

# Transforming Lives One Day at a Time

December 2017



## Executive Director's Corner

ACW has gone through a lot of changes these past 6 months to conform to the new State and County requirements as a result of implementing the Affordable Care Act. Residential Treatment is now a 2-4-month program versus a 6 -12-month program, and a licensed practitioner of the healing arts (physician, nurse, therapist for examples) must verify that the individual has an alcohol or substance abuse diagnosis. In addition, Los Angeles County Substance Abuse Prevention and Control has to approve the individual's ability to be in treatment at our facility.

Sadly, the days when women could walk up our steps, knock on our door asking for help and immediately be admitted into treatment are gone. Now there are more hurdles to jump through for women to receive the treatment that they need immediately. Other changes include that residents must receive 20 hours of clinical groups per week and progress notes must be entered into a countywide electronic health record system.

Does it seem like we are unhappy about all of these changes? We have seen over the years that our clients do better with more treatment not less. That being said, we are working hard to make the new system work. The Los Angeles County Substance Abuse Prevention and Control has been very helpful offering many trainings, Question and Answer call in sessions to help staff implement the myriad of required changes, and paid for a computer specialist to come to ACW for 2 weeks to help staff work with the new electronic health record system. To comply with the changes, we

have had to double the number of groups we provide, hire additional staff, hire more licensed therapists, and provide more in depth clinical services.

Our residential program is excellent. We offer 42 hours of groups per week; 20 of those hours are intense with only 2-12 clients utilizing the most effective evidenced-based curriculum. We hired a case manager who coordinates clients' movement to outpatient services, aftercare, sober living, job and educational training and more. We are also continuing our Women's HIV Program, Family Therapy Program and Nutrition Services Program for both our residential and outpatient program to help ensure better long-term outcomes.

Our Outpatient Program is excellent too ☺ offering an intensive outpatient program for those who need at least 9 hours of outpatient services once a week, and an Outpatient Counseling program for those who need 3 hours of services per week. Our Outpatient Program is available in English and Spanish and is open Monday through Saturday.

ACW staff should be commended for all the hard work they have done implementing all the State and County changes. Even though we have had a challenging year, ACW is still committed to providing the best treatment and support services, and as 2017 draws to a close we are reminded of the important of what ACW does each and every day and are grateful for the opportunity to help transform lives one day at a time.

Does someone you know need help?  
Have them call or e-mail ACW at 213.381.8500 or <[info@acwla.org](mailto:info@acwla.org)>

## Exec Dir Corner continued

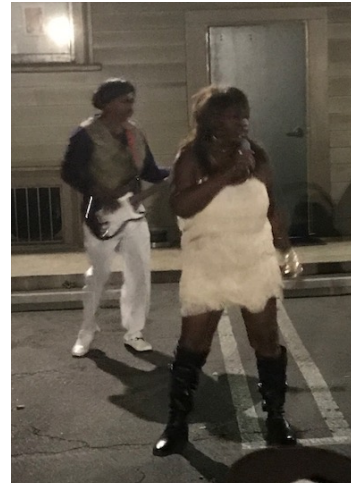
On December 7, 2017 we celebrated our Bring Hope Home Event. ACW alumni with one month to 34 years of sobriety spoke about how ACW gave them a new life, a positive strong life that helped them stay sober even when times were not easy. Some alumni who were asked to speak, stated that they were shy and would rather not talk in front of the attendees but then changed their mind because they were so moved by the other speakers. The speakers brought us to tears, laughter and encouragement. Board Member Dr. Lisa Richardson stated that she is so amazed by the work our clients do to help themselves and change their lives through our programs. "You are changing not only your life but the lives of your children, your family and your community. Every child needs to grow up with a mom and a mom who is sober." The food, prepared by our Cook Dottie Pleasant and the residents, was delicious and the event ended with joy and energy after a dance performance to Tina Turner's "Rolling On The River" by staff member Edith Soden and her recovery dance troupe.



Decorations



Dottie Pleasant, ACW Cook



"Ike and Tina"

On December 13, 2017 ACW offered our first Community Nutrition Series class: Eating Healthy Through The Holidays. Attendees enjoyed an informative lecture with a robust question and answer period. They learned to prepare and enjoyed sampling great healthy food and all plan to come to the next class in January (January 10, 2018). ACW Nutritionist Moran Zohman, believes that nutrition plays a vital part in recovery and food has the power to correct biochemical imbalances, nutritional deficiencies and manage digestive problems. Our goal is to inspire our alumni and surrounding community to learn about and improve their nutrition to aid in their ability to stay sober for the long term. Please see the flyer (next page) and come to the next 3 classes.

## Upcoming Fundraisers and Events

**Brick Fundraiser:** Purchase a commemorative brick to be installed in front of the McMillen Family Foundation Miracle House. For more information, go to: <[www.bricksrus.com/order/acw](http://www.bricksrus.com/order/acw)> or stop by ACW for a brochure.

*Thank you to all the wonderful ACW alumni and friends who donated money, clothes, shoes, kitchen items, and volunteer hours and service to ACW this past year like Cheryl and Lani who continue to make generous donations to ACW year after year and Amelia and her friends who did a day of service cleaning up and fixing ACW's grounds. We need you all and are grateful for your support and partnership in transforming lives one day at a time.*

## Community Nutrition Series

7pm Wednesday Nights December through March  
On-site at ACW  
1147 South Alvarado Street, Los Angeles, CA 90006  
No Cost. *Donations are appreciated!*



Moran Zohman is a registered dietitian nutritionist and a professionally trained chef. Moran has over a decade experience coaching adults on how to improve their health by examining their relationships between their emotions and food while building their nutrition knowledge and cooking skills. With her passion for nutrition, culinary arts and exercise, Moran motivates people to improve their health and self-care. She is an expert at offering ways to pump up the flavor and nutrients with quick and easy recipes. She has revolutionized ACW's residential menu, and kitchen, and added nutrition classes that have improved the health of countless clients in her year at ACW. ACW is fortunate to have Moran part of our team improving the health and long term sobriety of our clients. These Community Nutrition Classes are our way of extending health education to our alumni, friends and community partners.

### Community Nutrition Series Classes:

December 13 <sup>th</sup> 2017	7:00pm	Eating Healthier during the <i>Holidays</i>
January 10 <sup>th</sup> 2018	7:00pm	Defeating Diabetes with Delicious Dishes
February 7 <sup>th</sup> 2018	7:00pm	Enjoying Chocolate: A Balanced Diet is Chocolate in BOTH Hands!
March 14 <sup>th</sup> 2018	7:00pm	Hottest Foods & Nutrition Trends



**Bring your questions and appetites to ACW's Community Nutrition Classes**

Nutrition plays a vital part in recovery. Food has the power to correct biochemical imbalances, nutritional deficiencies and manage digestive problems. To help with long term sobriety and/or improve your health, Register today! We only have limited spots available.

Please call Patrick at 213.381.8500 ext. 303 or [phausfeld@acwla.org](mailto:phausfeld@acwla.org) to register.

## Client Corner – Thanksgiving Journal

*I am thankful to be alive another day. I am thankful I woke up sober today. I am thankful for my son. I am thankful to be a mother. I am thankful to have a safe and clean place to live. I am thankful to have clothes and shoes that are weather appropriate. I am thankful to have healthy food and snacks to properly nourish my body. I am thankful to be developing a relationship with God. I am thankful for my aunt's and other supportive family members. I am thankful for the free paper and pens. I am thankful for the structure and schedule here at ACW. I am thankful for the other residents. I have never really gotten along with people before and now I have close relationships with other women. I feel like God hand-picked this place for me. The other residents have given me encouragement and positivity. I am thankful for my rock bottom year. I have lost all of my material possessions with patience and grace. I am thankful for ACW's counselors and their background, experience and wisdom that they share with me and the other women.*

~~ACW Resident D.S.

*I am so thankful to be sober and of a sane mind. I am grateful for ACW and the staff for really caring about my individual needs at such a precarious time for me. I always try to put my best foot forward, but working through this process I can be ugly and they all work with me. I am thankful for my sisters here. We are all going through so much but we still can laugh together. While we are all apart from our families we can take comfort in the fact that we will return to them better than when we left. I am thankful that I still have time on this earth to seek my passion and complete my own personal legend.*

~~ACW Resident G.W.

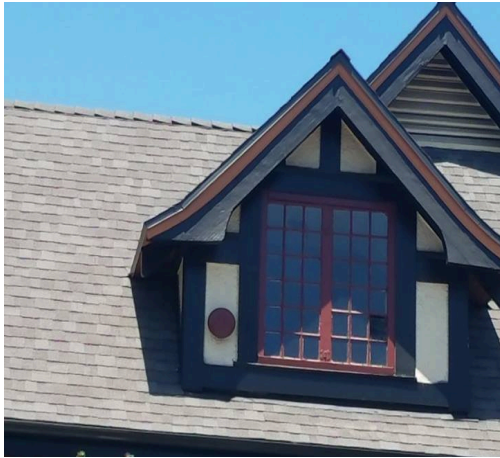
*I am thankful for breathing, smiling and family. Silly turkey right? Breathing... just like a smile for the 1st step. 1 day at a time. The beauty of another day full of opportunities because my health is full. Another breath another day. I'm honestly blessed to be fully functioning and sober for 4 months and still counting. One day at a time. Of course smiling and I mean it in general for the new people at ACW for my old relatives and friends. For making sure that I am taken care of and the unconditional support I receive on a daily basis. Never, stop smiling; For all the blessings I've received and failed to acknowledge and for all that I have acknowledged but am too shy to repeat or verbalize my feelings. To grateful for the chance to meet humans that share similar issues. Makes me smile to know that I am not alone. Knowing that not only my family but now my second family (ACW) cares for me. I'm thrilled to know that I am blessed with support from others. I'm grateful to have a mother and father together. After their breakup for 20 years, and being blessed by them being together. I'm feeling like a child and love the world more. I love to see my family together and although I've been in trouble and caused trouble to my family; they have been supportive. I miss my siblings, nephews, and nieces playing but soon I know that they will be around me and I will be better able to be nice and take care of them after all the help I am getting at ACW.*

~~ACW Resident M.B.

*I am thankful for God's will. I am thankful for sobriety. I am thankful for the strength that God has given me through Him to keep on a path of sobriety. I am thankful for ACW that opens the doors to individuals like me. I am thankful that ACW helps me see the light at the end of the tunnel. I am thankful for the things I am able to acknowledge now that the blur is going away. I am thankful for the opportunity to be able to find myself.*

~~ACW Resident V.B.

## Did you know...?



ACW's McMillen Family Foundation  
Miracle House got a new roof this year



ACW has a Case Manager,  
Nicaea Berry!

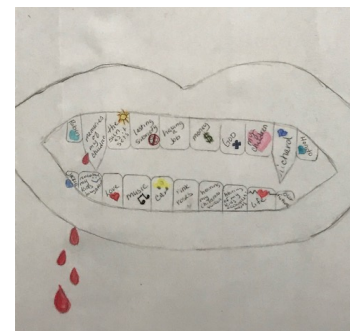
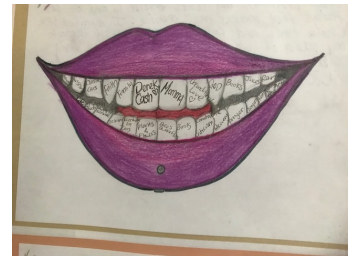


ACW has a dishwasher!

## ACW needs...

- **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 or e-mail and speak with any of the counselors.
- Mother's Day can be challenging for women in residential treatment. If you would like to organize a surprise event for our residents, they would really appreciate it. Call or e-mail and ask to speak with Lorette (213.381.8515 or <lherman@acwla.org>).
- **Financial Contributions.** Please consider becoming an ongoing donor. It's simple. Either go to <[www.alcoholismcenterforwomen.org](http://www.alcoholismcenterforwomen.org)> to make an online donation, or mail your donation to ACW Donations, 1147 S. Alvarado St, LA, CA 90006
- **Do you shop at Ralphs?** Please sign up to have a percentage of your purchases go to ACW. Go to <[www.ralphs.com](http://www.ralphs.com)>.
- **Pet Therapy.** Do you or a friend or family member have a registered pet therapy animal that s/he can bring to ACW? Please call or email Lorette (213.381.8515 or <lherman@acwla.org>).
- Positive/Inspiring movies (DVD or Blu-ray)
- Workout/Exercise programs (DVD or Blu-ray)
- Personal Care items

ACW has a cook! With an incredibly shortened residential program, we need help in the kitchen so that clients can concentrate on their recovery and not miss any groups. Dottie has been a great addition to our team



ACW has inspiring client art and client photos hung on the walls in the McMillen Family Foundation Miracle House breezeway. Come see!