

Heartsounds

A Recovery Circles Foundation Newsletter

Summer, 2005



Recovery Circles Foundation
Creating Partnerships
for Recovery

From the President and CEO



Kathy Ford
President/CEO

Recovery Circles Foundation is two years old. In this short time, it has become clear to us that we fill a unique niche and are continually encouraged by the letters we receive from partners and recipients. Important work lies ahead for this Foundation. In the coming year we will focus on increasing our endowment by \$1MM, and continuing to deepen and expand relationships in the Chicago area. In May, we hosted an evening for our existing partners and others who share our vision. This event generated interest in adding new areas of skill and expertise to the Foundation in the form of additional volunteers and Board members. It continues to be an honor to work with such dedicated individuals who are committed to people in recovery.

RCF Board Member Profile • Deborah Ford



Deborah Ford, Director (center)
with children (l to r) Tuesday,
Beorn, Bianca and Torin

Deborah holds a BS in Management with a minor in Marketing from Thomas College in Maine. She spent five years at Monitor Group, a consulting firm in Cambridge, Massachusetts working in Professional Development and Compensation. Prior to that she worked at Devonrue Ltd. in Boston as the manager of that office. Deborah serves on the Board of Directors of the Weston Newcomers Group and has coached baseball and soccer for her children's teams. She has a long-standing interest in mental health and recovery-related issues.

Partner News

Nexus Recovery Center Executive Director Becca Crowell appeared in a web cast entitled "Treatment Approaches for Women." A link to the web cast can be found on www.nexusrecovery.org.

Nexus Recovery Center was visited by John P. Walters, the Director of the White House Office of National Drug Control Policy (ONDCP). Mr. Walters was encouraged to visit Nexus because of its comprehensive programs for women and families.

Deborah's Place Executive Director, Audrey Thomas completed her Masters Degree in Applied Professional Studies from DePaul University's School for New Learning. Audrey was also honored with the Arthur Weinberg Award for her integrated project on participant-centered planning.

Behavioral Health Services is building a new 13-bed inpatient psychiatric unit scheduled to open in January, 2006. According to Clinical Director Mel Hess, MD, "this state of the art unit with only private rooms will offer compassionate and respectful treatment for those who suffer significant psychiatric problems."



Recovery Circles Foundation
is committed to assisting
underserved individuals in
need of on-going treatment to
support their continued
healing and recovery.

Partner Profile • Behavioral Health Services, Winfield, IL www.cdih.org

Behavioral Health Services (BHS) is a department of Central DuPage Hospital. BHS provides supportive and sensitive treatment for adolescents, adults and families struggling with a wide range of behavioral health issues including mental health concerns, psychiatric disease, alcohol abuse, chemical (drug) dependency, family issues and marital issues. BHS offers many services to fit a variety of needs including detoxification and rehabilitation, outpatient services, a partial hospital program, an intensive outpatient program and other outpatient services including community services. BHS offers a wide array of support groups including AA, NA, CA, Alanon, Alateen, Families Anonymous, Domestic Violence, Post Partum Depression and Depression/BiPolar groups.

Guest Editorial • Marcy Darin, Cathedral Shelter, Chicago, IL mdarin@cathedralshelter.org



Teresa

Her name is Teresa, and her transformation speaks volumes about why Cathedral Shelter has been fighting addiction and poverty for 90 years. For ten years, Teresa's life was a rollercoaster of jail sentences for prostitution and selling drugs. She lost her family, her job, and her faith in herself. Eventually she was sentenced to three years for aggravated assault. "I thought that was the end of my life," she recalls. "I gave up on myself." But during her time in solitary confinement, Theresa started feeling like her life was going to change.

After her release, Teresa began coming to Cathedral Shelter for addiction counseling and literacy classes. In 2002, she moved into Cressey House, a 27-unit complex for individuals and single parents who, with their children, are rebuilding their lives after years of homelessness and addiction. After working with her sister's cleaning service, she formed her own business. "A Healthy Touch" now has 28 clients, including several law offices and private homes. In between cleaning jobs, she stuffed bags in our food pantry, sang in our choir, and sorted clothes in our Thrift Store.

Thanks to a grant from Recovery Circles Foundation, Teresa was one of four women able to take the next step. Foundation funds helped Teresa afford a security deposit and moving expenses. At 42, her life is just beginning: she is engaged to be married, her business is thriving, and she plans to take business management courses. Most of all, she has reconciled with her daughter and three grandchildren. As Teresa continues her journey to recovery, Cathedral Shelter walks with her.

Did you know...

Of the 6.1 million people needing addictions treatment, only 1.1 million people (17.3%) received treatment.

-National Household Survey on Drug Abuse (NHSDA), 2001

Heartbeats

"I really believe Recovery Circles will now become part of many people's 'stories.' Our staff are quite moved by your offer and now feel that they have something to offer our patients as they experience the practical, financial issues of recovery."

-Paul Teodo, Behavioral Health Services

"It is exciting and encouraging, as a Provider, to be involved with Recovery Circles Foundation. The need is there: and RCF provides a very tangible means to meet that need."

-Cynthia Power, Life Enrichment Services

"The aftercare program RCF is helping to fund is showing me how to meet life's challenges daily. Today I am very grateful to be sober. Thank you."

-Alumnus, Nexus Recovery Center

Board Members

Kathleen G. Ford
President/Chief Executive Officer

W. Sean Ford
Vice-President

Ellen DeLordo
Secretary

Deborah Ford
Director

Reverend Paul Hottinger
Director



Recovery Circles Foundation, Inc.
2005© All Rights Reserved

To learn more about us, visit our website
www.rcirclesfoundation.org