

HomeFront

the Women's Home

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Fall 2014

A Good Beginning... THE FIRST 90 DAYS *Our Treatment and Transitional Program*

"I came here expecting to learn how to live my life without drugs. I needed to learn who I am in a safe environment. The staff was very welcoming, but it was the other clients that helped me get established. I liked the structure and responsibility, but I also like the freedoms of choice that are given. I have only been here a month, and the fog has lifted from my brain...even my personal relationships are improved.

"Also, the facilitators are awesome. A stand-out for me was our Shame class. I learned so much. Although at first I was scared to come to something new, I know that now I want to be around other ladies that are going through what I am going through. That is a comfort."

— Melanie, a resident

What helps set The Women's Home apart from other treatment organizations, facilities and programs in the Houston area? We feel that it is the length of stay and the comprehensive nature of our WholeLife® program. WholeLife focuses on customizing each resident's personal recovery and growth plan to her needs. It includes thorough physical and psychological exams; vocational counseling and job placement assistance; psychological treatment and individual case managers; individual therapists, and clinical group therapy; as well as individual accountability. Although residents may stay with us as long as 18 months, their progress in the first 90 days sets the stage for recovery.

The beginning is a seamless integration of the four elements of the early program: Clinical, Vocational, Residential and Case Management. While many individual and group aspects of treatment are essential, each client is evaluated on a scale of 1 to 5 on the following type of key factors, designed to help the staff see the whole picture early on in the diagnostic phase.

Fundamental baseline questions are as follows:

- What is their physical and psychological status and treatment needs?
- What is their vocational aptitude and how best may we help them reach their full potential?
- Are they compliant with medical and psychological treatment recommendations?
- Are they able to perform household tasks and maintain proper hygiene?
- Do they make their appointments for various aspects of the program as directed?
- Do they make appropriate engagement efforts in treatment, social and professional settings?

In order to help answer these questions, we created a time frame with specific evaluations of each resident. This allows them time to acclimate to the flow of the program and know what to expect, and most importantly it gives them a personal recovery road map, one they so desperately seek.

Snapshot of the Program from a Calendar Perspective

ASSESSMENT & ORIENTATION

In the very first weeks of the program, the resident is evaluated using psychiatric, medical, chemical dependency and vocational assessment tools. These all form the basis for the long-term rehabilitation plan tailored specifically to their needs. These initial assessments create a framework from which our staff begins a comprehensive assessment for the client at the end of 90 days, thus creating a blueprint to their

recovery.

CASE MANAGEMENT AND VOCATIONAL SERVICES

In the first 30 days, residents begin working with their assigned case manager to focus on any professional licenses or other work permits needed to get them back to work. Vocational staff, which includes professional and volunteer members, begins working with the resident on their specific type of employment needs through a career exploration phase. This process reinforces the hope that their lives can be made whole again by returning to a productive capacity in the workforce.

Additionally clients interested in attaining their GED take a pretest in this stage to assist them in scheduling their exam. They also begin on-the-job training in The Cottage Shop and our reception desk. This introduction to basic job skills and opportunities for developing customer service skills builds self-esteem, and helps to establish a new purpose.

Additionally, their case managers connect them to a well-woman exam, medical insurance or a gold card, a driver's license or ID card and other necessary

documentation to prepare them to interact with the business world.

RESIDENTIAL FOCUS

Our residential services provide a living environment where clients apply the skills learned in other aspects of the program. Each resident is welcomed into the dormitory where they are assigned a room and roommate. She lives in a structured environment, and while there is free time, she is supported by highly trained staff 24 hours per day, seven days per week. The dorm accommodates up to 26 women.

A big piece of our service is the daily delivery of medications and ensuring medical compliance with necessary prescribed medications. Another critical component is practical housekeeping and community living skills. All residents attend "house meetings" to learn how to live cooperatively. This early preparation lays the foundation for independent living skills they will use for a lifetime.

In the first 60 days, residents also visit different types of possible future housing, to remind them that with commitment to recovery they will one day return to living independently. Attention is given to the income potential of each client in order for her to pursue appropriate, attainable, affordable accommodations.

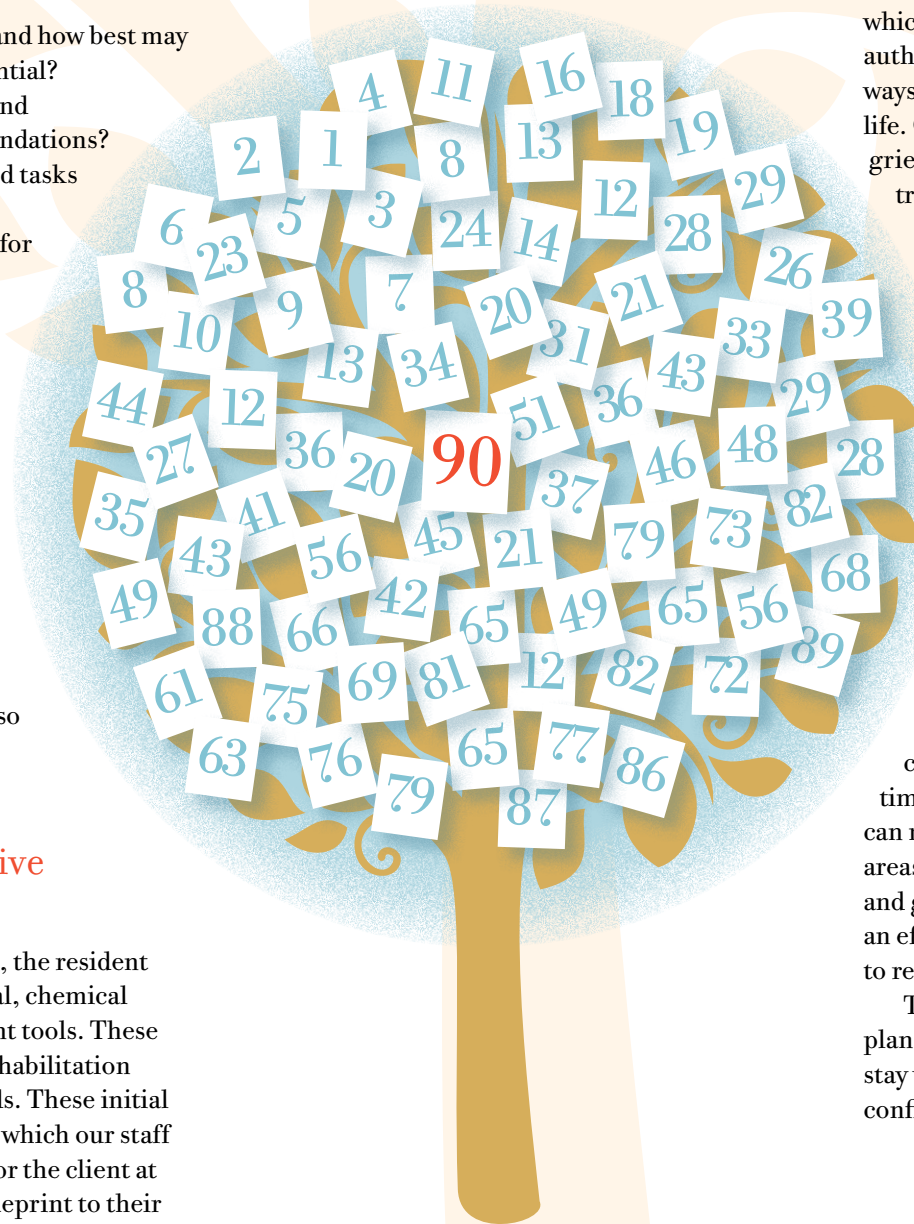
CLINICAL FOCUS - BEHAVIORAL HEALTH

A very distinctive part of the WholeLife program is our clinical area, which builds support for sobriety, and mental and emotional wellness. Each resident meets weekly with an individual therapist. In addition, some 20-plus clinical groups are available, each designed to meet a specific challenge confronting our residents. One popular class offered is referred to as "shame class" or shame resilience, which is based on the work of renowned scholar and author Brené Brown. Many of the groups emphasize ways to remain sober and to transform their ways of life. Clients learn healthy ways to manage depression, grief, anger and anxiety under the care of our well-trained clinical team.

ASSESSMENT WRAP-UP AND GOAL SETTING

These layers of the program build the frame that staff uses for the 90-day assessment of each resident. The treatment team determines how the client is progressing, what areas of focus need more attention and what her future prospects may be. Approximately two weeks prior to these assessments, staff members from all departments working with a client meet with her to discuss treatment strategies, measure the client's progress so far and offer feedback regarding client goals. Length of stay and other crucial determinants are recommended at this time to help clients get their lives back on track. This can mean scheduling more time with staff in problem areas, increasing or reducing individual appointments and gauging the client's buy-in to the program, all in an effort to determine whether the client is truly ready to return to her life outside of the program.

The Home works diligently to make the WholeLife plan a treatment that evolves throughout a client's stay with us to instill each resident with the courage, confidence and knowledge to succeed in her new life.



Message from the Executive Director Paula Paust, MSW



I am so proud that the uniqueness of our WholeLife program has been recognized, a long process of paperwork and applications. Trademarking a creation assures that no one else is like you and no one else can duplicate what you do. WholeLife is about wellness – about

WHOLELIFETM

having a whole life. You will see our trademark symbol on all our future materials.

More than 20 years ago, I was drawn to The Women’s Home because of its focus on wellness. In early materials, one would read about the agency’s commitment to healing body, mind and spirit. The concept of wellness and healing is so important to the women we serve. They enter The Home thinking of themselves in negative terms. Society has labeled them as addicts, crazy, victims, lacking character and other negative terms, which results in a lack of self-esteem and feelings of unworthiness. A focus on wellness not only provides hope, but means each of us regardless of our challenges has the potential to be well – to be whole.

Over the years, as the agency evolved to meet the needs of our clients, the

model of body, mind and spirit became WholeLife. An interdisciplinary team of therapists, case managers, chemical dependency and vocational counselors, a nurse practitioner and a psychiatrist was developed. The areas of wellness expanded to include emotional, spiritual, social, physical, financial and vocational wellness. A treatment model was developed.

Today, our WholeLife model is used by our residents and care team to develop a treatment plan – a life plan. Our team helps women identify strengths and challenges, and set goals in each of our six wellness areas. In goal groups, they are helped to look at what obstacles may have kept them from achieving a goal in the past and, in turn, to make an action plan that helps them resolve the former difficulties and move forward. Strategies in each area are broken down into small manageable steps that can be accom-

plished in as little as two weeks. Little by little, the client begins to work and achieve a healthy lifestyle that promotes self-sufficiency – that encourages wellness and a whole life. And this model works. For the past three years, 80% of the women who participated in our residential treatment program left with income and housing.

I realized that one does not have to have a disability to benefit from our WholeLife model when I watched one of our residents teach her daughter how to use the model. Many of us have times in our lives when we feel out of balance – when we need a life plan. If your group would like to learn more about our unique WholeLife model, please contact Chau Nguyen.

Leadership Circle 2014 YTD

The Women’s Home would like to thank contributors who have already stepped into our Leadership Circle for 2014 and to invite you to join them. The Leadership Circle is our group of major donors whose generous contributions assure that The Home has a well-balanced and robust charitable base supporting us in serving women in need to the best of our abilities. This important group of donors plays a major role in maintaining critical funding. This annual campaign provides donors the opportunity to pledge meaningful gifts towards rebuilding the lives of the Houston area women in our care.

Levels of giving range from \$1,000 to \$10,000 and above. Your investment will be a vital and significant contribution to our mission. Gifts may be made in honor or memory of someone special, if you so choose. By giving at a Leadership Circle level, you will have the opportunity to participate more fully in the vital mission of The Women’s Home and receive invitations to exclusive Leadership Circle events, in turn, for your generosity.

PLATINUM

June Waggoner

GOLD

Wendy Chiles

Marillyn Lee and Rex King
in memory of Donna King
Karen and Joe Redden

SILVER

Penny and Paul Loyd
Linda A. Poyser
Diane and John Riley
Brenda and James White
Sue Trammell Whitfield
Lora Jean Kilroy Wilson

BRONZE

Mary and Brian Arnold
Janet F. Clark
Ellen and Tim Eudy

Lotty Gautschi

Barbara J. Gibbs

Laura Henderson
and Ty Buthod

Virginia and John Joiner
Harriet and Truett Latimer
in honor of Kay Walther

Mary B. McIntire
in honor of Irene Liberatos

Trini Mendenhall
Brenda Peters-Chase
and John Chase, Jr.

J’Anne and Jeff Rawson
Sally and Norman Reynolds
Carolyn K. Rich
Bette Ann Stead

Marcia and Jay Tapp
in memory of
Robert M. Chaney

Barbara and Sonny Vaughn
Melanie Williams



HOMER ALLEN

STEVE CURLEY

Blooms of Hope – New Growth for The Cottage Shop

Amidst the heavy rains heralding the change of summer to fall on September 20, The Cottage Shop, The Women’s Home’s resale shop, received a little patch of springtime, courtesy of artist Homer Allen and Baylor College of Medicine surgeon Dr. Steven Curley and his wife, Natalie. The Curleys commissioned the painting as a part of their volunteer efforts updating The Cottage Shop. The 8x8 foot painting featuring a pair of monarch butterflies rising from the shelter of brilliant red and orange chrysanthemums is the first of two to be installed. Painted in waterproof enamel on recycled billboards, the paintings will be permanently installed on the entrance and rear sides of The Shop. Steven and Natalie hope the vibrant additions to The Cottage Shop’s exterior will help draw in customers.

Homer Allen grew up painting and creating sets for his father’s theater company, and after graduating from Ohio University with a master’s in fine arts, he became a billboard painter for Sterling Outdoor Advertising in Houston. Now retired from the billboard painting business, he puts a lifetime of artistry to work in his painting series focusing on

“The bottom of the painting is dark and chaotic, representing life on the street and illness. The brightly colored flower stems represent light, hope and a pathway to healing. The chrysanthemum flowers represent growth and progress to healing, and I painted the butterflies literally rising out of the flower petals to represent metamorphosis and the promise of a healthy, successful life. – Homer Allen”

flowers. Allen’s work features the bold lines and vibrant colors that are a common style in classic clip art. Focusing on floral imagery allows Allen to work this style in a dazzling array of variations. Allen put careful study and consideration into the meaning of his paintings for The Home, researching our Whole Life program to better capture The Home’s mission in color. The first focuses on the journey from a place of struggle and uncertainty, to one of hope.

Dr. Curley’s other additions to The Cottage Shop include new carpeting for the

boutique area of the shop and displays assembled by the surgeon himself. The Curleys also conducted a comprehensive market study of the changing demographics of our Montrose neighborhood and our sister resale and thrift shops in the area. “This is a vibrant and successful program with an impressive record of success,” Steve Curley says. “The Cottage Shop is an important source of financial support for The Women’s Home and we want the community to be drawn to this great program.”

THE COTTAGE SHOP IS TRANSFORMED!

With the help of many volunteers providing consultations, renovations and hands-on reorganization, there’s been some big changes at The Cottage Shop. Come see our new layout, featuring the boutique front and center with new carpeting, and keep posted about more changes still to come.

MONDAY, APRIL 6TH, 2015

The Historic
Champions Golf Club
 13722 Champions Drive
 Houston, TX 77069

Registration & Lunch: 10 am – 11:30 am
 Shotgun Scramble Format Start: 12 Noon

Golf Clinic featuring Nancy Lopez

Dinner, entertainment and auctions to follow play in the 19th hole at Champions

For more information, please contact
 Marcia Tapp at 713.328.1975 or
 mtapp@thewomenshome.org

www.womenshome.org





INVITATIONAL

MEN'S & WOMEN'S

GOLF TOURNAMENT

CHAMPIONS FOR A CAUSE

The Partnership has been the primary volunteer, community outreach and philanthropic arm of The Women’s Home for over 20 years. Beginning as an auxiliary organization for The Home, The Partnership has supported us through times of challenge and prosperity over the years. Composed of distinguished Houstonians, The Partnership gives the community opportunities to support local women in need through volunteer work, event planning and fundraising.

Partners, as a part of their dedication, also receive invitations to many social and networking events throughout the year including the Lester and Sue Smith Luncheon Series, our reNew and reDux Fashion Show and our annual holiday coffee in honor of our members.

In addition to organizing our annual luncheon, The Partnership is responsible for hosting monthly birthday celebrations for our residents. In times when specific needs have arisen, The Partnership has come through with fundraising and resource drives.

We are always looking for more distinguished members for The Partnership. Joining The Partnership requires a commitment of only \$100 per year, or members may choose to give a monthly donation in support of our residents. This financial commitment in conjunction with the volunteering and fundraising our Partnership members contribute goes far in helping us support the growth and recovery of Houston women.

AMAZON SMILE & EBAY GIVING WORKS

Attention E-Shoppers: The Women’s Home is now a member of the AmazonSmile program with Amazon.com. To give to us, simply go to smile.amazon.com and search for The Women’s Home after you log in. Select us as your supported charity and .5% of eligible purchases will go directly to us!

Selling items on Ebay? You can choose a custom percentage of your purchase to go towards The Home with givingworks.ebay.com or paypalgivingfund.org. Just look our name up in the search to select us as your auction’s beneficiary.



Left to Right: Alan Cordova, Maryam Tabatabai, Aggie Hemmat, Blaire Ryan , Sarah Golshadi, Crystal Heydari, Will Chang, Valerie Cline

A GENERATION WORKING FOR GOOD

“Life’s a boomerang – what you give, you get.” At The Women’s Home, our Young Professionals know the power of this phrase. Since 2009, this dynamic group of young advocates has cultivated a powerful culture of giving back that has truly made a difference in the lives of the women and families we serve.

Our members range in age between the spunky early 20s to the more established late 30s and come from all walks of life. Together, they create a passionate force that seeks to prevent and end homelessness through annual fundraising and volunteer events. Member favorites include our annual Crawfish Boil at West Alabama Ice House, quarterly education panels, networking mixers and monthly volunteer day in The Cottage Shop. All of our activities offer opportunities for you to gain leadership skills, network with like-minded young professionals and support a great cause – The Women’s Home!

We’re always looking for new members to join our cause. Annual membership dues are just \$35 – all of which support the women working to transform their lives through our programs. As iconic businessman Harvey S. Firestone once said, “You get the best out of others when you give the best of yourself.” If you’re new to town or just looking for a place to plug in, we invite you to join us as a force for good in the Houston community.

For more information on The Women’s Home and our Young Professionals group, please visit our website at www.thewomenshome.org or contact Bethany Fields at 713.328.1951 or bfields@thewomenshome.org.

SAVE THE DATE – UPCOMING EVENTS

OCTOBER 28, 2014

Joint Mixer with The Women’s Home Partnership at Corner Table

DECEMBER 9, 2014

Holiday Party for The Women’s Home Residents at United Way of Greater Houston

MARCH 28, 2015

2015 Crawfish Boil at West Alabama Ice House

ZONTA

Founded in 1919 in Buffalo, New York, Zonta began as service minded women's response to being refused membership to the men's rotary club. Today, Zonta International, operating from its Chicago Headquarters has nearly 31,000 members in 1,200 clubs in 66 countries. Zonta provides a framework for professional and executive women to come together and lend a hand to other women locally and worldwide through service and advocacy work. Zonta has been in Houston since the 1930's and their current Houston club took root in 1988.

Since 2002, Zonta's Houston club has been working with The Women's Home offering vocational skills training, including mock interviews, communication skill building, team building, time management, organization skill development and financial education. In addition to providing our clients with a variety training, Zonta also hosts one of our biannual awards banquets honoring the hard work and achievements of our clients.

Zonta's classes teach residents coping skills for life changes; provide structure and tools for exploring potential career options based on residents' skills and passions; ways to capitalize on social media sites like LinkedIn; and how to develop better time management skills.

A resident who attended one of Zonta's classes appreciated that the instructor "told us what are happening jobs right now and if we were to go to school, what to go to school for to get a degree in." The instructor lead classes include hand out materials for residents to review regarding the subject matter and residents are supplied with binders to collect their notes and materials. Residents are taught to build resumes from scratch, providing a refresher course for the more experienced and teaching integral skills to those unfamiliar with job hunts.

A COMMUNITY COMES TOGETHER BY CLEANING OUT THEIR CLOSETS

September 20, 2014, members of the Houston chapter of the Global Federation of Chinese Business Women (GFCBW) gathered at the Asia Society Texas Center for tea and to hear The Women's Home's executive director, Paula Paust tell our story. The Global Federation of Chinese Business Women connects Chinese business women around the world, allowing them to share knowledge and support Chinese arts and culture in their communities.

Attendees learned the significance of our mission and the impact donations and volunteer efforts have upon The Home and our residents. After Paula spoke, attendees were given a tour of the Asia Society's museum, which has featured traditional and contemporary works from artists including Manjari Sharma, Abhishek Singh, Tawara Yūsaku, Shizu Saldamando, Hye Yeon Nam, Kip Fulbeck and Lee Ufan.

This event kicked off a community clothing drive organized by Cathay Bank senior vice president, Ming Chen Burdett, along with her peers in the Houston chapter of GFCBW. Organized by the Global Federation of Chinese Business Women, the drive was sponsored by Cathay Bank and the Texas center for the Asia Society. The clothing drive, which lasted from September 22 through October 10, encouraged members of the community to bring their gently used clothing to the drop off locations at Cathay Bank and Fort Bend Community Church. All the clothing will be received at The Home's resale shop, The Cottage Shop.



Teresa Chen, Ming Chen Burdett, Paula Paust, Leeshan Burney, Nancy Chen

GETTING THE JUMP ON LIFE

Avital Zeisler teaches women to take on obstacles on the street and in their minds.

Early on a balmy September morning 20 residents of The Women's Home gathered at Covenant Crossfit for a two hour training workshop with Soteria Self Defense Method creator and founder, Avital Zeisler. Standing before the seated group Avital spelled out the reaction process to a potential threat on a dry erase board. R.A.C.E. Recognize. Analyze. Compose. Execute. These are the stages to noticing a potential threat, examining your surroundings and compiling a plan of defense before finally executing your strategy. She began the day's workshop with a focus on the mind first, before training the body. A woman can execute a block or strike perfectly in class, Avital explained, but if she cannot connect those moves with her larger life, they will escape her when she needs them most.

Training to be a prima ballerina with the National Ballet School from age 12, Avital's vitality came from her dance. Life took a sharp turn for her when she experienced a sexual assault when she was preparing to head off to college. The assault, which happened from someone she knew, took away not only Avital's security, but also her ability to see past the negative. Even dance, her previous life love no longer gave her the joy she needed for recovery. Taking a self-defense class as a part of her therapy began Avital's journey to rediscovering herself and becoming empowered. Her first lessons brought flash backs of her encounter, but they gave her the tools with which to face her experience and combat it.

"I walked away with a lot of power in myself that was hidden in me all along."

– A Resident

She continued training in her native Canada until

she was invited to train overseas with other military experts. Avital arrived in the U.S. when she was asked to provide training for security firms in New York. While she was training others to the letter of what she learned from experts, Avital customized her knowledge into a defense style she could navigate the world with. She found a new way of surviving, but still didn't feel like she was living, life for her was about reacting to the negative. She wanted to get up and attack life, not let life attack her.

Determined to wake up with a positive reaction to life, Avital began bringing her physical self-defense training into her wider life. She met with neurological experts to understand how training her body

OUR RESIDENTS: ROUGHLY 70% EXPERIENCED SOME FORM OF ABUSE AS A CHILD AND 70% EXPERIENCED ABUSE AS ADULTS.

trained her mind. Avital learned to block the negative thoughts in her life the same way she would block an opponent on the street. In her hardest times, Avital drew strength by working towards the experiences and feelings she wanted to have. It was during one of her darkest times that she decided to found Soteria.

Alone on her couch in New York, armed with only a laptop Avital built the Soteria brand through her website and began training other women with the methods she had developed for herself. She chose the name Soteria, after the Greek Goddess of safety, believing that women should not have to compromise their identity or femininity in order to empower themselves. Working with women through Soteria helped



Avital begin living in the present again, taking on life instead of defending from it. Her clients carry the lessons and confidence they build in classes into their broader life, empowering themselves to follow their

"I walked away with empowerment, confidence, security, and the knowledge that I am a good person and can enhance that. I can kick/block away negative self-talk and become the positive radiant girl I am supposed to be."

– A Resident

dreams and act positively.

Talking to the morning's workshop attendees Avital explained that the physical drills and exercises were the same for every woman, but the lessons for their emotional and mental lives were all different. At the lunch discussion after the workshop, one of the residents said that the lesson made her feel more empowered and confident and while she had taken self-defense before, the moves learned in the workshop were easy and more natural.

Journey of The Spirit

Leading a whole life means not only looking after your physical, mental and emotional health, but looking after the health of your spirit as well. A person’s spirituality, how they view and connect with the world and community around them, is as intimate and varied as their finger prints. This is why volunteers from The Institute for Spirituality and Health at the Texas Medical Center, with guidance from The Women’s Home clinical staff, developed Courage to Search, a spiritual development program for our residents. The course was developed and is carried out with help of several volunteer specialists, whose contributions were integral to building our spiritual program. Volunteers include Angela Caughlin, Alden Clark, Cynthia Hinesley, Ann Lister, Deborah Melanson, Jo Reid and Janet Vucinich. Grounded in the idea that our beliefs fuel our actions and how we think and feel about ourselves and our choices, Courage to Search enables participants to explore their spirituality across cultures and denominations.

Residents can begin their spiritual journey after their first 90 days in the program. The course lasts seven weeks and begins with a Meaning Systems Interview (MSI). The MSI, developed by Stuart Nelson and Dr. Ann Taves’, combines the format of James Fowler’s Faith Development Interview with Dr. Taves more open building blocks approach. The MSI helps residents map their spiritual belief system at the start of the course and is done again midway through to mark their progress. The MSI is designed to allow open exploration for all belief systems, whether an individual is a

devout member of a particular religion, a nondenominational theist or a strict atheist. The course engages participants in exploring what spirituality is for them and how they see not only themselves, but others on a deeper level.

The interview helps residents tap into their ability for self-reflection, gain a better understanding of what inspires and motivates them and the place they wish to occupy in the world. By getting more in touch with their inner selves, residents become empowered to explore their spiritual identity regarding what they want spiritually and in other aspects



Stuart Nelson, VP at the Institute for Spirituality and Health and Emily Kemper, our Manager of Clinical Services

of their lives. The seven weeks of the course follow the trajectory of the MSI; each aspect of the interview is applied and explored through activities in class. Classes are led by a volunteer facilitator with expertise on their subject. In the class focused on life review, the journal prompts residents to imagine the chapter titles in their autobiographies to help find the significant events in their lives. Participants then pair off to talk about each other’s chapter titles and how their spirituality changes through these periods.

In the relationships class, discussion centers on not only relationships with other people, but with places and objects that carry a particular significance for residents. As part of their spiritual exploration, residents are encouraged



to explore various activities that inspire focus on the internal including yoga, meditation and expressive writing. Classes begin with time for journal writing and discussion of the day’s subject and leave space for reflection at the end. Participants also visit potential spaces around the city including Sri Swaminarayan Hindu Mandir, a Hindu place of worship; the Houston Arboretum and Nature Center; the South Main Baptist Church; and the nondenominational Rothko Chapel to find what places resonate with them as sacred.

“I am someone and I deserve good things to happen to me.”
- KERRI, A RESIDENT

The Courage to Search empowers residents not only to explore their spirituality, but to find belief in their ability to thrive despite whatever curves they are thrown in life.

the interview explores five categories:
LIFE REVIEW
RELATIONSHIPS
PRESENT VALUES AND DECISION MAKING
PATHS/GOALS/METHODS
COSMOLOGY

Jane Cizik Pantry Needs

Jane Cizik Garden Place is asking for donations to help restock its pantry for complex residents. The items listed to the right are in high demand:

If you have pantry items for donation, please contact the Sr. Case Manager at Jane Cizik Garden Place, Monique Wilkins: mwilkins@thewomenshome.org or 713-328-1966

Nonperishable Food Items

- Canned Tuna
- Rice
- Pastas
- Peanut Butter
- Jelly
- Ramen Noodles
- Ketchup
- Mustard
- Mayo
- Sandwich Spreads
- Relish/Pickles
- Chili Sauce
- Seasonings
- Soups

Personal Hygeine & Cleaning Products

- | | |
|-------------------------------|------------------|
| Sample Size Laundry Detergent | Shaving Cream |
| Small Bleach Bottles | Tampons |
| Small Dish Detergent | Sanitary Napkins |
| Bathroom Cleaners | Razors |
| Kitchen Cleaners | Hair Gels |
| Sponges | Body Lotions |
| Paper Towels | Deodorant |
| Toilet Paper | Toothpaste |
| First Aid Products | Shampoo |
| Mouthwash | Conditioners |
| Body Wash | Hair Spray |
| | Hair Gels |

L I F E T I M E A C H I E V E M E N T



JANET DAVIS

This year’s lifetime achievement award goes to Janet Davis, a member of our lifetime partnership who’s volunteered for over 30 years with The Women’s Home. A member of St. Philips Presbyterian church, Janet started as a liaison between her church and The Home as a part of the church’s benevolence project. On visits to The Home, she would compile a list of what was in need to take back to St. Philips to gather donations. Over time her connection to The Home grew past her liaison status.

One of her main projects with St. Philips is collecting toiletries and other small gift items for Easter boxes, which she and her husband bring every Good Friday for the clients. The project began nearly 30 years ago when, at a church gathering, a group started brainstorming ideas for contributions to The Home. One member in attendance suggested toiletries and the drive began. Now Janet collects items all year round to go towards the boxes.

Although she is modest about her volunteer work, Janet has held many leadership roles in The Partnership, formerly the Auxiliary, at The Home. For years, she led a comprehensive community outreach endeavor in coordination with efforts during the United Way campaign. She expertly assigned volunteers to accompany staff at outreach fairs and tours, a terrific ambassador group who passionately told the story of our mission. She also organized volunteers and worked herself selling the important merchandise and food

offerings that were so successful at local bazaars. For many years, she hauled pounds and pounds of jams and jellies to be sold on behalf of The Home. Finally, she served on the Auxiliary Board with great enthusiasm and dedication.

In her time volunteering with us, she’s not only given back through hours of service, but received a reward in turn. “The Women’s Home is the best place to volunteer. I get more out of it than I’m giving really,” Janet says. Her time spent helping The Home also taught her about the struggle our residents experience, and that no one is exempt. One thing that surprised Janet while volunteering with us was the number of college educated clients, ones with master’s degrees whose lives had taken a hard turn and brought them to The Home.

Janet, while honored by receiving the lifetime achievement award, still speaks humbly about her contributions to The Home and our residents. She takes satisfaction in “making some small contribution to these women. I’m only a small cog, but The Women’s Home changes their lives.” She enjoys her time spent volunteering in The Cottage Shop and interacting with clients, watching them arrive unsure of themselves and their futures and, after only four or five months, beginning to blossom into themselves.

Recognizing her more than three decades of service given with an open heart for our residents, we want to thank Janet Davis, our 2014 lifetime achievement winner.

She will be honored in person at our annual holiday coffee.



30 MEALS 30 NIGHTS THANKS TO OUR CONTRIBUTORS

The Women’s Home would like to thank the following restaurants for contributing to our 30 Meals, 30 Nights campaign. Throughout the month of September, The Women’s Home turned to local eateries for help providing residents’ meals as we renovated our kitchen. We want to acknowledge these fabulous eateries below for their generosity in contributing to help their local community. Please thank our contributors next time you dine!



ADDITIONAL THANKS

Phyllis Ashley
Katy Boatman
Shane Brasher
Lindsey Duhon
Toshi Hayre
Patricia Kuehnert-Gillespy
Kim Mathes
Chau Nguyen

David Weekley Homes Makes Generous Contribution

This is an exciting time for both The Women’s Home and David Weekley Homes. The Home recently received a generous monetary donation from David Weekley for our capital campaign.

We also graciously hosted about a dozen David Weekley Homes’ employees at our Cottage Shop for a wonderful day of volunteering.

This inaugural volunteer day, spearheaded by Kelli Colbert of David Weekley Homes, is part of the company’s Building Community Character Program, which encourages its employees to give back by rolling up their sleeves and helping Houston area charities. The Women’s Home is honored to be selected as one of these charities.

Colbert, who serves on the Building Community Character Program committee, says The Women’s Home was a natural selection because of its commitment to empowering and helping women in crisis.



“I was introduced to The Women’s Home a few years ago through a friend, and I was impressed at the programs specifically designed to help women,” Colbert says. “We love what The Women’s Home has achieved in turning around the lives of countless women.”

David Weekley volunteers were first treated to a private tour of our Montrose campus, including our treatment and transitional residence and our Life Learning Center. Colbert and her coworkers were then cheerfully hard at work, sorting clothing donations and helping sort merchandise inside the Shop.

The Women’s Home is grateful for community partners like David Weekley Homes. We look forward to continued volunteer days like these. See you soon!



Houston's fashionable flocked to The Women's Home's annual reNew and reDux Fashion Show for a night of discounted designer shopping at the pop-up boutique and high fashion ensembles on the catwalk.

Models took to the runway for a sold-out crowd of 600 fashion savvy Houstonians at the Wortham Theater for The Women's Home Renew & Redux Fashion Show and shopping event on Wednesday, August 20. Among the 21 volunteer models strutting the ensembles composed by top design team Lenny Matuszewski and Tamara Bonar were Kristen Andreasen, Karina Barbieri, Meaghan Casey, Angela Caughlin, Andy Cerota, Marie Dang, Duyen Huynh, Shay James, Dewayne Malone, Kristen McDaniel, Stephanie McGraw, Sneha Merchant, Kimberley Ngo, Saira Saeed, Ally Smith, Steven Stone, Barbara Vaughn, Scott Weaver, Phyllis Williams and Lily Zhang. Men's fashion was provided by M. Penner. Models were coiffed by dedicated supporter of The Women's Home, and SoK Salon on Kirby owner, Alden Clark and his stunning stylist team. Makeup was done by Hues by Heather.

The fashion-minded crowd shopped in the pop-up boutique stocked with generous donations from friends of The Women's Home, including Elizabeth Anthony Esther Wolf and W by Worth, as well as pieces from the Home's Montrose thrift shop, The Cottage Shop. This year reNew started its Fashion Icon feature spotlighting five designer pieces generously donated from the closets of Mandy Kao, Joanne King Herring, Yasmine Haddad, Duyen Huynh and Phyllis Williams.

Seen in the crowd were Maryam Afshari, Nicole Brende, Vanessa Carelly, Taunia and Stacy Elick, Scott and C.C. Ensell, Cindy Farmer, Carol Gradziel, Vanessa Lanceley Hauser, Joanne King Herring, Crystal Heydari, Karen Johnson, Kay Joyce, Caroline Kenney, and Ryan Korsgard, Elizabeth Koval, Julie Mahler, Cindy de Moya, Peggy Pentecost, Jackie Phillips, Linda and Jenny Piper, Jo Reid, Melissa Goodman Roberts, Barbara Staley, Genevieve Tarlton, Gerry Thielemann, Susan Walker-Spalding, Kay Walther & Daughter, and Brenda White.

Event goers were sustained on their shopping sprees by fresh sushi and other savories from Fish & the Knife and sweets served in dessert glasses by Seasons 52.

Over the course of the evening, generous and stylish guests broke the fundraising record for reNew and reDux, making this year's show our biggest and brightest yet. All proceeds from the event go back to helping The Women's Home empower women to build healthy independent lives through our WholeLife model of care.

Thank you to everyone who helped make this year fantastic!



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And a special thanks to the members of our host committee and all the volunteers whose commitment helped make reNew & reDux a smashing success on the Houston fashion scene!

SPECIAL THANKS TO



Upcoming Events

The Women's Home Annual Gala

November 14, 2014

The Corinthian

Crawfish Boil

March 28, 2015

West Alabama Ice House

The Women's Home Men's and Women's Invitational Golf Tournament

April 6, 2015

Champions Golf Club



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MEETING IN THE MIDDLE

Sometimes the people who will change your life the most are the ones you meet halfway down your darkest road. Such is the case of Crystal, Janel and Melissa, three graduates of The Women's Home from very different walks of life. Upon meeting at The Home, they found a bond that they would carry through recovery. The three came to The Home when their lives were at their most difficult. Janel transferred from Houston Recovery Center in the wake of an overdose; Meliss was struggling with alcoholism and withdrawn from loved ones; and Crystal was facing alcoholism and estranged from her family.

Life had pushed these three women to the edge of their resilience. Together they found the strength in each other to begin pushing back. Both Melissa and Crystal began drinking later in life. Crystal says she "thought I could keep it in the corner, and then it crept over the wall and took over every place in my life." Melissa too attempted to hide her illness from others: "Before alcoholism, I loved the person that I was. I began hiding things from my partner and was ashamed of my actions. I could not look people in the eye. I stopped taking care of myself. In my addiction I hated who I was." Janel, who struggled with intravenous drug addiction and the death of her boyfriend, also wrestled with guilt and shame. She and the others all are grateful for the shame resilience training they received during their time at The Home. "Looking back," Janel say, "I was not a bad person. [I] just made some bad choices."

Together the three threw all they had into the program, sitting at the head of every class and

dedicating themselves to their healing. They took on the challenges of recovery with open arms and always with the determination to push their limits.

Each attribute their time in The Cottage Shop with the resurgence of their self-confidence. Each was also personally impacted by a different aspect of the program. For Melissa, who was quiet and withdrawn upon arriving, assertiveness training gave her the confidence to advocate for herself and set healthy boundaries. Crystal appreciated learning the physiological science behind her alcoholism, how her brain had been altered and contributed to the challenges she faced. As someone who drew strength from her faith, she also forged a strong connection to her spiritual mentor, Judy Gilbert, a spiritual advisor to The Home. Janel appreciated the experience of being around other women, watching them interact in healthy ways and learning to have those relationships for herself. She also values the lesson of self-compassion and dealing with grief: "I forgave myself. I allowed myself to be happy. Before, I thought that I did not deserve that."

Now after life in The Home, Crystal, Janel and Melissa are each other's support system and grounding points. They share an apartment together and each has blossomed into prosperous jobs. "We come home and we have each other," Melissa says and Crystal adds, "We are accountable to each other. Like we are a family." The three not only have the bonds they found in each other to draw strength from, but have reconnected with their biological families. Crystal,



who works as a trainee managing 300 accounts for a family company, is back in her son's and her parents' lives and is happy to have her son enrolled with programs at her church. Janel is the administrative assistant to a biotechnology company's vice president of finance and has connected with her nephew, who has become best friends with Crystal's son from their visits to the women's apartment. Melissa was recently promoted in her position working in supervision and event planning for a contract company with Costco. She is reforging her relationship with her mother and helping her mom unlearn her enabling behaviors.

The trio, in graduating and moving forward to thrive in their recovered lives, have not forgotten where they met or the others who come after them. They still volunteer with The Home and reach out to and help the residents who are standing at the same shadowed crossroads that led them to each other. "We can become resources to help other women," the say and offer this advice to residents: "Soak up the opportunities and learn everything. You have to be active and seek out all of your answers. This is an amazing place where all your needs are met, where everyone has your best interest at heart. It gives you so many directions to go. It is a place where time is given to learn about you and create yourself."