



Source

a resource to educate the community & empower women on their **journey of recovery**



Before & After:

Charlotte's Story

Before POWER

Charlotte was a typical, happy little girl until the age of six, when she was sexually molested by a friend's grandfather. Sadly, Charlotte didn't have counseling and kept what she calls the "indescribable pain" inside. "My spirit was broken," she says.

In her early teens, she discovered alcohol. "It took me outside of myself and made me feel OK," Charlotte says. One night at a party, a friend of Charlotte's got upset with her, drove away drunk, and had an accident in which a person was killed. For years afterward, Charlotte blamed herself. "I stuffed the pain with alcohol and other substances."

Charlotte managed to hold down a job — but just barely. Some days she'd get dressed for work but couldn't make herself go. Finally, at age 23, Charlotte became homeless. On Christmas day, she found herself living on the streets of downtown Pittsburgh. She recalls, "I will never forget the moment when I realized that I was in the midst of a large city that was totally silent and still. I was all alone."

Her family had not given up on her and they put her in touch with a woman who convinced her to enter rehab for the third time. From there, she went to POWER.

At POWER

Charlotte says POWER changed her life forever. She learned about living life "on life's terms". With POWER's help, she began to deal with long-repressed feelings. Often, the work she needed to do caused her pain but, as she states, "They were growing pains."

After POWER

Today, with **15 years clean and sober**, Charlotte is married and has a 10-year-old son. Three days after graduating from POWER she got a job and was soon promoted to the company's management team, a position she still holds. She is active in 12-Step programs, her community, and her church. She still loves a song that was popular during her stay at POWER, "Because You Loved Me" by Celine Dion. "That song completely describes the way I feel about POWER."

As we celebrate 20 years helping women like Charlotte, please consider a donation to help women get from their Before to After.

Your contribution will support:

The **Ready to Leave, Ready to Live Campaign**, providing POWER clients with the experiences and skills that will prepare them for living safely in their communities after treatment;

or

The **Make Our House a Home Campaign**, creating a safe and healing space for women in recovery. POWER House, our residential site, is in need of a new boiler, sprinkler system, and other features to ensure client safety.

To support the Summer Appeal, please make your tax-deductible donation by Friday, September 30. Thank you!

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Let's hear from you!

POWER welcomes questions, comments, and suggestions from our readers about programs, services, and topics discussed in our newsletter. Please send all inquiries to:

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412.243.7535, ext. 215

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Dear Friends,



As I write this, we're more than halfway through our anniversary year. This November will mark 20 years since POWER was founded!

In 1991, POWER opened

the doors to its first program — a residential treatment facility in Swissvale, affectionately known as POWER House. Almost 20 years later, we have served nearly 10,000 women. From our 25-bed halfway house to three levels of outpatient care to our unique mentoring services — our programs are all gender-responsive and trauma-informed.

As we continue to strive to enhance the quality of our care to recovering women and their families, we look back at our accomplishments from the past fiscal year, which ended on June 30. It was a year of transition and our strategic plan served as a map to guide our decisions and keep us focused. In the past year, we've made significant progress in the following ways:

- **Centralized Intake:** This fall, we will begin centrally screening all clients referred to POWER. We have spent the last year preparing for this change, establishing new screening and assessment processes; integrating our phone system across program sites; and creating a new Intake Coordinator position. We look forward to efficiently helping women access quality care when they need it most.
- **Electronic Medical Records:** With support from a State health grant and PNC Charitable Trust, we contracted Celerity, a behavioral health software developer, that has transformed POWER's clinical documentation tools into electronic versions. By the end of summer, program staff will maintain clinical documentation through electronic medical records, resulting in less time spent on administrative functions and maximizing direct care time spent with clients.
- **Dialectical Behavior Therapy Training:** Dialectical Behavior Therapy (DBT) is an evidence-based, cognitive behavioral therapeutic strategy shown to reduce destructive behaviors, including addiction. More than 50% of the staff has completed at least one series of DBT skills training.
- **Deficit Reduction:** A dedicated Board of Directors and skilled development staff worked hard to creatively meet increasing fundraising challenges resulting from a continued demand for services during a difficult economic climate. We reduced a projected deficit of nearly \$400,000 one year ago by more than \$200,000 as POWER ended the fiscal year with a shortfall of \$125,000. Thanks to your generosity and support, we met — or exceeded — all fundraising goals, raising \$405,000 of our \$3.2 million budget — a 49% increase from our last fiscal year. Our success in increasing revenues through fundraising, combined with improved financial systems and reduced overall expenses, has put POWER on track to balance its budget by 2013.
- **Financial Strengthening:** After several years of outsourcing accounting needs, POWER hired a Director of Finance & Operations in early 2010. By bringing financial expertise in-house, we are able to better monitor and manage our cash-flow needs, increase our reimbursement from service-generated fees, and implement systems to improve overall fiscal operations.

The staff and Board couldn't be more pleased with the substantial gains made toward our long-term goals as we implemented the second year of our strategic plan. We hope you, too, are pleased with our progress.

Sincerely,

Rosa Davis, MSW, ACSW
Executive Director



Join us for sunflower POWER

WEDNESDAY | SEPTEMBER 14 @ PerLora

"Power Flower" Schmiedlin 2011



For the third year, POWER is celebrating National Recovery Month in style with Sunflower POWER.

This year's event will be held on **Wednesday, September 14** at a new location — **PerLora in the South Side**. The event, chaired by **Mary Prezioso**, will once again feature the ever-popular sunflower models, dressed by **Pittsburgh Jeans Company** and styled by the nationally-recognized salon, **Izzazu**. **Square Café**, **Bistro 19**, and PerLora's neighbors, **Ibiza**, will offer light fare. Guests will bid on one-of-a-kind pieces in our live art auction, while **DJ Kelli Burns** will once again provide the soundtrack. Partygoers will have the opportunity to donate to "Build a Room" and help furnish the halfway house living room.

In honor of POWER's 20th anniversary, Ibiza and Pittsburgh Jeans Company will offer a 20% discount on purchases made the evening of the event, and, as always, PerLora will offer 10% off items purchased that evening. We hope to see you there! ✨

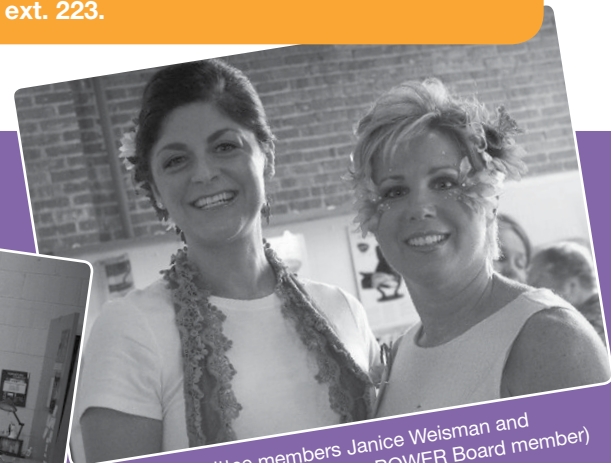
Please RSVP by Thursday, September 8 to
Emily Stimmel at estimmel@power-recovery.com
or 412.243.7535, ext. 223.



Sunflower models greet guests at Sunflower POWER 2010



Items from the live auction at Sunflower POWER 2010



Committee members Janice Weisman and Christine Hoover (also a POWER Board member) at Sunflower POWER 2010



PROGRAM SPOTLIGHT:

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a treatment modality that POWER staff is adding to its skills base thanks to training by POWER's Associate & Clinical Director, Diane Johnson.

Avoiding painful feelings makes sense. Feelings of fear, anxiety, and shame can be overwhelming at times and can often drive us to behave in ways that we may not be proud of, leading to even more shame. It becomes a vicious cycle, with emotions causing us to behave badly, and our "bad" behavior making us feel even worse. Round and round we go. This kind of emotional dysregulation is commonly seen in women who have a history of trauma and substance abuse often alleviates painful emotions such as shame, sadness, and loneliness. Unfortunately, in the end, substance abuse just causes more pain and suffering. However, it may seem to some that taking away the substance and just leaving a person open and exposed to their own painful emotions is cruel and unusual punishment. It is one reason the work of recovery can be so difficult. The good news is women in early recovery can acquire skills to help them tolerate painful emotions without the use of substances as a numbing agent. In fact, it's essential.

When emotional dysregulation plays a significant role in a woman's continued use of alcohol and other drugs, as it often does in trauma victims, Dialectical Behavior Therapy (DBT) seems to be a good fit. DBT was originally developed for individuals with affective dyscontrol — episodic but intense feelings of depression, irritability, or anxiety, resulting in uncontrollable, frequently violent and self-harming behavior, including abuse of alcohol or other drugs. All DBT strategies directly or indirectly serve to enhance emotion regulation with the overarching goal of helping the client build a life worth living. Through the practice of skills, clients gain balance in their lives, especially as it relates to acceptance of life on life's terms and the need for change. This balance of acceptance and change is fundamental to DBT and is consistent with the philosophical approach of 12-Step programs expressed in the serenity prayer: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference".

*The longest
journey of any person
is the journey
inward.*

~Dag Hammarskjöld

It is for these reasons that POWER staff has been introduced to DBT. Through workshops and a series of DBT skills sessions, POWER is learning DBT principles and concepts and practicing those skills. POWER has embraced the DBT Assumptions (what we assume about others) and the DBT Therapist Consultation Agreements (how we agree to treat others) to further strengthen the foundation of POWER's trauma-informed work. The DBT skills include Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance. Many POWER staff members have participated in the DBT workshops and skills training series. Staff learns the skills in a group setting just as a client attending DBT skills training would. Staff is faced with the challenges of doing "homework", completing diary cards, and practicing the skills on a daily basis, while being exposed to how a DBT skills group can be structured. Introductory DBT trainings will continue into this new fiscal year with a plan to start a DBT skills group for clients by the end of the calendar year. ✨

kudos & special thanks

Congratulations to Paula Simon, who retired in June



Joyce McCadney & Paula Simon



Paula Simon & Willy Oakley



At our summer All-Agency meeting in June, POWER honored staff for its accomplishments throughout the year. Congratulations to **Roxanne Cole** and **Karen Upsher**, who each completed their master's degrees in social work (MSW) and **Tracey White**, who completed her associate's degree in criminal justice. Kudos to **Mary Catov** and **Talitha Cox**, who were both honored for five years of service at POWER. We'd also like to congratulate **Philliece Porter**, who completed the Family Development Credential Training Program (FDC), and **Mary Pat Wolfe**, who completed the FDC for Supervisors.



POWER staff shows off its dance moves at the All-Agency Meeting

In February, the Consumer Action Response Team (CART) conducted an interview at POWER House to assess client satisfaction. POWER exceeded the network average in all areas of satisfaction: access, information provided, acceptance, perceived choice, and overall satisfaction. In terms of access to services and overall satisfaction, POWER House particularly shone with a 100% score. Kudos to POWER House staff for upholding excellent standards of customer service!



Kenya Boswell of BNY Mellon Foundation presents a check to Board President Jan Bamford

Thanks to the **BNY Mellon Foundation**, which recently awarded POWER with a \$20,000 grant to consolidate its outpatient site at the administrative office in Point Breeze.

Thanks to **Applebee's in Edgewood Towne Centre** which hosted a Dining to Donate event on June 16, helping POWER raise over \$100.

Donor Honor Roll

Recognition is based on cumulative gifts, including United Way pledges, made from July 31, 2010 to July 31, 2011. Thank you for your generous support throughout the year!

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*Seeds of faith
 are always within us;
 sometimes it takes a
 crisis to nourish and
 encourage their
 growth.*

~ Susan Taylor

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 412.243.7535, ext. 223 — thank you!

volunteer news

Thank you
POWER
volunteers!



Community Presbyterian Church of Ben Avon's Faith in Action volunteers



In June, members of the **Community Presbyterian Church of Ben Avon** spent their second annual Faith in Action Day at POWER. Instead of attending church services, they gave the yard at our residential program a good spring clean-up, trimming, weeding, and spreading mulch that they donated and delivered. They also cut down two dead trees and planted a new one in honor of retiring POWER therapist Paula Simon.



GSK business education volunteers Dawn Getty, Carol Jeffrey, Tiffany Byrne, Kathy Regan, Vicky Clancy, Anita Lioi, Jeanine Blackburn, and Malley Vandora



The **Women's Leadership Initiative of GlaxoSmithKline** held another business education seminar in June for POWER clients. Through presentations and work-groups, they gave advice on job hunting and performance. **Bonnie Rubin** of the National Council of Jewish Women, Pittsburgh Section (NCJW) gave tips on dressing for work on a budget that included a fashion show in which POWER clients modeled clothing from NCJW's Thriftique.



NCJW's Jodi Hirsh, left, and Andrea Aini, right, with POWER staff Darlene Bivins, Carol Haley-Smith, Carrie McNulty, and Diane Johnson



NCJW took on another project this year, creating and donating baskets full of household items for women leaving POWER House and moving into their own apartments.



Pampering volunteer and new welcome bag assembler Karen McCue



Women at the other end of the process, those just arriving at our residential and outpatient programs, receive welcome bags of toiletries and other needed items. **Shirley Golden** and **Faye Landis** are bowing out after many years of assembling those bags. We're grateful for all the work they've done, and also grateful that **Karen McCue** has stepped up to take their place. Karen, a Mary Kay representative, also volunteers her time to give pampering sessions such as facials and manicures to POWER clients.



Dawn Getty, Malley Vandora, and Carol Jeffrey at the Volunteer Tea

When 40 great people get together it's hard not to have a good time. That's why we all enjoyed POWER's annual Volunteer Appreciation event. This year it was a tea, with delicious fare donated by the Square Café, at POWER's administrative offices at the Factory on April 5.

Each year the event reminds us of the wide variety of things volunteers do for POWER.



Kathy Garrison at the Volunteer Tea




To become a POWER volunteer, please contact Karen Clark at kclark@power-recovery.com or 412.243.7535, ext. 214



Volunteer Judy Acheson working with POWER cell phones




Jackie Aites and her daughter Jennifer delivering donations Jackie collected

 **Jackie Aites** organized a project at **Creative Cuts**, where she works, to collect donations of the items needed for both the baskets and bags, and got a very generous response!




Writing volunteer Judith Beck

 **Judith Beck** is working on creative writing projects with clients at POWER House, and she plans to compile some of their work in a notebook that future residents can read.




Marcia Smith giving massages to staff at POWER's All Agency Meeting

 **Marcia Smith**, a member of the singing group **Athena's Fire**, arranged to have a portion of the proceeds of an April 2 performance at the Square Café donated to POWER. Marcia is also a masseuse, and she donated her time to give massages to POWER staff at our summer All-Agency Meeting.



Nina Sowiski taking Faces of Recovery photos

 **Nina Sowiski** donated her time at the All-Agency meeting, too, showing POWER staff how to grow herbs and flowers from seed. Nina is also a photographer, and she donated several full days in April to take the photos of 21 POWER grads for our Faces of Recovery project in honor of POWER's 20th anniversary.



Judy Acheson has pitched in wherever we've needed her — she has organized closets in our administrative offices, erased data from old cell phones, and worked from morning till night at **POWER PROMISES**, first helping to set up and then staffing the event.



POWER PROMISES volunteers Fran Caplan, Lily Dastur, and Linda Newberg



POWER PROMISES volunteers Racquel Grizzle and Diane Bellini



Judy was one of nearly 50 volunteers who staffed **POWER PROMISES**. About half of them were members of **BNY Mellon's Women's Initiative Network (WIN)**, a group that's helped us staff several successful events. Thanks to the volunteer efforts of the WIN group, we received a donation of \$500 from BNY Mellon to match the hours put in by the group. An additional group of volunteers made up the planning committee. There is no doubt that we could not hold such an event, especially one as successful as **POWER PROMISES**, without our talented volunteers!

POWER PROMISES

a night of hope.



Window of Hope awardees Tom Murphy, Sr. Joyce Serratore, and Terry Miller

From start to finish, this year's event, chaired by Sheila Washington, was a party celebrating the women in recovery that POWER has helped for the past 20 years.

If you were one of the over 450 guests, you probably bought raffle tickets, bid on silent auction items, wrote messages and signed POWER's timeline, enjoyed the tunes selected by DJ Adele Georgetti, feasted on delicious food, listened intently as three of POWER's founders and early key supporters (**Terry Miller, Tom Murphy, and Sister Joyce Serratore**) received the *Window of Hope Award*, applauded enthusiastically and sometimes tearfully for **three POWER grads** who were honored for their accomplishments and longstanding sobriety — a cumulative 50 years! — and laughed with auctioneer **Tom Murphy** as he coaxed the bidding ever higher. In other words, chances are you had a great evening while helping to raise \$135,000 for POWER! Honorary chairs **Ralph Papa** (Citizens Bank CEO) and his wife, **Ruth Anne Papa**, welcomed attendees, and KDKA's **Brenda Waters** emceed. Other celebrity POWER supporters included actor **David Conrad, Sheldon Ingram** (WTAE), **Darieth Chisolm** (WPXI), and **Sally Wiggin** (WTAE). As POWER Executive Director Rosa Davis stated, "Our goal is to stay in business for as long as women need our services and evenings like this help make that goal achievable!" 🌟



Volunteer Kristin Mravinec with actor David Conrad



Honorary Chairs Ralph & Ruth Anne Papa



Event Chair Sheila Washington



Brenda Waters, emcee

United Way

Every year, we campaign for your support through the United Way of Allegheny County. Through your United Way pledge or donation, you can help POWER continue to provide quality treatment and support services to the women who come to us seeking help and hope.

Please consider making a pledge or one-time gift — of any amount — to the United Way on behalf of POWER by selecting **Contributor Choice Code #3511** on your United Way pledge form.

Pittsburgh-based federal employees, please note: though your employer may not participate in a United Way campaign, you may still support POWER through the **Three Rivers Combined Federal Campaign (CFC)**. To make a pledge or single donation to POWER, please select **#85191** on your CFC pledge form.

TUESDAY
OCTOBER 4
2011

PittsburghGives Day of Giving

The third annual PittsburghGives Day of Giving is scheduled for **Tuesday, October 4**. More than 500 local non-profits — including POWER — will participate and the matching pool is expected to exceed the \$500,000 that was available in 2010. As with last year's event, the Day of Giving will run for 24 hours, beginning at 12 midnight on October 4. The minimum gift required to participate is \$25. We hope you'll support POWER on the Day of Giving, increasing the impact of your donation through the generous match provided by The Pittsburgh Foundation. ✨

*The way I see it,
if you want the
rainbow, you gotta
put up with the rain.*

~ Dolly Parton

THURSDAY
OCTOBER 27
2011

NCJW Designer Days Patron Event

POWER is proud to be honored at the National Council of Jewish Women, Pittsburgh Section (NCJW) Designer Days Patron Event, on **Thursday, October 27** from 6:00 to 9:00 p.m. NCJW is a long-standing partner of POWER. Its retail thrift store in Swissvale, Thriftique, offers vouchers to our clients, and plays a vital role in the “dress for success” segment of our popular business education seminars. Designer Days Boutique is the NCJW's upscale women's consignment shop in Shadyside. Each year, Designer Days hosts a three-day sale at the Monroeville Convention Center, where this year's Patron Event will also be held. ✨



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www.power-recovery.com

 **Our Mission**

*Helping women reclaim
their lives from the disease
of addiction to alcohol and
other drugs, and reducing
the incidence of addiction in
future generations*

A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 800-732-0999. Registration does not imply endorsement.

join us!



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National Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2011

This year's Recovery Month theme is "Recovery Benefits Everyone". We talk about this often at POWER: how the benefits of recovery have a ripple effect, positively impacting the families and communities of those in recovery.

In addition to our own **Sunflower POWER event**, other Recovery Month celebrations are planned nationwide. We hope you'll join our friends at Message Carriers of Pennsylvania on Saturday, September 17, at the **Rally for Recovery Walk/Run** at Frick Park in Regent Square. Registration begins at 9:00 a.m. and the walk/run starts at 10 a.m. Visit messagecarriersofpennsylvania.org for more details. More event listings and additional Recovery Month resources can be found at recoverymonth.gov. 

september events!

Sunflower POWER

Wednesday, September 14
PerLora, South Side
5:30 - 7:30 p.m.

Rally for Recovery Walk/Run

Saturday, September 17
Frick Park, Regent Square
9:00 a.m. registration
10:00 a.m. start

donate online

www.power-recovery.com

united way contributor choice

#3511