



Women's Commission

ON ALCOHOL
AND DRUG ISSUES
— OREGON

PO BOX 14495 · PORTLAND, OR 97293

WWW.WCADIO.ORG

SUMMER 2009

Open Invitation to Join WCADIO

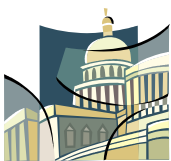
WCADIO's Mission is to increase public awareness of women's alcohol and drug abuse issues and to promote services related to women throughout the State of Oregon. This means to **ALL** women who are affected by their own alcohol or drug use or that of their family or friends.

**Your Support Is Needed
Your Voice Will Be Heard!**

— See our website for application —



Visit us online at
www.WCADIO.org



**Education Day
at the Oregon
Legislature
April 28, 2009**

The Women's Commission on Alcohol and Drug Abuse Issues of Oregon helped sponsor an education day at the legislature. Six board members attended as well as many women's programs brought clients to participate. For many women clients it was their first experience in visiting the state capitol and talking with their representatives and senators and participating with other women in recovery across the state.

Of particular interest were the two women speakers, who had participated in treatment in a women's program, who told the crowd about their recovery and

(See **Education Day...** continued on page 4)



Women's Commission Counselor of the Year

I Have Found My Place

— by **Mary Jacobs**, NWDAC

My name is Mary Jacobs and this is my story...

I began my new life on December 28, 1986 when I decided to surrender to my higher power and become clean and sober. After living a life with

such little hope and purpose I was amazed at the sense of pride and self worth I gained throughout my outpatient treatment at *Depaul Treatment Center*. After five years clean and sober I began working at Depaul as a Residential Care Facilitator Staff (RFS); after six months I became an outpatient intake counselor. Another six months later I became the lead outpatient counselor.

Slowly I began losing my hearing and hid this fact from my employer for fear that I would lose the only job I had ever loved. I had already lost friends who were not willing to help me communicate in social settings. I could no longer hear in support group meetings and hit a terrible low when I lost the ability to hear my own children's voices.

After a year of feeling alone and frightened I decided to confide in the director at Depaul regarding my hearing loss. The director asked if I would be willing to go to Minnesota Alcohol and Drug Treatment Center for the deaf and hard of hearing to learn about deaf culture, deaf persons in recovery and American Sign Language (ASL). I was in amazement that such a place existed and considered relocating in order to keep my beloved career. I believe my higher power had plans for me.

I honestly did not know a lot about Deaf or Deaf Culture. Before I could make the decision to move to Minnesota a new treatment facility opened in Vancouver, Washington and I was offered a part time position. I took the job at the Northwest Deaf Addiction Center (NWDAC) in Washington and had a sign language interpreter to assist me. I attended ASL courses at PCC in Oregon and learned hands on from the clients and staff at NWDAC. I became interested in deaf culture and began to believe I had a chance to continue as a counselor.

I survived through many hardships and worked with the knowledge that my higher power would never give me more than I could handle, although at times my faith was tested. I was a counselor working through my own fears and tribulations. Today I am truly able to say I can hear better with my eyes and heart than I ever could with my ears.

(See **My Place...** continued on page 2)

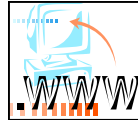
News & Views

Bridgeway's Her Place

The house where *Her Place* in Salem is located is for sale. According to our source, Marion County is suppose to take over the management at the end of June but even this has been a bit up and down. Possibly, the program will remain where it is located for a brief period but under the management of the county, but will need to move fairly quickly. *Her Place* has been a valuable service and we hope all of this disruption to services will end soon.

A "Must Read" Article

"*Guidance to States: Treatment Standards for Women with Substance Use Disorders*" prepared by the National Association of State Alcohol and Drug Abuse Directors (NASADAD); with the assistance from The Women's Services Network (WSN); with support from The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT), under the SAMHSA/CSAT contract. Great information for all Treatment Agencies; the web page to find this article is www.nasadad.org. Click on "Treatment" which can be found on the left side of the page; then click on "Women's Services Network" for the publication.



"Must Read" Article:

http://www.nasadad.org/index.php?doc_id=1379

My Place...

(Continued from front page)

I have now been working with Deaf clients and staff for eight years and I am the lead CDP (Chemical Dependency Professional) for NWDAC and enjoy it immensely. I have found my place in the world. I went from being a hearing person, to hard of hearing to deaf.

In this journey of life we never know where we will end up. What I do know is in this journey I feel

both blessed and honored to have the opportunity to work with deaf

culture as well as be a part of deaf culture as I come to terms with my deafness.

I recently celebrated 22 years clean and sober! I continue to be grateful to Depaul for being the start of my beautiful journey.

My favorite sayings are "Find a solution" and "Let it go". ❖

Congratulations to Mary Jacobs, she has been selected as Counselor of the Year by the Women's Commission — in honor of Woman of the Year!

New Executive Director at Willamette Family



Executive Director
Micki Knuckles

Big changes have happened at *Willamette Family*. Hillary Wylie, who had been the Executive Director since November 1988, has retired, and **Micki Knuckles**, Assistant Director and Director of Treatment, has stepped up. Hillary recruited Micki during her first year at *Willamette Family* and relied heavily on her for keeping the home front running smoothly while she was away at meetings and working on the state and national levels. Both Micki and Hillary have had an enormous passion for reaching out to the suffering alcoholic and addict and helping them into recovery.

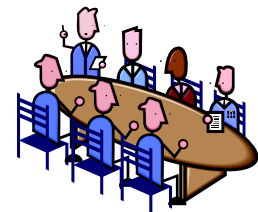


Retired Director
Hillary Wylie

Hillary believes that *Willamette Family* has proved itself as one of the top alcohol and drug treatment agencies in the state. She believes that our treatment services are unique and stands head and shoulders above any similar programs in the country.

As Hillary cleaned out her office and packed up a twenty-one year career at *Willamette Family*, she said she was more than ready to move on. As each box went out the door and as file cabinets and desk drawers were emptied, she said she felt lighter and lighter. She plans to complete her first novel, apply her many strengths and accomplishments to her role as Springfield City Council member, and spend quality time with her family. She wishes Micki the very best as the new Executive Director for the coming years especially given these tough economic times, acknowledging Micki has a strong and loyal staff to support her.

The Women's Commission would like to thank Hillary for all her work in establishing treatment services for women and youth (girls) and supporting The Women's Commission since its inception. We look forward to the continuing support from and to Micki.



Next WCADIO Board Meeting is July 30. This meeting will focus on future agendas and board member recruitment.

Intensive Treatment & Recovery Services

What is it?

Intensive Treatment and Recovery Services (ITRS) for addicted families is an initiative funded by the 2007 Legislature. The initiative is a collaborative effort between AMH and Children, Adults and Families (CAF). Funds were provided to increase the following services:

- Residential treatment for parents and dependent children who go to treatment with an addicted parent;
- Intensive outpatient treatment;
- Regular outpatient treatment;
- Case management; and
- Clean and sober housing options for addicted families.

Impact:

- Over 140 children have been reunited with their parents and are no longer in family foster care. Their parents have accessed addiction treatment and recovery services with ITRS providers (as reported by CAF).
- A majority of these parents remain in treatment and recovery services (as reported by AMH).
- \$1,974.33 per month is the average cost of caring for a child in family foster care in Oregon during 2007-2009. This amount includes food, clothing, shelter, and caseworker time involved in the case management (as reported by CAF).
- \$276,406.20 a month is the cost-offset in family foster care for these children.

Outcomes:

1,440 parents have accessed addiction treatment and recovery services (as reported by contractors). A majority of these parents are still engaged in services.

- 97 parents have successfully completed treatment and recovery services (AMH).
- All contractors are on target to meet or exceeded service requirements. AMH tracks service utilization monthly, reporting this information to contractors via electronic mail.

Why treatment and recovery services:

Treatment and recovery support services enable individuals in a parenting role to recognize and learn:

- How to manage their own recovery along with the challenges of parenting; and
- Skills to be better parents and develop healthy relationships with their children.

Research shows that access to and retention in treatment are the greatest predictors of successful recovery. AMH developed performance standards as part of the contractual agreement with each contractor. These standards offer contractors, providers, AMH and CAF effective ways to plan for, institute, and measure improvements in parent/child reunification, retention in treatment and meeting utilization requirements as defined in each contract. ❖



Visit us online at www.WCADIO.org

Three Sisters

We are the Three Sisters of Fire and Earth and Water. Without us, nothing lives or grows.

We are the Three Daughters of Sun and Moon and Stars. Without us, no path exists through the universe.

We are the Three Wives of Birds and Trees and Animals. Without us, there would be no wings or roots or bones.

We are the Three Mothers of Clouds and Wind and Rain. Without us, our children would go hungry.

We are the Three Friends of Beauty. Without us, flowers would look like stones.

We are the Three Grandmothers of Wisdom. Without us, men would only speak of war.

We are the Three Aunts of Endurance. Without us, what would survive?



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Are You a Member of WCADIO...?

- WCADIO membership application is located on our website at www.WCADIO.org. We encourage you to join!

Education Day...

(Continued from front page)

their current employment in the field. Their stories were both moving and encouraging to all of us who support women's treatment.

Senator Laurie Monnes-Anderson and Representative Jean Cowan spoke in support of prevention and treatment. Representative Ben Cannon spoke in support of treatment and the need to increase the beer tax.

The NARA drummers helped bring the crowd together and move participants to take action. The

Governor's Council on Alcohol and Drug Abuse programs was the primary sponsor of the event and recognized Sharron Kelley for her years of advocacy and service on the council.

The education day helped reinforce both the effectiveness of women's programs and the importance of not having any budget reductions in alcohol and drug abuse services. As this newsletter goes to press the budget for 2009-11 does not include any cuts to treatment funds but includes at least a 15% decrease in prevention funds. The legislature continues to work on the budget but

draws near its conclusion. The beer tax has not been increased and it looks doubtful that it will happen this session.

As President of the Commission, I encourage you to continue to support our efforts by renewing your membership or joining us. The membership information is on our web site. — Ann S. Uhler

Visit us on the web at
www.wcadio.org