The MusiCares Foundation - MusiCares provides members of the music community access to addiction recovery treatment regardless of their financial situation. Their services and resources cover a wide range of financial, medical and personal emergencies.



“Thank you for your loyal support and ongoing commitment to the Caron mission. Together we are making a difference and helping to change and save lives!”

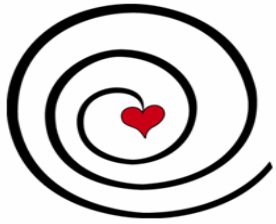
-Caron Foundation

May is National Mental Health Month.

May has been officially recognized by Congress as Mental Health Month since 1949. To learn more about Mental Health Month and social connectedness, visit the Substance Abuse and Mental Health Services Administration’s website, mentalhealth.samhsa.gov or Mental Health America’s website, mentalhealthamerica.net/go/may

Help Recovery Circles Foundation Raise Funds!

Now you can help RCF raise funds every time you search the internet or purchase something online. Go to GoodSearch.com, to search, or shop on GoodShop.com, iGive.com and MyCause.com and enter Recovery Circles Foundation, Inc. as the charity you want to support. And be sure to spread the word!



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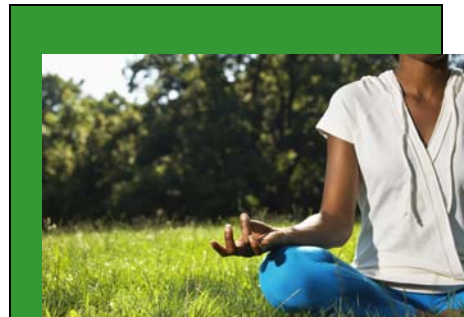
To learn more about Recovery
Circles Foundation, visit our website
www.rcirclesfoundation.org

Partner Profile ♦ Deborah's Place, Chicago, IL - www.deborahsplace.org

Through a continuum of housing options, comprehensive supportive services and opportunities for change provided by dedicated volunteers and staff, Deborah's Place, a not-for-profit corporation, *assists* women in achieving their goals of stable housing, sustainable income and greater self-determination.

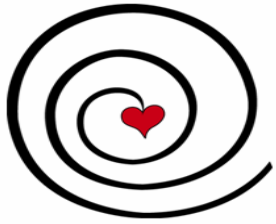
Teresa's Interim Housing provides a safe, structured community to meet goals such as stable housing, employment, family reunification, and improved health. *Dolores' Safe Haven* provides a safe and supportive environment for women with a severe mental illness who have been chronically homeless. *Patty Crowley Apartments* provide a permanent home for 39 women with disabilities in private studio or shared bath apartments. *Rebecca Johnson Apartments* mark the end of homelessness for 90 women who live in studio apartments. *Marah's Permanent Housing* offers permanent supportive housing for 30 women with disabilities. *WomanCraft, Inc.* is a social enterprise owned by Deborah's Place. Current and former participants are employed as artisans, creating handcrafted jewelry and handmade, recycled paper products including wedding invitations, corporate event materials and unique stationery. Artisans earn a living wage, engage in meaningful work, improve job skills, and build a work history.

Our Supportive Services include *Case Management & Therapeutic Services* which provides support for women with mental illness, addictions, and multiple diagnoses to help them stabilize and remain housed. *Education & Employment Services* offers resume, job exploration, and job placement assistance. Three *Learning Centers* offer women a chance for creativity and intellectual exploration through humanities classes, workshops, field trips, art therapy, and a scholarship program. *Health Services* offers referrals to free and low-cost preventative services and treatment as well as the opportunity to attend on-site health education classes.



“(We) cannot begin to express to you how grateful these women are for the opportunity that you have given them. Thank you for your organization and for supporting the recovery efforts of women who have eating disorders.”

-Arabella House,
Linden Oaks at Edward



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Guest Editorial ♦ Audrey Thomas, Executive Director; Kathy Booton-Wilson, Chief Operating Officer, Deborah's Place, Chicago, IL - athomas@deborahsplace.org, kbwilson@deborahsplace.org

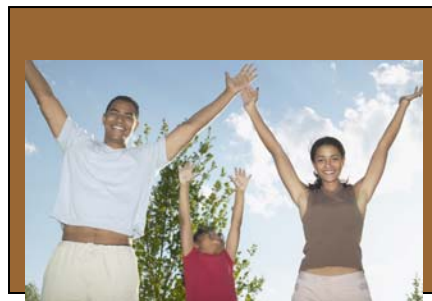
According to the World Health Organization, one out of every four people will experience a mental health problem at some time in their lives. For women at Deborah's Place who are recovering from the trauma of homelessness, that statistic rises to three out of four. Access to quality mental health services does not always exist for people without funds or for those whose symptoms might prohibit them from getting to a mental health clinic. When a woman does finally ask for help, the wait for an intake appointment for someone without insurance or funds can often be months.

"These funds have been a great source of comfort for us and the clients that have had the opportunity to access them for help. The early recovery group for women is going strong!"

-Confidential Care

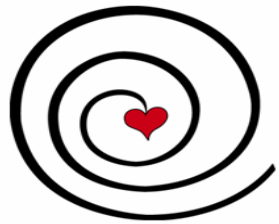
Thanks to the creativity and commitment of Director of Clinical Services, Jacqueline Anderson, MSW, LCSW, and a group of enthusiastic and skilled interns, any woman at Deborah's Place can now access free, confidential therapeutic counseling with no red tape. The Creating Your Life counseling program allows Deborah's Place participants to meet with a masters level social work intern for one-on-one therapy at least weekly. The interns are supervised closely by Licensed Clinical Social Workers to ensure the quality of the services provided. There are no forms to fill out and no records kept; the services are completely confidential, and are available to any Deborah's Place participant, whatever her issues.

Staff and interns of Deborah's Place went further to erase the stigma of mental illness when they held the first Creating Your Life party which included a self-care and information packet for each participant. Staff and participants eloquently shared their experiences as providers and recipients of mental health counseling and services. Generous board, staff members and friends donated all of the food and handouts for the event. The event raised awareness of mental health resources without costing the agency a penny.



"The extension that was made possible by Recovery Circles Foundation allowed the client to continue to progress further in her (recovery). (She) reports that she feels hope for her future and gratitude for her treatment."

-From therapist's report



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Partner News

Behavioral Health Services has added two evening Chemical Dependency Intensive Outpatient Treatment Programs (IOP). The adolescent program runs after school from 3:30-6:30 pm Monday, Tuesday, Thursday and Friday with an aftercare support group on Wednesdays; the adult CD IOP runs from 5:30-8:30 pm. These programs are well-suited for individuals who are able to maintain their job and school responsibilities, but who would benefit from intensive treatment for their dependency or abuse problems. For more information, please call 630-933-4000.

Caron Foundation is pleased to announce the 11th annual Caron at the Cape retreat weekend, which will be held June 6-8, 2008 at the Grand Hotel in Cape May, NJ.

Right Turn is currently holding an online auction. The auction is open until May 4th, but Right Turn is planning one next month as well. Items range from signed memorabilia from the "supergroup" that performed at the Berklee a few weeks ago, a Bobby Orr Hockey Stick, a baseball ball signed by Red Sox pitcher Johnathan Papelbon, Red Sox tickets, round of golf and more. All proceeds go to Right Turn. If you would like more details, please refer to their website - www.rightturn.cmarket.com.

Linden Oaks at Edward and ANAD will be hosting the 5th Annual Candlelight Vigil in the Healing Garden at Linden Oaks. This vigil is a time to celebrate those in recovery from eating disorders and to mourn those who have died from this deadly illness. Eating Disorders have the highest mortality rate of any mental illness and many insurance companies will not pay for adequate treatment to treat this tenacious illness. Please join us on May 19th from 6:30 pm until 8 pm.

Cathedral Shelter's Nancy Pendergrass, was recently promoted to Controller on May 1. She brings significant accounting and finance experience and education to her new position having an MBA from DePaul University and over 18 years experience in finance and accounting in the corporate world.

"Through our partnership with Recovery Circles Foundation we have been able to assist thirteen of our guests that, in the past, we would have had to decline due to funding issues. These guests were given the opportunity work on their recovery with dignity and respect, something that is rarely offered to people with limited resources who are reaching out and seeking help"

-The Retreat

